

the Central High School Register

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DIRECTORY

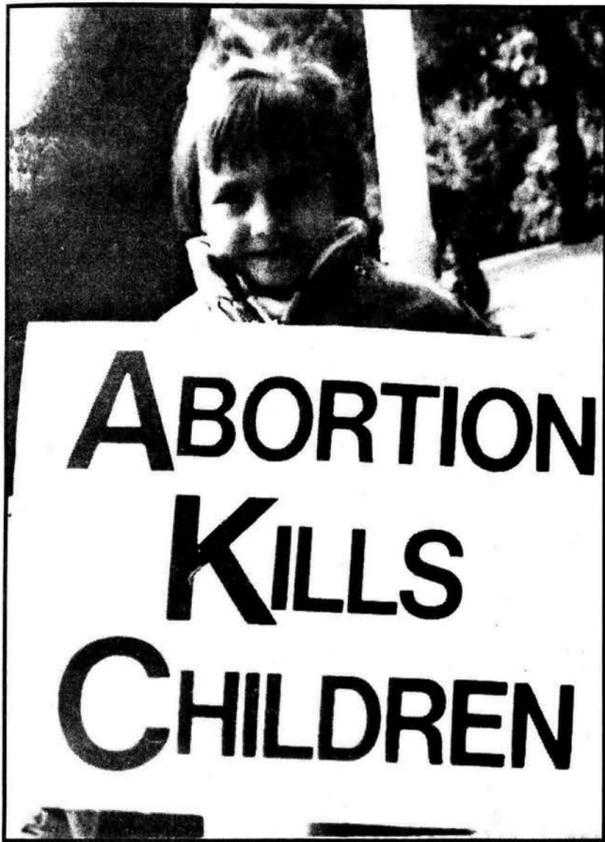
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Left: Maria Corpuz, 4, pickets out side of St. Margaret Mary's on Dodge Street along with her parents, Susan and Ralph Corpuz, who are against abortion.

Above: D'Anne Welch demonstrates her pro-choice beliefs on Dodge Street.

Schools acquire grant for safety

By Sarah Peterson

A new grant to school districts across the country will aid schools in becoming safer and fostering healthier children, Gwen Schiada, Program Analyst for the initiative, said.

Around \$100 million will be given to selected school districts to link community service into prevention activities in a comprehensive program, Schiada said.

"The goal of the program is to make schools safer and aid in the prevention and early intervention of problems," Schiada said. "We hope to create healthy students."

Although no school districts in Nebraska were selected for the grant, districts in several surrounding states were selected. The Des Moines Independent School District in Iowa was given \$2.4 million from the grant, Dawn Francis, Grant and Technology specialist for the district, said.

Money from the grant will total \$7.4 million over three years, Francis said. The money will go to support programs in the school district and the entire Polk County.

Seven school districts in Polk County will participate in a drug prevention program and will receive \$50 thousand a year, Francis said. Money will provide drug and violence prevention training for parents.

A provision is set aside for mental health identification assessment, evaluation and referral service, Francis said. Training will be provided to counselors and school nurses to help them identify mental health problems.

"Hopefully we can identify kids earlier, so that they don't get missed," Francis said.

Money will also be used to provide training for both group center and individual (in-home) child-care providers, Francis said.

"The goal of this is to achieve quality child-care by providing child-care providers

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States debate over teaching evolution

By Rebecca Rennard

Several states are experiencing conflict over how the origins of life should be studied, school districts officials said.

Dean of the Science Department and Biology and Genetics Teacher at Topeka High School, Dennis Ary, said that in Kansas, the State Science Assessment Test

will no longer test on subjects related to evolution.

He said he disagrees with this decision, as he feels evolution is a critical part of scientific study.

"Evolution is a scientific theory," he said. "We should be teaching it in scientific classes."

Central Math Department Chair John Waterman said he feels strongly that evolution should be taught in all schools, because it can be backed up by

scientific evidence.

"It's a fact," he said, "and it better be taught in schools."

Senior Audry Prosterman said she disagrees.

"Evolution should be taught in science classes, but it should be taught as a theory, not a fact," she said.

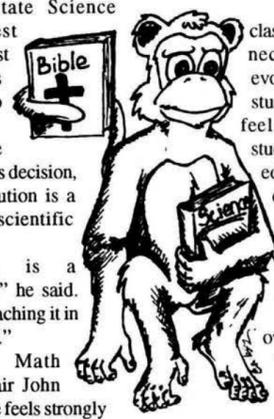
Ary said that he stresses in his classroom the idea that students do not necessarily have to believe in evolution, but it is important for all students to know about it. He said he feels it is especially important if students plan to further their science education, because evolution is the currently accepted theory of origins.

Central Biology Teacher Amanda Karpf said she feels the same way.

"Students need to form their own opinion on evolution," she said, "but they have to first study the idea in school."

Teachers in Kansas, Ary said,

Turn to THEORY, page 2



Life versus Choice

The Life Chain and Pro-choice protestors stand on Dodge street to show their views on Abortion

By Talya Greenspoon
Photos by Mikalya Chambers and Talya Greenspoon

"Abortion Kills Children".

"Jesus Forgives and Heals".

Anti-abortion demonstrators in the Life Chain, a group of concerned pro-life Christians, offered these messages among others in the form of picket signs while occupying approximately 50 blocks of sidewalk on Dodge Street, Oct. 3.

As the cars whizzed by, the picketers held their beliefs out to the whole city. They ranged from toddlers to aging men and women, their one connection being their anti-abortion feelings.

One of these demonstrators was Central Junior Taylor Meier. "I think that abortion is wrong," T. Meier said. "If we can just change one person's mind about getting an abortion, then this is worth it."

She said that this was about the fourth year she has participated with her family in this nationwide demonstration of pro-life.

Of course, not every person on the side of the road held the same beliefs as these demonstrators. Among the dozens of similar anti-abortion signs, one stood out as different.

This one read, "Give Severely Disabled Children the Right to

Turn to LIFE, page 3

Money given to stop methamphetamines

By Andrew Danford

In response to the recent increase in the production and use of methamphetamines in Omaha, the United States Justice Department awarded the city a grant to help control the spread of the drug, the city grant coordinator said.

Gail Braun said Omaha was one of nine cities across the country to be awarded a Community Oriented Policing Services (COPS) Grant to help control the growth of methamphetamines in the city.

She said that Omaha will receive \$267,377 to help pay for police overtime, equipment and supplies as well as aid in increasing public awareness and knowledge regarding methamphetamines.

"We just had to show that the

need was there," she said. "And the need is clearly there."

Omaha Police Department (OPD) Research and Planning Department Supervisor Cathy Schultz, who wrote the application for the grant, said that the Justice Department asked the city to apply for the grant along with about 20 other cities across the United States.

She said that most of the cities that were awarded grants, however, were located in the Midwest.

"The increase in the use of methamphetamine has been quite drastic in the Midwest," Schultz said.

OPD Spokesperson Officer Don Savage said that there has been a significant increase in the number of methamphetamine labs discovered in Omaha in the past two years.

"Since Thanksgiving last year,

we have made 12 or 13 busts on labs in Omaha," he said.

Schultz said that there were no methamphetamine labs discovered in Omaha during 1997.

In addition, the amount of methamphetamine seized by the Metro Drug Task Force increased by 631 percent between 1996 and 1998, she said.

Also, the amount of methamphetamine found by the Nebraska State Patrol increased 1226 percent from 1996 to 1997, Schultz said.

According to police statistics, methamphetamine is the third most commonly abused controlled substance in Omaha—behind only alcohol and marijuana.

Schultz also said that Omaha has a very high percentage of

methamphetamine users compared to other cities nationally.

Only San Jose and San Diego, Cal., Portland, Ore. and Phoenix, Ariz. Reported higher percentages of arrestees that tested positive for methamphetamine, she said.

As part of the COPS Grant, the city of Omaha will receive new equipment to help dismantle methamphetamine labs. Schultz said that Omaha currently does not have the proper equipment to shut down a lab.

"Our equipment was quite outdated," she said.

In addition to the new equipment for dismantling the labs, the city will also be able to purchase surveillance cameras and new fingerprinting technology that will aid in the apprehension of suspects, Schultz

said.

Also, the grant will help to fund public awareness efforts in Omaha.

Savage said that public awareness efforts regarding methamphetamines is a major concern of the police.

He said that if store owners who sell the products used in producing the drugs were made more aware of what ingredients are used in methamphetamines, there would be a decrease in the production of the drugs.

Savage also said that if people where made aware of the signs of a methamphetamine lab, there would also be a reduction in methamphetamine production.

Schultz agreed that the public awareness portion of the grant would greatly help stop the spread of drugs.

More on Meth...

Current and former users talk about their addiction
turn to page 5

Police fight war against Methamphetamines
turn to page 5



City to build new library

A new public library has been proposed for South Omaha, near 29th and Q Streets, Dr. Ron Heezen, Library Director said.

The library will be shared by Metro Community College and the people in the area.

Community meetings will be held during October to hear input from people in the area, Heezen said. The Library Board will vote on the issue on Nov. 17 during its monthly meeting.

Omaha to construct new arena

A new convention center/arena will be built upon the site of the Union Pacific Shipyards along Abbot Drive with construction set to start sometime in the year 2000.

The \$275 million arena will have approximately 16,000 seats for concerts and 190,000 square feet for meetings and exhibits and will take about three years to complete.

DECA to travel to conference

Approximately 20 Central DECA members will join students from 13 states in Grand Rapids, Mich. for the Central Region Leadership Conference on Nov. 19 to -21.

The activities at the convention will include business and marketplace seminars and activities to develop leadership skills.

Technology ranks third in nation

Nebraska schools are ranked third in the nation for the overall ratio of students per computer.

Nebraska averages around 7.2 students per computer overall. However, in low income schools the average is only 9.3 students per computer.

Nebraska also has a high number of schools linked to the Internet.

Dole backs school safety measures

Elizabeth Dole stated that if elected, she would support both backpack and locker searches in schools.

In addition, she would encourage all school systems to place disruptive students in separate schools and enforce rules with tighter punishments.

These beliefs coincide with her beliefs to increase corporal punishment.

CHS holds Hall of Fame banquet

Central's first annual Hall of Fame banquet was held in Central's courtyard on Sept. 30.

Several Central groups performed at the event, dinner was served and then awards were presented. Each inductee, or a person representing the inductee, accepted a plaque and gave a short speech.

Jack Lewis, graduate of 1953, summed it up when he said, "I don't know how many years I have left on this earth, but I'll always be a Central Eagle."

Evolution causes school controversy, teachers say

THEORY, continued from page 1

they will continue to teach evolution in schools despite the efforts of the Board of Education to keep evolution out of the public school system.

Several years ago, Alabama encountered a similar controversy.

In this case, the "conservative" state board stuck a compromise, resulting in the installment of a disclaimer in every science textbook, Public Relations Director for Alabama Public Schools Susan Salter said.

She said the disclaimer is a sticker stating that no one knows the origins of life and

students should keep an open mind while studying the subject.

Tony Harris, spokesperson for the State Department of Education, said the sticker reads: "This specific text book discusses a controversial theory some scientists present as a scientific explanation for the origin of living things...Any statement about origins should be considered as theory not as fact."

He said Alabama public schools currently teach both the theory of Evolution and the theory of Creationism in schools.

The teaching of creationism in schools creates an entirely new controversy.

Waterman said creationism could be

taught as a theory, but said students should understand that because it lacks scientific evidence, it cannot be taught as fact.

"No idea should be banned from school," he said.

Prosterman said she feels the school should teach all theories of creationism.

Jean Whitten, Central Science Department Chair said she believes evolution should be taught, but is not opposed to alternate views of origins.

"If you are going to offer other views," she said, "you open a whole can of worms, because there are millions of versions of creationism and we [science teachers] are not experts on that."

She said those experts are associated with religion and she would not feel comfortable teaching that particular subject to her class without an expert.

Despite her concerns about creationism, Whitten said she feels strongly that evolution is an important part of science.

Whitten said the theory of evolution should be taught in all biology classrooms if not only for its scientific value, but also to form a historical basis for the development of science.

"Historically, if theories were not taught, people would never move forward," she said. "Besides, no one ever died from too much knowledge."

Grant given for safety in the schools

SAFE, continued from page 1

with training," Francis said.

The money will also provide for two pilot programs; one in rural school districts and one in urban school districts, Francis said.

In rural south-east Polk Community School District, after-school and summer programs will be held to decrease deficits in children and help them learn to make healthy choices, Francis said. The grant will also provide money for an on-site mental health clinician at schools.

In urban Des Moines Public Schools, money will provide case managers to work with high risk students, Francis said.

Some of the money will be set aside to help families that can't afford mental health services for their children.

School districts that receive the grants must have their use of the money evaluated, Schiada said.

The Des Moines Independent School District will sub-contract the Child and Family Policy Center run by Charles Bruner to evaluate their program, he said.

Money for the program came from three different government areas, Schiada said. The Safe and Drug Free Schools Commission, a part of the Department of Education, gave \$60 million to the program. Health and Human Services provided \$25 million, and the Department of Justice provided \$15 million.

Student tutoring

By Rebecca Rennard

Student tutoring has become an important part of Central High School's National Honor Society Sponsor said.

Although Math Department Chair and National Honor Society (NHS) Sponsor John Waterman said he strongly believes that a student's first choice should be his or her teacher, he said they sometimes benefit more from student tutors.

He said the NHS tutors focus on math and science.

"Math is either impossible or easy, but there is a very fine line between the two," he said. "Sometimes it just needs to be said differently."

Students know a different way of explaining things, he said.

"Maybe when they were learning it, they said something to themselves to make it easier," Waterman said. "That is the kind of thing a student can only get from another student."

Senior Phuoc Dam said he has been a math tutor at Central for several years and feels student tutors are a necessity for mathematics.

"Sometimes, teachers don't have time to sit with each individual student and help them, but other students can," he said.

English as a Second Language (ESL) teacher Cat Kennedy said teacher availability for tutoring is a big problem for ESL students.

"Frequently the only time teachers can meet with their students is before or after school," she

said, "but that is difficult for most ESL students, because they have such complicated schedules."

Most of the ESL teachers are there for language and are not as qualified in math, she said. Thus student tutors are assets in the classroom.

"I also feel that students benefit from a peer who is in the classroom with them and has just recently learned the material," Kennedy said. "For example, it may have been 30 years since I did a math problem like those they are working on."

Waterman also said students frequently feel more comfortable around other students.

"Students should know that their teachers are there to help them, but for some reason there is often a lot of fear and intimidation," he said.

"It is easier for them to ask questions of another student."

Senior Dubuol Kueth, an ESL student, said he would choose a student over a teacher simply because it would be more comfortable.

He said, however, that if he was having a very difficult time in the class, he would prefer the teacher.

Ultimately, Waterman said he would like to have a special room in the school set aside for student tutoring, but for now, he feels Central needs to find more tutors.

"It is difficult to find students who can afford to spend time tutoring, because the perspective tutors are taking a full load themselves," he said. "A good tutor is just as hard to find as a good teacher."

Where it all begins



LEFT: Senior Raechel Achelpohl hugs her mother after her announcement of running for the Senate.

BELOW: Shelly Kiel announces to supporters that she is running for senate on Oct. 13, using Central High as her backdrop.



CATHY COLLING/THE REGISTER

Improving classmates educations

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Students attend economic conference

By Ally Freeman

Two Central students had the unique experience of hearing three important businessmen speak to youth on improving the economy for their generation.

Marina Tsed and Nick Joerz were the two delegates Central sent to the Oct. 11 conference.

At the conference they got to hear Warren Buffett, Sen. Bob Kerrey, and the Rev. Jesse Jackson speak to them.

Tsed said that the conference was advertised in classes telling students it would be a very prestigious program.

The program interested her, and she already had a lot of experience in economics, taking the class her sophomore year and marketing last year.

"Economics impacts the lives of a lot of people," Tsed said.

Joerz said he was interested in the conference because he hopes to have a career in politics or economics.

Another reason Joerz wanted to attend was to hear the keynote speakers.

"Warren Buffet and Jesse Jackson are some of my idols," Joerz said.

Tsed said that she wrote an essay, and based on the essay she and Joerz were accepted to the conference.

The program was chaired by Sen. Kerrey and coordinated by the Public Forum Institute.

Carol Hipp, Social Studies Department Head, said the conference was attended by over 300 Nebraska high schools, who each sent two junior or senior delegates. The all-day conference was held at the Doubletree Hotel downtown.

The goal of the forum aims to spread the message of financial preparedness to a broad audience of Nebraska high school students in a creative, educational, and entertaining format.

The organizers hope that through participating in the forum, students will implement similar programs in their own schools to raise awareness of the importance of financial readiness.

The conference included interactive discussions, exercises, and electronic polling.

Tsed said that first Bob Kerrey gave introductions. That was followed by a polling section where the students answered questions using electronic polling devices and the results were immediately displayed.

She said that questions included things like if the students had a credit

car or what the most important thing in establishing good credit is.

Tsed said that next Jesse Jackson gave a keynote speech over the phone. Originally Jackson was supposed to attend the conference but had to cancel at the last minute.

Following Jackson, a representative from Ameritrade spoke about investing over the internet, the growth of the internet and trading and online investments.

Tsed said the final speaker, Warren Buffet, was her favorite.

"He was the highlight of the whole forum," she said.

Joerz said Buffet discussed getting ahead early and keeping everything simple.

He also stressed that integrity, intelligence, and energy are the three essential qualities to become financially secure, Tsed said.

Buffet also emphasized avoiding credit cards and the overall accumulation of debt.

His keynote speech was followed by a budget exercise, Joerz said.

He said the exercise allowed the students to prepare a budget with the

typical starting salary for out of college students in Nebraska.

Both Joerz and Tsed each had the opportunity to ask Buffet a question during the conference.

Joerz asked Buffet if he thinks the DOW will stay strong, while Tsed asked him what his future predictions for information technology in the United States are.

Buffet replied saying the United States has an awesome potential leading the way as the leader in this field.

Tsed was especially impressed by Buffet.

"He's really funny and down to earth," she said. "He's not only concerned about economics, he answered some very diverse questions."

Tsed said she got the feeling that before the conference most of the students in attendance knew little about economics.

"They [students] don't realized how much trouble debt can get you into," Tsed said. "Especially in credit cards."

She said the made them aware of how important it is to plan for their financial futures.



LEFT TO RIGHT: Sen. Bob Kerrey, and Seniors Nick Joerz and Marina Tsed

PHOTO COURTESY OF MARINA TSED

Positive attitude helps fight cancer, OEA President says

By Courtney O'Malley

As Mr. Rea walked through the door, from a typical day's work, and asked how his wife was, optimistic words were the only response out of wife, Liz Rea's mouth.

"I'm thinking of how to become a breast cancer survivor," Omaha Education Association President and former Omaha Public School teacher said.

Rea recalls that her immediate reaction to learning that she had first stage breast cancer was not of distress, but of thinking how she was going to fight the ugly disease and beat it.

"I'm going to fight this thing," Rea said. Senior Andrew Ludwig student recalls being a student of Rea's while she taught at North High School.

"Rea was one of those teachers who can

take something ordinary and challenge you some way," Ludwig said.

When Rea first learned that she was positively diagnosed with cancer, she was utterly devastated. Although receiving the crushing news, she tried to keep her spirits high, she recalled.

Rea was diagnosed with first stage breast cancer on Feb. 16, 1999. Doctors found a malignant tumor, the size of one's fingertip, on her right breast.

"I was lucky that it was only first stage," she said. "With cancer there are three stages. Cancer in the first stage, if caught in time, is easiest to cure. As for stage three, that's the hardest to treat."

Rea said that finding out was the easy part. The scariest reality, for Rea, was the thought of having to have surgery.

"Thinking about the surgery was the

scariest thing I went through. All the doctors came in and explained to me what the surgery consisted of, and it made me feel more confident," Rea said nervously. "My main focus was on how I was going to get through the surgery with out dying."

To cure Rea's cancer she would have to undergo a series of steps. The first step would be to have a surgery called a mastectomy.

Rea said that there were two routes that could have been taken, as far as surgery went. One option is called a lumpectomy, in which doctors would just remove that infected area. The mastectomy is when all or half of the breast, including the tumor and the tissue surrounding it are removed.

"Mastectomy was the option for me. It was a three hour long surgery. They simply took out the skin and sewed the breast back up. There was no disfiguration and it also

allowed me to not have to go through radiation," Rea said.

Although no radiation, she did have to have Chemotherapy. During the Chemo, I had to have a shot every day, for about a week to test and see if the white blood cell count was up to normal, she said.

"Chemo was not fun! It made me nauseated, and within two months I lost my hair," Rea said. "The total effects were not as bad."

Sept. 8 was her last chemotherapy session. Although technically cancer free, Rea will have to take medicine called Tamoxifen every day for the next five years.

Although the disease requires a lot of mental and physical perseverance, she was ready and willing for the fight.

"When I found out, I immediately called a friend and talked to her about my experiences with cancer," Rea said.

Rea said she was only out of the office for about a month during the early spring last year.

Rea said she returned to the office with the unconditional support of her fellow employees.

"The thought of leaving my work place never crossed my mind. I was not about to give up," Rea confidentially said.

Rea's battle cry for beating disease was that attitude was 95 percent of the battle. Prayers, friends, courage in every way and a positive attitude were all contributing factors to her success.

"Mrs. Rea had a strong personality. She was always very determined, which is probably why she could beat it," Ludwig said.

As for now, the next thing on Rea's mind is completing her three-year term as president and hopefully running again.

Peace Corps strengthened ESL teacher spiritually

By Ally Freeman

Most students would view living in a mud brick hut and bathing with one bucket of water as torture, but one Central High School teacher said it changed her life.

Catherine Kennedy, an English as a Second Language (ESL) teacher at Central High School, volunteered for the Peace Corps in small villages in Africa during the late 1970's for two and a half years.

One reason Kennedy said she joined the Peace Corps was because she was raised in a family where volunteer work and public service was common.

"Volunteering was a strong part of American culture overall [during that time]," Kennedy said.

Before entering the corps, Kennedy trained for a brief period in the United States and then went through more intensive training that lasted for three weeks once in Africa.

"At first my mother was worried," Kennedy said, "but every Peace Corps mother was."

While in Africa she taught in a school in Liberia. She said that the main difference between Africa and the United States was that there were no modern conveniences.

"Africa is also a collective culture, as opposed to an individualist culture [like the United States]," Kennedy said. "I lived in a village deep in the bush, with no electricity or plumbing."

Kennedy remembers one of the low points of the experience being contracting various diseases in Africa.

She said she had Malaria three or four times, and was always dealing with health issues.

"There were also snakes and rats crawling everywhere," Kennedy said.

Kennedy said she might repeat the experience again sometime after she has retired from teaching.

The experience has been invaluable for teaching, especially ESL, Kennedy said.

While in Africa, Kennedy said she learned the difficult tribal dialect of her community.

"African languages are different because they are not written languages, they are tonal," Kennedy said.

She also said that African people are amazing linguists and speak five or six tribal dialects.

Colonized Africans also speak at least one European language as well, she said.

It was her first experience trying to teach non-English speakers and a great lesson in cultural differences.

Kennedy said the experience changed her life.

When she flew to Switzerland for Christmas immediately after leaving the Peace Corps, she encountered an enormous culture shock.

"I learned that in reality, you need very little to survive," Kennedy said.

She said she would absolutely encourage others to join the Peace Corps, but that it is not for everyone.

"You have to have inner strength and spirituality," Kennedy said.

Many people got homesick and decide to quit and return home, Kennedy said, but she herself enjoyed living in those conditions.

"I really got to see I was doing some good," she said.

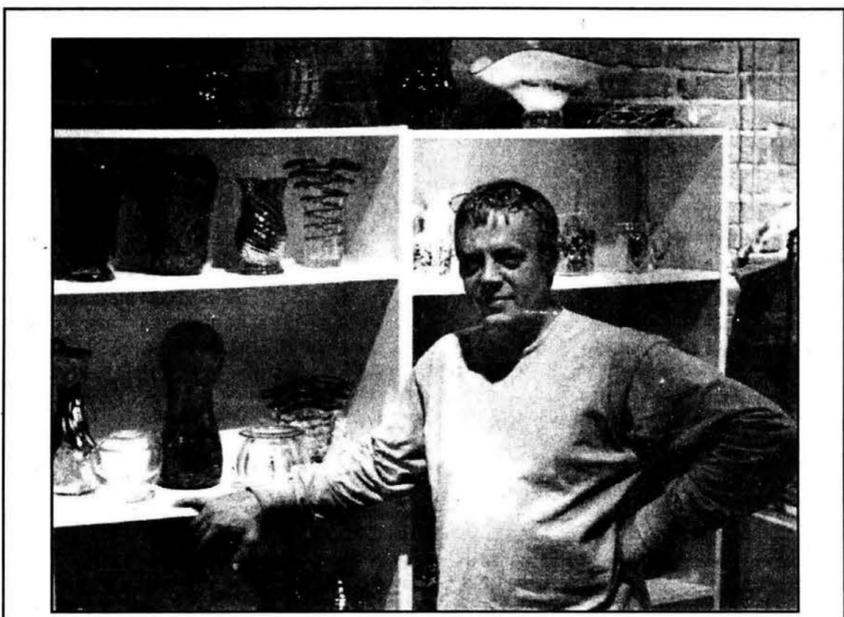


PHOTO COURTESY OF KAITLIN DAVIS
ABOVE: Ed Fennell stands with his works of art. Fennell makes glass for a living.

Blowing Glass Iowa resident makes glass art for career

By Kaitlin Davis

If you can't stand the heat get out of the "forge!"

Glass Blower Ed Fennell has been blowing glass and working in temperatures that range from 2000 to 2300 degrees Fahrenheit for about twenty years, ever since he saw one of his professors at Iowa State University blow glass.

"I was interested, but never really exposed to it until college," he said.

Fennell taught himself to blow glass in 1978 using a forge he built in his garage. It only took him a couple of weeks to learn, he said. He had watched three people before he tried it. He held his first show in 1978

when he was 30.

Fennell gets some of his glass from Germany and some from West Virginia, mostly from Cullet Factories. Cullet is French for reject. He also uses broken beer bottles for some of his color. His pieces range from half a pound to 20 to 30 lbs.

"Anything more than 30 lbs., two people [are needed to] blow it," Fennell said.

Fennell holds workshops where people can come and try to blow glass.

He has had people of all ages blowing. His youngest participant was five and the oldest was seventy-eight. Fennell gives classes on how to blow glass. He also has students from different colleges come in and use his forge all of the time.

Besides blowing glass, Fennell also works at the Veterans Hospital with the machines in the Research Lab.

He graduated from college with a degree in Biology and first worked a lot with the electron microscope.

Fennell lives in Council Bluffs with his family.

"I live here [at the forge], but I sleep in Council Bluffs," Fennell said jokingly.

He sells his glass pieces out of the Artisan Access studio where his forge is located, and he can be seen in action at area Renaissance fairs.

He has attempted to make glass eyeballs for humans, but he prefers making them for dragons.

Teacher helps in Americore

By Ally Freeman

For one Central High School teacher who didn't know what career field to enter, a program called Americore changed his life.

Social Studies teacher Ted Arndt said the national service program is publicly funded and includes over 20,000 volunteers nationwide.

In return for public community service, the volunteers get money for school, Arndt said.

Arndt said that before entering his division of Americore, the National Civilian Community Corps (NCCC), he knew he was good with kids, but had always thought about going into a business career.



Ted Arndt

However, Arndt's first project with the NCCC was working with fourth grade students in a Denver school. It was there that Arndt realized his teaching potential and decided to enter the education field.

Arndt recalls one specific event when he and his team were working in New Orleans on flood relief. Arndt said that the people struck by the flood were of poor economic backgrounds.

He said he really felt he made a difference by helping them out.

Along with the disaster relief, come exciting things as well.

"The experience teaches you how to be strong and handle just about anything," Arndt said.

This quality has been valuable in his teaching career as well.

He learned how valuable community service is, to the entire community and to the individual person they are serving.

Anti-abortion demonstrators protest with national Life Chain

LIFE, continued from page 1

It was held by D'Anne Welch, a self-proclaimed libertarian and freedom-fighter who said that she believes in choice in every issue.

"I believe that abortion should be free and legal," Welch said. "In fact, I think that there should be federal funding so impoverished people could pay for abortions."

Welch said that she doesn't believe in human suffering of any kind and in addition to her views on abortion she added that people with severe disabilities have the right to die.

She said that because of her atheist beliefs, she was not bothered by the moral superiority of the other demonstrators.

"I don't mind standing alone [against these pro-life demonstrators] because I have my own morals and values," Welch said.

Though Welch was the only demonstrator that day against the Life Chain, her pro-choice beliefs are held by others, especially at Planned Parenthood.

Kathy Tollefsrud, the director of education and training at Planned Parenthood and mother of two children, said that they teach how to manage sexuality in a responsible

way.

"I am astonished at how arrogant people can be while saying they know what's best [for a pregnant mother]," Tollefsrud said.

She added that while it is hard to reduce the abortion issue to a slogan that fits on a bumper sticker, Planned Parenthood explains its mission with, "Every Child - A Wanted Child."

"This statement evokes a lot of the principles and beliefs we have," Tollefsrud said.

She said that some people might consider it immoral to bring an unwanted child into the world.

Planned Parenthood wants children to be welcomed into the

world by people ready to take care of them Tollefsrud said.

In response to the anti-abortion demonstrators, Tollefsrud said, "The great thing about living in a democracy is that you can believe whatever you want."

One of the demonstrators who took advantage of his right to believe was T. Meier's father, Bill Meier.

B. Meier said that he has been participating in the Life Chain for about ten years.

"The Life Chain started out as an idea to show a peaceful protest against the killing of innocent babies," B. Meier said.

He said that they hope help the

general public by generating awareness about the abortion issue to the community.

"As we go about our everyday lives, attending school and spending time with our families, in the background, and behind closed doors, babies are being slaughtered," B. Meier said.

He said that he believes that abortion is a detriment to the country and the community by putting out a message that it is fine to kill.

"Our country is in this [dangerous] state because of a loss of respect for human lives," B. Meier said. "This is sad for you and me."

Barbara Graeve, another anti-

abortion protestor, echoed B. Meier's position on abortion.

Graeve said that she also believes that the disregard for human life starts with abortion.

"We just want people to know that what is aborted is a baby - a human, and we hoped standing out there will soften people's hearts," she said.

On the other hand, Welch said that the overwhelming number of people who responded while driving past the demonstrators responded positively to her pro-choice message.

"I just wish that I could get these people out of their cars and to the state house," Welch said.

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Project Extra Mile aims to eliminate underage drinking

By Sarah Peterson

Nebraska ranks second in the nation for the percent of youth who confess to drinking alcohol, and is now trying to put an end to this, an Omaha Police Officer said.

Omaha Police Department Officer Chuck Matson talked to Central freshman in Pathways classes on Oct. 1.

"My goal was to give the students factual information on how alcohol affects me," Matson said. "I try to give the students the information they need to make good decisions."

This information included statistics, such as the fact that every minute a person dies or is injured from an alcohol related traffic accident. There are around 65 deaths and injuries each hour.

Pathways Teacher Peggy Wheeler said that Matson gave the students concrete examples of problems caused by drinking and driving.

"He taught the students to make wise decisions, like don't trust a drinking driver," Wheeler said.

Freshman Kristen Carroll said that she learned a lot from the presentation and now feels that she is less likely to drink.

Freshman Latisha Gregory, was impressed by goggles that showed what it was like to have a .08 percent alcohol level. She said that a girl in the class that tried the goggles on couldn't point at the tip of a pen or walk straight.

"I wouldn't do it [drink and

drive]," Gregory said.

Freshman Shemica Thomas said that the statistics showing all the people who were killed by drinking and driving made her less likely to drink and drive.

Matson included statistics in his report showing why Nebraska is now trying to stop underage drinking and stop people from drinking and driving.

Statistics, according to Matson showed that 47 percent of Omaha's youth report that they had their first drink by the age of 14. By the age of 17, 69 percent of Nebraskan teens reported that they drank on a regular basis. Around 42 percent of Nebraska High School students confessed that they had been binge drinking within the last month.

Nearly 50 percent of youth admitted to driving after drinking or driving with an intoxicated person, Matson said.

Project Extra Mile, a 4 year-old program funded by the Nebraska Office of Executive Assistant of the program of Highway Safety and private donations, Cheri Klevemann, said. It was formed after Congress designated underage drinking a problem and allocated money to states to reduce the problem.

The idea of the program was to build a community-based coalition of politicians, educators, parents and students to stop underage drinking, Klevemann said.

"The program aims at not just educating the young, but also parents and retailers, that underage drinking is both illegal and unhealthy," Klevemann said.

Nobel Prize Winner Lawrence Klein educates students

The Nobel Prize winner for Econometrics talked to Central students about financial issues of today's society.

By Caroline Walburn

The power and prestige that a Central education can grant was extremely evident to AP American History and World History classes on Friday, Oct 1, when Nobel Prize Winner and Central Alumnus Lawrence Klein presented a lecture on the basics of Econometrics.

Klein, Professor of Economics at the University of Pennsylvania, won the Nobel Memorial Prize in Economic Science in 1980.

After being inducted into the Central Alumni Hall of Fame, Klein managed to squeeze in a lecture to current Central students highlighting today's economy and his work in the field.

"I thought that his lecture would be way too complex for me to understand, but he managed to simplify his theories enough that they were easy to follow," junior Jocie Weiland said.

Many students who had no background in economics said they were able to understand the main

parts of his lecture.

Junior Scott Pearson, who has never taken an economics course, was glad he had the opportunity to learn about the subject, which had never appealed to him before.

After his lecture, Klein gave students the chance to ask him any questions they had.

The opportunity to hear Klein speak was unique to Central students, Weiland said.

"It's amazing to see the heights that a Central graduate can reach, and it's good to know that Central is of enough importance to alumni that they are willing to come back and help continue the great education available here," Weiland said.

Students were also happy about the change of scene from the regular classroom activities, Weiland said.

"Speakers such as this one benefit students because they are able to explain and share with us what they have done to improve the world, and it inspires students to strive to do the same," junior Clint Lloyd said.



CLAIRE DEVNEY/THE REGISTER



CLAIRE DEVNEY/THE REGISTER

ABOUT: Lawrence Klein speaks to advanced placement students. **LEFT:** Klein answers students' questions and talks to Principal Dr. Thompson.

The increase in teen gambling is no bluff

By Ally Freeman

For years, organizations including schools have been selling chances that sponsor bingo games and casino nights. Even Central, selling chances to kick a field goal at the football games is participating in gambling.

Executive Director of the Nebraska

Council of Compulsive Gambling Jerry Bauerkemper said that schools sending these messages are giving the students an opportunity to experiment with it. Certain people will have a problem.

"They [teenagers] learn by having gambling games around," Bauerkemper said.

Teens who have parents who gamble are also more likely to start

gambling because they see the issue as being acceptable in their family, he said.

Bauerkemper said that the average age of a gambler is between 15 and 18 years old, and the average age of people who have a problem gambling is 11 years old.

"Three percent of the people who call the state hotline are ages 18 and under," Bauerkemper said.

Harlan Vogel, Program Coordinator for Treatment of Gambling at Family Services, said that gambling has been a common problem among teenagers.

According to the McGill Youth Gambling Research Clinic, estimates are that between 4 and 8 percent of adolescents presently have serious gambling problems.

Another 10 to 14 percent of

adolescents are at risk for developing a serious gambling problem.

Vogel said that studies show kids at the age of 12, betting on sports. As they get older their habits may increase to playing cards at lunch for money.

The research also suggests that 55 percent of teenagers are casual or recreational gamblers.

Bauerkemper said that women mainly start out gambling with card games, while men are more into sports betting.

Junior Jen Bradford said that she is against teenagers gambling.

"It is a waste of money and people forget about their responsibilities," Bradford said.

Senior Vince Wesselmann disagrees with Bradford. He and ten other Central students hold a poker game every other weekend.

Although they are gambling for money, the point of the evening is

more to have fun than gamble, he said.

We are responsible individuals capable of making our own decisions, he said.

"We are having, for less than the price of a movie, more fun for a longer period of time," he said.

Signs such as needing an increased amount of money, finding money or valuables missing from the home, isolation, and just noticing their everyday actions are signs that a teenager could be gambling, Vogel said.

Graham said that although he has never stolen money to gamble, he has borrowed it.

"I gamble for the risk and to try and win more money," he said.

He does not, however, view his gambling as a major problem.

"It's only money," Graham said. "It comes and goes."

Bauerkemper said that other

signs include an increased knowledge in gambling terms, flashing around large amounts of money, losing time from school and narrowing their interests.

Graham said that sometimes gambling does affect his performance in school.

"Sometimes I watch the football games instead of doing homework," he said.

Vogel said he tries to educate his clients about where their gambling problems can take them, educate and inform them of the dangers, try

to inject reality into the process, said. have the possibly attend a Gamblers Anonymous meeting.

The majority of clients who gamble at a younger age are hard to treat because they see it acceptable more, Vogel said.

Bet's-Down
Gambling and Teenagers

55%-Casual or recreational gamblers
10-14% At risk for developing a serious gambling problem
8-11% have a gambling problem

JENNIFER FRIEDMAN/THE REGISTER

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Humane society sponsors a Walk for the Animals

By Jenny Nelson

The Nebraska Humane Society's fundraiser, Walk for the Animals, is sure to be the "cat's meow," Central High junior said.

Thea Naikelis said she participated in the Walk for the Animals last year, and that she enjoyed it very much.

"It felt good to put my energy to a good cause," Naikelis said. "I've decided to do it every year."

Darcy Beck, a spokesperson for the Humane Society, said that this fundraiser has been occurring annually for the past ten years.

The money raised helps fund many programs through the Humane Society, such as the Animal Spay/Neuter Program, the Adopt-A-Pet Adoption program and over-all general care for the animals.

In order to participate in the

Walk, a \$35 registration fee is required. Participants are allowed to bring pets on the "Walk," but it is required.

All animals are to be kept on leashes six feet or less at all times, the Humane Society said.

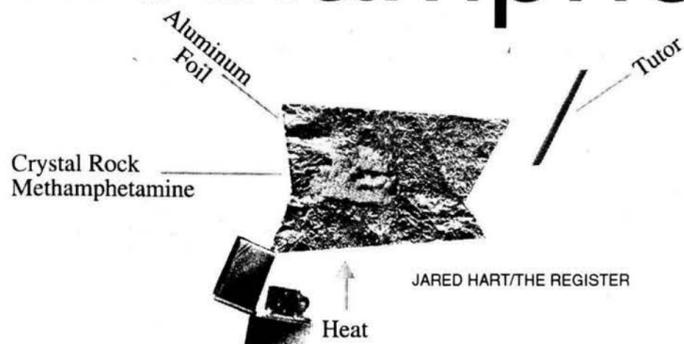
Participants in the walk also win prizes depending on how much money they raised.

The fundraiser received 1999 Walk for the Animals t-shirt as well as a trip for

to the World Famous Dog Museum in St. Louis, said the Humane Society. Also at the Walk, there was a raffle, a silent auction, an official audition for David Letterman "Stupid Pet Tricks" and live music from "The Prairie Cats."

The Humane Society hosted the Walk on Sunday, Oct. 17. The would like to encourage everyone to participate.

Methamphetamines



JARED HART/THE REGISTER

THE WAY IT'S DONE: According to police statistics, the most common method for abusing methamphetamines in the Omaha area is smoking crystal meth rocks. In order to smoke crystal meth, the rock is placed on a piece of aluminum foil. A lighter is used to heat the bottom of the foil. The rock starts to fume, and the user breathes the vapors through a straw, known as a "tutor."

Meth use calls for police action, spokesperson says

By Andrew Danford

As a result of the recent growth in methamphetamine distribution and use in the Omaha metro area, police have been faced with numerous problems in fighting the drug's growth, one local police officer said.

Council Bluffs Police Sgt. Terrence Lemaster said that the local police departments have seen a drastic increase in the number of methamphetamine-related arrests in recent years.

"Sixty percent of the suspects that we arrest in the metro area have some type of drug in their system," he said. "Thirty percent of those suspects test positive for methamphetamines."

He said that the increase in methamphetamine use can be attributed to several problems.

The ingredients used to make methamphetamines are very easy to obtain, Lemaster said.

"You can go down to Wal-Mart and buy all the ingredients for \$200 or \$300 and make about \$4,000 or \$5,000 worth of meth," he said.

Omaha Police Department Spokesperson Officer Don Savage said that this problem would be addressed as part of the recent grant given to Omaha to help combat methamphetamines.

He said that more money would be spent to alert store owners who sell these products of the dangers these products could cause. Also, he said that the police would encourage store owners to report those who purchase these products in large quantities or on a regular basis.

Lemaster also said that it is very difficult to find methamphetamine labs.

He said that people are not often aware of the signs of a lab.

Lemaster said that methamphetamine labs can be identified by their "urine-like" smell. This smell is the result of the anhydrous ammonia used in producing the drug.

Also, labs may smell like ether—another key component of methamphetamines.

"It's a very unique smell that you can't miss," Lemaster said.

Not only do the labs have a unique smell, Lemaster said, but methamphetamine users also smell like ether and urine.

He said that because the drug is sweat out through a person's pores, the users smell and are easy to identify.

Savage said that another sign of a methamphetamine lab is the constant movement of people to and from a

building, especially when no one lives in the building.

However, Lemaster said that most labs are not located inside one building.

Most labs are what police call "box labs," he said.

These labs can be moved from place to place and are usually found in cars during routine traffic stops.

Lemaster said that suspects try to conceal these labs using air fresheners.

However, he said that drug-sniffing dogs can still easily detect methamphetamines over the scent of the air fresheners or other devices that suspects try to use to conceal the lab's scent.

Lemaster said that another problem faced in shutting down methamphetamine labs is safety.

"Labs are really hard to come by and very difficult and toxic to dismantle," he said.

However, as part of the methamphetamine grant, local police will be able to purchase equipment to aid in the safe dismantling of labs, Savage said.

Lemaster said that police also often lack the proper training and are unable to dismantle labs. Therefore, it is often hard to find people who can dismantle a lab even when it is discovered.

He said that the local police did have one very positive resource in the fight against methamphetamines—unity.

"We are all after the same thing," he said. "We all want to make our streets safer, but I don't think that we will ever be able to stop it."

"We are all after the same thing," he said. "We all want to make our streets safer, but I don't think that we will ever be able to stop it."

Terrence Lemaster, Council Bluffs Police Sgt.

Meth addicts discuss drug's effects

By Andrew Danford

Names have been changed to protect identities

He used to do so much meth that his friends called him "Opie."

"I used to do meth four or five times a day," Opie said.

He said that because he was using so much of the drug, he stayed awake for 28 days straight.

"It pulled me away from society," he said.

Opie said that this separation from society became clearly present during his years at high school. He graduated from Millard West in 1997.

He said that while he was a student, his methamphetamine use caused many problems for him.

"I was more interested in meth than going to school," Opie said.

Today, Opie is 20 years old and the father of two daughters. He said that his daughters were the major reason for him quitting.

"It's a rush," Opie said. "But it's not worth it. I wasted my time."

Opie is not alone in his use of meth. Central Junior John Smith* said that he started using meth two years ago when his friends introduced him to the drug.

At his peak, Smith used methamphetamines on a daily basis.

He also said that he did not sleep because of the drug.

"I stayed up for two weeks straight," he said.

Smith said that he had saved money to buy a car. However, he said that he spent all the money he saved on drugs.

"I saved up everything that I had for a car," Smith said. "But I spend \$5,500 in three months [on methamphetamines]."

Smith said the he did it to escape.

However, Smith said that his problems were always there afterwards.

"While you are on it," he said, "It helps a lot. Your life is a lot worse after though."

Also, Central Junior Jane Doe* said that she also did meth for about six months starting in last December. She quit last June, however.

"I realized it was too much of an expense," Doe said. "And it wasn't really helping my life."

She said that the highs she got from using meth helped her escape from reality.

"All my problems went away," she said.

However, the highs lasted only about five hours, Doe said.

During the high, Smith said that he could do everything that he normally could do.

"The only difference is that you always have to be doing something," he said.

Opie also said that he always had to stay busy while high.

"I used to play 10,000 [a dice game] for days straight,"

he said.

After the high, Doe said that she felt really depressed and very hungry.

In addition, she said that the using meth was a monetary stress, costing her \$60 every time she used it.

"It didn't make me broke," she said, "But damn near close."

Doe said her friends introduced her to the drug at parties.

Neither Doe nor Smith said that they never feared being caught.

"If my parents knew, they would not care," Smith said.

Doe said that although her parents would not be happy with her if they caught her, it would not bother her.

"Whatever is going to happen is going to happen," she said. "I didn't really worry about it."

Both Smith and Doe said that they came very close to being caught on several occasions.

Smith said that these situations did not ever make him consider quitting, however. He said he never worried about what the drug was doing to his body.

The smell of the drug also never bothered him, Smith said.

"It made me crave it more," he said. "It is almost like you are starving without it."

Although he said that he does not use meth as much as he did in the past, Smith said that there is only one thing that would cause him to stop using the drug entirely.

"Somebody would have to die," he said.

ROTC school prepares teens for college

By Andrew Danford

Most schools enforce a dress code. Some schools even require students to wear uniforms. However, there is only one public school in America that requires all of their students to wear a military uniform to school every day.

The Chicago Military Academy, a high school where both the teachers and students attend in military uniform, became the nation's first public military academy when it opened in August.

Principal Col. Charles Fleming said that although the school is a military academy, its purpose is to prepare students for college—not military service.

"Our goal is to have 90 percent of our graduates go on to college," he said. "We hope that 70 percent of those graduates will receive some sort of scholarship."

In addition to the core curriculum, students also take a leadership class. Fleming said that he believes the leadership class will help to better prepare his students for not only college but also life in the business world.

Central Junior and JROTC Student David Gutman said that he also believes that because the students at the academy are constantly exposed to the ROTC discipline and leadership, they will be better prepared for college.

"It certainly would prepare people well for college because ROTC stresses discipline," Gutman said. "This discipline throughout the school day would prepare a person well for college or a career in the military if they so chose."

However, Central Military Science Department Chair Maj. Richard Yost said that the school needs time before the benefits of attending it can be analyzed.

"It hasn't had a chance to prove or disprove itself yet," Yost said.

Yost said that he does not believe that the academy would be beneficial to all students.

"I am not a big fan of military academies," he said. "The vast majority of students are not academy material."

He said that a major downfall of military academies is that they expose students to a limited variety of people. Students often do not have the opportunity to interact with others whom are not of the same mindset as them. Students at the Chicago Military Academy applied to attend the school.

Based upon standardized test scores, interviews with both the child and parents and a writing sample from the applicants, staff members selected to attend the school, Fleming said.

Once the students are selected, they must sign a contract where they promised to uphold the JROTC creed and not lie, cheat or steal. The parents promised to support their child's education. The academy promised to do everything in its power to provide its students an excellent education, Fleming said.

"We want to do all the things that we think are important in a child's education," he said.

The school day begins each morning with breakfast together at 7:10 a.m. After breakfast, roll is taken together in the drill hall and the raising of the colors takes place outside the main entrance, he said.

Students then attend classes until 3:15 p.m.

Students who attend the school do not have a full summer break. They are required to take classes and attend a two-week military camp, Fleming said.

The academy is located in inner city Chicago in the old Eighth Regiment Armory.

The historic location of the academy helps to bring pride to the staff and students, Fleming said. In addition to the school, a museum displaying some pieces of the armory's past shares some of the space.

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Perspectives

Addictions • Drinking • Off-campus lunch

Addictions pose threat to everyone

It's All Good



Andrew Danford

Wednesday morning, 3 a.m.
I should have gone to sleep hours ago.
I had not slept since Sunday.
The pile of Mountain Dew cans and empty coffee mugs was growing on my desk.
I drank five pops before fourth hour that day.
My pulse was somewhere near 200, and my hands shook.
I felt like I was going to cough up my

dinner that I had eaten just minutes earlier.
What could I do?
I needed to do my history.
I needed to do my trigonometry.
I needed sleep.
Too much work to do. Not enough time to do it all.
I was tired of waking up in the morning and seeing the raccoon rings under my eyes.
The bruise on my head grew every time that my head hit my desk in physics.
Stimulants were the only thing that kept me going.
I needed them to remain conscious.
Now that I am past those days of hell—Cross Country meets, tests, themes, and the list goes on—I have realized that life is funny.
People like to believe that they can handle life's stresses by themselves.

However, they usually end up falling back on something.
Caffeine. Cigarettes. Alcohol. Marijuana. Crack.
These crutches do not help people in the end.
The caffeine that helps people stay awake gives them a headache later on.
The alcohol that helps individuals to forget their problems comes back to complicate matters down the road—literally.
Instead of solving my problem and getting some sleep, I only made my situation worse by drinking twice my body weight in Mountain Dew every day.
People need to

start confronting their problems and stop concealing them behind the mask of addictions.
If society would do this, people would quickly become happier, more productive people.
But it is just society's nature to allow people to hide their problems.
Is it the teacher's fault—not the student's—that the student is failing a class?
Is it the parent's fault—not the child's—when the child shoots his classmates?
Society would have me believe so.
Before people can stop hiding behind their addiction, society must break its own habit of hiding its problems.
But it is just human nature to try to pass the buck on.
Some things will never change.
Maybe it's not all good.

Top ten signs of caffeine addiction

1. The pile of cans in your room could be stacked to make a full-scale model of the pyramids.
2. Corn flakes with Dew is your idea of a power breakfast.
3. Your resting pulse is in the 300's.
4. Your initials are ADD.
5. New Starbucks™ location to open in your garage.



6. Juan Valdez has filed for a restraining order against you.
7. You experience visions of little men stealing your underpants.
8. You encourage and gladly let the little men steal your underpants.
9. Refried coffee beans.
10. Speed is just a warm-up.

Binge-drinking serves no purpose

I'm a Jerk, You're a Jerk



Michael Gerhardt

So, I'll be blunt again, drinking is really stupid.
I can't think of many stupider things to do than drink. Sure, you could stick bayonets in your eyes or eat fishhooks, but drinking is stupid. Especially those idiots who drink purely to get drunk.
Hey, you want to feel drunk? Let me kick you in the head and put you on one of those merry-go-round things at the park. You feel drunk, don't bother wasting money on cheap vodka or whatever.
Besides, hasn't anyone noticed that

alcohol tastes really bad? Seriously, like really really bad? I could ferment rat urine and it would taste the same as a \$50 bottle of scotch.
Does this sound familiar to any of you who tend to binge drink? You drink too much, and you pass out in somebody else's yard? You know it does.
Or you drink too much and you end up entertaining your friends by taking off more and more of your clothing, thus becoming a lot closer to your friends, and possibly making new ones? Sure, you bonded, but I can think of better ways.
Go camping or something.
Doesn't anyone have anything better to do? Do they really live a life that uneventful? When people find out I don't drink, they always ask me, "Then what do you do for fun?" and I have a very powerful urge to remove their trachea with my teeth.
Sure, I'll admit, my social life does not live up to what a lot of other peoples does. I don't go to parties. I don't even get invited to parties. I don't like to leave my house. The

only people I see on a regular basis are my girlfriend and my parents, who can put up with my dilapidated personal hygiene habits. I sit in my basement and play guitar. I'm a loser.
But I'm still not so pathetic that I have to totally alter my frame of mind in order to pull myself out of my bleak, boring, broken down existence. I can actually enjoy my life without having my vision screwed up and a bright red nose. I really value the ability to walk, and I don't like to wake up in bed next to a blond midget. Drinking is stupid.
I ask kids if they like to drink because they like the taste. Not a single person said yes.
So, you drink something you don't like so you can mess up your vision and fall over a lot? See, my way works just as good. A quick boot to the head and a spin on the merry-go-round, you're hammered. If you want to get worse, I can kick you on the otherside of your head, and boom; you're "drunk" for the next eight hours. None of those nasty arrests, and you can pass a Breathalyzer.
Even worse, some people drink just to

impress their friends. Or they're afraid their friends won't like them unless they drink. That's pathetic. If your friends are so shallow that you have to drink something you don't like the taste of, I would suggest you get rid of your meaningless "friends." Get a dog.
The thing that makes me really violent about drinking is drinking and driving. You drink, you stand around for 15 minutes, you think you're sober, and you get behind the wheel. You're not sober. You've only had a couple a beers, what could happen.-? A lot, you idiot.
I don't care if you've had 1/4596756 of a drop of watered down beer.
Do not get behind the wheel.
I'm going to justify this at the very lowest level of human logic. If you get in an accident, you have to pay money. Never mind the whole loss of life, guilt, all that stuff. A lot of people cannot think on that level. It makes me sad to have to justify this way, but if you get in an accident, it will cost you money.
Don't drink.

Immaturity hurts privileges

I'm Better Than You



Jared Hart

Oh yeah, Central is paradise.
95 percent of Central students have the I.Q. of a hockey puck. 99.9 percent of freshmen have the I.Q. of a granola bar.
Because of irresponsible freshmen and immature sophomores we lose privileges. These pompous excuses for lower-classmen act like they completed eighth grade and are suddenly cool. No.
We have nothing to owe you. You may have been cool last year, but you are not this year. Not at all.
Do you think it's funny to tear down the homecoming decorations?
It's not.
In case no one noticed, we lost a few more privileges this year.
This is the reason we Centrallites have no privileges. Four years ago, at the end of the Doc Moller era, students could eat where their hearts desire. Do you like to eat on the west porch? Would you like to eat on the stairs outside the Dramatorium? Hey, whatever floats your boat.
Why is it that I, an almost eighteen years old senior, can elect the next president of the United States, but can't decide where I want to eat lunch. Let me get this right. I can help choose the most powerful man in the world,

but have to choose between one of three feeding sites.
Whatever.
I would like to know why Westside can have corporations in their lunchrooms, but I can't even get a decent meal. (By decent meal I mean the fat and cholesterol of a Whopper, taco or Big Mac.) Well, why is that? Because Central students are too childish to realize what they are doing to the group as a whole.
We don't have open lunch because students leave.
I could care less.
This one I blame on the School Board. If students want to leave, let them. Don't punish the seniors for the disrespectfulness of the fools in the freshmen class. If kids really don't want to be in school, they won't be. By forcing them to stay, they disrupt classes and make it harder for others to learn.
I'll give you one thing though, they help out my class rank. That's the only thing these 'rebels' are good for.
Why are we the only school district in Omaha who doesn't have open campus? Why are we the only school district that doesn't pay our teachers adequately?
You have the word of Jared Hart that the problem lies within those snakes at the Teachers Administration Building. Either we're complete morons, or they are. And since they are making twice as much money as anyone knows about, I think they are winning.
TAC officials say it is the legislature's fault teachers aren't paid enough. Way to be an American. No, it's not your fault; it's someone else's. It's just a shame that between all that wasteful spending those halfwits can't even find their own shoes. No offense.

AS CLINTON'S TERM NEARS AN END, HE BEGINS TO CONTEMPLATE RETIREMENT.



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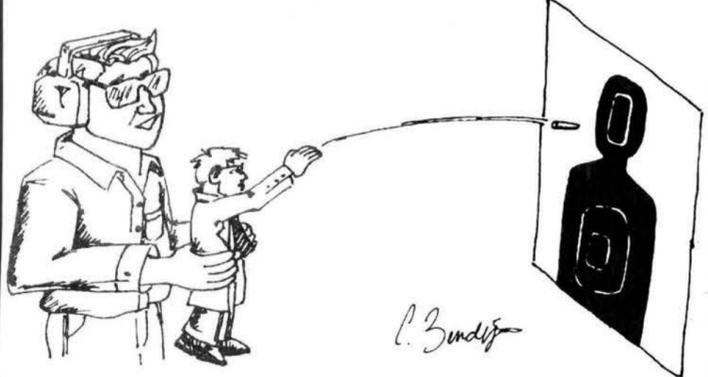
Perspectives

Gun Control

Letters to the Editor

Friendships

Guns don't kill people, people kill people



Tighter gun control needed

From the recent shooting at a prayer group in Forth Worth, Texas, to the multiple school shootings happening all over America, it has been made very clear that the United States needs tougher gun laws, both affecting those purchasing guns and those caught giving weapons to minors.

Certain members of Congress have tried to pass bills which would stiffen gun laws, but these bills have been repeatedly defeated because of their restriction of the second constitution amendment, the right to bear arms. While this constitutional right should not be destroyed, new laws are needed to make sure that guns are kept out of the hands of minors and those who are not mentally capable of owning a gun.

First, background checks, waiting periods and instruction should be mandatory on all gun purchases, including gun shows.

Background checks would examine if the purchaser had committed any criminal activities, such as armed robbery or murder. Background checks would make sure guns were kept out of the hands of those with mental disabilities, who could not handle owning a gun.

With a waiting period, the gun purchaser is forced to wait for a certain amount of days, three for example, to cool off before committing something which could later be punished and regretted.

Mandatory instruction would teach gun-purchasers how to use their safety locks and other directions to keep their weapons safe from others.

Keeping guns out of the hands of minors is a much more difficult task. New laws and harsher punishments are needed to keep minors from guns. Some sort of safe storage for the gun should be required at purchase, such as a gun safe. If the purchaser is buying more, a second, third, etc, proof of the storage must be shown at the time of purchase.

Strong punishments are needed on people who give guns to minors. Those caught giving or selling guns to minor should be shown no tolerance, and have their right to own any kind of gun taken away. Along with the loss of the right to own weapons, a mandatory jail sentence should be required. It is an extremely harsh punishment, but people need to know that no minor should be allowed to have guns, so tragedies such as Littleton and Columbine can be avoided.

Editorial

The opinion of The Register

Register Your Opinion

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

Do you think the United States needs tougher gun control Laws?



No. I think it's the enforcement of the gun laws that counts.

Paul Zahn, 11



Yes. I think that we need to toughen gun offense punishments, not make it harder to get a gun.

Andrew Klausen, 11



No. You don't have to make buying a gun any more difficult, because otherwise, our right to bear arms might be infringed.

Jessica Barsell, 12



Yes. Gun companies need to be responsible so that they can be stiffer on who they sell to and why.

Charles Williams, Security Guard

Two-facedness harms friendships



Y'All Ready for This

Rebecca Rennard

Why do you find it necessary to talk about your friends behind their backs? Is it fun for you?

Does it make you feel good to make them

look bad?

What kind of joy do you get from spilling secrets or spreading lies?

What do you get from talking about your friends?

Is it just your way of adding to the conversation?

Or is it fear?

Are you afraid to tell your secrets? Are you afraid to let people into your heart--into your life? Can you suppress that fear by telling the secrets of others? When you report their story do you feel you no longer need to relate your own?

Or is it just the only thing you have to talk

about?

What do you get from talking about your friends?

Do you get a rush from knowing that you can fail them as a friend? That you can take their deepest feelings, the secrets they hold so dear, secrets that were never yours to share, and stomp all over them?

Is it okay because they act the same way?

Is it okay because you'll make up in the end?

Does it bring you closer together?

What do you get from talking about your friends?

Or do you get nothing?

Is it just a habit? Do you talk behind their backs so often you don't even realize you are doing?

Or is it just a part of friendship? Is it just part of everyday life? Is it just a part of you?

Why do you talk about your friends? Are you just getting back at them?

They talk behind your back. You talk behind theirs. A vicious cycle.

It happens everyday. It happens to everyone.

Everyone does it. Everyone knows how it feels. Everyone knows how it hurts.

Why do you think it is necessary to talk about your friends behind their backs?

The Omaha World Herald out of line with articles

The Omaha World Herald has recently published a series of articles called "Lost in High School: Tales of untapped potential." These stories focus in on students who do not work to their full potential.

The idea behind these stories seems to be students should motivate themselves to achieve their full potential. This is an admirable goal, but this is not the way it needs to be done. This way is too negative, and sends

the wrong image about high schools.

Portraying students in Omaha Public Schools (OPS) needs to be done in a positive way, and showing them what a few students didn't achieve is not the way to help out. In these stories, students talk about their classes being boring and pointless. Publishing the students saying those things will not help them or the students who are supposed to be affected by these articles. These stories also give the

wrong idea about OPS. When someone outside of OPS reads this series of articles, they see the students of OPS as lazy, truant slackers who don't want to do their work. Parents with younger children entering school might not enter their children in OPS schools because all they see in these articles is what's wrong in OPS, never what is right. The stories lacked balance.

This problem can be easily fixed. Instead of showing just students who do not live up to their capabilities, students who live up to their

capabilities should also be featured. Featuring both kinds of students would give a realistic presentation of OPS and not just present the negative. The World-Herald's presentation of OPS students is harmful to the district, but it can be easily changed. This would also positive motivation for students, instead of just negative.

It is not being asked that the Herald's freedom be violated. Censorship is not being called for. All that is being asked is that a realistic proportion of students be represented.

The Register

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LETTERS, E-MAIL & FAXES

Gerhardt says nothing

Dear Editor,

Michael Gerhardt's column stuck out last month not because of its inspiring nature, but the contrast between the intriguing, creative, professional columns of the other writers and his. He wasted a quarter of The Register page to complain about blatant high school truths. The stairs will always be excessive, the passing periods short, people will not always express the truth.

This does not need to be complained about, especially when it is expressed by one that says it is "stupid" for people to complain. Yeah, "You're a jerk," well, more of a hypocrite.

Michael's views are great, but until they are researched, well-thought, and well rounded, they should be kept to himself. Others do use the passing periods to socialize. Also, people will beat around the bush because if one is too blunt, it offends no matter what. One could say your column sucks, I don't know why you're a writer, and you're ugly. But that person will not; he/she will say your column did not correspond with my views.

Andy Ludwig, 12

New ISS effective

Dear Editor,

I think the story on the new suspension policy was very informa-

tive. I believe informing us of the new change was a good way of trying to get less people in ISS. Hopefully, for the sake of the teachers in charge of ISS, it will keep kids from acting up.

It was a good idea to adopt the after hours program. Personally, I would not like to spend an extra couple of hours at school if I didn't have too. I also would not like it interfering with my spare time. I have a busy life with work and school and staying after would ruin my schedule.

Melissa Mancuso, 11

Policy has pros, cons

Dear Editor,

I'm writing concerning the article in the paper, "Increased enrollment causes changes in suspension system." It was a well-written article. In a way I agree with the new system, but I also disagree with the new system.

The reason I agree is because it makes sense for the student not to miss anymore school than they have to. They should be in class as much as possible. But, in my opinion, the school shouldn't take more people

than they can handle.

Now the reason I disagree is because what about the people who have early release and play sports after school. Some people don't get in trouble very much and when they do they are going to have to miss their sports or early dismissal.

All in all it was a well-written article that has many pros and cons. It's articles like that which make people want to read the paper.

Justin Galaska, 12

Curriculum makes sense

Dear Editor,

I am responding to the article "Schools choose Curriculum," by Andrew Danford.

I think that that school system is a good way to motivate students to learn. It is in a way like college. Students would be better prepared for life.

Student enrollment would have to stay small for it to work. A major problem from too many students is that kids may be afraid to ask for help when it is needed.

I would like to go to a school like that. I would have then have more time to learn about things that I'm interested in.

This is my third high school. I have gone to Bellevue West and Platteview. Platteview was more like

this school. You had specialized help and the teachers were our neighbors and helped and cared more.

Jessica Scroggins, 12

Teachers need respect

Dear Editor

The article, "Teachers' over salaries, respect," was a very interesting article. It was very detailed and got right to the point.

I agree with the teachers about their pay. Teachers are why people succeed in life. Without teachers who would help people learn and grow? They help many generations of kids. Why is it that they don't get paid as much as law enforcers, lawyers, or doctors. Without teachers, those people wouldn't have learned what they need to know to be in their position.

It is very important that we keep our teachers happy so they will keep teaching. They pave the way for students to become leaders. I think that you made a good choice on your topic. Keep it up.

Kyla Newsome, 11

When writing a letter to the editor, please include your full name and grade.



UP

Popularity of underage smoking on the rise

By Becki Chandler

Underage smoking is becoming a bigger problem each day due to the addictiveness of cigarettes and smoking related diseases, along with the large amount of teens purchasing cigarettes, a representative for the American Lung Association said.

Mary Peterson said that every day more teenagers start smoking and because of the addictiveness, more teenagers continue smoking into their adult life. Peterson said that at least 4.5 million adolescents are smokers and more than 3,000 teens start smoking regularly each day.

Peterson said that people who begin smoking at an early age are more likely to develop a more severe nicotine addiction than those who start at a later age.

Junior Jennifer Bradford said she is an admitted underage smoker. She said that while she does smoke up to a pack a day, she wants to quit.

"I know smoking is really bad for me and I want to quit but sometimes the stress just gets to me, and while I smoke, it just seems like it's no big deal," Bradford said.

The ingredients included in cigarettes are highly addictive and can cause serious side effects even in teens, Dr. Michael Westcott said.

Westcott said that smoking during adolescence can produce significant health problems, which include respiratory illness, decreased physical fitness, and potential retardation of lung growth.

"Smoking in adolescence can cause serious

problems, some larger than those of adults, and when smoking becomes a habit early on, their is a larger chance of serious diseases, like lung cancer or emphysema," Westcott said.

Bradford also said that she easily buys cigarettes from gas stations and grocery stores without using identification.

Omaha Police Officer Pat Telley said that the selling of cigarettes to underage persons has also become a large issue. He said that selling of cigarettes to minors is common and active enforcement by public officials.

He said it is the communities responsibility to prevent minors' access to tobacco.

There is also a chance of getting a Minor in Possession of Tobacco (MIPT) from the police for smoking while underage, Telley said.

He said that a Minor in Possession of Tobacco could get up to a \$20 fine for each cigarette in their possession.

Peterson said that peers opinion of smoking also plays an important part on whether others use tobacco. She said often peers are one of the biggest reasons one starts smoking.

Bradford said another reason

people start smoking is that they are just used to the smell and use of tobacco because they have grown up with others smoking around them.

"When you grow up around people who smoke, it just becomes part of your life," Bradford said.

Freshman Ben Klausen said that he doesn't mind smoking that much either because parts of his family smoke.

smokes, it just makes me want to throw up," Engdahl said.

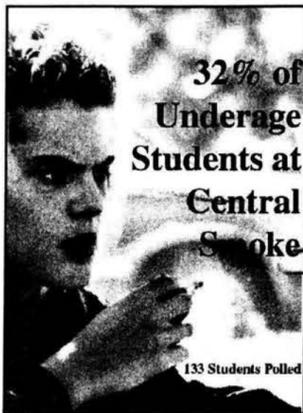
Another person who feels the same way is Junior Scott Pearson. Pearson said that he thinks that smoking is dirty and just a waste of money.

He said he gets irritated when he goes into the bathrooms at Central, and it smells of smoke.

"Every time I see people smoking by the corner of the teacher's lot, or in the bathroom, it makes me upset that the security does not do as much as they could," Pearson said.

The advertising of tobacco products also contributes to underage smoking, Peterson said. It was also found that teenage females have been a recent target of the tobacco industry.

Sharp increases in smoking initiation by teenage girls have been noticed by a recent study done by the American Lung Association. They contributed the use of cigarettes by females to such things as fashion, beauty, and



JARED HART/THE REGISTER

On the other end of the spectrum, there are those who cannot stand smoking. Junior Graham Engdahl is one such student.

Engdahl said that a lot of his family has been diagnosed with or died from smoking related diseases. He said he doesn't appreciate it when his friends smoke because he's

worried about second hand smoke.

"When the smell hits my nose when someone



JARED HART/THE REGISTER

Quitting decrease chance for illnesses

By Julia Miller

So far, 44 million Americans have quit smoking, and many more are in the process of quitting. Even so, one in three people still smoke a nurse for Blue Cross/Blue Shield of Nebraska said.

"To quit is tough, but smoking is more addictive than heroin," Mary Reed said.

David Daughton, of the Pulmonary Research Lab at the Medical Center, said that one of the main reasons why teenagers are less inclined to quit is the absence of fear.

He said that smokers should try to go without a cigarette for a week. If a smoker can't go without nicotine for that period of time, it is probable that they are addicted.

This typically instills a fear in teenagers that motivates them to quit, Daughton said.

"In order to quit, it helps to change your habits associated with smoking," Lorraine Whitley, instructor for "Freedom from Smoking," a program that helps people quit smoking, said.

First, smokers need to deal with the physical addiction and then the social aspect of smoking, Community Cancer Outreach Specialist, Amber Leed-Kelly said.

"Successful people plan to quit for awhile," Whitley said, "in order to get ready, they set a date and stick to that date."

Daughton said that the risk of having of a heart attack from smoking decreases within the first three days of quitting.

Whitley said that within forty-eight to seventy-two hours, the actual physical effects of nicotine are out of person's system.

"That's where the mental battle begins," Whitley said. Leed-Kelly said that some people smoke to relieve stress and they need to find positive ways to alleviate such as support groups.

There are a variety of ways to quit smoking, including prescription drugs, Whitley said.

Cinnamon sticks have also been known to help people quit, she said.

"People who start an exercise program, and drink plenty of water, have a higher percentage of success," Whitley said.

People in the process of quitting, experience a change in metabolism which is the reason why weight gain is common, she said.

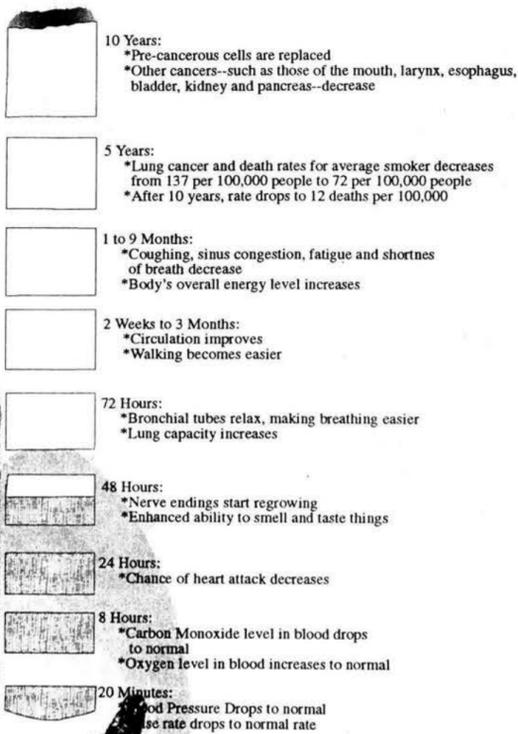
Although quitting is beneficial, it does have certain drawbacks.

Nicotine withdrawal can cause a plethora of unpleasant symptoms, from nervousness to constipation, Peterson said. These symptoms are a good sign; it signifies the body is ridding itself of the nicotine.

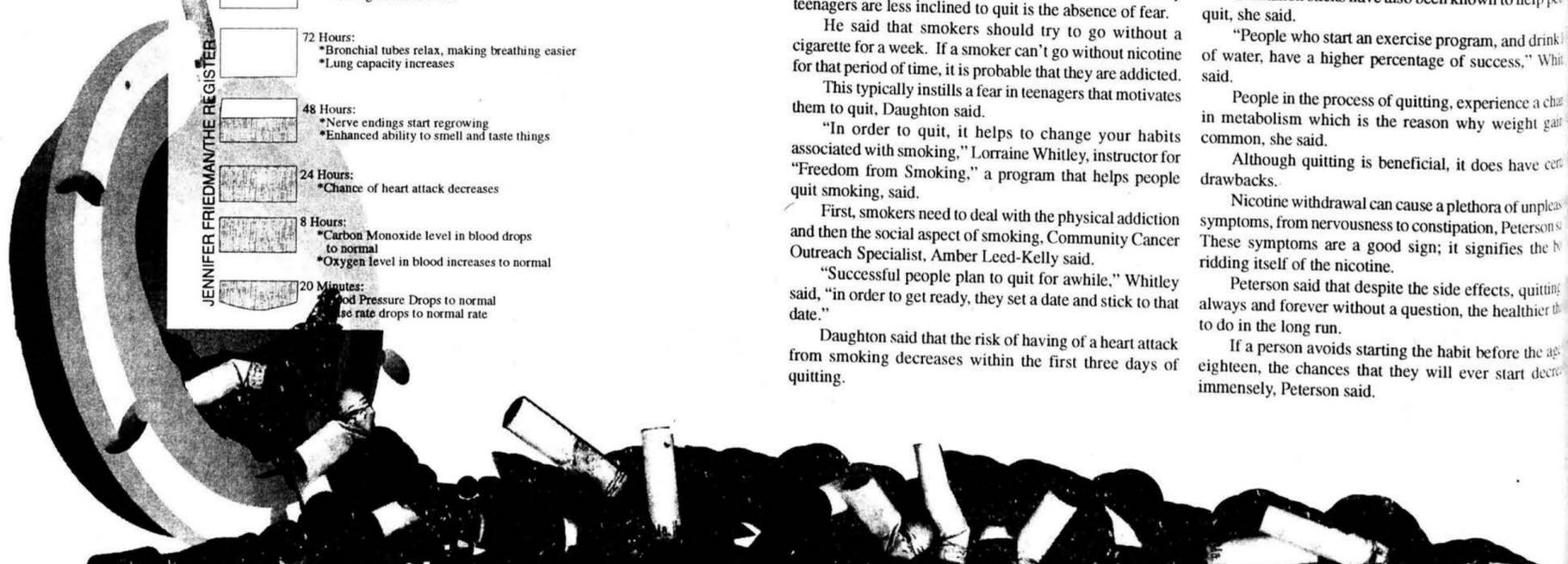
Peterson said that despite the side effects, quitting always and forever without a question, the healthier the person is to do in the long run.

If a person avoids starting the habit before the age of eighteen, the chances that they will ever start decrease immensely, Peterson said.

Changes your body goes through when you quit smoking



JENNIFER FRIEDMAN/THE REGISTER



SMOKE



Smoking causes unsuspected diseases

By Julia Miller

Smoking doesn't just cause lung cancer; it affects practically every part of the body, a University of Nebraska Medical Center Pulmonary Research scientist said.

David Daughton said that the earlier a person starts smoking, the more likely cancer will develop.

Lung cancer and emphysema can be linked to smoking, Mary Peterson of the American Lung Association said.

Smoking causes 90 percent of lung cancer, chronic bronchitis, and other lung disorders, Daughton said. He said that the chances of a non-

smoker developing a serious lung condition are highly unlikely.

Daughton said that if smoking wasn't such a problem, lung diseases would be obsolete.

Smoking is related to the number one killer, heart disease, Peterson said.

Community Cancer Outreach Specialist, Amber Leed-Kelly, said that 87 percent of lung cancer can be attributed to smoking.

"It's very likely [that smokers will be affected], Peterson said. "Smokers have a shorter life span than non-smokers."

Nearly half of all smokers die prematurely, on an average of twenty to twenty-two years earlier than non-

smokers, Leed-Kelly said.

Roughly one out of every five people died in 1991 as a result of cigarette smoking, she said, although this varies from person to person.

A person can smoke three packs a day for ten to fifteen years and not be affected," said. She said that other factors contribute to a person's likelihood,

such as environmental conditions and genetics.

Smoking causes other health problems in addition to the commonly known lung cancer and emphysema, Peterson said.

Cancer of the larynx, esophagus, uterus, kidney and bladder can be attributed to smoking, Leed-Kelly said. Some students, however, disregard the warning, Junior Jeremiah Connor said.

"We live in a world where people believe, 'It can't happen to me.' By the time they realize what's going on, it's too late to stop," Connor said.

Smoking doesn't only affect the smoker. Babies born to women who smoke experience health problems as well, Peterson said.

Reduced intelligence and behavior disorders are a result of smoking while pregnant, said Daughton.

He also said that it has been known to cause spontaneous abortions.

Yet smoking is the most preventable cause of death and serious illness, Daughton said.

‘We live in a world where people believe, ‘It can’t happen to me.’ By the time they realize what’s going on, it’s too late to stop.’

Jeremiah Connor, junior

Leed-Kelly said.

Secondhand smoke threatens nonsmokers

By Jenny Nelson

Most people do not realize it, but secondhand smoke can be just as dangerous as purposefully inhaling it, a pediatrician from the University of Nebraska Medical Center said.

Secondhand smoke is completely different from actually inhaling smoke [directly from a cigarette], but it is still dangerous," Dr. Amy Lacroix said.

The Surgeon General reported that secondhand smoke, also called involuntary or passive smoking, can cause lung cancer in healthy nonsmokers. Recent studies have also shown that secondhand smoke causes death from heart disease.

It has been well proven that little kids who live with smokers are more susceptible to upper respiratory infections, such as colds and ear infections, Lacroix said.

"Secondhand smoke definitely causes health problems," she said.

Joel R. Cooper, writer for "The Medical Reporter," said that the risk of developing cancer is about one hundred times greater from secondhand smoke than from outdoor cancer-causing pollutants.

"The Medical Reporter" stated that infants, children and all individuals with chronic respiratory or cardiac problems are more affected by secondhand smoke. People with asthma or allergies, as well as pregnant women and unborn babies are also more seriously affected by secondhand smoke.

More incidents of Sudden Infant Death Syndrome (SIDS) have occurred in houses with smokers than houses without smokers, Lacroix said.

Secondhand smoke is dangerous because of the bad

chemicals, such as carbon monoxide, that the smokers exhale," she said.

When a person breathes in cigarette smoke, the smoke paralyzes the hair inside a person's nose and dries up the protective mucous. The mucous in a person's nose helps clean away the harmful things one might breathe. Without this mucous, a person is more susceptible to getting sick, Lacroix said.

According to the American Lung Association, there are two different kinds of secondhand smoke. The first is mainstream smoke.

Mainstream smoke is the smoke that the smoker inhales through the mouthpiece.

The second kind of smoke is sidestream smoke, and it is even more dangerous.

Sidestream smoke is the smoke that a nonsmoker inhales when he or she is around someone who is smoking. It has higher concentrations of harmful chemicals than that of mainstream smoke.

Studies also show that there is more tar and nicotine as well as several cancer-causing substances in sidestream smoke than in mainstream smoke.

Some teenagers are not able to help being around secondhand smoke on a regular basis because their parents are smokers.

Junior Kara Lolley's mother smokes, and Lolley said that she is around secondhand smoke a lot. She said that she has not yet been affected by it. However, she said that she has a permanent stuffy nose.

Lolley said that she misses a lot of school due to illness, and that she had quite a few ear infections when she was little.

"I am aware of the dangers of secondhand smoke, but I can't help it," Lolley said. "It's not like I can tell my mom what to do."

Lolley said that all of her clothes smell like stale smoke because of her mother's addiction.

Some businesses around Omaha know of the dangers of secondhand smoke, and they do not allow smoking inside their buildings.

Junior Alex Garcia works at APAC Telemarketing. He said that the designated section is outside of the building.

Garcia said that there are not very many underage smokers working at APAC Telemarketing. He said he thinks that the underage smokers get the cigarettes from friends that are of legal age.

"As long as they don't bother nonsmokers, people who smoke are okay by me," Garcia said.

Garcia said he believes that APAC Telemarketing handles their smoking policy well.



Dangers of Secondhand Smoke

Involuntary smoking can cause lung cancer in healthy nonsmokers.

Secondhand smoke contains more harmful chemicals than smoke inhaled by the smoker.

Acute respiratory illness is twice as common in children whose parents smoke.

Smoking while pregnant can cause premature birth and respiratory distress syndrome.

Tobacco contains 4,000 known chemicals and 200 known poisons.

Source: American Lung Association

REBECCA RENNARD/THE REGISTER

COURTESY OF THE AMERICAN LUNG ASSOCIATION

Spirit Week

LEFT: Central Social Studies Teacher Jimmie Foster busts a move!

BELOW: GO EAGLES! Blake Rogers and Jessica Barsell hold up their school spirit!



Central shows school spirit

Coconut bras, guys in cheerleading uniforms and flying car parts could only mean one thing: Spirit Week!

This year's spirit week started off with pajama day; no need to change your clothes or take a shower.

The week then proceeded with Hawaiian Day, Blast from the Past Day, Crazy Hair and Clash Day and Purple and White Day.

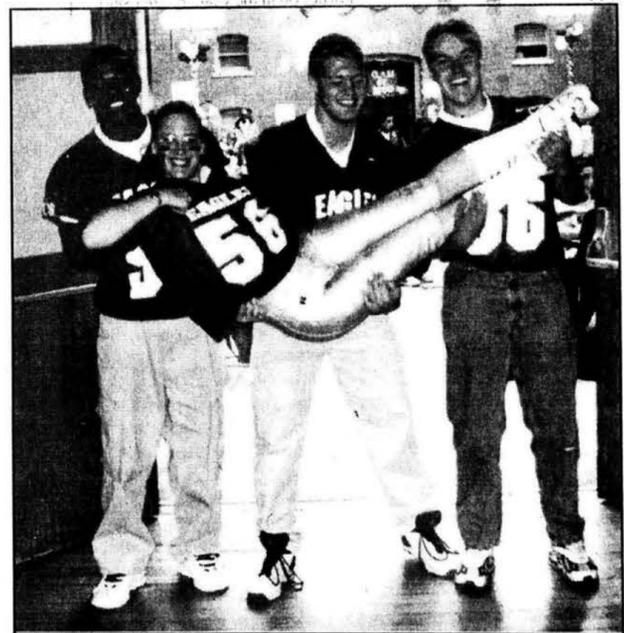
The week ended with a bang with the student council car bash before the homecoming game. The loss to Millard North did not get the student body down for the dance on Saturday night. Central danced into the 'Millennium' with the electric slide and crowd surfing.



ABOVE: Central Security Guard Charles Williams shows off his real hair!



ABOVE: Seniors Tai Burleson and Jamaine Billups are crowned king and queen.



ABOVE: Hawaii, here we come! Central students practice for the real thing.

RIGHT: Watch out! Sophomores Mindy Baker and Eric Jacob try to stuff Michael Heller in the locker.



ABOVE: Senior Ernest Harrington and Sophomores Nick Lemel and Jonathan Kodera hold up Junior Jennifer Stober.

LEFT: HULA! Junior Joey Fehrman shows off his dancing skills.



LEFT: Oops! Junior Ashlee Pearson forgot to turn the lights on when she got dressed in the morning.

Unidentified flying objects are possible, Prep teacher says

By Stefanie Wulff

It's what we all know and fear... the dreaded Unidentified Flying Objects, simply known as UFO's. But do they actually exist? To one Creighton Prep teacher the truth was right in front of his face.

Harry Jordan, an architect teacher at Prep said that he believes he has seen UFO's on more than one occasion.

Jordan said that he strongly believes in the existence of UFO's and the possibility of life on other planets, Mars in particular.

Since a Mars observer mission discovered water on the surface, Jordan said that it is quite possible that there is other activity on Mars or there was something there at one time.

On several occasions, he said that he has seen numerous hovering or flying objects that he and others believed were UFO's.

In July of 1952, Jordan said that he and several family members witnessed a flying UFO traveling up the Potomac River in Washington.

"It was a clear night," he said. "No clouds, no moon. It [the UFO] looked like balls of light or sparklers," he added.

Dr. Norman Hamm a councilor of Paranormal Activity at UNO says that he is skeptical, but open minded about UFO's.

"With all the technological equipment we have no radio waves or signals are ever measured," he said. "They [UFO's] have to communicate somehow," he added.

Hamm said that it was of course possible, however. Strange things have been spotted in the sky, he said, and he keeps an open mind for all new UFO information.

Another UFO experience followed in 1963 when Jordan was enlisted in the Navy as a radar operator, he said.

"We made contact with a 1000 foot object, 600 miles away, 30 miles up in the air and traveling at a speed of 7000 miles per hour," Jordan added.

He said that when this was located, he contacted the commanding officer and the US Navy confirmed that it was in fact a UFO.

Jordan said that in 42 seconds the aircraft traveled 280 miles and came to a dead stop over the Navy ship.

This experience, he said, was recorded on radio and those tapes belong to the US Naval Intelligence Board, and there is no way that the public can get a hold of them. He said that the Board would hold the information until the "right time."

He also said that he was forced to keep

that a secret for 20 years.

Jordan said that he was one of several former military intelligence experts who filed affidavits with the US Senate hearings on the existence of UFO's in the summer of 1998.

Jordan said that he has also had another encounter with a UFO.

When Jordan served as a radio operator for NASA with the shuttle *Discovery*, he said that he overheard commotion over the radio that was unidentified and could not have been another satellite or anything relating to NASA.

"It was 2:30 in the morning and they were shouting 'What's that?! What's that?! What's that?!' We had an alien space craft under observation," Jordan said.

Jordan said that videotapes from the shuttle recorded everything the astronauts saw and the Commander was awakened at that time to confirm that they were dealing with a UFO.

The video UFO tapes that were taken by the shuttle are real and they do exist, Jordan said.

In 1991, Jordan and colleague Dr. Jack Kasher, a scientist and physicist at UNO, appeared and were interviewed on the television program, "Sightings," when the tapes were shown to the public for the first time, Kasher said.

"I do believe that there are real alien space crafts," Kasher said. "I think more than one civilization is exploring us," he added.

Kasher said that he has seen "things" in the sky but they were more like lights and not objects, such as saucers. However he said that he knows several groups of people that have seen saucers or UFO's on more than one occasion.

Earlier on in the year, Kasher said he also appeared on "Conformation," an NBC program about his knowledge and experience with alien spacecrafts.

The movie "When the Earth Stood Still" has actual footage and real eyewitnesses as actors, Jordan said. The sneak preview was shown at Indian Hills on Oct. 7th and 9th. It is available to rent on video, Kasher said.

Jordan and Kasher said that they have traveled all over the country speaking to public audiences about investigative work with UFO's and Mars research with friends at NASA. Jordan said that NASA astronauts have reviewed his work.

He also said that that he believes the outlook of the public realizing that humans are not the only ones out there is possible.

"I've seen them, I know they exist," Jordan said. "We are not alone and the truth must be told by those who experienced it in their lifetime," he added.



UFO SECRETS REVEALED

Visit the bathroom before visit to the Fright Zone

By Tarrin McGhee

Halloween's right around the corner, and you and your friends are trying to decide which haunted house to go to first.

Survey says: The Fright Zone. It is located on 17th and California street.

Talk about scary. A word to the wise, if you have to use the restroom before going, please do. That's how scary it was.

It wasn't just the crazy man running in and out of the lines with a chainsaw, or the monsters popping out at you in the darkness, or the Nightmare on Elm Street theme music playing throughout the whole course. It was the whole atmosphere. The look was scary, and the feel was scary.

Okay, well maybe it was just me. I am a total scaredy-cat when it comes to Halloween type things.

I just don't quite identify with the thought of the dead awakening and roaming the earth for the month of October.

Nah, it wasn't just me.

I spoke to a 26-year old woman who

came out of the Haunted House with tears streaming down her face.

I'm telling you, it was no joke.

But don't get me wrong, I had a good time. I was scared, but that's the whole point. If I hadn't gotten a good scare, I would have politely walked up to the ticket booth, and asked for my eight dollars back.

But the whole thing was really cool. I've never been to a haunted house where the employees put so much work into actually trying to scare you.

All of their costumes were great, and they had the spooky, wicked witch of the west type voices down to a tee. The coolest part of the haunted house was that there were rides out in front.

Of course, they're not worth the two dollars you have to pay to go on them but come on, just the thought comes from the heart.

While we're on the subject, another thing that's not worth the money is the glow sticks they were trying to sell.

I was a sucker though, I bought one. But they were a total rip off. The only reason I bought one was for a little guidance, a little security.

But once you're inside you can't even use them. The people inside demand you pocket them, or else they're wrenched from your hands and held hostage until you return.

If you return.



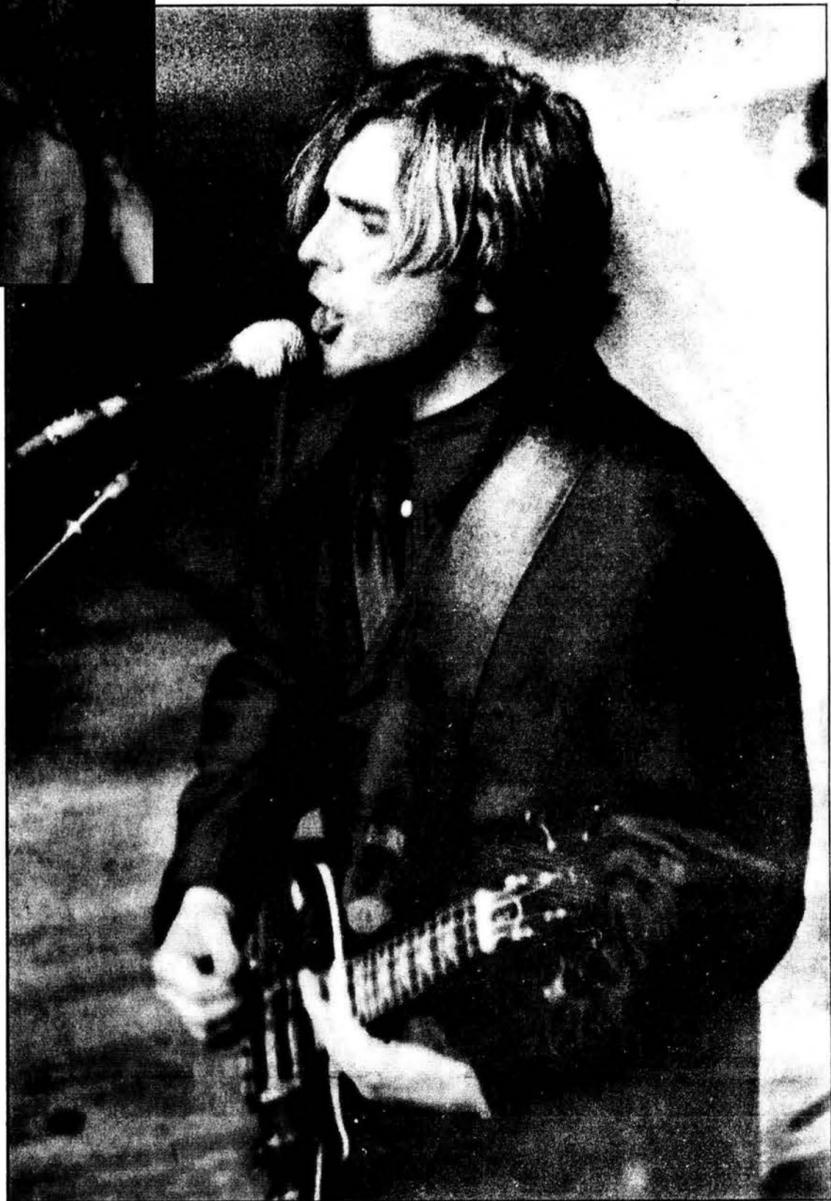
CATHY COLLING/THE REGISTER



CATHY COLLING/THE REGISTER

Gettin' Jiggy With It

SIT DOWN! Ben Folds' Five opening act, Flemming (above) and John, played a show to forget.



MIKAYLA CHAMBERS/THE REGISTER

ROCK ON OLD MAN! Guitarist Robert Sledge of Ben Folds Five the crowd on Oct. 4th at the Ranch Bowl. The band is on tour trying to promote their new album, "Unauthorized Biography of Reinhold Nessler."

Ben Folds Five upstages its opening act

By Carlos Zendejas

Ben Folds Five brought out a large crowd to the Sokol Auditorium on Oct. 4 with its sold out concert.

Opening bands included Flemming and John and Train.

The first opener was Flemming and John, who by the way, were not very good.

The vocals of the lead singer were loud and obnoxious, and their style had much to be desired.

You could tell from the crowd that I wasn't alone in my thoughts of dissatisfaction.

My first thoughts of these people were that they were yanked straight from a hippie commune and given crude instruments to play.

To top it off, the band consisted of one lady, her husband and her brother.

Sound a bit like the backwoods to anybody?

The other opening act, Train, was a lot better. They did a great job in livening up the once dormant crowd into a semi-audible crowd.

I'm sure they would have been a lot better, but their equipment bus broke down so they were playing on borrowed instruments and the percussion section consisted of mainly a cardboard box.

They had some great songs including "Meet Virginia" and "Rambling Man." They definitely put on a lot better show than the previous band.

But the crowd got even more anxious during the time period between Train and Ben Folds Five then it was for both of the previous bands combined.

My third row standing position was immediately marauded by fat people trying to get closer to the band.

Ugly people who were fragrantly invading my "Intimate Zone" surrounded me on literally all parts of my body.

It seemed only fitting when, during this period, the interlude music between bands included "Lets Get it On."

However, when Ben Folds' Five came on, the closeness became bearable because everyone was dancing and yelling.

It was also good because all of those people who had previously been blowing

smoke in my face were now being burned by their own cigarettes.

Also, all of the songs that I have heard and liked on my stereo were even better live.

The Ben Folds Five were great live performers.

They had a very delightful countenance, which was very charming and witty, yet they gave the impression that they were really big nerds in high school.

Their charm and redneck past contributed to their down to earth style and great crowd interaction.

All in all the show was a worthwhile experience and I enjoyed all of the Ben Folds Five show.

However the highlight of the evening was when the band played their most recent hit song, "Army."

I'm sure the crowd really connected with this line in the song, "Son, you're f---ing high."

And that is all I have to say, so...

"Whatever and ever...Amen."

Alumnist swing band awaits return of manager

By Sandi Czapla

The adoration of swing music and dancing has stuck with a few Central High School alumni over the years, one alumnus said.

Daemon Bagley, said that he, Adrian Hernandez and Brian Kiel, all graduates from Central, are now in a swing band with ten other people from various schools.

They're called Gabardine Swing and they have performed at such places like Sokol Hall, Doubletree Hotel, The Marriott, The Stork Club and The American Dance Academy.

The band is directed by Walter King who has composed music for such performers as Elton John, BB King and U2 among others, Bagley said.

"Coming upon Mr. King to direct us was an act of random luck," he said.

Bagley said that Gabardine Swing has performed with other artists such as Indigo Swing from San Francisco and Jet Set Six from New York.

Gabardine Swing has not practiced in a while due to King's absence while he is on tour with BB King. And they cannot hold rehearsals without him, Bagley said.

"Our CD has already been produced, but we have to wait for Mr. King's return from his tour to sell it," Bagley said, "it should be out sometime in January or February."

Look for their album when it comes out. It is sure to be a great hit.

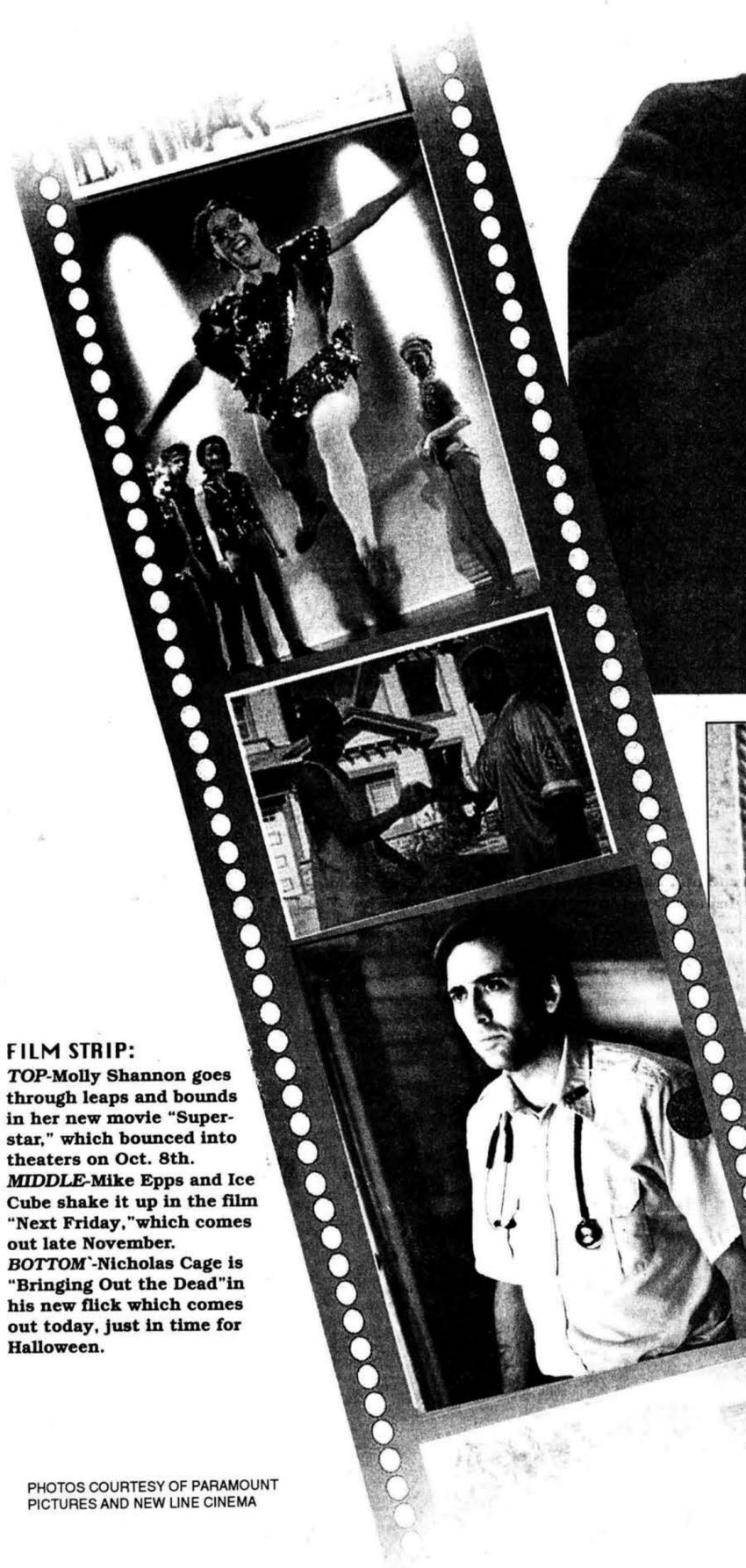


PHOTO COURTESY OF DAEMON BAGLEY

SWING, BABY, SWING.. Gabardine Swing is on the loose in January.

P r e v i e w

FAR RIGHT: Johnny Depp stares stunningly at something that has perked his interest in "Sleepy Hollow," which hit theaters on the 19th. **RIGHT:** Christina Ricci and Johnny Depp profess their love in their new film "Sleepy Hollow."



FILM STRIP:
TOP-Molly Shannon goes through leaps and bounds in her new movie "Superstar," which bounced into theaters on Oct. 8th. **MIDDLE-**Mike Epps and Ice Cube shake it up in the film "Next Friday," which comes out late November. **BOTTOM-**Nicholas Cage is "Bringing Out the Dead" in his new flick which comes out today, just in time for Halloween.

PHOTOS COURTESY OF PARAMOUNT PICTURES AND NEW LINE CINEMA



MIDDLE- Matt Damon stars in "The Talented Mr. Ripley," which comes out in time for the holidays. **LEFT-** Molly Shannon stirs up the crowd in "Superstar." **ABOVE-** Amanda Peet and Tara Reid star in their new film "Body Shots," which hit theaters Oct. 15th.

"American Beauty" revives great filmmaking skills

By Sandi Czapla

Wow! You have got to see "American Beauty!"

The movie itself is a drama, suspense thriller, comedy and porno. That's probably why it kept everyone in their seat and paying attention instead of taking quick little trips to the restroom.

It's a film about four love stories between six people -yeah six!- that create twists and turns that will leave you flabbergasted.

The plot is basically focused around one family and all the trials and tribulations that they experience.

Stick with me, it does get kind of confusing.

Lester Burnham (Kevin Spacey) has spent 15 years of his life in a marriage that is falling apart before his eyes. He works at a fast food restaurant called Mr. Smiley's.

Oh yeah, he's a definite winner!

His wife Carolyn (Annette Bening) seems to be even more mental than her husband.

Now she needs some help. Their daughter Jane (Thora Birch) is, for lack of a better word, peculiar.

However boring she seems to be, she is actually very interesting. It just takes a while for her character to blossom.

Jane's friend Angela (Mena Suvari) basically enjoys bragging about her sexual exploits with men altogether and she is the seemingly typical image of beauty.

She has also become the love interest of Jane's father, Lester.

When did 30 years difference in age become a big deal?

Now for the Burnham's neighbors.

On one side

there is a homosexual couple, Jim and Jim (Scott Bakula and Sam Robards) and on the other is the Fitts.

Ricky Fitts (Wes Bentley) is the new 18-year-old neighbor boy that has an obsession/

curiosity with Jane Burnham. Plus, there was an extreme hotty.

Now this guy is very, very handsome. Don't let anyone tell you otherwise.

If you don't want to go see the movie, then go see it just for that simple fact.

His father Colonel Fitts (Chris Cooper) is a marine and he does not seem to understand the concept of decency.

His mother, Barbara, played by Allison Janney, is a little looney toon, and she

isn't treated very kindly by her husband either. There is extreme nudity sexual confrontations, family disputes and strong language.

Which is probably why it's rated "R." The music added a lot to the film too. It's kind of a mix between a few oldies but goodies and a few recent hits thrown in here and there.

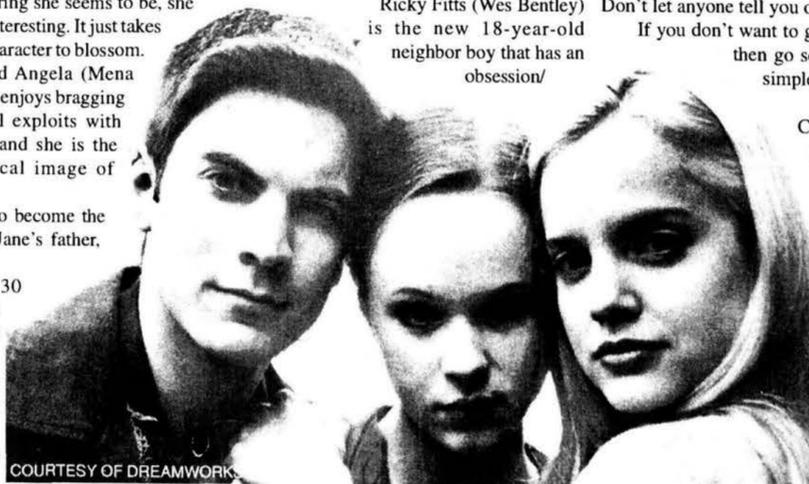
The title could mean a lot of different things to a variety of people.

The term "beauty" can represent the beauty of Carolyn Burnham's roses or it can also portray the beauty that Lester Burnham sees in Angela.

The movie also educates its audience on the things a person needs to live.

It may be a little twisted and insane, but I have to admit, it evoked a variety of emotions from a variety of people.

Even though the plot of "American Beauty" is a bit complex, it is definitely a must see.



COURTESY OF DREAMWORKS

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Lip Smackin' Good
Sandi Czaplá

Homecoming a lot less than thrilling

Well, Homecoming weekend is finally over and I don't think I have ever seen so many people kissing all at once. When did Homecoming turn into a big make-out party? How many people did you see going at it like wild rabbits when a slow dance came on? Or what about the electric slide? What was that? How completely repulsive. And oh, the booty's we saw shake. Sure, okay, maybe that's what Homecoming is for, but please have some decency. I saw I don't know how many people that should have just sat and watched. One couple (I'm not going to name names) were just going at it when they should have been sitting down. I guess I have to give them some credit though. It takes someone with a lot of nerve to show off stuff that they don't even have. Hello white trash. Like I really want to see some guys hand up his date's dress. Although it would be really easy to do because of the easy access piece of cloth she was wearing.

What about that DJ? Was he cool or what? So not cool. Who plays "The Music of My Heart" by Gloria Estefan and N'SYNC as the last song of the evening? Hello, class. Why didn't he play something by someone of more importance?

And did anyone else see him make-out with his "date"? Not only do I have to see people that I know show their affection, but the DJ? Come on people. That has to be illegal somewhere.

And I saw about 80 people that I've never even met or seen before. Sure Central is a large school and I admit that, but you should at least see them at a football game or a Pep rally before you see them at Homecoming! Plus, they were scary!

When did Homecoming turn into Prom? How much did you ladies spend on your outfits? I spent \$15 on my shirt and shoes. Take out the costs for tickets and dinner and that's a deal. How is it possible to spend more than \$100 on dress/tux and dinner?

Plus, there was absolutely no free water and who wants to spend one dollar on a cup that had more ice than pop?

So next year, for everyone that will be back, take my advice to heart and lighten up on everything. Oh, and some words of wisdom... Give your date some breathing room next time. She might be walking away from you because you have had breath. Some Binaca can nip that right out of the blue!

Stefanie's Prophecies



Scorpio (Oct. 23- Nov. 21) Make a list of everything you need to do. You must take care of yourself first, then worry about others.

Sagittarius (Nov. 22-Dec. 21) Concentrate on the positives of your relationship with your friends. If you

always look at the negatives, then they're not really your friends.

Capricorn (Dec. 22-Jan. 19) Things are looking brighter than a star for you this month. Complications of last month left you frazzled and upset, but things are looking better.

Aquarius (Jan 20-Feb. 18) Think about the long-term effects of the decisions you have to make. It may have a great outcome at first, but in the long run, you may regret it.

Pisces (Feb. 19-March 20) Don't let the fact that you didn't have a

Homecoming date bring you down. That doesn't mean you're a loser, or you won't get married.

Aries (March 21-April 19) Stop being a goody-goody and go out and party for once. Make some cool friends and drop the dorks.

Taurus (April 20-May 20) Reach out and touch someone. No, not like that. Touch their heart by doing something nice.

Gemini (May 21-June 20) You don't always have to do your homework in study hall. Take some time out of your day to catch a catnap. Isn't that what study halls are for?

Cancer (June 22-July 23)

Whine, whine, whine. Is that all you do? Think of something that you like such as raindrops on roses or whiskers on kittens.

Leo (July 23-Aug 22) Did you ever wonder if your sign was named after Leonardo DiCaprio? Well, I think it is. Think about that one for a while.

Virgo (Aug. 23-Sept. 22) Feeling like a bum? If you want to feel better, go down to 5th Street and find a real bum. Then you'll be much happier with your life.

Libra (Sept. 23-Oct. 22) Things are changing in your love life. They could be for the better or worse depending on what angle you're looking from.

Positive feedback supports controversial play, director said

By Talya Greenspoon

The Omaha Theater for Young People is putting on a controversial play exploring what it means to be gay, lesbian, bisexual or transgender in high school, one of the actresses said.

Junior Kathryn Aagesen said that this is the ninth play she has been in with this company.

Aagesen said that she tried out for this play because she loves the theater and wanted to be a part of something so controversial.

"I think that exposing the complete idiocy of homophobia in high school is completely necessary," she said.

Aagesen described the play as an avant-garde satire in which she plays many different characters.

"Homophobics should not be tolerated, and this play makes one realize how ridiculous prejudice of any kind really is," she said.

When questioned about opponents to the play who call it inappropriate, Aagesen said, "If trying to fight prejudice is inappropriate for teenagers, then it goes against everything we have ever been taught. The issue is not homosexuality or bisexuality in high school, it's about misconceptions and stereotypes invented by ignorant people."

Junior Erica Kess said that she is against plays like this because it is an extremely controversial subject.

Kess may be an example of one of the play's opponents.

"Personally, I think that being gay is wrong, and that high school students do not need to be exposed to things like that," Kess said.

She added that she is not against gay people, but she just does not approve of their actions.

"The people that put on these

kind of plays should be considerate of the feelings of others," Kess said.

Senior Kristi Derrick said that she thinks this play brings up an interesting topic of homosexuality in high school.

"It [the play] is a wonderful way to teach acceptance," Derrick said.

Although, Derrick said that she realizes the issue may come under fire, she said that learning about diversity is important enough to put on a play.

Director Brian Guehring said that this topic was chosen to not only explore the issue of being gay in high school but also the actors' own feelings.

He said that this play, "The Pride Players Project #1", is company developed, which means that the actors themselves write and improvise the scenes.

"When I first proposed the idea of doing this play, some concerns were brought to my attention," Guehring said, "But now the play is supported."

Guehring said that he has worked often with gay youth, so he was prepared for the opposing views.

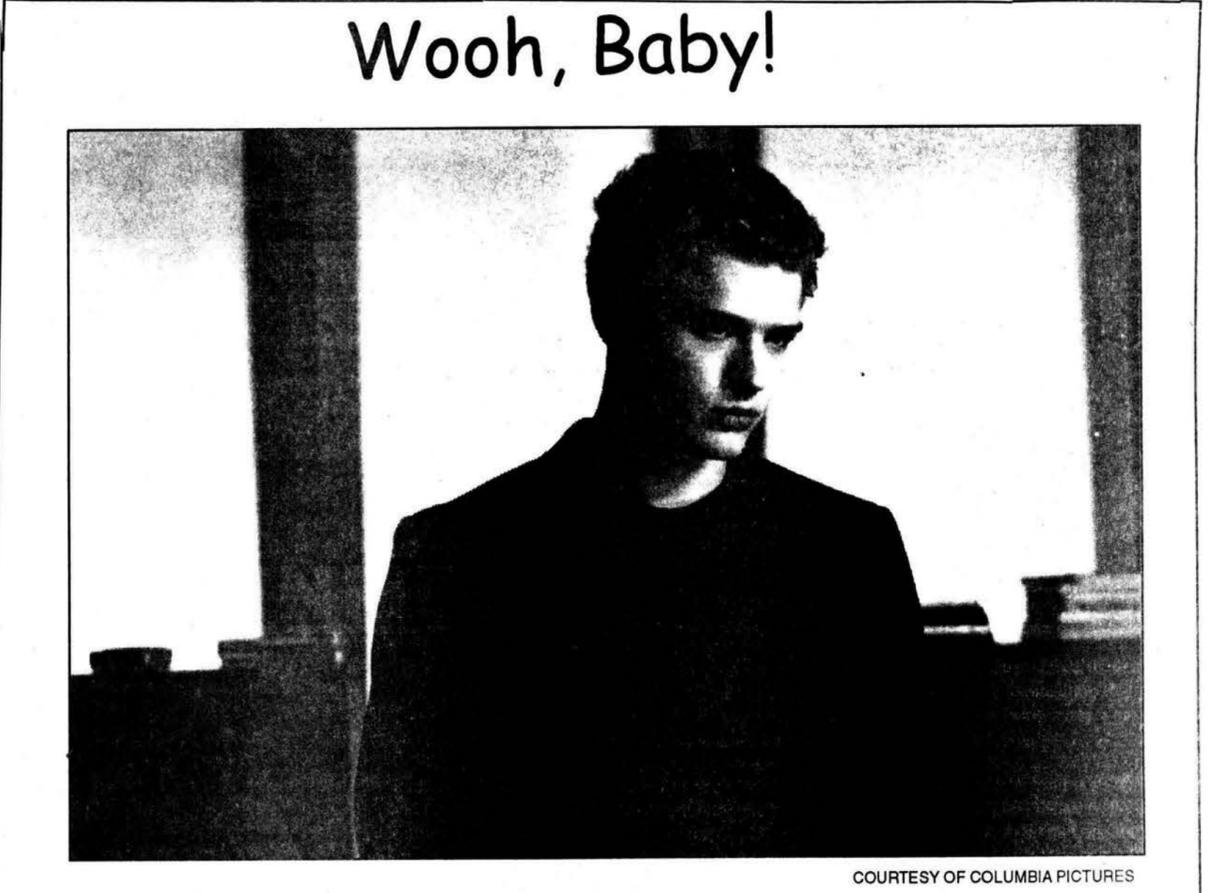
"The only negative response we have gotten was a request from a girl to stop sending her sister mailings about this play," he said.

Guehring said that he has received many e-mails from supportive adults who want to voice their support and offer to help.

"We have had 90% positive feedback," he added.

Guehring said that he was surprised by the number of teenagers who showed up to audition for the play.

He said that about 20 hopefuls turned up, however, there was only enough room for 16 to make it past the final cut.



COURTESY OF COLUMBIA PICTURES

HOT MAMA! Ryan Philippe was the number one choice of the Top Five Hottest Guy Celebrities. You've seen him on the big screen in such movies as "Cruel Intentions" and "I Know What You Did Last Summer."

TOP 5 PICS

Top Five Hottest Guy Celebrities

1. Ryan Philippe
2. Ben Affleck
3. Will Smith
4. Freddie Prinze Jr.
5. Mark McGrath

- 178 Central High School students from various grade levels contributed their two cents in helping out the Register Entertainment staff complete the TOP 5 PICS.
- Thanks to all who helped out.

Top Five Hottest Gal Celebrities

1. Jennifer Lopez
2. Brittany Spears
3. Jennifer Love Hewitt
4. Tyra Banks
5. Sandra Bullock

Happenings

- Oct. 22- Nov. 19- "Into the Deep" at Henry Doorly Zoo's IMAX
- Oct. 22, 23- The Urge with Clever at the Ranch Bowl
- Oct. 24- George Clinton and Parliament Funkadelic at Sokol Auditorium
- Oct. 25- Mr. Bungle at the Ranch Bowl
- Oct. 29- 8 Stops 7 with Twitch and Lower Case at the Ranch Bowl
- Oct. 31- Halloween show with Buck -O- Nine, Slightly Stupid, Schrimaged Hero's and party following at the Ranch Bowl
- Nov. 1- Coal Chamber at Sokol Auditorium
- Nov. 3- Elton John at the Civic Auditorium
- Nov. 6- Guster with Five Story Fall and Stroke 9 at the Ranch Bowl
- Nov. 8- Days of the New at the Ranch Bowl
- Nov. 12- Johnny Lang with Nina Storey at the Music Hall
- Nov. 16- Melissa Etheridge at the Music Hall
- Nov. 16- ZZ Top and Lynard Skynyrd at the Civic Auditorium
- Nov. 21- Limp Bizkit with Redman and Method Man at the Civic Auditorium



Radio station plays new tune, management says

Keep your ears open because there's going to be a new radio station on the air in the near future. The radio station is currently on the air as KVNO 91.5, playing vintage music. But that will soon come to an end, now that the station is under new management. Norm Waitt, the brother of Ted Waitt, who founded Gateway computers, bought the station. There are going to be six main DJ's. For the morning drive there are two DJ's, Courtney Vacanti, and Marv Cross. For midday Allison Steele whose name you may recognize, will be on the mic. And for the afternoon drive Brian Ekleberry and Scott Barnett. Finally for the night drive Brother Cliff.

bands and three DJ's perform for your pleasure. Sokol Underground will be transformed into a Club featuring area electronic bands and DJ's. This month on October 30th, the Sokol Underground will feature Trinity Sound System, Natron 88, DJ Atomic, DJ Pharoh and Transistor 3. \$7 gets you in the door and eligible for free prizes. Get ready to dance like crazy to the quadraphonic sound and lasers. For more information, log on to www.tconl.com/~machine, brought to you by Machine Productions.

A Cappella to sponsor Central swing dance

The Central High School A Cappella Choir will be hosting a swing dance on Friday Oct. 29 to raise money for their trip to Madison, Wisconsin in March. The dance will be held in the Courtyard and there will be live and pre-recorded music to swing along to. The cost will be \$5, which provides you with the help of a swing dance teacher in case you don't know how to swing. So put on your saddle shoes and hoop skirts and get ready to dance the night away.

Dance party heats up weekend

Looking for something to do? Every last Saturday of the month attend the new party, Tranzmitter, on 13th & Martha. Three electronica

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ASK THE TRAINER

Advice courtesy of
Athletic Trainer Jeanee Weiss

Q: What causes shin splints?

A: Shin splints is a general term for lower leg pain. Shin splints may be due to inflammation of tendons, muscles, stress fractures, or sprains.

Some common causes of shin splints are bad posture, falling arches, muscle fatigue, overuse, or improper muscle balancing (front muscles stronger than the back muscles).

If you wear good shoes with arch support, gradually work into high impact activities, and vary your activities with non-weight bearing activity such as swimming or bike-riding, occurrence of shin splints should decrease.



Q: How can a person relieve sore muscles?

A: Sore muscles are caused by inflammation in the muscles due to strenuous activity. The soreness may be reduced by dedicating 10-15 minutes stretching after exercise. In addition, applying ice to the sore muscles will help with the pain.

Q: What are some of the warning signs of dehydration, and what is the recommended water intake to avoid problems with it?

A: Dehydration is the depletion of water from the body, and may cause some very serious illnesses such as; heat cramps, heat exhaustion, and heat stroke. In order to maintain healthy water levels in your body, eight 8 oz. glasses of water should be consumed daily. If strenuous exercise is in your schedule, you should increase to twelve to fifteen 8 oz. glasses of water. Helpful hint: weigh yourself before and after activity and drink 2 half-pound lost. Warning signs of dehydration include dizziness, confusion, no sweat, light headedness, and upset stomach.



Q: What causes side cramps?

A: As your muscles fatigue from activity, they begin to work less efficiently, producing lactic acid. The lactic acid builds up in the muscles and causes the burning sensation associated with side cramps.



CENTRAL SPOTLIGHT

A closer look at the Women's Varsity volleyball team.

Kieffe attacks Metro stat charts

By Caroline Walburn

With a hitting percentage that puts her at the top of the charts in the Omaha Metro, among her many other accomplishments, Senior Volleyball captain Liz Kieffe is in the Central Spotlight this October.

At her position as an outside attacker, Kieffe is the main building block in the foundation of this year's young team, Varsity Member Sarah Cleveland said.

Kieffe, who has played at the Varsity level for all four years of her high school career, takes her role on the team very seriously.

She realizes the importance of the example she sets for her teammates, Cleveland said.

"I am a captain, so my main role is to be a leader," Kieffe said. "I have to be a leader both by action and by word."

Kieffe stays focussed and doesn't let a few mistakes knock her off her game, Cleveland said.

"Liz totally brings the team together," Cleveland said. "She doesn't let us get frustrated and she stays positive."

She also steps up her leadership at team meetings, Cleveland said.

"She's not afraid of standing up and telling the team what isn't working on the court, but she stays

positive," Cleveland said.

Kieffe's role greatly benefits this year's young squad.

She is able to make players realize what they are doing wrong, but she also helps them to improve, Cleveland said.

"The atmosphere on the court can get pretty dark if things aren't going well, but Liz usually manages to keep everyone's hope up," Cleveland said.

Outside of high school play, Kieffe also has four years of experience playing for a select club team, River City Juniors.

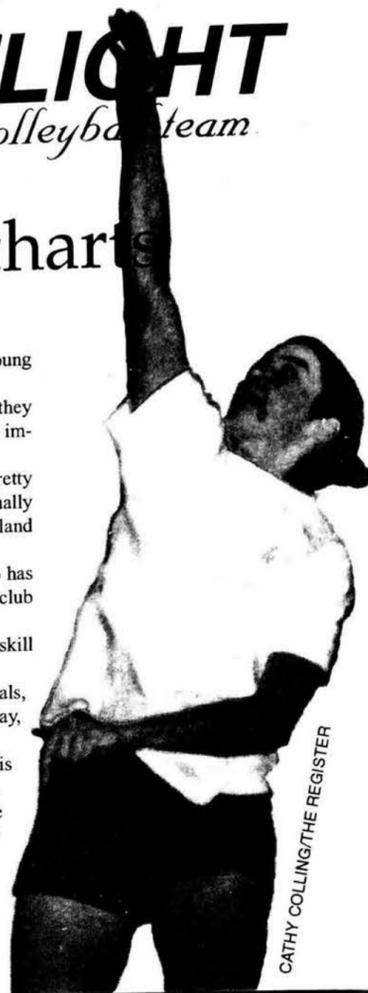
Playing for a club has greatly helped her skill level and leadership abilities grow.

The team, which placed 17th at Nationals, has helped her reach the level she's at today, Kieffe said.

Leading the Metro in hitting percentage is just one of Kieffe's many accomplishments.

Last year Kieffe received an All-State Honorable Mention for her outstanding play individually, and also had a main role on the first Central Varsity volleyball team to finish the season with a winning record.

"Liz carries the team on her shoulders," Cleveland said.



Dierks builds on last year's foundation

By Caroline Walburn

New coach; new season; new gym.

Well maybe the new gym is not here quite yet, but the Women's Volleyball team is starting out a new season with a new coach, Jodi Dierks.

Dierks, a special education teacher at Central, said the transition to a new team has been pretty easy thus far.

"It has been as smooth as can be expected when a new coach comes in," Dierks said.

Winning is the expectation for this year's team, and with previous coaching experience for a state champion Lincoln Pious X team, Dierks knows how to win.

She has also coached for Nebraska Juniors club teams.

"[Varsity member] Holly Greenamyre played on my Nebraska Juniors team, and [Varsity member] Kari Ryder also played for the

club. Being familiar with them helped the transition a lot," Dierks said.

Players seem to agree that regardless of the new coaching situation, this year's team has the ability to continue the unprecedented success of last year's team.

"It will always be tough for the players and coach to adjust in the beginning, but we have high hopes for the season," Senior Varsity member Liz Kieffe said.

The previous varsity coach, Mr. Brad Reichmuth, built up the Central volleyball program from being practically nothing to being extremely competitive.

Dierks plans to stay with the program for a while and hopes to continue building the teams into champions.

"He [Reichmuth] did a wonderful job. I am lucky to be able to step in where he left off," Dierks said.

With a relatively young team and large talent pool of young players to work with, Dierks is set to build her own dynasty.

"She lets players build confidence before overwhelming them with advice. She's a really good fundamental coach," Kieffe said.

Coming off an extremely successful summer, the main goal of this years team is to make it to State, Kieffe said.

As practices get more and more intense, the team is growing closer to this goal—with Dierks leading the way.

"We want to win; to win and maintain everything Mr. Reichmuth built up as a coach," Kieffe said.



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Sport Staff Predicts...

Carlos Zendejas, Sport Editor

Nebraska Cornhuskers vs. Texas Longhorns
42 - 27 Nebraska

Omaha Central vs. Omaha Northwest
24 - 7 Central

Major League World Series
Atlanta Braves in six games

Caroline Walburn, Ass. Sport Editor

Nebraska Cornhuskers vs. Texas Longhorns
36 - 6 Nebraska

Omaha Central vs. Omaha Northwest
42 - 3 Central

Major League World Series
Yankees in five games

Jeremy Scurlock, Asst. Sport Editor

Nebraska Cornhuskers vs. Texas Longhorns
28 - 23 Nebraska

Omaha Central vs. Omaha Northwest
24 - 10 Central

Major League World Series
Red Sox in seven games

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My friends say they're doin' it. My date wants it. I've thought about it. But am I ready?
- Tracy J

Diva B answers

Tracy, dear --
Jumping into sex before you're ready can leave you dealing with a whole lot of problems -- awful feelings, unwanted pregnancy, infections. Ask yourself: What does sex mean to me? Am I in love? How will I feel afterwards? Do I have protection? Am I ready to deal with pregnancy or catching something? I find that I can be clear in my head when I'm by myself, but when I'm setting next to my partner, a hundred silent pressures make me nervous and tongue-tied. So plan ahead, and think about your response. It's totally cool to say "no." In the end you'll learn that good things happen when you're true to yourself. -- Diva B

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Injuries prevent athletes from completing season

By Carlos Zendejas

"I just couldn't believe it, all of my hard work just went down the tubes," junior, Kyle Bierman said after a season ending injury.

Bierman, cross-country team member, said that he suffered a stress fracture after a rigorous preseason workout.

"After the workout, I felt some discomfort, but I felt as if I could not stop my training," Bierman said.

Bierman said that he blamed his injuries on overtraining, inflexibility and as he previously mentioned, trying to tough out his injuries.

Trainer Jeanee Weiss said that there are many things that can cause sports related injuries.

However, Weiss also said that there are a few things that you can do to prevent them.

Weiss said that flexibility is an integral part of staying injury free.

Weiss said that stretching gives you a greater range of motion. A greater range of motion means you will be less likely to be injured if your muscles should happen to over-extend, said Weiss.

Weiss said that the most important time to stretch is after a workout when your muscles are warmed up and more accepting of the muscle stretches.

Bierman said that he would stretch before a workout, but when he was finished he would not do anything to stretch out or to cool down.

Weiss said that you must stretch from 15 to 20 minutes before and after a workout.

Weiss said that although stretching before workouts is important, the after practice stretching is more important.

Stretching after a workout is the best time to stretch because that is when your body is most susceptible to stretching.

Bierman said that he also blamed his injury on inadequate training.

Weiss said that the most important part of training for a sport is that you must have sports specific training.

This means that you must do only those exercises that are directly related to the sport that you are doing, said Weiss.

Weiss said that strength training for muscle conditioning is another important factor in training for your sport.

Finally, Weiss said that it is important to incorporate a good cardio-vascular workout into your training.

The final thing that Bierman said he attributed his injury to his attempt to "tough it."

"I just couldn't accept the fact that I couldn't run anymore, I had put so much work into a successful season that I could not quit," said Bierman.

Weiss said that it is important to get necessary treatment if you know that you are injured.

Bierman, said that his injury could have been a lot less severe if he had not tried to run on it after he had been injured.

I tried to rush the healing process, and I turned an injury that should have kept me out for a couple of weeks into an injury that kept me out for the entire season.

Weiss said that although it is important to get the proper medical attention for some injuries, some injuries are nagging.

Weiss said that just as long as you knew the difference between the two, you might be all right.

Some of the things that Weiss suggested to help the healing process are bracing and taping the injury and doing strengthening exercises for the injured region.

In addition, Weiss said that one of the best ways to avoid injuries is to stay in good shape, because the better shape you are in, the less likely you are to become injured.

Bierman said that he is a little angry about his injury, but that there is not much he can do about it except for maintain a positive outlook for next season.

"All that I can do now is try even harder and hope to come back next season even stronger," Bierman said.

The Ultimate Struggle



PHOTO COURTESY LINDSAY HARKNESS

Two time world championship winner Ed Nellor (48) pauses before lifting over 400 lbs. in the dead-lift competition. Nellor, a 30 year veteran of the sport, said he can successfully squat lift 655 lbs, bench press 345 lbs and dead lift 672 lbs.

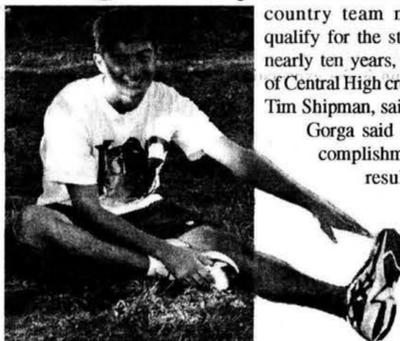
CHS Cross Country

Freshman earns spot at State meet

By Carlos Zendejas



Central high freshman Chris Gorga became the first men's cross-country team member to qualify for the state meet in nearly ten years, head coach of Central High cross-country, Tim Shipman, said.



MEREDITH ZENDEJAS/THE REGISTER

Chris Gorga flashes a "winning" smile in preparation for a race. Is it really that fun?

hard work and the excellent coaching done by Shipman.

Gorga, who in his first year running cross country had nothing to say about his accomplishment except for that he was proud of himself.

Gorga also said that he prepared for the meet by going to practice and working hard everyday.

"No matter what, I always push myself," Gorga said.

Gorga said that he was also very surprised at the success he has had in his first season of Cross-country ever.

"I had run track in middle school, but I never knew that I could run long distances before the season started," Gorga said.

Head coach Tim Shipman said that he was very impressed with Gorga.

"He [Gorga] has taken many people by surprise," Shipman said.

Along with his coach, Gorga has also impressed his fellow teammates.

"Chris (Gorga) has a lot of talent," third year varsity runner Graham Engdahl said.

Engdahl also said that Gorga is one of the best runners on the team, and that he was already taking a leadership role on the team.

In addition, Gorga said that the team has helped him too. In a season filled with awards and medals they offered emotional support throughout when it was needed or desired.

Among these include a first place finish at the class of metro, a first place finish at the Bryan invitational, a sixth place finish at Metro area conference meet, and a fifth place finish at the district championships, that has earned him a berth in the State championship meet.

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Warmin' the Bench

Carlos Zendejas

Shirtless Moron spoils all

Hello sports fans, welcome to the bench.

Respect. This is something that most people, especially younger generations are nearly devoid of.

I was inspired to write about this common courtesy in sports by an unfortunate incident that happened to me while at cross country practice.

So drift off into dreamland while I tell you a dark and chilling tale of disrespect in sports.

It all started while we were practicing on the track at Norris Middle School.

We were minding our own business and running on the track when some degenerate from another school (hereby known as the shirtless moron in tights) ran by yelling a string of profanities at our team.

I was infuriated. I would not stand for such a display of disrespect. For me. For my team. For the sport to which I have dedicated my time and hard work

I would have done something violent, but this shirtless moron was bigger than I was.

I may have been mad, but I do not let anger cloud my judgment.

Anyway, this miscreant, and his screwball friends who were wearing tights, Ketchup-stained wife-beaters and old gym shorts were engaging in a game of football.

And by the way, they were not very good.

They thought they were cool running around and tackling each other.

I think they completed one pass the whole hour I was there. It was a small five-yarder that took all of their might to throw.

They had the nerve to disrespect a real sports team that was doing actual work while they were lazily screwing around playing their white-trash version of football.

I think that it would be funny to see them actually try and last for one day of cross country practice.

Before you have contempt for a sport, why don't you actually try it, then hopefully you will discover what it takes to play one.

Even if you do make fun of something, make sure you know what you are talking about before you make a fool out of yourself.

For example, you could say something like, "cross country is stupid because all you do is sit around and run somewhere, I could do that."

But you would be overlooking the fact that cross country runners run three miles in one race.

Plus, they do it while averaging a five to six minute mile.

So if you weren't ignorant you would realize that it is very difficult to do that.

You would also be overlooking the fact that some runners train up to 40 miles a week.

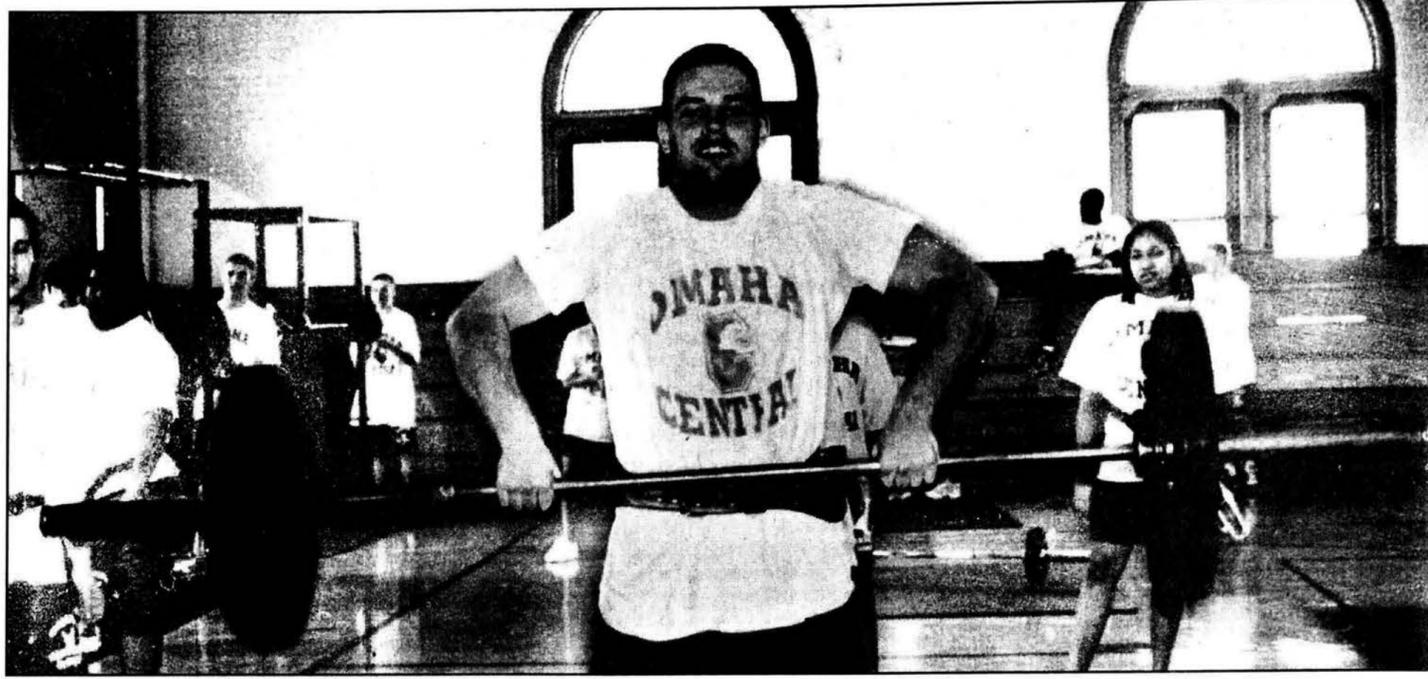
So now that you have learned about my sport, why don't you try and learn about another.

So, the next time you open your mouth in contempt for another sport, ignorance will not spew from it..

Much Like the shirtless moron in tights who will be professionally sucking coins out of payphones and eating urinal cakes for his entire adult life.

And for the rest of you, I'll see you next time on the bench.

Hitting the WEIGHTS



CLAIRE DEVNEY/THEREGISTER

PUMPING IRON: (Above) Senior Andrew Mitchell is getting buffed and ready for the big football game by hang cleaning insane amounts of weight during his weight training class.



CLAIRE DEVNEY/THEREGISTER

HEY, KEEP YOUR HEAD UP: (Left) Senior Justin Galaska does a squat workout while senior Brian Pfeifer makes sure the weights don't fall off.



CARLOS ZENDEJAS/THE REGISTER

■ CHS Football

Team hopeful for playoffs

By Carlos Zendejas

Central High football players look forward to a playoff berth after a season defined by key victories over key opponents said quarterback Jorge Davis.

Central now has a 5-3 record this season with a strong chance at a playoff bid, said junior quarterback Jorge Davis.

Head Coach Joe McMenamin said that the team this year has a lot of potential due to its strong base of returning starters.

McMenamin said that the team has a lot of experience with eight returning starters from last season.

McMenamin said that some of the strong points of the team this year are in the offensive line and in the running game.

"We probably have one of the most talented backfields in the state," McMenamin said regarding senior running backs JaMaine Billups, Lornell McPherson and Will Gregory.

"It is amazing to have so many talented players in one backfield," Davis said.

Junior and lineman Noah Johnson said that another key factor to the success of the team was the line play.

"Anybody could run through the holes that we make," Johnson said.

Along with strong individual play Johnson said that the team has come together to play well.

"The seniors on the team really came together to lead this team," said Davis, "they were our real emotional leaders."

Noah Johnson said that another

of the team's leaders this year was Jorge Davis.

"Davis has a lot of potential as a quarterback, and he really stepped up when we needed him," Johnson said.

Co-Captain Andrew Mitchell summed up the team well when he said that they are a very talented team with a lot of experience.

"We have done surprisingly well for the limited time we have to prepare," Mitchell said.

The football team is currently ranked as one of the top ten teams in the state and has a 5-3 record with losses to Westside, Bellevue West and Millard North.

Davis said, however that the losses suffered by the team have been great learning experiences for the team.

"After the Westside game, we

really buckled down and worked a lot harder, it motivated us to come back the following week and beat Prep," Davis said.

Of all the losses Noah Johnson said that he believes that the whole team feels as if they won those games.

"If you look at the games statistically, we beat both teams," Davis said, "it is just that some things did not work out for us the way we wanted it to."

Mitchell said that he does not believe that Westside beat them, just that the team beat itself.

"But no matter how you look at it, you still have to do it on the field," Davis said.

Despite the losses, Central has had many great games, Johnson said.

Johnson said that one of the highlights of the season was the game

against Creighton Prep.

"It was the greatest night ever Johnson said.

"We went in and upset the number one team in the state at home field," Davis said, "you just can't beat that."

Davis said that Central won the game because of its outstanding defense, and because of an offense that really picked it up during the second half of the game.

Johnson said that the most memorable part of the game was when the crowd rushed the field.

"I'll remember that moment for the rest of my life," Johnson said.

He said that wins like these are one of the reasons that the team is set to have a bid at the state playoffs.

"We're going all of the way this year," He said.

Softball Shank commits to Creighton

By Jeremy Scurlock



MIKAYLA CHAMBERS/THE REGISTER
KERRI SHANK Crouches ready to catch a pitch.

One member of the Central High School Varsity softball team made a verbal commitment last month to Creighton University in Omaha, Neb.

Senior Kari Shank said she decided to take her catching talents to Creighton after being the recipient of strong recruitment from the university starting early this July.

"I was looking in to others [schools], but wanted to stay close to home," Shank said. "Going to Creighton allowed me to do that."

Shank said she would have preferred playing for the University of Nebraska-Lincoln (UNL).

However Shank said that she realized the Husker softball program had too many girls who played her position.

"They [UNL] are really deep at the catching position, and aren't recruiting anymore of them," she said.

Southwest Missouri State University

(SWMSU) offered her a scholarship that would pay for about 90 percent of college costs compared to the scholarship she accepted from Creighton, Shank said.

Shank said that the scholarship she received from Creighton only covers about half the expenses.

"I took time to see what they [SWMSU] had to offer," said Shank, "I went down there and took a campus tour."

However, Shank said that it was just too far from home.

A verbal commitment is one that carries no legal obligation.

Because of this, Shank is able to change her mind if she wishes to do so.

"I'm pretty happy with my decision," Shank said, "I'm almost certain I'll be going there [Creighton]."

Since Shank has only committed verbally, the Creighton coaching staff was unable to comment on their newly acquired talent.

A contract finalizing and affirming her acceptance as a student athlete at Creighton will be established during the first couple of weeks in November, Shank said.

"I started looking into where I wanted to go [for college] after the season of my junior year," Shank said. "I sent profiles [brief biographies including personal as well as athletic and academic information] to thirty of the colleges which appealed to me most, at that time I wasn't really considering Creighton."

Shank, who was named to the Nebraska All-State roster as a junior in 1998, said she has played with, but mostly against, some of the players on the Creighton softball team.

By knowing some of the girls on the team, Shank said that it will, hopefully, make the transition from the high school level of play to college level a little easier.

"It feels good knowing I'll be able to play softball while in college, especially a school as good as Creighton," Shank said.

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