

the Central High School Register

Entertainment

'Eye of the Beholder' Page 10

In-depth

Racism Pages 4 & 5

Sport

CHS Diving Page 12

Monday, January 31, 2000

Volume 113, Issue 5

E-mail: register@ops.org

124 No. 20th Street Omaha, NE 68102



DIRECTORY
FEATURES
page 3
IN-DEPTH
pages 4 & 5
PERSPECTIVES
pages 6 & 7
ENTERTAINMENT
pages 8 - 10
SPORT
pages 11 & 12

Mackiel reveals CHS plans

By Andrew Danford

In an effort to increase awareness of recent district developments, Omaha Public Schools (OPS) administrators met with nearly 100 Central members, students and parents during a two-hour forum in the Central auditorium on Jan. 20.

OPS Superintendent Dr. John Mackiel said the purpose of the meeting was to address public concerns over the \$254 million bond issue, Central renovation plans and equity within the district.

"This represents an ongoing commitment that the school district has to its constituents," Mackiel said.

Mackiel started the meeting with an explanation of the reasons behind the changes the district made in its student assignment plan. He said a major force driving the change was federal funding.

"If we were interested in applying for a magnet school grant," he said, "we wouldn't be able to because of a public school system, where magnet school attendance is based upon race."

Beyond the issue of federal funding, Mackiel said several court cases across the nation prompted the change to a student assignment plan not based upon race. This new student assignment plan formed the backbone of the \$254 million bond issue last May, he said.

Following this opening explanation, Mackiel and several other district administrators listened to the concerns of Central staff, students and parents.

Central Marketing Teacher Vicki Wiles said Central, North, South and Benson received new gym facilities the last time the district did a major renovation project.

Every school excluding Central currently plays their home games at their school, she said.

"We are visitors on our home field," Wiles said.

Central Football Coach Joe McMenamin said Central's 18-year old AstroTurf is the oldest artificial field in the nation.

Despite the aging facilities, McMenamin said Central is still a great place.

"There is no other school in the state that I would rather be teaching at despite our aging facilities," he said.

In light of the needs of Central, Mackiel said he and the administration must look at the district as a whole in order to make decisions.

"A commitment was made to the Omaha community—Central included," Mackiel said. "It is not acceptable that a 1957 trailer serves as a classroom for students in OPS. We take a look at equitable funding and education on a city-wide basis."

He said because OPS is the only school district in the city, it is vital that the administration looks out for the entire district and not just one school.

Turn to BOND, page 2

Meredith Zendejas

For many students in Pleasantville, New York Public School District, their parents will not be yelling at them to do their homework, they will be yelling at them to use their Playstations.

Dr. Andrew Carrington, Pleasantville Public Schools Superintendent said that the district purchased Playstations for the schools to improve student achievement in academics reading skills.

Carrington said that the students are able

Tattoos



COURTESY OF DOMINIC HOLMES

OUCH! (ABOVE) Central alumnus, Dominic Holmes, carefully sketches a tattoo on a customer at American Tattoo. (BELOW) Holmes shows off one of the many tattoos featured on his neck.

Central Alumnus makes a permanent career

By Kaitlin Davis

"Yeah, they bleed sometimes," former Central student Dominic Holmes said.

Holmes got his first tattoo when he was 18. He now works full time for American Tattoo on 84th and L streets.

"It didn't hurt as much as I thought it would," Holmes said.

He has been a tattoo artist since he graduated in 1996 from Central.

Holmes said that he wasn't sure what he wanted to do when he left Central, but he knew that he wanted

to involve art in his career choice.

He received a Gold and Silver Key in the Scholastic Contest while at Central and his artwork was featured in an exhibit at Joslyn Art Museum.

Holmes said that before deciding to become a tattoo artist he was looking into becoming a graphic designer. He was hoping to attend the Colorado Art Institute or the Kansas City Art Institute.

Holmes said that some of his previous art teachers are disappointed that he has become a tattoo artist, but that it doesn't bother him.



KAITLIN DAVIS/THE REGISTER

Turn to TATTOO, page 3

Race commission proposes city survey

By Andrew Danford

As part of the group's goal of addressing racism in the city, the Omaha Commission on Community and Race Relation suggested that a survey be conducted to test Omahans' attitudes toward race, the Omaha Human Relations Department Director said.

Kellie Paris-Asaka said that the commission, which was formed by Mayor Hal Daub in 1998 in response to the Marvin Ammons' shooting, plans on conducting a phone survey of 1400 Omaha residents before May 1 in order to get their opinions on race relations in the city.

"It's not going to be obvious questions such as 'Are you a racist,'" she said.

Instead, Paris-Asaka said that the survey,

which will last no more than 12 minutes, will focus more on personal experiences to determine how widespread racist acts are in Omaha.

Central junior Ty Griess said that he does not think that a race survey is necessary.

"I don't think that we need a survey because racism will always be there," Griess said. "We would be wasting taxpayer money when we already know that it exists."

However, Central junior Willie Potts said that he would support a race survey if it would help lead people to solutions for the problem.

"Everyone knows that racism exists in Omaha," Potts said, "but we don't know to what extent. This survey would help us discover the truth of the matter."

Before the commission can proceed with

the survey, Paris-Asaka said that they would need an additional \$10,000.

The commission requested this money from the Omaha City Council on Jan. 4.

However, the council rejected its request for the money. Councilman Cliff Herd was the only person to vote in favor of the funding.

"I wasn't in 100 percent agreement with the survey," Herd said, "but this is kind of a volatile subject."

Herd said that he hoped to avoid a confrontation with the commission by approving the funding even though he did not think that the commission was following proper form in their survey.

On Jan. 3, the commission published a 62-page report that asked the citizens, government and organizations within Omaha

to make a statement against racism before Jan. 31.

Herd said that the commission should have conducted the survey first and then published its findings.

The commission's report suggested that the city form a database of reports of racist acts before the year 2001.

Also, Paris-Asaka said the report requested that there be a campaign against racism and supporting the promotion of diversity in the city.

One such agency that receives criticism for racist practices is the Omaha Police Department (OPD), she said.

OPD Spokesperson Officer Don Savage

Turn to RACE, Page 4

Playstations used for student achievement

to check out a Playstation for as long as a semester.

The students also took home games with the Playstations.

The games, provided by Life Span Corporation, are interactive games that correspond with what they are learning in school.

Carrington said that the students are asked to give up twenty minutes of their television time to use the Playstation.

He said that it reinforces what they learned in the classroom.

Principal Dr. Gary Thompson said that he could not imagine the Playstations being beneficial.

He said that the games would become a distraction to the learning of the students.

Ningning Li, junior, agrees with Thompson.

Li said that no matter what the Playstations are supposed to do, they won't help learning.

"It's a noble effort, but all it does, is waste money," Dustin Friedman, senior said.

Carrington said that the students have spent more than the required time with the games.

"They spent an hour to an hour and a half more," he said.

Matt Lind, senior, said that homework is looked on as a bad thing to students.

He said by giving students a Playstation, they can relate to it, and would be more likely to do homework.

Thompson said that he thinks that the students would rather play with real games than the educational games provided.

Li said that there are not any kids who are honest enough to use the Playstation for school.

Carrington said that they just started the program this year, so they will have to wait until the school year is over to see if the Playstations really worked or not.

Thompson said that Central is not planning on purchasing Playstations any time soon.

He said that he doubts that the Playstations actually enhance learning skills, but he would have to see it to believe it.



COURTESY OF SONY

Register News Briefs

Caucuses show future candidates

No surprises were revealed in the Iowa Caucuses for president on Jan. 24. The results showed George W. Bush leading the Republican Caucus and Vice-President Al Gore with an impressive lead in the Democratic Caucus.

Smoking bill defeated in legislature

Legislative Bill 750, introduced by State Senator Nancy Thompson, that would ban smoking in about 1,400 sit-down restaurants and cafes was rejected by two votes in the Nebraska Legislature.

The bill would have allowed smoking in bars and bars attached to restaurants.

DECA holds districts at Central High

DECA Districts were held on Jan. 29 at Central High School.

The competition, which is usually held at Southroads Mall, included marketing workshops and other leadership building activities.

New hotel planned for downtown

An eight-story Hilton is planned to be built at 10th and Dodge Streets near the proposed convention center-arena.

The 179 room hotel will cost \$15.8 million to build on the site that served as the Omaha Police Station and jail until 1970. This will be the third hotel built in the 10th Street area since 1997.

Former city mayor Leahy dies at age 70

Former Omaha Mayor Eugene Leahy died on Jan. 18. The Gene Leahy Mall, which was renamed after the mayor in 1992, is a physical symbol of this past mayor's contributions.

Leahy was known for his sense of humor and various contributions to the city of Omaha.



Mr. President?

IN A SHOW OF SUPPORT Neb. Sen. Bob Kerrey shakes Bill Bradley's hands, endorsing his campaign for the Democratic nomination.

THE MANY FACES OF BRADLEY: Bill Bradley reacts to the questions thrown his way at a campaign stop in Council Bluffs. Photos by Claire Devney.



Bradley campaigns in Council Bluffs

By Andrew Danford

In the polls he was neck and neck with Vice President Al Gore, but in Council Bluffs, Bill Bradley at a height of 6 feet 5 inches stood head and shoulders above the 175 people who gathered to hear him on Dec. 19.

Following an endorsement speech by Neb. Sen. Bob Kerrey, Bradley addressed the crowd on a wide variety of issues but focussed mainly on recent attacks delivered by Gore.

Bradley said that the Gore campaign had incorrectly portrayed his stance on educational issues.

He said that although he voted in favor of several experimental plans during his three terms as a N.J. senator, he was not in favor of school vouchers if they took away from funding for the public schools.

"Vouchers cannot be the answer to the problems of public education in America," Bradley said. "So, no matter what anybody else says, that is what you heard from me."

In addition to defending his stance on school vouchers, Bradley discussed the issue of expanding the potential of children and granting them more opportunity to use their talents.

"The economy really is not good if working families cannot look at their children and believe that their children will have a better standard of living than they," he said.

He said that as president he would work to help students achieve everything that they are capable of doing.

He added that the great economic prosperity that America has seen over the past decade is likely to continue long into the future.

This bounty would be able to push America forward into an age of greater growth and opportunity for all, he said.

"This is the time to decrease the number of people in poverty," Bradley said. "This is the time to move our country a couple of feet forward."

He said that he hopes the rest of the world would follow the lead of the United States and attempt to aid the poor as well.

Part of moving the nation's poor into wealth is providing them with the opportunity to seek higher education, Bradley said.

As president, Bradley said that he would work to make sure that all people could reap the benefits of college.

Bradley also addressed the issue of school violence while in Council Bluffs.

"The problem of school violence in America is not a simple one," he said. "It is a question that demands multiple levels of response."

One action that Bradley named in the interests of preventing further incidents of school violence was the tighter control and registration of guns.

"Last year, 8000 kids carried a gun to school at least one day," Bradley said.

He said that as president, he would support a national system of registration for all guns and work to have guns fitted with

trigger locks.

"I think that would help," Bradley said, "but the problem is greater than just that."

He said that the media also has a responsibility to control what they show to students on television.

When he was a senator, Bradley used to meet with high school seniors every year.

During one such meeting, he asked the students how many of them had witnessed a person die.

Out of the 20 seniors he was meeting with, two claimed that they had witnessed a person being killed.

Bradley said one of the students then described to him what it was like to witness a person die.

"You know senator, it is nothing like it looks on T.V. There was finality to it," Bradley quoted the student.

Bradley said that the media has placed its own economic interests above the safety of the public.

He said that it is the media's responsibility to censor itself and not promote violence through the programs that it shows.

"It is not just a matter of freedom of expression versus responsibility," he said. "There is a built in issue of responsibility for people who know something is harmful for those younger than you."

Bradley said that another factor that would lead to a solution would be the involvement of parents in the lives of their children.

Standardized tests determine students' placement

By Andrew Danford

In response to growing concerns over academic achievement, school districts across the country are adopting standardized tests to determine a student's grade placement, an education expert said.

Robert Hauser, a professor at the University of Wisconsin, said he served on a committee to evaluate such test use in 1998.

Hauser, who was the chair of his section and co-editor of the study, said the committee found that retaining students in their grade level did very little to help them academically.

"Contrary to the widespread belief," Hauser said, "a very good share of kids are held back."

The largest age groups to be retained are those between the ages of 6 and 8 and those between the ages

of 15 and 17. Fifteen percent of students in those age groups are held back, Hauser said.

"For some odd reason, the Education Department does not publish these statistics," Hauser said. "The big problem here is that when kids are held back, no one cares to follow up on them."

Currently, Hauser said that the state of Texas and the cities of Chicago and New York City were experimenting with programs that used standardized test results to determine whether a student should move on to the next grade level.

"It is not fair to the kids," Hauser said. "It doesn't help them out at all."

Junior Chris Fischer said that he does not believe testing is useful in determining student's grade placement the way that schools are currently organized.

"Testing doesn't help any if you are going to keep our current model of education," Fischer said.

He said that a model similar to the year round plans in Europe would have to be adopted before testing could be used effectively in America.

However, Hauser said that standardized testing of this type is not entirely bad.

He said that these standardized tests could be used to determine which students need extra help with learning.

"There are right ways and wrong ways to go about it," he said. "If tests are used in the right way, they are a reasonable practice."

Junior Steve Houlden said tests could be used to determine where students should be placed.

"Tests do have their value," Houlden said. "They might be a good

way to separate people."

He said that the tests would provide a solid standard to evaluate a student's progress versus their peers'.

In Omaha, School Psychologist Richard Muff, who works out of Central High, said standardized tests are used to identify students who may have a learning disability or need extra help in school.

"What we like to focus on is why students are unsuccessful," Muff said.

He said that often student assistance teams are formed to help a child if it is believed that they need extra help.

These teams consist of the parents, principals, teachers, psychologists and students and help to plan to meet each child's needs, Muff said.

"We look at each case individually," Muff said. "You don't

solve problems with retention."

However, Muff said that would not support using standardized tests to determine a student's placement in school.

"You've got to be careful with tests," he said. "Your are going to people on a bad day."

For this reason, Muff said programs such as those in Texas, Chicago and New York are risky for the students.

Muff said that although he has seen some public pressure to use standardized tests to determine student's placement, the district would probably not consider doing so.

Muff said that in the Omaha Public Schools (OPS) district, there were certain guidelines that students should achieve. These standards called the Omaha Instructional Objectives, he said.

Plans for renovation revealed

BOND, continued from page 1

"There isn't another school district in the city," Mackiel said. "As goes the school district, so goes the city."

OPS Administrator John Smith said the district proposed the \$254 million bond last year, the district looked at the needs of the school in the district on an individual basis. From this information, the district decided the amount of the bond that the city passed in 1999.

"We are trying to do the best we can on the hand that we have been dealt," Smith said. "There are over \$500 million worth of needs in the Omaha Public Schools district."

When the district looked at the urgent individual needs, they limited the amount of the bond to \$254 million. About \$15.2 million of this money will go to Central, Smith said.

This \$15.2 million will be used to fund conditioning, heating, general refurbishing, the interior, addition of classroom space and total overhaul of the infrastructure including plumbing, electrical and technological needs, Smith said.

Smith said these changes are tentatively scheduled to begin at Central sometime in 2001 or 2002.

Mackiel said the district would be willing to work with private donors and organizations that wished to give money to the renovation project.

"Collaboration is indeed a key," Mackiel said. "We would very much endorse that kind of partnership."

Mackiel also said money could be obtained from federal grants to supplement the \$15.2 million that the district has allocated for Central renovation project.

In addition, Mackiel said it was important to remember that the \$15.2 million will not cover an entire overhaul of Central.

"It was never a top to bottom renovation," Mackiel said.

For example, Smith said the replacement of the Astroturf and track is not covered by the \$15.2 million. He said such projects are part of the regular repair and upkeep of the school.

Smith said he estimates the cost of the replacement project to be near \$500 thousand.

Mackiel closed the evening by reaffirming the district's commitment to the public, specifically Central.

"Tonight, there is a commitment," he said. "Can these issues be relieved overnight? I don't know. But at least we have a start."

YOU ARE Worth Waiting For! Saving sex for marriage provides real freedom from unexpected pregnancy, emotional pain from broken sexual relationships, and sexually transmitted diseases, such as chlamydia, gonorrhea, herpes, syphilis, and HIV/AIDS. 7,000 American teens contract a STD every day. The Birth Control Pill can cause blood clots, high blood pressure, breast cancer, headaches, bloating, weight gain, nausea and vomiting. The pill causes chemical abortions by allowing fertilization 2%-10% of the time and then prevents implantation of the tiny baby in the wall of the uterus. Condoms fail to prevent pregnancy 20% of the time and fail to prevent HIV/AIDS 17%-23% of the time. For more information, call 399-0299 METRO RIGHT TO LIFE 9001 Arbor St. Suite 104

Imperial Palace RESTAURANT & LOUNGE "Experience authentic Chinese dishes in our Spectacular Palace" Lunch Mon - Fri Dinner 7 Days A Week Sunday Lunch from 12 Noon Private Party & Banquet Rooms Reservations & Carry Out 112th & Davenport • Old Mill South, Omaha 330-3888 "Rated by Omaha Magazine Omaha's Best Oriental Restaurant"

Central High School presents the 86th annual Road Show Feb. 11th and 12th at 7:00 PM For Reservations call 557-3332

Tattoos express social, religious views, artist says

TATTOOS, continued from page 1

"I love what I do," Holmes said. "It makes me happy." Holmes began tattooing in April 1997. He said that his parents weren't fond of idea at first but they have had to adjust. "Tattooing is my favorite art form," Holmes said. He said that he went to American Tattoo to get some prices on their tattoos. They asked them if they did apprenticeships and they asked to see some of his artwork. Holmes said that all tattoo artists start in apprenticeships.

He said that when tattoo artists are tattooing they have to account for people moving, breathing and they have to plan for different skin types.

Holmes said that tattoo artists have to learn to change and adapt to different people.

"The most painful place to get a tattoo is on the ribs," Holmes said. "Skin is the ultimate canvas!"

The most common age groups that come in for tattoos are between the ages of 18 and 25, Holmes said.

Although, he said that he has tattooed people who are over 80 years old.

Tattoos have given people a way to express themselves whether it be social status or sacred religious rights.

Tattooing, or a form of it, has been present in many different cultures around the world, said Tattoo Artist Chris Orr, who's also works at American Tattoo.

Tattoos are a sign of social status in Japan. Some Japanese mobsters get tattoos all over their body, he said. This style of tattooing is called the body suit. The body suit can take days to months to complete, Orr said.

Tattoos can be signs of religion for some people, Erin Anderson said.

She said that she is 24 and has spent over 46 hours "in the chair."

In the tattoo industry, tattoos are measured by how many hours it takes to complete them, not how many you have Anderson said.

Anderson said she has many Buddhist, Hindu and Celtic symbols tattooed on her arms, legs, back and stomach.

She said that she was 17 when she got her first tattoo.

Anderson said she was sure her mom was going to freak.

She didn't do it for the shock value and she doesn't think that it's a good idea to get a tattoo just to freak people out, she said.

The public view people with tattoos with a biased attitude, she said. People react differently others with tattoos, Anderson said.

She said that she has often felt like an outcast because of her tattoos, but that she is proud of them.

Anderson said that she has had people stare at her in the mall like she was evil.

"I've actually had people clutch their children closer when I walk past them," Anderson said.

Central senior, China Al-Amin, said that she got her first tattoo when she was 17.

Al-Amin said that getting tattoos begins to get addictive and you just keep wanting more.

"It felt like a burn at first and then I got used to it and it went numb," Al-Amin said.

Anderson said that she has heard of people having an allergic reaction to the pigments used in the tattoos but that she has never seen any really dangerous reactions in her own experiences.

Survey shows students lack civics knowledge

By Ally Freeman

A recent survey conducted by the National Assessment of Educational Progress (NAEP) found that most U.S. students are lacking in government knowledge.

Released in November by the National Center for Educational Statistics (NCES), the survey found that about three-fourths of the students who took the test did not demonstrate proficiency in the subject. The test was taken by 22,000 fourth-, eighth-, and 12th-graders across the country.

Charles N. Quigley, Executive Director of the Center for Civic Education said that the failure of students to perform well on the test is a direct consequence of the lack of adequate curricular requirements, teacher preparation and instruction in civics and government.

However, the news is not all negative. "The good news in the NAEP civics report card is that about 25 percent of our nation's students performed at the proficient or advance level on the civics assessment," Quigley said.

He said that a primary reason students did not do well on the NAEP study is that the vast majority of students are either not being taught civics and government at all or they are being taught too little, too late or inadequately.

Central Social Studies Department Chair Carol Hipp said that the findings of the survey are probably correct but the questions could have been reworded to show different results.

Hipp said that most young people do not have a big interest in politics.

Next year Central will incorporate a second government class into the social studies curriculum, Hipp said.

The class will be called Law and Justice and will teach a practical application of government.

Central junior Jen Bradford said that she is not surprised with the test findings, she herself doesn't know a lot about U.S. civics.

"It seems that schools concentrate on math and science," Bradford said.

Although she will be able to vote in next year's election, Bradford said that she does not believe she is qualified to vote and will probably vote for the candidate her parents choose.

Her self-evaluation is similar to the NAEP findings.

According to the survey 35 percent of high school seniors lack a basic understanding of how the government works, and only 26 percent of seniors know enough to make what educators consider reasonable, informed choices at the polls.

"Young people read a lot less than they used to and lack the information needed to make political choices," Hipp said.

Bradford said schools are putting a bigger emphasis on other subjects.

"We recognize that important and complex subjects such as mathematics, science, history, and language arts should be taught rigorously and with increasing sophistication from the elementary through the secondary years of school, yet we do not do this with civics and government," Quigley said.

Tam Taylor from the Center for Civic Education said that the test shows there is obviously a need for more, good quality civics education and it needs to start well before high school.

"There is a need for more civics in the curriculum, the current curriculum is not consistent, not adequate and that's what the NAEP test shows," Taylor said.

She said the center runs extensive program in civics for students grades Kindergarten through 12th grade around the world.

Improving Central one brush at a time

Students volunteer their time to help beautify the school

By Melissa Angelo

Parents, Educators, and Pupils (PEP) and volunteers painted from eight to noon on Jan. 8 to spruce up the building before the annual open house for prospective new students.

PEP has sponsored a paint-a-thon the past two years.

Jane Fischer, Chair of Building Improvements committee of PEP, said Omaha Public Schools provided the paint, tools and its professional painters.

"Three years ago as parents we looked and saw things at Central needed repairs and decided to put a committee together to investigate areas where parents can help," Fischer said.

Principal Dr. Gary Thompson said the Maintenance Department of Omaha Public Schools did not believe it would work with the large number of people volunteering.



MIKAYLA CHAMBERS/THE REGISTER
Above: Senior Keyvan Aarabi bends down to paint the wall.

"The chance that the school district would get all the painting done was very slim unless they invest a tremendous amount of money," Thompson said.

It gives an opportunity for people that do not know each other a chance to meet and visit, he said.

Between 70 and 75 parents and students volunteered Thompson said.

The major projects completed were cafeterias 435,445, the serving lines and some of the hallways.

The paint-a-thon was advertised by flyers and National Honor Society gave service hours to the students who volunteered.

Andrea Mullen, senior, was one of the many students who volunteered.

It is a good way for kids to better their school and have fun at the same time, Mullen said.

Ben Shaddy, freshman, was a volunteer, and also was covered with paint by the end of the day from a paint fight.

"If other people are willing to provide the paint and tools I'm more than willing to provide the service", Shaddy said.

Susan Koenig, parent, and PEP member, said it was a great way to meet other parents and it helped you feel like a part of the community.

"I think it's really important to support our students and faculty and it's a great way to do it," Koenig said.

Roger Fitch, parent and PEP member, has been active at Central for seven years and has been in PEP since the organization began three



MIKAYLA CHAMBERS/THE REGISTER
years ago.

"Central is a very good school which needs repairs and if people are willing to set it up I'm willing to participate in anything the school thinks is necessary," Fitch said.

Celeste Felix, parent, and PEP member, said she had helped paint the last couple years.

"The school needs some work and there needs to be someone to do it," Felix said.

Above: Freshmen Ben Shaddy, Nora Prazan, and Artis Pruitt reach to all lengths to help spruce up the cafeteria.

Central student wins 'National Geographic' magazine photography award

By Talya Greenspoon

The flash of a camera has brought one Central senior recognition and rewards.

Laura Lambrecht, who has participated in the Career Center photography class for the past two years, entered the National Geographic high school photography competition with no illusions about winning.



Lambrecht

"I just thought that it was a good chance to experiment with new techniques," Lambrecht said, "and it was amazing I won."

She said that she won a check for \$1000, a \$1300 camera and a three-day trip

to Washington DC.

"I am totally overwhelmed by the experience," she said.

Lambrecht, with the help of Career Center teacher Janet Helms, experimented with a technique called timed exposure which is when the shutter is left open for a longer period of time than usual, she said.

"I had no idea how it would turn out,"

Lambrecht said. "Besides timed exposure, it was also my first time photographing at night."

She said that encouragement from her teachers, especially Helms, motivated her to take the plunge in entering this competition.

"This was really an example of a collaboration between teacher and student," Helms said. "Laura came to me with an idea,

but she was not certain how to approach it, and I was able to help her out."

Helms said that she suggested Laura use timed exposure because she felt no other high school student would use this difficult technique.

"Using this technique, Laura was able to create this beautiful ethereal portrait of her world," Helms said.

Make it easy on yourself this 'oliday!
Give \$10, \$25 or \$50 gift certificates to all your dearies.

OUTBACK STEAKHOUSE

NO RULES. JUST RIGHT.™

OMAHA
7605 Cass St.
392-2212

OMAHA
2414 S. 132nd St.
697-1199

One of the 100 best scholarship programs in the nation!*

Presidential Scholarship and Melchior Voice Competitions

Sunday, Feb. 13, 2000

If your ACT is 25+, or your SAT is 1130+, or your GPA is 3.25+ you will get a scholarship. Fine arts and athletic interviews are also available that day.

You must apply for admission and register for the competition by Feb. 4, 2000.

Call today- 1.800.444.3262, ext. 1

Dana College
Blair, Nebraska 68008

*Student Guide Publications, Institutional Research and Evaluation, Inc.

The heat is on! The heat is on! The heat is on! The heat is on! The heat is on! The heat is on!

Friday, February 11 vs. Rochester

Saturday, February 12 vs. Sioux Falls

Friday, February 25 vs. Twin Cities

Saturday, February 26 vs. USA USHL

All games played at Aksarben at 7:05

Call the Aksarben Box Office for tickets at:

561-7001

Dealing with Racism

An in-depth look at

Anti-Racist Action groups fight for cultural acceptance

By Ally Freeman

Racism equals racial prejudice plus power. This is how the Anti-Racist Action (ARA) defines racism, the cause they are trying to fight.

Four Central students have recently started an ARA chapter in Omaha. Zach Peterson, Jeremiah Connor, Matt Cavanaugh and Michael Gerhardt all helped form the chapter.

Junior Jeremiah Connor said that currently, the main goal of the Omaha chapter is to get record stores to pull white power music. This includes music by Resistance Records and Skrewdriver Records.

The group is also investigating reports that Strictly GI on Saddle Creek is selling clothing made by SS Enterprises—a company that funds many white power organizations, Connor said.

"We're also trying to organize a campaign against David Duke, who applied for a gun permit which is being denied because he was convicted in Germany for Nazi propaganda," he said.

Mac, a volunteer from the ARA in Columbus, Ohio, one of the largest ARA chapters in the country, said the ARA was first formed in Minneapolis and then spread

across the country. The group goes on a first name basis.

He said it was founded in 1987 when hard-core, punk-rock music was gaining popularity.

At first the music scene was multi-racial and non-violent Mac said, but soon racist groups started appearing.

"It went from innocent people trying to be radical to graffiti and property damage," Mac said. "What used to be a really fun thing turned violent."

Mac said that it soon became difficult for black people to be around.

He said that soon after the ARA was started the racist acts weakened, but that wasn't enough.

In 1993 the ARA decided to expand its range to more educational and cultural programs to get rid of the problem altogether, Mac said.

Peterson said that they formed the group when Nazis were threatening some of them last summer by chasing them and ramming them with cars.

Peterson said that the Omaha chapter hopes to hold fundraising events to make more money.

They are also interested in starting a Copwatch program in Omaha where students follow police officers

with video cameras hoping to catch any racist actions, Peterson said.

"Keep your eyes open [for racist actions]," Peterson said to members at a recent meeting of the Omaha chapter.

Watching out for any racist actions is very important, Mac said.

Whenever racist recruiting is occurring in public, the ARA goes there to interfere and use the opportunity to promote their cause, Mac said.

On the street, action is another way for the ARA to endorse their group and its ideals, Mac said.

Mac said that the ARA attends Klan rallies, speeches, tours with bands and hands out information to support their ideas and abolish racism.

In 1998 the ARA sponsored the "Ska Against Racism Tour," the largest anti-racist tour which traveled to 40 cities across the nation. It is these and other promotions that help the ARA spread its message.

"We use their [racist groups] presence to promote our cause," Mac said.

Although the organization is primarily youth based, there are many older volunteers who are still involved from when they joined the ARA in high

school, he said.

Though the members often have different beliefs and disagree on various issues, they are all working for a common goal, he said.

On a large scale, the ARA holds an annual conference every October where people from every chapter are welcome to attend.

Mac said that over 1000 people attended the last conference where program and speakers are heard.

There is also a national ARA bulletin with local chapter updates, but overall the ARA is pretty loose because of low-funding.

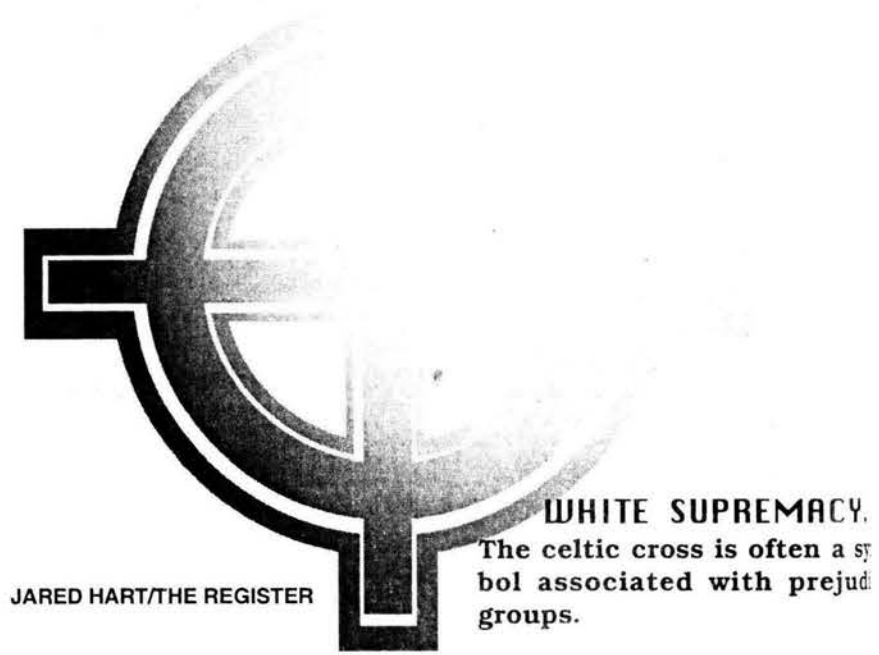
The ARA supports women's rights, gays, immigrants and any other prejudices, he said.

"All prejudices come from the same bad attitude and stem from stereotypes," Mac said.

Mac said it's not only common stereotypes, but people often have prejudices against jocks, hippies and people involved in fraternities.

However, to fight these and other prejudices ARA volunteers first have to learn to break down their own thinking.

Connor said that the local ARA chapter has a website at www.angelfire.com/punk/araomaha/.



Supremacy groups promote white culture

By Sarah Peterson

"Racial matters are only a problem if they divide." Regional Director of the Anti-Defamation League said.

Bob Wolfson said that racist groups are still apparent across the country.

Nebraska alone has a small number of racist skinheads who travel in several different groups, Wolfson said. The state also has several militia groups whose main goals are to overthrow the government, but also sometimes take racist and anti-Semitic stances.

"These people don't represent a lot of the population," Wolfson said. "There are only about 50 people into it seriously [in Nebraska], but many others are interested."

Pastor Thomas Robb, national director for the Knights of the Ku Klux Klan since 1989, pastors a church in Harrison, Ark. The Knights of the Ku Klux Klan was founded in Louisiana in 1956.

One of his concerns, he said, was that he feels that there is somewhat of an anti-white sentiment in today's culture. He said that while black people can stand up and say that they are proud of being black, a

white person would be considered racist if they were to do this.

"The Klan isn't filled with people who hate blacks," Robb said. "We're just people who want to preserve our heritage and not be scared of a minority attacking us."

Robb said that he was also angered by the national holiday celebrating Dr. Martin Luther King, Jr.'s birthday and legacy.

King is the only American who has a national holiday, Robb said. He said that he feels that there are many forefathers of the nation who are more worthy of a national holiday.

Robb said the Klan used to hold rallies against the holiday, but hasn't held any rallies in the past few years. He said that people should realize that King was associated with Communists. He said that it was suspicious that all files on King have been sealed to everyone until 2027.

"Why should these files be sealed if he [King] was such a great national hero?" Robb said.

Dr. Everett Reynolds, president of the Omaha branch of the National Association for the Advancement of Colored People (NAACP), said that about three to four years before King

was assassinated, people began to try to discredit King by labeling him a Communist.

"They never could prove this," Reynolds said. "There was no truth to it at all."

Robb said that images created by Hollywood falsely portray the Klan—particularly programs such as the Jerry Springer Show.

"I don't know where these people [Klan members portrayed on shows like Jerry Springer] are dragged from," Robb said. "They have to be actors."

He said that there should be more equality in the nation. People should be hired for jobs because they are best suited, not because of their race. He also said that scholarships just for minorities are unfair.

"There are plenty of poor white kids out there, too," Robb said.

Demographic projections predict that white Americans will be in the minority by the end of this century. This worries many, such as David Duke—current chairman of the Republican Parish Executive Committee, candidate for the House of Representatives and former Knights of the Ku Klux Klan director.

Duke said that American European white descendants are already being discriminated against, and he only sees it getting worse.

"Once we are in the minority, we won't be treated half as well as we've treated the minorities of today," Duke said.

He said that he believed that many problems will arise when whites are in the minority. The U.S. will become more like Mexico and other third world nations, see an increase in taxes and experience many other problems.

However, Reynolds said that he did not agree with what Duke said. He cited South Africa as an example, showing

how Nelson Mandela has ruled the country.

"Leadership does not have color, it is based on quality," Reynolds said.

He said that he thinks white racists are bothered because their supremacy is challenged.

Duke said he promotes equal rights for everyone.

He does not believe that it is right that minorities are given special scholarships or a better chance at getting jobs.

Reverend Matt Hale, head minister of the World Church of the Creator, said that his group basically believes that people owe loyalty to their own people. Rather than a person putting their nation or religion first, this group believes in putting ethnicity first.

The group does believe in Darwin's theory of evolution, and believes that white people are the most "evolutionized."

Hale said that his group is unique because it is a church. His church is not Christian. They have 16 commandments and a White Man's Bible. The group does not believe in a supreme being, but in helping one's own kind.

Hate crimes are a problem often associated with the Klan and other racist groups.

A hate crime is a crime committed by a person that is influenced by race or homophobia, Freeman said. The victim is targeted because of their skin color.

Hate crimes are committed against every race, although they are mainly committed by whites against blacks, Freeman said. However, a growing trend shows gays and lesbians as the victims of hate crimes.

Freeman said that statistics show 65 percent of America's hate crimes are committed by whites against blacks.

Freeman said that in the past five years, there has been an increase in hate crimes.

"Although racist crimes are not as blatant as in the 60's or the 50's, there has been an increase in the number of hate crimes," Freeman said.

This could be because more crimes are being documented and police agencies are following up more reports, Freeman said.

Reynolds said that the Omaha Police Department does not currently report hate crimes, but is working to solve this problem. The

Omaha Hate Crime Committee received a grant to teach law enforcement how to report hate crimes.

"Omaha is just now getting to where they will admit that there are crimes," Reynolds said.

Wolfson said that in 1998, Nebraska reported 54 hate crimes.

Six hate crimes were reported in 1999, Wolfson said. Three of these dealt with two with ethnicity and one with sexual orientation.

The year before, no hate crimes were reported, Wolfson said.

"We are just beginning to get to where people are learning what hate is and reporting them," Wolfson said.

It is difficult to tell whether hate crimes are decreasing or increasing, Wolfson said.

Therefore, Reynolds said, hate crimes occur in Omaha but are not reported.

Hate crimes are more likely to be reported, Freeman said. People are more likely hospitalized because of a hate crime than just victimized.

Freeman said that there has been a decrease in the number of hate groups ever, the growing trend has been becoming "lone-wolves"—in other words, breaking down into smaller groups.

"People in smaller units are able to do more without the organizational protection of a large group," Freeman said.

In addition, smaller groups are harder for the police to track, Freeman said.

Groups such as the Ku Klux Klan are as much of a problem anymore, Freeman said.

"The Klan is basically a dead issue," Freeman said. "There is not a lot going on."

Instead of groups like the Klan, the growing trend has been the pseudo-religious identity, Freeman said. In this identity, it is thought that Jews came from Satan and one with color is thought to have been one of the beasts mentioned in Genesis before Adam—the first mistake. They are to be treated like creatures.

"This theory rights racism and is biblical justification to commit this violence," Freeman said.

Is racism a problem at Central?



Molly Moriarty, Teacher

No. I think maybe it's not so much a racism issue, but more of a respect issue.



Ayaka Oe, 12

Yes. People sit with their same race-- especially at lunch. It's not always like that, but I often see it.



Noah Moe, 11

Racism is apparent in people's ideas, but it's not as bad as in other schools.

PHOTOS BY KAITLIN DAVIS/THE REGISTER

Racial Diversity?

in today's society

Omaha proposes cultural survey

RACE, continued from page 1

OPD Spokesperson Officer Don Savage said that the department attempts to stay away from racist practices.

"There has been some interest in racial profiling in past months," Savage said. "That is a practice that the Omaha Police Department does not participate in."

He said that the department has worked greatly to improve race relations in the past year.

Savage said that police have worked to learn Spanish to help with Hispanic relations and tried to work together with the African American community in the recent past.

Savage said that the department would support the survey if it would help improve race relations in the city.

"Anything to enhance police community relationships would definitely be accepted by the department," Savage said.

Omaha City Council President Frank Brown said that he voted against the survey because he feared that the data derived from the survey would be put to use.

"There are no assurances that this would be implemented," Brown said.

Brown said that in the past, Omaha has conducted around five surveys similar to the commission's proposed survey. Some of these studies date back to the mid-1960s.

He said that nothing was done with the results from all the previous surveys.

"The data just sat on the shelf," Brown said.

He said that rather than conducting surveys, the city should enact laws to stop racism because people already realize it is a problem.

"It is a fact that the east you live, the more car insurance you pay," Brown said.

Brown said that Daub has a discretionary fund of \$19,090 that he could have used to fund this survey.

"We [the City Council] are always pointed out as villains," Brown said. "He [Daub] could have put that money toward this survey and thrown in a buck out of his own pocket."

He said that the council has worked to combat racism in the city through several means in the past few years.

Brown said the council sponsored town hall meetings about the issue of race and met with contractors to combat racism in Omaha.

Also, Brown said that he met with statisticians from the University of Nebraska-Omaha.

These people said a racism survey in the city is not a feasible project. For this reason, a survey has not been attempted by private organization, Brown said.

President of the local chapter of the National Association for the Advancement of Colored People Rev. Everett Reynolds, said his organization is opposed to the survey.

"You can design a test to prove anything you want to," Reynolds said. "It would be a waste of taxpayers' money."

She said that although the council rejected their request for money, they might be able to raise funds from private donors.

"They [the City Council] had an opportunity to make a statement that they care about race relations," Paris-Asaka said. "It was a prime opportunity that they missed."

She said that once sufficient funds are raised, the commission will work with the Gallup Organization to write the survey.

"It is still possible to have it done by May 1," Paris-Asaka said.



DIVERSITY!
Many ethnicities contribute to Central's student body.

JARED HART/THE REGISTER

Racism not prominent in schools, students say

By Jenny Nelson

"What's familiar is what we gravitate toward."

Patty Sherman, Events Coordinator for the National Conference for Community and Justice (NCCJ), said students tend to feel more comfortable around their own race.

Sherman said that the NCCJ promotes creating quality human relations and building just communities in America in the 21st century.

Central Sophomore Lisa Clifford said she transferred from Burke to Central this year. She said that at Burke students hung out with other people similar to themselves.

According to the Research Department of the Teacher Administrator Center (TAC), there is a higher percentage of Caucasians at Burke than at Central, as well as fewer African-Americans, Hispanics and Native Americans.

"They sat with their own color," Clifford said.

She said that Central does not segregate in this way as much as Burke did.

With a lack of diversity in some high schools, racism could become more apparent, however, Central High is a very diverse school, Principal Dr. Gary Thompson said.

"People tell me the reason they like Central is because we are so diverse," he said.

Sophomore John E. Orduña said he agrees with Thompson that Central is a very diverse high school.

"Central is about the most diverse school I've ever gone to," Orduña said.

Jamaal Young, a freshman at Georgetown University in Washington D.C., who studies community service learning, was a guest speaker at Westside High School on Martin Luther King Day.

Service Learning Coordinator at Westside, Jamie Palmesano, said that Westside, as well as the rest of District 66, has always had school on Martin Luther King Day.

She said that this was because they believe that the students gain more from having school than from having a day off.

Thompson said that Martin Luther King Day is a federal holiday and the Omaha Public School District has not had school on that day for a number of years.

In his speech, Young said that racism is manifested in high schools, but it is often subtle. It can be seen by the people group's associate or refuse to associate with, he said.

"Racism is not specified to a certain region or class," Young said. "It's a way of thinking."

Dr. Phyllis Uchtman, principal of Westside, said that

the district adopted the national theme of making Martin Luther King Day "a day on, not a day off."

Uchtman said that there was not a lot of racial diversity at Westside. She said that race relations there are as good as could possibly be.

Throughout all of District 66, there is 93 percent Caucasian, three percent African-American, two percent Hispanic and two percent Asian-Americans, Uchtman said.

Westside Sophomore Susan Erickson said that although she admits her school is not very diverse, it is not something that can really be changed.

"We probably miss a lot of that [diversity] at Westside," Erickson said.

Even with a lack of minorities, she said that she has not noticed racism to be a problem at Westside.

Erickson said that there is some separation, but it is more because of different types of people, not different races.

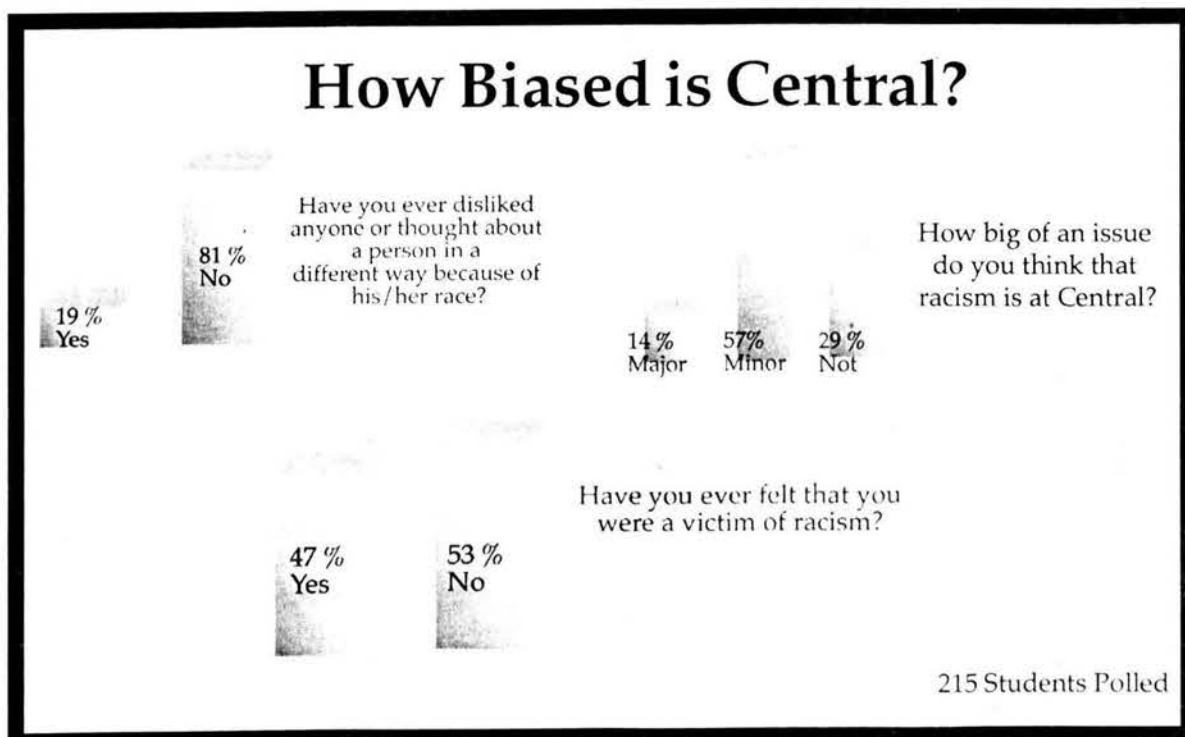
Orduña said that he has not experienced racism at Central.

"I think that racism is the most senseless prejudice anyone could have," he said.

Orduña said that there are millions of different personalities within one race. He also said that people should not be categorized.

Young said that racism is caused because of a lack of experience of other people's cultures.

"As long as there are people willing to learn, we can overcome this problem [racism]," he said.



JARED HART/THE REGISTER

Perspectives

Welfare

Letters to the Editor

Murderers



Super-Gore beats Bradley yet again.

Welfare money not drug money

Welfare recipients should not be using their welfare money to purchase drugs.

Drug tests should be mandatory for those on welfare, no matter how large of an invasion of privacy this is. Tax payers should not be forced to purchase drugs for anyone.

Michigan has recently implemented a plan much like this, which has received more opposition from the civil liberties groups than the welfare recipients themselves. This demonstrates that the plan would work, with no where near as many problems as would be expected.

Many would argue that this stereotypes all of those who receive welfare as drug users, and that it lowers the already down-and-out. While this seems unfair, it is much more unfair to have a tax payer pay for someone's heroin or liquor.

If a person is on welfare and is found to be using drugs, his welfare money would be kept away until he is involved in a drug

rehabilitation program or is able to pass his drug tests. Drug tests would be done twice monthly and would be simple urine tests.

Paying welfare recipients while they are in rehab would reward them for being in rehab, as well as keeping them motivated to stay in rehab.

While a law like this may stereotype welfare recipients, it could eventually help to destroy the stereotype.

If it was known that welfare recipients didn't do drugs, then the assumption that they did might not be as present. It would gain more respect for people who are assumed to be lazy and uneducated.

Finally, drug testing would help motivate welfare recipients to get off of welfare and get a job. A person using drugs is not going to have the same desire to get a job as a person who is not using drugs.

Keeping welfare recipients off drugs is going to help welfare recipients be more motivated to get jobs, get off welfare and make a better life for themselves and their families.

The benefits of a law like this would far out weigh the drawbacks.

Editorial

The opinion of The Register

Freedom of research needed to help mankind

In response to objections by protestors, the University of Nebraska Medical Center (UNMC) has agreed to attempt to use fetal cell tissue from sources other than elective abortions. However, they will continue to use fetuses from some abortions.

UNMC should have the freedom of research within reasonable boundaries.

They will attempt to use fetal cells from miscarriages, ectopic pregnancies and stillbirths, according to a UNMC spokesperson. The problem is the miscarried tissue is very hard to obtain and is often unusable and this will slow down the research immensely.

The potential benefits from this research could improve the lives with those afflicted with neurodegenerative diseases. This research

is also beneficial to improving the quality of medical care and research facilities in Nebraska.

Activists were objecting to the fact that aborted fetuses were used in the research.

However, the study was using fetuses that have already been aborted and were not causing more abortions or by any means promoting it. It is nonsense to imply that this type of research would increase the frequency of abortions.

A woman's decision to have an abortion is very personal and it is ridiculous to say it would be swayed by research done by a local university.

These activists are intending to help the

human race by protesting abortion, yet in all actuality are preventing its advancement.

UNMC is researching neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and multiple sclerosis.

Alzheimer's disease afflicts about four million people in the U.S. and has been steadily increasing in the past 30 years, according to the Journal of American Medicine.

This does not include the family members of those diagnosed with the disease who suffer its effects as well.

Granted, there is a substantial amount of controversy surrounding abortion. Many people feel strongly opposed to the moral issue behind it. This clearly is not a pro-life issue; it is a freedom of research issue.

Gov. Mike Johanns along with several

state senators are attempting to stop this type of research by cutting funding.

They need to put their moral objections aside and realize that the benefits from research would be beneficial to Nebraska and the rest of the world. Stopping this type of research would be detrimental to the university system of Nebraska as a whole. It is no wonder that so many top students go out of state for college.

This type of advancement in research could lure top-notch scientists to the state of Nebraska. If the political climate remains the status quo, Nebraska would be losing prospective researchers.

The Register respects the views of anti-abortionists, but the fact of the matter is many people suffer from these disorders. The need for advancement in treatments is apparent.

Editorial

The opinion of The Register

Protest billboards insult and falsely martyr

Two of Nebraska's death row inmates are being featured in an anti-death penalty campaign sponsored by fashion giant Benetton. This is disrespectful and insulting to the families of the victims. It also falsely martyrs the inmates. This campaign needs to be stopped.

Pictures of Jeremy Sheets and John Lotter will appear on billboards worldwide at the end of this month, with the words "Sentenced to Death" written over them.

Jeremy Sheets was sentenced to death for the racially motivated kidnapping, rape and murder of Omaha teen Kenyatta Bush. This man committed a horrendous hate crime, yet he is being used as

way to plea for passion. This does not make sense.

John Lotter was sentenced to death for the murder of three people near Humboldt, Neb. People who commit crimes such as this do not deserve to be glorified worldwide on billboards.

It is extremely hypocritical to use a heartless murder to plea for compassion.

Billboards such as these create false pity for the inmates, making it seem like they are dying for some mighty cause and are innocent people.

These bigots and murderers are not innocent people. They are not fighting for any good

cause. They should not be martyred.

These billboards are also extremely insulting to the families of the victims. Kenyatta Bush's family does not need these horrible memories brought back. Bush's death has caused enough harm without it being rubbed in her families face.

The death of John Lotter's victims, Lisa Lambert, Phillip DeVine and Teena Brandon do not need to be brought up for the families to hurt over again.

The deaths of all these victims should not be trivialized by the "suffering" of their killers. Jeremy Sheets and John Lotter will not "suffer" anywhere near as much as the families of Kenyatta or Teena or Phillip or Lisa.

These billboards are also easy ways of getting publicity and creating controversy. Protesting the death penalty can be done in more intelligent ways than exploiting murderers and disrespecting families.

Oliviero Toscani, the photographer sponsored by Benetton, said these photos are designed to show "a human face to the prisoners on death row." Along with the prisoners, the victims need be shown as well.

While everyone had the right to their opinion regarding the death penalty, the flesh and blood of Bush needs to be shown as well. The flesh and blood of all those murdered needs to be displayed for all to see, to show what these murderers did.

The Register

Vol 113 Issue 5 January 31, 2000 Omaha, Nebraska

Editor-in-Chief/Columnist- Meredith Zendejas
 Executive Editor/Sports Editor/Columnist- Andrew Danford
 Graphics Editor/Columnist/Cartoonist- Jared Hart
 Business Manager-Christine Anderl
 Entertainment Editor- Stefanie Wulff
 Opinion Page Editor/Columnist- Michael Gerhardt
 News Editor- Talya Greenspoon
 Features Editor- Ally Freeman
 In-Depth Editor- Sarah Peterson
 Chief Photojournalist- Cathy Colling
 Assistant Graphics Editor/Cartoonist- Quentin Lueninghoener
 Assistant Entertainment Editor/Columnist- Sandra Czaplá
 Assistant Entertainment Editor- Becki Chandler
 Assistant Entertainment Editor- Lainie Gabriel
 Assistant Sports Editor- Ally Shandell
 Assistant Sports Editor- Daisy Bonham-Carter
 Assistant Sports Editor- Jeremy Scurlock
 Assistant Opinion Page Editor- Julia Miller
 Assistant In-Depth Editor- Courtney O'Malley
 Assistant In-Depth Editor- Jenny Nelson
 Assistant Features Editor- Meredith Kalina
 Assistant Business Manager- Sarrah McDonald
 Photojournalist- Claire Devney
 Photojournalist- Mikayla Chambers
 Photojournalist- Kaitlin Davis
 Feature Writer- Melissa Angelo
 Feature Writer- Carmen Sird
 Feature Writer- Tarrin McGhee
 Feature Writer- Jennifer Friedman
 Advisor- Matt Deabler

Central High's *The Register* seeks to inform its readers accurately and fairly as to items of interest and importance. *The Register* (USPS 097-520) is published monthly, September through May by Omaha Central High School, 124 N. 20th St, Omaha NE, 68132. Unsigned editorials are the opinion of the *Register* staff. Periodical postage paid at Omaha, NE postmaster, send subscription information and address information to the Register, Omaha Central High School. *The Register* is self sufficient. To place an ad or to inquire about ad prices, contact the business manager at 557-3357

LETTERS, E-MAIL & FAXES

Too Much Y2K Hype bad

I was reading the *Register* and I came across the editorial "Y2K Hysteria Overplayed by Media." Everyone thinks that just because the year 2000 is coming that everything is going to blow up.

Who ever thinks this is going to happen needs to wake up. Nothing happened at the beginning of 1998, 1999 etc. Why are people thinking the world is coming to an end?

Not all people think the world is coming to an end. They think there is going to be hover crafts and flying cars. Why does there have to be flying cars just because it's the year 2000?

I think nothing is going to happen. There will be no flying cars. Its just going to be another year. So get real all you people who think something is going to happen in the year 2000.

Jerome Scott, 11

Collections proves effective

I read the article "Collection removes weapons from Omaha's streets, organizers say." I think it was a great way to get guns off the streets and get guns out of houses. The really neat thing is that even some teenagers handed in guns.

MADD dads have a good strategy to stop violence. I think it's

great that they go out and talk to teenagers once a week.

Some adults do not understand that maybe if they could try to understand teenagers and really talk to them, they could get their point across better.

Lori Jimenez, 11

Road Show Variety Dismal

I am thoroughly disgusted with the way that Central decides to show off our talent. Picking a few people and putting them in multiple skits is not the way we can show this city our magnitude of diversity and talent.

I always thought that this show was meant to showcase the talents of Central, and the different ideas that creative people can come up with.

But in the past four years that I have been here, I have seen the same people in everything that involves the stage.

The musical and the Spring play are their time to shine. To let Omaha see the rest of Central strut it's stuff.

Talent and variety shows have been associated with each other in the past, yet Central's talent show lacks variety.

Kelli Muldoon, 12

I play on the Girl's Basketball

Reserve team. I have never seen or heard of an article on any of the lower teams.

Why is it that only Varsity gets all the honor and glory? I would like for the *Register* to take into consideration what I, along with many others desire, to be recognized.

I'm not asking for a full-page article, maybe just a few pictures of a game from a team other than Varsity.

Morgan Kimble, 10

Football Coach Out of Line

I'm writing in reference of the article entitled, "Westside Football Season Erased off the Records." I thought it showed what some high school football coaches will do to win.

The Westside coach must have known that his fullback was ineligible if the coach knew that Makoid had been enrolled in school for eight semesters.

I think that he was trying to keep it a secret and get away with it, for more glory.

That just shows that Westside's head coach is looking more to himself for wins, rather than what is in the team best interest.

If I was on the team and I did not know that we had an ineligible player and this happened, I would be mad and would expect an apology.

Clifton Gintz, 11

Register Your Opinion

"Register Your Opinion" is not meant to represent the view the entire student body or the staff of the *Register*.

Does UNMC have the right to research using whatever it chooses?



Yes. Research benefits mankind.
Ed Yin, 10



Yes. Scientific research in any field will continue its development and be beneficial to mankind.

Mitch Raftery, 11



Yes. The benefits of research for suffering patients greatly outweigh the cost of obtaining the information.

Marina Tsed, 12



Yes. But they should limit what they do.

Valerie Neimeier, 9

Open House a Success

On Jan. 22, I attended Central's Open House with my brother and his friend who will both be incoming freshmen this fall.

I was amazed at the multitude of people who attended. As I was walking around, I was trying to figure out what Central would do if all these students came as freshmen to Central.

We are so crowded already. What are we going to do this fall with more students?

Nicole Engler, 10

Later mornings needed

I think that schools should start later in the morning. The Board of Education wants students to achieve better academically yet schools start early. This causes students to walk around like zombies not being able to concentrate and falling asleep in class.

I feel very strongly that once this plan is in place, students will do better, work harder and get higher grades.

Nicole Paroda, 9

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

Foo Fighters get a dose of fame with the release of four albums

By Stefanie Wulff

Throughout the years, the Foo Fighters have reminded us that it's okay to play ungodly loud and in tune, that songs can still be about girls and that teeny-bopper bands hold true to their name.

The Foo Fighters, who recently released their new album, "There's Nothing Left To Lose," are composed of three men who have grown up under the public eye with every second of their adolescence recorded for posterity with little regard for privacy, RCA publicist Shelby Meade said.

The creation of the band, best known for their songs "Monkey Wrench" and "Everlong," was simple, Meade said. Founder David Grohl, who was in the late punk rock band Nirvana, set out to put a band together by passing along a tape of him playing guitar tracks.

Future bassist, Nate Mendel and drummer William Goldsmith got their hands on the tape, met with Grohl and the Foo Fighters were born, she said.

Pat Smear, who held the spot of a touring guitarist/member in Nirvana, also joined the band, she said.

A year in a half later in 1996, the radio hit "I'll Stick Around" and the 1996 MTV video of the year, "Big Me" pushed their first self titled album to platinum sales, Meade said.

After the fame was high and rolling, Grohl started creating the

second album, "The Colour and the Shape" with his producer, Gil Norton, Meade added.

However, the drummer, Goldsmith, had had enough with the fame and left the Foo Fighters in the middle of creating the second album.

Grohl then had to fill his shoes and play the drums along with his normal duties of vocals and guitar work, Meade said.

Steve Martin of Nasty Little Man Public Relations said that drummer Taylor Hawkins, who traveled with Alanis Morissette's band for 18 months, joined the Foo Fighters and appeared in the hit video directed by Grohl, "Monkey Wrench."

With the release of "The Colour and the Shape," the Foo Fighters were once again head over heels in fame, Martin said.

The hits "My Hero" and "Everlong" invited listeners to sample the bands loved chorus and guitar riffs, he added.

Unfortunately, Smear left the band in 1997 but immediately was replaced by friend and former band mate to Grohl, Franz Stahl, Martin said.

Stahl hung around long enough, Martin said, to finish touring for "The Colour and the Shape," but by 1999, left the band as well.

"The band had people coming and going," Martin said. "Maybe that's why they wrote that song, 'I'll Stick Around,'" he joked.

The Foo Fighters were left with



COURTESY OF RCA RECORDS

Grohl, Mendel and Hawkins when creating "There's Nothing Left to Lose," their fourth and newest album.

The album was made at Grohl's house in Virginia without the help of a record company, Martin said.

Grohl built a studio in his basement where he lives with fellow band mates Mendel and Hawkins, he said.

Influences for the Foo Fighters came from Queen, Lynard Skynard, Pantera, Black Sabbath and others, Meade said.

The first single, "Learn to Fly," on the new album returns to using the

guitar as an instrument and voice that isn't afraid to scream once in a while.

Grohl's voice entrances the listener to sing along as he's "looking for a complication to make my way back home and learn to fly," he sings.

The second track, "Brakeout," is Grohl's ode to the interaction of love and what a bitch it can be.

The song is pure, real and Grohl is still screaming like a 6-year-old boy who has to go to the dentist.

"Aurora" is a song about that special girl that all the guys are after. Beauty and brains make for a nice

prom date for Grohl and it's almost like he's reminiscing from the past when he chants, "Hell yeah, I remember Aurora."

The 11 tracks of "There's Nothing Left to Lose," is full of

THE FOO FIGHTERS...
 Dave Grohl, Nate Mendel and Taylor Hawkins relax the shade of their hot rock when not screaming and playing ungodly loud for fans all around the world.

guitars, screaming, love song hard rock songs and everything in between.

It's the best Foo Fighter album to add to your collection.

Bega shows womanly affection, dullness in album

By Stefanie Wulff



COURTESY OF HOA RECORDS

Sunny songs and good moods are guaranteed with the purchase of Lou Bega's album, "A Little Bit of Mambo," that is if what you like to listen to are songs about women being the center of the world and the rhythm of Afro-Cuban beats.

Most of you are familiar with "A little bit of Rita's all I need..." and the praising of Sandy, Jessica and Mary in Bega's first single, "Mambo Number 5," but have you been wondering why you haven't heard a second single from this

Mambo King?

"Mambo Number 5" may be a huge success in Germany, selling more than one million copies and holding the number one spot on the German Media Control charts for months, but in America, a little bit of silence is all I want from Bega.

Do I smell a one hit wonder from this single, 24-year-old, lady charmer?

"The album definitely expresses Bega's love and affection for the fairer sex," RCA Publicist Roger Widynowski said.

He also said that Bega once said that females have always been at the center of his life and there were women who made him laugh, cry and fall head over heels in love.

This album, he said, is Bega's way of expressing his love for all women out there.

Bega said that in his album he can express fully his philosophy of life, which is basically, he said, "you have to look a bit deeper to see how wonderful the world is."

And most importantly, Widynowski said that Bega said, there's nothing more beautiful in all of God's creation than women!

This idea is expressed well in "I Got a Girl," which Widynowski said is about one of Bega's ex-girlfriends from Miami whom was Cuban and danced as if "she became one with the music."

Widynowski said that Bega believes that nothing is better than the combination of music and fun. Mambo music is full of temperament and passion from start to finish, he added.

Bega said he likes to sing about his mottoes in life and good rules to live by. It seems as if Bega likes songs that illustrate the ways of life and the women in them.

One of his favorite mottoes is illustrated in a particular song, called "Baby, Keep Smiling."

Bega sings, "...even when it rains, it is enough to look up and see a little bit of sun shining through the clouds." He said his motto in life is to always remember that the sun shines after it rains.

Even though Bega loves black and South-American rhythms, he said his heart is with the Afro-Cuban sound of Mambo.



ALLY SHANDELL/THE REGISTER

TURMOIL.
WHAT'S MY NAME?!! Jon Gula of Turmoil shouts a number of things to the audience at a hardcore concert at the Cog Factory on Jan. 15.

Night at the Cog comparable to sardines in a can

By Michael Gerhardt

I was at the Cog Factory looking around at the crowd that had formed--a 65 year old man wearing a Megadeth shirt and his older wife wearing a Pantera shirt. Cloaca, System Failure, Indecision and Turmoil aren't the kinds of bands that the geriatric clans come out to. Oh well, it all turned out well.

First up for that night was the local Cloaca, playing its first show and hopefully, its last. That's all that needs to be said.

Next came Omaha's own System Failure, an extremely pleasant surprise. They started out heavy and energetic, and stayed that way. In the first two songs of their set, the mosh pits damaged the soundboard, so some technical difficulties ensued.

After the technical problems were finally fixed, System Failure once again started bashing the crowd with their set. After the disappointment that Cloaca gave me, System

Failure managed to salvage any damage done. After System Failure came Indecision, who I know I should have liked, but didn't really do alot for me.

They were loud and all of those things that a hardcore band is required to be, but they didn't seem all that original. Their guitars had too much feedback and eventually became so irritating that it was hard to pay attention to the music.

They also had a few technical problems, but it didn't stop them at all. Their energy was non-stop, they very clearly appreciated their fans and had some very good songs. Anyone who is into hardcore should definitely check them out.

Surpassing all of my expectations, as well as any other band I had ever seen, Turmoil exploded on the stage and absolute pandemonium broke out. Their sound was incredible, with a great mix and more energy than I had ever seen in a band. Every

instrument was perfect and the vocals cut through it all. It was absolutely maligning.

I had never seen the Cog Factory so frenzied as I had during the first four chords of their opener, "Playing Dead" and it never slowed down. It was so frenzied that people were crowd surfing at the Cog Factory. The Cog Factory is the size of small dog generally people don't crowd surf there.

They absolutely destroyed through their entire set, mostly songs of their new album "The Process Of..." and a few older songs. The highlight of their set had to be "Anchor," during which I ended up on stage for a few seconds before leaping back into the crowd.

Other highlights were the chaos caused by "Let It Die" and the eerie intensity of "Impending Doom Theory." Still, words cannot really describe the complete insanity that was caused by Turmoil. They were the best band I had ever seen, bar none.

'Magnolia' blossoms nine confused characters on to the big screen

By Sandi Czapl

It's not raining cats and dogs in the new film "Magnolia," it's raining frogs. Yes, frogs.

In what could very likely be the most complex and twisted movie I will see all year, I left the theater wondering what compelled the director Paul Thomas Anderson to fling frogs from the sky.

I give the film a strong A-.

It taught more about life, love and taking risks in three hours than I could learn in a lifetime.

The movie follows nine characters through all their mistakes and problems and

shows how they touch (or fail to touch) one another within a day.

A man on his deathbed, a cop, a drug addict, a quiz show host, a woman hater, a confused nurse, an adulteress, a child prodigy and one in the making.

All characters that develop relationships and mentalities that are perplex and intertwined in one way or another.

The connection between these nine very different characters is extremely vague, but is revealed towards the end of the movie.

Most of the characters in "Magnolia" are either trying to outrun, deny or ignore their past and they try to do this all before

confronting their mistakes, passions- and in two cases- mortality.

A dying man (Jason Robards) asks his caring and dedicated nurse (Philip Seymour Hoffman) to contact his long lost son (Tom Cruise).

Cruise plays the most colorful and disturbed character in the film.

He hosts what I like to call "penis pow-wows," for all these testosterone filled men in a class called "Seduce and Destroy."

Robards' young and beautiful wife, played by Julianne Moore, goes through the whole movie trying to get herself written out of his will because she just now realizes how

much she loves him.

Hoffman portrays a truly troubled man that will do anything to please the person he takes care of. He's an extremely talented actor and he far outshines Cruise in this disturbing film.

William H. Macy also stars in the film as an old child prodigy because he won a quiz show when he was younger. He is haunted by his past because he feels that he deserves more.

Macy is connected with a prodigy in the making who loses a game show and the love of his father all because he has to go to the bathroom.

Some would probably consider him the most stable character because he learns to accept the feelings of others and is the one in the film that truly learns to stand for himself.

Then there is the anti-social, emotional incapable cop who hasn't had a date in the years and tries to have a relationship with druggie (Melora Walters) so as to fulfill his helpless needs.

The drug addict's father (Philip Baker Hall) is the second character faced with death. He is extremely ill not only physically

Hypnosis less than hype

By Becki Chandler

You are getting very sleepy... whether you believe it or not.

Many believe that every person has been under hypnosis whether aware of it or not, although others believe it to be fake and rehearsed.

Nita Walling, a registered hypnotist and the owner of the Midwest Hypnotist Center in Bellevue, said that every person is in hypnosis at least twice a day.

She said that the hypnosis occurs while you wake up and as you fall asleep.

Walling said that hypnosis is an altered state of consciousness that puts one in touch with the inner mind or the subconscious.

She said that hypnosis is a relaxed state one can be in to release stress and become more relaxed, at the same time correcting behavioral problems, such as smoking, overeating, and anger.

Basically, hypnosis all has to do with the mind and the control of it, Walling said.

Various types of people come to hypnotherapists for counseling sick people or wanting to change their behavior.

Hypnotherapist Michael Braunstein said that hypnosis allows people to use their mind more freely and have more power over their subconscious.

He said that hypnosis is all about a way to access the subconscious and

to find a way to use it to your best advantage.

"People need to learn how to use their mind to shift their belief far beyond any scope of healing," Braunstein said.

Braunstein is a strong believer in the art of hypnosis.

He said it could be used in various ways from healing to self-improving to entertainment.

Hypnosis can be seen on television and can even be used to help cancer patients visualize, which is a useful adjunct to chemotherapy.

Walling emphasizes the importance that when under hypnosis, people have complete control, instead of the false belief that the hypnotists are in control.

Braunstein said when under hypnosis, people are not sleeping at all.

Hypnosis is only like sleep because it relaxes the person, but other than that, it is nothing like sleep.

When a person is under hypnosis, they have complete control.

Junior Mitch Raftery has experienced the effects of hypnosis. Raftery said that he went to a local comedy club and was hypnotized by a hypnotist.

He said that he was aware of everything that he was doing and had a choice of what to do or what not to do.

"When I was hypnotized I felt very relaxed and I felt that the

hypnotist had slight control but I still had complete control," Raftery said.

He said that the hypnotist had him pretend he was pregnant and also that he was a stripper but couldn't take any clothes off.

"I was embarrassed but I would do it again, it was a very interesting and fun experience," Raftery said.

Braunstein said that the idea of hypnotists as entertainers is also an interesting view of hypnosis. There is no conspiracy involved in demonstrations on television and that everything is real.

But the most crucial part of hypnosis is the induction. Induction is a breathing technique that is used by many hypnotists to put yourself into hypnosis, Walling said.

She said that many people have mastered the art of self-hypnosis and it helps to cancel out stress for those who need it.

A person who does self-hypnosis simply distracts their consciousness and when a person is able to do this they have mastered self-hypnosis, Braunstein said.

Braunstein emphasizes the importance of how hypnosis is used to help them. It pushes aside all the worries to help a person focus their mind on a certain thing to concentrate on.

"Hypnosis is a tool, like any tool it can be used for a variety of purposes. Hypnosis can be safely used for entertainment or therapy," Braunstein said.



COURTESY OF RCA RECORDS

LEFT TO RIGHT: Tim Diaz, Jeff Fowlkes, Michael Nehra, Robert Bradley and Andrew Nehra add some hot beats and creative tunes to make up Robert Bradley's Blackwater Surprise.

Robert Bradley's Blackwater Surprise gets a taste of fame

By Stefanie Wulff

The fate of becoming a star is seldom reached and often comes by chance, but for five men who were in the right place at the right time, the birth of stardom in the formation of the band Robert Bradley's Blackwater Surprise definitely was a surprise.

Robert Bradley was a blind street musician from Alabama, singing in Detroit parks for money when guitarist Michael Nehra, his brother and bassist, Andrew, and drummer Jeff Fowlkes heard him outside of their recording studio window and immediately wanted Bradley to form a band with them, Todd Schenkenberger, RCA publicist said.

"The guys thought that his voice came strictly from the soul and they knew that if Bradley formed a band with them that they would have an original sound," Schenkenberger said.

The Nehras and Fowlkes approached Bradley and asked him if he would be interested in forming a band, but Bradley said he decline. Six months went by, he added, when M. Nehra

received a phone call from Bradley confessing his interest.

"We decided to get together in the studio to have a spontaneous jam to see where it would lead," A. Nehra said.

The Nehras and Fowlkes said that they didn't think Bradley would mesh well with the Detroit music scene, however, A. Nehra said that the group blossomed and formed into something unimaginable.

M. Nehra, said that Diaz, his brother and Fowlkes wanted to help Bradley unveil the qualities in his voice that he never had the chance to express.

After a while, Tim Diaz joined Robert Bradley's Blackwater Surprise and played the keyboard, A. Nehra said.

"The keyboard sound was something needed to set the band apart from all other bands," he said.

With the help of MTV playing Robert Bradley's Blackwater Surprise's first video off their first album, "Time to Discover," doors opened for the band, Schenkenberger said.

"We had been working so

hard and that [stardom] made us feel like this was definitely meant to happen," A. Nehra said.

An appearance on the "Conan O'Brian Show" followed as well as write-ups and reviews in *People Magazine* and the *New Yorker*, Schenkenberger added.

Robert Bradley's Blackwater Surprise has traveled all over the nation playing over 400 shows with such names as Dave Matthews' Band, Brian Setzer Orchestra, Sonic Youth and Maceo Parker, Schenkenberger said.

He said that the band also was included in the HORDE tour of '99 and shared the stage with Beck and Ben Fold's Five.

"Time to Discover" is a mixture of blues, rock, roadhouse R & B and soul.

The album captures the band's tightness as a unit, illustrates the tiredness from years of touring, but shows friends growing closer together and perfecting their skills, Schenkenberger said.

"Getting to know each other better from being out on the road for so long really helped in the studio," Bradley says of the past. "I think this album had more of a band feel."

Two Central students struggle with common fears, disorders

By Sandi Czapl

Imagine going through life being an obsessive-compulsive or having a fear of death. These are people that suffer from what are called specific phobias, a licensed clinical social worker said.

Cindy Bang, a psychotherapist for the University of Nebraska Medical Center, said that there are two basic divisions of obsessive-compulsive behavior.

"The repetitive pattern of thoughts is the obsessive part," she said, "and the repetitive pattern of behavior is the compulsive part."

Some behavioral characteristics that are brought about by either obsession or compulsions are washing of the hands or specific walking patterns that if broken could agitate such a person, Bang said.

"Often obsessive-compulsives try to neutralize or ignore their addiction and that may cause another obsession or compulsion to come about," Bang said.

Junior Quinn Corbin was

diagnosed as an obsessive-compulsive as a sixth grader and said that her disease was more mental than behavioral.

Corbin did not develop the stereotypical obsessive-compulsive behavior that is represented on movies or on television. Hers was more based on behavioral checking and was easily detained by a counselor and medicine.

"At first I didn't want to go to a counselor because I felt like I was the only person my age with the problem," Corbin said, "but now I've found that obsessions and compulsions are a lot more common than I thought."

Another specific phobia that is somewhat common is the fear of death. This fear could evolve from a number of things, Bang said.

"The fear can develop from a disbelief in an afterlife and a fear of the unknown," Bang said, "or it might possibly be the fact that they are anticipating something that is beyond their control."

She said that the fear could also

come from horrific visions as a child or a traumatizing experience.

Senior Raechel Achelpohl developed a fear of death about two years ago when she was in a car accident.

Her fear is one that includes the fear of not only herself dying but also people she cares about.

"It's not that I'm afraid of death, I'm afraid of it coming too soon," Achelpohl said.

Bang said that this could go back to the anticipation of uncontrollable events in a person's life.

She said that the most effective form of curing a fear of death is to go to a counselor to perform grief work on a person to see where their fear evolved.

Medicine may cause a person with this disease to be responsive, but it would be most effective to have a combination of counseling and medicine.

Both obsessive-compulsive disorder and the fear of death affect many people in today's society and can be easily cured or detained.

'Magnolia' captures attention of audience

■ **MAGNOLIA,** continued from page 8

but also emotionally. The man is connected with Macy and the little boy because he is the host of the quiz show that made the two "popular."

The symbolism in the film was a little too much for me to handle.

Why did frogs fall from the sky?

What do magnolias have to do with anything in the film? Do these characters represent people or do they resemble the images that you and I are faced with?

I found it weird that it took flying frogs to bring the characters together and to find out that they had problems. If it takes flying frogs for me to figure

out my problems, then I'm going to go through life thinking that it's perfect.

I could only come to the conclusion that Anderson was trying to prove that coincidence and misfortune control our destinies more than we would like to think.

Perhaps, he was right.

..... you ask We're past holding hands and ready for the next step. How do we know what's right to do? -Drew & Kati

Divab answers

Dear Drew & Kati,
When to get physical and with whom is completely your choice. Kissing, fooling around and sex can be really powerful things, both physically and emotionally. And if you go too far too fast, it can be scary, disappointing, and even dangerous -- you could end up with a broken heart, pregnant or with a sexually transmitted disease.

So think about what you can do instead - snuggling, walking hand-in-hand - because it'll give you a lot to talk about, and a lot of options. You might find that what you like right now has almost nothing to do with sex, and that's completely cool -- Diva B

know more Ask Diva B at divab@navix.net.
teenwire.com for more Q & A on hot topics.

See **Planned Parenthood** for pregnancy tests, emergency contraception, birth control, condoms, information about abstinence, and STD/HIV testing. Four health centers in Omaha, one in Council Bluffs. We're in the White & Yellow Pages. Or call **1-800-230-PLAN**.

Omaha's #1 Rated for 8 years

Pizza

We deliver! 391-1881
Midtown 344-2292
Downtown

at

3 LOCATIONS
12463 W. CENTER ROAD - 391-1881
7924 W. DODGER ROAD - 391-1881
1213 HOWARD (CIE MARKET) - 344-2292

*limited delivery area & times

YOU'RE A DROP OF REFRESHMENT IN A THIRSTY WORLD.

No date needed for fun on Valentine's Day

Lip Smackin' Good



The holiday season is over. You're broke from buying all those gifts, you're blubbery from all those Christmas cookies that tasted good at the time and now you need a date for the infamous Valentine's Day.

Really bad. That's right kids. One season of love is over.

And yes, Christmas qualifies as a season of love. How many of you have birthdays in August? Uh-huh. That's what I thought.

Another season of love is on its way.

Another so-called "holiday" to put unneeded pressure on your already stressful and hectic lifestyle.

And you're stuck.

Those of you with significant others are confused as to how to make the day special and those of you without are looking for a special someone to share the holiday with.

If you have a date, good for you. You have one of the requirements for a happy day conquered. Lucky you, don't talk to me.

Now for those of you who have real problems.

Where should you find a date?

If you find a date, who should it be?

If you don't find a date, should you spend it with your best guy or girl friend?

I know about all these questions that are running rampant through your head.

Well, I might not be the best person to give advice, but who really needs a date to have a nice Valentine's Day anyway?

It's just one more day out of the year to get gifts and spend it with someone you really enjoy.

Well, correct me if I'm wrong,

but if Valentine's Day is for people you really care about, then why not just spend that money on your best friend? Or for that matter, yourself?

Face it, you would much rather spend that moolah on something materialistic, like shoes or perfume/cologne.

We could all use a little cash in our pockets.

Plus, wouldn't you feel cheap if they spent a lot of money on you and all you got them was a measly heart-shaped box of chocolates?

I'm perfectly prepared to spend the day with some of my friends. Frankly, I don't see what's wrong with it.

So I might look like a loser if I'm the only one not carrying around flowers on the infamous V-Day, but I'm going to look like I'm being independent.

Yeah, that's right, independent.

I suppose it would be nice to get a bouquet of flowers to carry around school so that you could think you were a little more than something special.

Boyfriends and girlfriends can be nice, but do you really want to go through life relying on someone else to pay for a movie or dinner?

On second thought, that doesn't sound half-bad.

But you have the rest of your life to have someone sucker you into spending huge amounts of time and money on them.

I propose that for this Valentine's Day, for the first time ever, anyone free and clear of that old tradition of having a date should make a point to pamper themselves and their friends.

Make this February 14 all about having a good time, being good to yourself and celebrating the wild and crazy days of your youth.

Then maybe when you're 80 and tearing the cellophane off of yet another box of (surprise, surprise) candy, you can think back to that one Valentine's Day when you had no obligations.

The day went how YOU wanted it to, and you were surrounded by friends you valued far more than a bouquet of flowers.

Movie Preview



COURTESY OF DESTINATION FILMS

'EYE OF THE BEHOLDER'... a stylish thriller starring Ewan McGregor (right) and Ashley Judd hit theaters Jan. 28. McGregor plays an intelligence agent who's assignment is to corner Judd, who plays a seductive conartist who is blackmailing the son of a senior government official. Jason Priestly co-stars.



Entertainment Briefs

Stefanie Sandi Becki-Stefanie Sandi Becki-Stefanie

Schulz lays down pen

Cartoonist Charles M. Schulz put his pen down Jan. 3 and announced his retirement from drawing his famous characters, Charlie Brown, Snoopy, Linus, Lucy and the gang, in his comic strip, "Peanuts."

Schulz had been drawing the loveable characters for almost 50 years, he said, and it was the fulfillment of his childhood ambition.

Schulz shed tears during a national television interview while

he said good-bye to his days of drawing.

But never fear, Schulz said he's drawn enough new cartoons to last through 2000.

Millennium arrests triple

There were three times as many arrests than on an average night were made by the Omaha Police Department (OPD) on the night of the new millennium, Omaha Police Department Sgt. Dan Cisar said.

Cisar said that most of the arrests were because of drunk driving although there were a couple that involved guns.

Rumors of the Civic Auditorium being used as a holding cell for New Year's Eve arrestees were, however, false, Sgt. Cisar said.

Only 35 arrests were made by the officers that were on duty that night,

he said.

Sgt. Cisar said that he and the other officers in the OPD didn't know what to expect on this eventful night, but they were glad that there weren't any riots.

'Witch'sequels planned

Just when you thought it was safe to camp again, the directors of the "Blair Witch Project" are brewing up a double dose of madness once again.

"Blair Witch 2" is expected by Halloween followed by "Blair Witch 3" the prequel that will hit theaters in 2001. The prequel starts in the 1780s with the witch's first appearance in Blair, MD and the first disappearances of children. The story will carry the tale up to 1994, the year the lost filmmakers vanished.

Top Five Picks

Top 5 Fast Food Places

1. Burger King
2. Taco Bell
3. McDonald's
4. Runza
5. Fazoli's

Top 5 80's TV Shows

1. "Saved By the Bell"
2. "Alf"
3. "Full House"
4. "Family Ties"
5. "The Cosby Show"

Top 5 Things Wanted for V-Day

1. Lovin'
2. CD's
3. Money
4. Jewelry
5. Clothes

*Thanks to the 109 students who polled

Happenings

- Feb. 4- Entranced at the Ranch Bowl
- Feb. 4- Lava Rockets at the 18th Amendment
- Feb. 12- The Confidentials at the 18th Amendment
- Feb. 24- Machine Head and Revellie at the Ranch Bowl 5 p.m.
- Feb. 24- Five Story Fall and Carolyn's Mother at the Ranch Bowl 9 p.m.
- Feb. 24- Entranced at the Ranch Bowl
- Feb. 25- Blues Mechanix at McKenna's

Stefanie's Prophecies



Aquarius (Jan. 20-Feb. 18) Even though you may have not gotten everything you wanted for Christmas, and you already broke your New Year's resolution, things are looking

up for you. Patience is the key for thee.

Pisces (Feb. 19-March 20) What you've done in the past is coming back to haunt you. Did you forget that what goes around comes around? Have more of a heart next time.

Aries (March 21-April 19) Use the power of the mysterious beyond to help you get what you want. This could mean prayer or focusing all your attention on your current dream. It's more current than you think.

Taurus (April 20-May 20) Live and let live. Don't kill the spider just

because he bit. He needs you to live just as much as you need him...

Gemini (May 21-June 20) It's time to be your own worst enemy again. Get rude with some food or grab a lighter and start a fire because it's your turn to be the worm.

Cancer (June 21-July 22) The winter season leaves you unhealthy. Just because the snow is falling doesn't mean your weight should be rising. Hit the gym in your spare time instead of the couch.

Leo (July 23-Aug. 22) Feeling

drab? Non aggressive? Laid back? Drink a strawberry shake and indulge in the flavor cuz that flavor is the flavor you need to spice up your life.

Virgo (Aug. 23-Sept. 22) You are young, so be young, have fun and don't tie yourself down to an unmoving object. If there's no room for change, it's very deranged.

Libra (Sept. 23-Oct. 22) "To be truly beautiful, a woman must be at least a little insane." - Salvador Dali

Scorpio (Oct. 23-Nov. 21) Lookin' good! You're feeling fly, but

nobody knows why. So why try to figure it out? When in doubt, let out a shout, it'll make you feel much better.

Sagittarius (Nov. 22-Dec. 21) The time is right to let others know what you've been hiding. Get that monkey off your back and make things the way they were meant to be.

Capricorn (Dec. 22-Jan. 19) Waiting for someone? Don't just stand there and smile, get up and dance! Anyone will notice you then!

CENTRAL EAGLES · CENTRAL EAGLES · CENTRAL EAGLES

We're Proud to Support Central.

CENTRAL EAGLES · CENTRAL EAGLES · CENTRAL EAGLES

first national bank of omaha
MEMBER FDIC
Investing in you.

CENTRAL EAGLES · CENTRAL EAGLES · CENTRAL EAGLES

Known for Quality "Since 1950"

Taylor's

FLOWER-SHOP GREENHOUSE

Try us for All of Your Floral Needs

733-2232

5414 South 36th

Citywide Delivery

Sportsmanship a problem in school athletics, coaches say

**BEHAVE, continued
from page 12**

Pennington said that the parents of student athletes are often found yelling at referees and opposing coaches when they do not agree with a call.

They often get very emotional at games when it comes to their children and their teammates, he said.

Behrens said coaches are always trying to set an example for their students.

This includes things such as shaking hands with other coaches and officials before and after games; in addition to not yelling at referees when they make a mistake.

"I will say something to officials, but I'm not going to go ballistic or anything, just sort of remind them when they make a mistake," he added.

However, coaches do have their moments as well.

They often get so involved in the game, it is sometimes difficult to remember to set such a good example for their team, Pennington said.

"In the heat of battle, sometimes they forget. Some are misguided enough to think that when they're doing that, it's for the kids," he said.

Head Wrestling Coach Jimmie Foster said he was thrown out of the Boys Town wrestling meet in December for yelling at a referee.

"I've been a part wrestler for fourteen years and I've only gotten thrown out of a tournament once," Foster said. "I thought my wrestler had lost unfairly and so I let the referee know that he took his power too far. When it comes to my wrestlers I will go against authority."

He said on a whole, his team wrestles with class.

Pennington said, "I think when you get mad at the officials it gives the kids an excuse to do so."

"Students sometimes try and put the blame of their losses on referees or opponents," Pennington said.

"The whole idea of sports is to do your best and accept the turnout rather than complaining; look at how you can work on doing things better," he said. "Blaming somebody else is not going to help you to improve. When you lose, if you use somebody else as an excuse you're not going to get any better, you're just going to make the same mistakes."

Both Pennington and Behrens agreed that sportsmanship in high school sports today has improved.

It's better today than it has been in the past, the coaches said.

"I think it's better now because of awareness," Pennington said.

Central student dreams of future as martial arts

By Courtney O'Malley

After over 370 hours of practice, thousands of broken boards and a broken arm, sophomore Mickey Williams strives to one day be a Tae Kwon Do master.

Williams' hobby did not start out that way. Tae Kwon Do and other martial art classes such as Jujitsu, Judo and Hakida acted as a way of self-defense, he said.

Classes such as these helped him defend himself against a group of bullies who picked on him in his early childhood.

"The classes ended the bullying situation," Williams said. "After that I just stuck with it."

Williams has been involved in the martial arts since he was eight.

After seven years he has been through various levels of belts, and is now currently a second-degree black belt. He also has a first-degree black belt in Judo and Jujitsu. Williams

proudly announces that he has had his black belt since he was ten years old.

"A degree is like a rank. There's not just one rank of belts. A child is a black belt when he is ten and is not as good as a person who is forty that has had a black belt for thirty years," Williams said.

To move up in rank, one must test. To test, the student must perform the moves on the particular material in front of judges who will rank you. If your score is high enough, then one may

move up.

Yet, before one tests the student learn and perform the material and asks his instructor's permission to test.

Williams is not only a student, but also an instructor. Although he is an instructor he wishes to become a master, he said.

"I have approximately thirty- three more years until I can be a master," he said.

A master is the head of the organization. He is a tremendous and nationally, if not a worldly renowned teacher, Williams said.

Williams said he got to be an instructor through his instructor, Alan Pepin, who some consider to be a master. Pepin is also a

lieutenant in the Omaha Police force. Williams said that he became friends with him and he saw his potential.

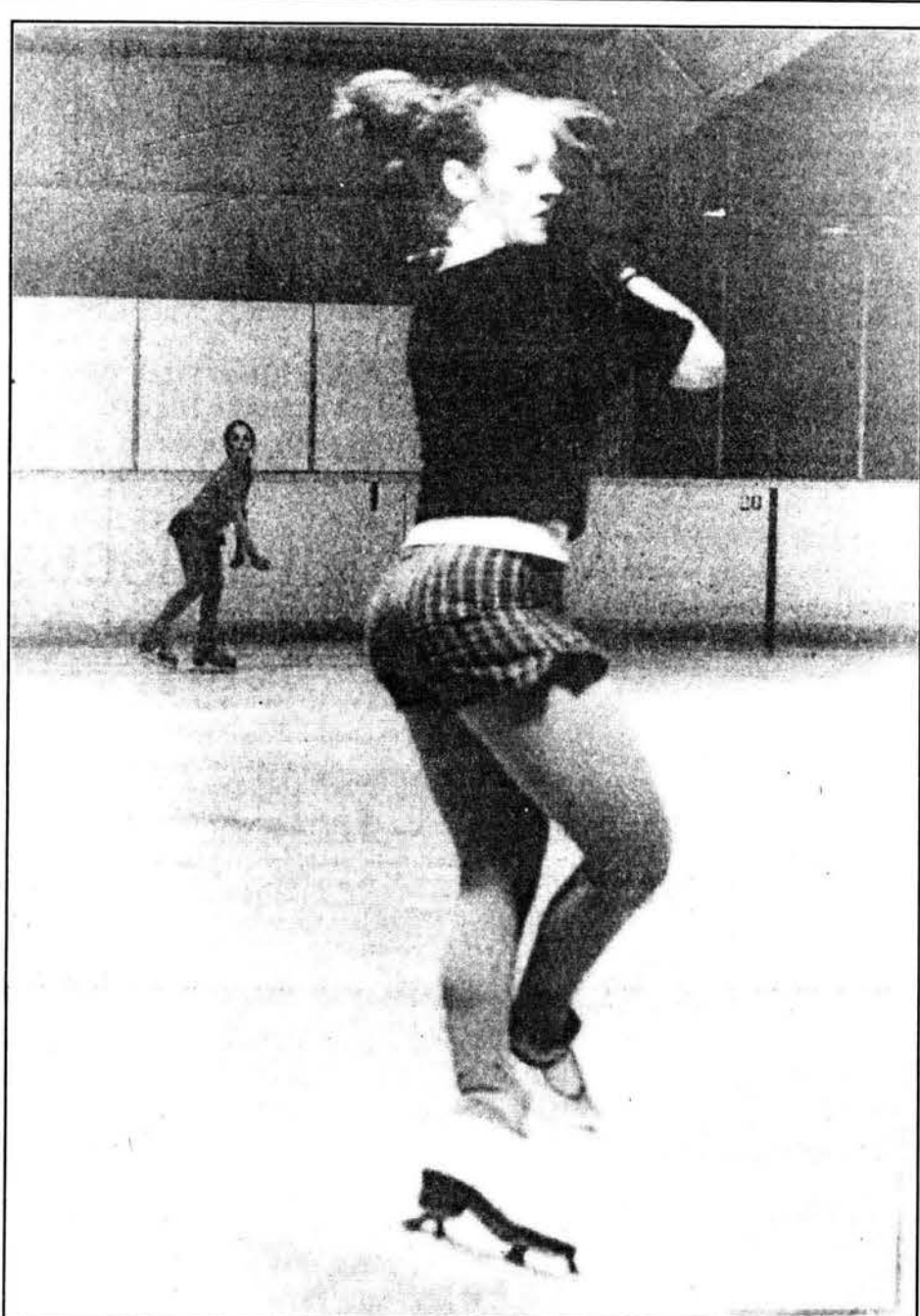
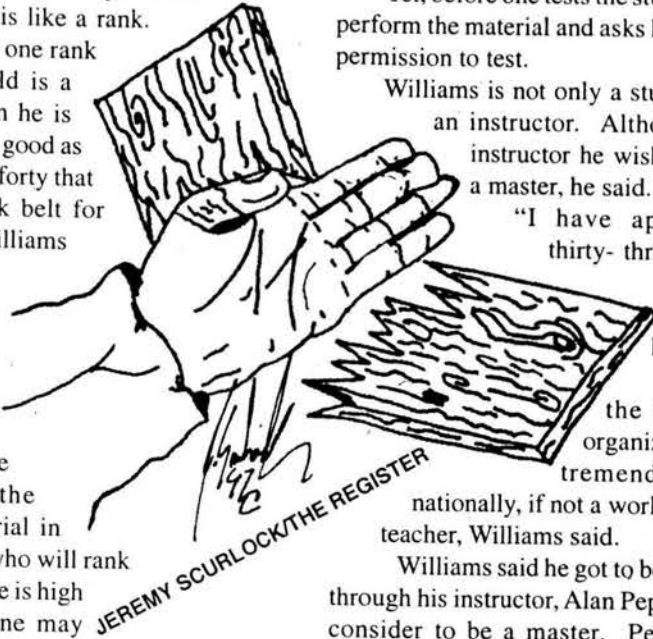
Tea Kwon Do, meaning the way of the Hand and the Foot originated during the Korean War.

The Korean government combined all the existing Korean martial arts together so that the soldiers would be all learning the same things, Williams explained.

"My favorite move, if I were showing off, would be the butterfly kick. My favorite defense move is a knock out technique similar to that of the double outer form block," Williams playfully admits.

Along with a growing self-confidence, and improved hand-eye coordination, the martial arts has improved Williams' quality of life throughout, he said.

"I hope to someday be a master, train in Japan, and open my own Tea Kwon Do school," Williams said.



MIKAYLA CHAMBERS/ THE REGISTER

SINGLE AXEL, DOUBLE AXEL, TRIPLE AXEL,Sophomore Virginia Meyer works through her virtually daily workout routine at the Benson Park Ice Arena at 69th and Military Ave. where she gracefully practices her ice skating techniques.

Wrestler pins his way into Class-A top ten rankings

By Jeremy Scurlock

Senior William Garcia was ranked fifth, as of Jan. 19, 2000, in the *Omaha World Herald's* Nebraska High School Class A 112 lbs. weight division after pinning another opponent in the team's first dual meet victory against Omaha South, Coach Jimmie Foster said.

Garcia said he was ranked as high as third earlier in the season.

"I suffered a loss to this kid from North who is third in the state now," Garcia said. "That put me out of the rankings all together, for just a little bit though."

Garcia is the team leader in pins with 14, only eight short of the school record, which stands at 22, Foster said.

"The wrestling program here [at Central] has been around since 1933 and has produced more state champions than any other high school in the state," Foster said. "Will is getting close to a record which compares a lot of wrestlers achievements. Ray [Kizzee] had 18 pins on his way to a State Championship and is one of the best wrestlers Central has ever seen, if not the best."

Foster said he has seen a commitment to wrestling from Garcia, as well as a commitment to being the best wrestler he can be.

A commitment to beating the best wrestlers he can and a commitment to never backing down are all attributes Garcia prominently

displays daily, Foster said.

"Tough guys are tough, Foster said. "They don't decide one day that it's time to get tough because all of a sudden it's the cool thing to do. They're tough through and through every day."

Garcia was ranked sixth during the 1999 season before he was forced to step aside to allow senior transfer Lewis Williams from Omaha North High School to wrestle his weight class.

"Will's been working hard since I took over as coach when he was in the tenth grade, he does what has to be done to win," Foster said. "He's the kind of kid who leads by example."

Garcia is in his fourth season with the Eagle wrestling squad, and has competed at the varsity level since his sophomore year, Foster said.

"Will is the kind of wrestler every coach likes to have. He's a tough, hard-nosed, confident kid who does what is necessary to be a winner," Foster said.

Garcia said he is looking forward to the district tournament the second week of February, when he will be going to the mat to wrestle fourth and sixth ranked contenders from his weight class.

"I like his [Will's] chances at the district tournament, and Will Garcia has a chance of doing extremely well at the state championship," Foster said.

Steve Gulizia

- Opener
- Garage doors
- Sales and Service
- Commercial and Residential

4149 S. 87th Street
Omaha, NE 68127

mention ad for discount

391-0050



CENTRAL HIGH STUDENTS
LOVE
CRANE COFFEE

78TH & CASS 60TH & CENTER

Latte's, Mocha's, CHAI, Smoothies

Roses Roses Roses

Valentine's Balloons - Stuffed Animals

Lillian's Flowers

Order Early! Fresh Flowers

City-Wide Delivery 345 - 6202

Green & Blooming Plants 3521 Leavenworth

MICHAEL ANDERSON—ALUMNUS OF SPACE & CREIGHTON

AIM HIGH, GO FAR.

Why do students choose Creighton? To explore new worlds of learning, to aim for high standards of achievement, to prepare for tomorrow today. For 4 years in a row, U.S. News & World Report has ranked Creighton the #1 university in the Midwest. We're a small school with a large tradition. Our mission is **you**.

Maj. Michael Anderson—
Astronaut on Space Shuttle *Endeavour*, 1998.
Master's Degree in Physics, 1990.

Call 402-280-2703 • www.creighton.edu

CREIGHTON UNIVERSITY
Anchored in ethics. Centered on service. Pledged to excellence.

Trovato's

5013 Underwood Ave

In the heart of Dundee
a Central tradition
for over 40 years

Pizzas

Steaks

Pastas

Reservations Recommended
556-9505

UNPLANNED PREGNANCIES...

...can change your life in an instant. Perhaps you would like to consider the possibility of creating an adoption plan for your child. Our case workers can answer your questions confidentially. If you would like to visit with us, please call today.

3549 Fontenelle Blvd. • Omaha, NE 68104
(402) 451-0787 • 800-390-6754

Janousek Florists Inc.

Central Students:

- Flowers For Every Occasion
- City Wide Delivery Services

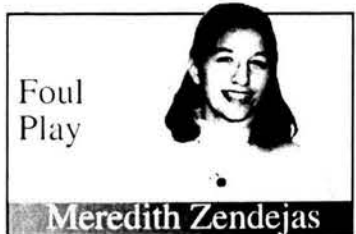
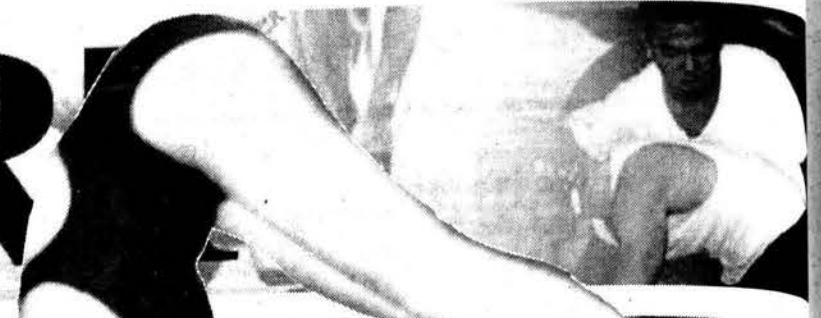
http://www.janousekflorist.com

4901 Charles Street
556-5652





SPORTS



Foul Play

Meredith Zendejas

Sports show gender differences

Let's take a time out to look at the difference between girls, guys and sports.

My little brother and I both run cross country and track, so we go to meets together.

I am usually the one yelling from the bottom of the stairs asking him to hurry up.

When he finally comes down, all he is carrying are his racing spikes in one hand and maybe a bottle of Gatorade in the other.

I, on the other hand, have a bag with a change of clothes, socks, extra shoes (besides my racing spikes), lotion, lip-gloss (I never leave home without it), deodorant, water, a brush, and because I am such a klutz, an Ace bandage, medical tape, and my inhaler.

Isn't it true will all girls? We are prepared for any natural disaster to happen while playing sports.

Guys could care less. Now be honest, how much of that stuff that we lug around do we actually use?

I am not trying to make fun of girls because I am also one to blame, but maybe we should follow the example of the guys, just leave a lot of that stuff at home.

After entering the girls locker room for the first time this year, I noticed that it smelled a lot like Bath and Body Works, mixed with the smell of dirty clothes.

That's right girls, lets put some smelly lotion on before we work out, that way you will sweat even more! But at least we will smell good!

It never stops to amaze me how stupid some girls are. We put lotion on before we play basketball. Is there some special ingredients in the lotion that helps catch the ball better?

When I played basketball, I used to have butter fingers when I put lotion on.

Maybe if we didn't have so many distractions we could concentrate on our game a little more.

But I am not done, because I have yet to talk about the guys. I have not forgotten you.

Girls may be a little too prepared, but guys aren't prepared enough.

I can't tell you how many times that I had to turn my car around because my brother forgot his Icy Hot.

Or one of the guys left his shoes at home and they had to borrow someone else's shoes.

There have been times where, not only did I have my stuff in my bag, but three other peoples', because they didn't want to carry their clothes.

Guys could take a shower after they play. It is not illegal. Or maybe you could wash their socks and shirts. You will not go to jail if you do.

Another difference between girls, guys and sports is how we handle critiquing from a coach.

When it comes to telling girls they did something wrong, and you tell them how to do it right they get mad and go on this PMS kick, and hold a grudge against the coach.

With guys, they may get mad, but they don't show it. They also are more aggressive on the court, and actually take the advice and apply it to their game.

I am not trying to ridicule girls or guys, but just letting every one know how we work. So the next time you know where we are coming from, even though the extent of my expertise of guys is very minimal.

Lone diver qualifies for state

By Daisy Bonham-Carter

Holding the title as the only person to be a swim team diver for the Central High Swim Team is what sixteen-year-old junior Alissa Fitch is keeping all to herself for this school year.

"It's not bad because people give me a lot of attention," Fitch said. She also said that being the only diver is bad because there's a lot of her not competing all the time.

Fitch said that she started swimming for Central three years ago, during her freshman year and she started swimming on her own one and a half years before.

Fitch practices at Burke High School for one and a half-hours everyday during the school year, and she practices three days a week during school as well as in the summer.

Each practice and meet starts with stretches and conditional exercises. The practices are based on drills, or lead-ups on the dives for two to three times.

"[Jim Hueleskamp] is a really good coach," Fitch said.

Hueleskamp has been swimming for some time. He also knows a lot about the sport of swimming, and he also knows a lot about the dives.

When she warms up, Fitch said she doesn't really put a lot of effort into the practices, but physiologically she goes through each dive in her head before she dives.

"I concentrate more at the meets than I do at the practices."

The meets are re-runs of dives that were practiced in the practice.

"There's a lot of sitting around and waiting at the meets, especially if there's a lot of people in them, but the practices are really fun."

She said that the practices are very strenuous, depending on the type of dive that she does. She practices with seven other

divers, a total of five sophomores, and two-juniors from a variety of Omaha schools: Burke High School, North High School, Northwest High School and Creighton Preparatory High School.

Fitch was taught the dives, the front-double summersault, and the back half and inward half summersaults, and twisting dives by coach, Hueleskamp, a Burke High School coach. For some of the more basic dives such as the front and back flips, she taught herself to do.

Fitch said that she has been qualified for the state competitions, which are held on February 24 to 26, 2000, because of her 285 points in which she earned from throughout her high school career of diving.

"I'm excited to go to the state competitions," she said.

Fitch said that the point scale for diving is based on the degree of difficulty that a dive is, and also by the judges' combined scores.

In order to be in state competitions, one would have to have a total of 277 points earned during the diving career.

Fitch said that the most difficult dives are the front-double summersault, the back-half summersault, and the inward summersault, which is considered to have a total of 2.2 points possible to be earned. Her easiest dive that she has accomplished is the front-dive tuck.

"I've reached a lot of my goals, and I've been the only constant diver [at Central]," Fitch said.

When asked if Fitch would like to make swimming a career for life, she said no because of the reasons involved: the amount of injuries involved, and the time consumption of diving.

Fitch's influence to dive was from her coach, and by the other divers that she practices with.

"I've come a long way, and I've gotten a lot better than what I used to be."

CHS football standout commits to Iowa State

By Jeremy Scurlock

Senior Ja'Maine Billups disclosed his college decision on Thurs., Dec. 16, revealing that he will be on his way to Iowa State University (ISU) in the fall.

"A lot of people asked me, 'Why not Nebraska?' and questioned if I had made the right decision. To tell the truth, I never really considered going there," Billups said. "They [the Nebraska coaches] wouldn't assure me a chance to run the ball. They felt I'd fit in better as a free safety in Lincoln."

Instead of becoming a Blackshirt at the University of Nebraska at Lincoln (UNL) alongside senior L o r n e l l M c P h e r s o n, Billups will be heading to Ames, Iowa to become a Cyclone.

"He [Billups] wanted a chance to run the ball," Head Football Coach Joe McMenamin said. "We spent some time talking about it and considered his tremendous success running this year in a limited number of carries. Since he split time with McPherson, it's hard to say how well he could have done."

Although Billups only made a verbal commitment to ISU, he said he has no intention of changing his mind before he, or any other high school football player signing a letter of intent to play college football, can sign on the dotted line and finalize his college plans.

The earliest Billups can secure his future, as an ISU Cyclone, is Feb. 2.

"He'll lose some press by not staying in state, and as with most major decisions, there's a few other possible drawbacks," McMenamin said.

Billups said he was told that not only would ISU give him the chance to run the ball, but the opportunity to play a significant amount of time as a freshman as well.

"Making it [the decision to attend ISU next fall] public removes a lot of pressure and it's good to know exactly where it is I'll be going," Billups said. "They're [the ISU coaching staff] giving me the opportunity to

do what I want, contribute as soon as I can and as much as I can. I'm ready to play right away."

The 1999 ISU football team finished the season with an overall record 4-7, and it seemed its offense relied heavily on the running game, Billups said. A running game that was lead by senior Darren Davis whom rushed for over 1,800 yards in 1999 and did the same the two previous years, making him the best rusher in the Big-12 three of his four years with the Cyclones, McMenamin said.

"Coming in after the Davis' era puts some pressure on me, but it is also kind of exciting coming in to a program with a pretty well established running game."

The two years prior to Darren Davis' stint with ISU, his brother, Troy Davis, ran the ball for the Cyclones. Troy was the top rusher in the nation two years in a row, McMenamin said.

"He'll [Billups] put on some weight before the season starts and he'll be given a chance to show what he can do," McMenamin said. "The pressure he'll feel shouldn't last long, since he'll be splitting time with a senior."

McMenamin said ISU's recruiting class for next season is very impressive. One highly sought linebacker out of Des Moines only committed to ISU after he was sure Billups would be doing so for a fact.

"The team is going to be pretty young, and most of the offensive line is coming back," Billups said. "I'm feeling pretty optimistic, I think we should be able to put something together in Ames."

Billups said he is looking forward to the game against UNL, and hopes to steal at least one victory before his years in Iowa are done.

Billups said that he never really considered playing at UNL because he thought he could contribute more as a running back to whatever team he decided to play for.

"Tell McPherson I wish him luck," Billups said. "I'm looking forward to a good game with the Huskers and coming up Mac's [McPherson's] alley."



Ja'Maine Billups

JARED HART/THE REGISTER

ABOVE: Junior Alissa Fitch performs a front double summersault during practice at Burke High.

LEFT: Fitch enters the water after another dive. She qualified for state after earning 285 points during the course of the season

Students discuss Creatine use

By Ally Freeman

For some athletes hard work, eating right and exercise are not enough.

Recently more and more high school athletes have been turning towards the dietary supplement Creatine to help enhance their muscles.

Central junior Dan Lewis said he has previously used Creatine.

Lewis said he used it to help gain lean muscle. "Creatine also helps your muscles repair quicker and better mainly due to the amount of water you use with it," Lewis said.

Another Central student, junior Travis Hepburn also used Creatine to enhance his athletic performance. Hepburn said he learned about Creatine from his cousin who also used it. Hepburn said he also had seen an article on Creatine featured in Sports Illustrated.

Kristi Reimers, Associate Director at the International Center for Sports Nutrition said that Creatine is used to help athletes get stronger and have more endurance for high intensity exercise.

Reimers said that although Creatine is used primarily with athletes, it is also being explored to use on patients with Multiple Sclerosis and other neuromuscular diseases.

Lewis said before stopping, he used it two times daily before and after a hour and a half to two hour work routine.

Hepburn also used it twice a day before workout. Lewis said he first heard about Creatine from friends.

"Creatine is rather popular with athletes, but can be harmful if used wrong," Lewis said.

There have been very little side effects seen other than weight gain with Creatine use, Reimers said.

Neither Lewis or Hepburn said they experienced any side effects.

But Lewis has heard of cases of athletes, wrestlers in particular, loading up trying to lose weight rapidly usually by sweating out all of the water in their system while using Creatine.

Sportsmanship creates growing problem in athletics, players say

By Ally Shandell

Learn how to play or get off the court!

This sentiment is just part of a growing problem in high school athletes' poor sportsmanship.

Central Varsity Boys' Basketball Coach Rick Behrens said bad sportsmanship can be a problem with athletes, coaches, spectators and parents.

"Both parents and students can be bad at times," Behrens said. "But students know it can also be turned around upon them, so most often they show very good sportsmanship."

Central Athletics Director Paul Pennington said that schools attempt to encourage good sportsmanship in many ways.

Before each basketball game, a sportsmanship announcement is made, Pennington said.

"Some schools also put sportsmanship messages on their programs," he added.

Recently, school athletics as a whole have good sportsmanship, but there is still the occasional event where somebody gets mad and cannot control their anger.

"These are isolated incidents that I wish would stop," Pennington said.

Behrens said students as a whole are very

Reimers said that Creatine does not by itself, but athletes must train and have adequate diet for Creatine to be successful.

"It [Creatine] works when active people combine training and diet," she said.

Reimers said that it increases an athlete's muscle strength, which then allows them to work out harder.

Lewis said the Creatine did work for him. He said that when he used it his weight jumped 15-20 pounds in two months. All max.'s went up from 10 pounds in military to 50 pounds in bench, he said.

Hepburn said that after he started using Creatine, he was able to bench press 20 more pounds.

He said that he only stopped using Creatine because when school started he had less time and began taking it less frequently until he stopped but that he might start using it again if he had more time to work out and more money.

Safety has also been a concern for Creatine users. Reimers said that diet supplements such as Creatine usually do not go through testing, but athletes have been using it for 10 to 15 years.

Research done has suggested that Creatine is safe for short term use, but long term research has not been completed.

For the brand and type I used, a month's supply of Creatine ran about \$30, Hepburn said.

"Creatine is not like steroids, you have to put a lot of work into your body [as well as] Creatine," Lewis said.

Lewis said he does not believe Creatine is harmful if used correctly, but there is some caution.

"It is harmful on your liver and your kidneys account," Lewis said.

good sportsmen. Before and after every game, they shake hands with their opponents; and are very good at not acknowledging or responding to negative comments made by the crowd.

Bowling team member Courtney Beals said the bowling team has been accused at times of poor sportsmanship, such as yelling profanities at other. There have been letters sent to Pennington regarding the conduct of the girls' team.

"They say we get a little out of hand and loud but we don't make fun of any other team," Beals added. "Usually its just between the varsity girls and varsity boys teams, which is something that has been done for years."

Bowling team member David Jackson said coaches made a rule that if you swear once you get a warning and a zero for that frame. If you do it repeatedly you can get kicked out of the game or even off the team.

He also said that this rule is rarely followed. "We get in trouble all the time for cussing and telling each other we suck," Jackson said. "But we do it for fun. It's sort of a boost. It makes people bowl better because you don't want to get mad at yourself."

Turn to BEHAVE, page 11