

# the Central High School Register

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E-mail:  
register@ops.org

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## Central makes change to next year's schedule

By Andrew Danford

In an effort to adapt to Central's growing student population, the school will adopt a nine-period class schedule for the 2000-01 school year, Principal Dr. Gary Thompson said.

Instead of Central's current ten-period day, the school day will be divided into nine periods.

Each period will last either 41 or 42 minutes excluding first period. First hour will be combined with homeroom to create one 50-minute period.

"It gives us a lot more flexibility during the day," Thompson said.

He said Central's enrollment next year is projected at nearly 2,500 students.

He said the scheduling change could allow for between 50 and 60 extra classrooms to become available during the course of the year.

These classrooms could be used for study halls or adding new sections of classes to reduce class sizes.

Another concern leading to the change is the increased stress on the cafeterias, Thompson said.

"The space that we have in the cafeterias is not adequate," he said. "There is no way we can feed everyone right now."

Central senior Matthias Bracht said he hopes a change will be made to allow more students to get through the lunch lines.

He said the current schedule does not permit this and has often led to the extension of the lunch periods.

"It [the nine-period schedule change] sounds good because people will be able to get through the lunch lines," Bracht said. "The extended lunch periods have become quite annoying."

Thompson said although the change has a less period than the current ten period schedule, it would effectively add an additional teaching period to the day.

"The current schedule is a modified eight period day," he said. "The schedule for next year will allow for nine teaching periods."

In addition to extending the lunch periods, the passing periods will be extended to 10 minutes under the new schedule.

Central junior Justin Furby said he would like the new schedule because it permits more time to travel between classes.

"I won't have to rush to class," he said. Thompson said homeroom would be held during the final ten minutes of first hour.

He said students currently do not take homeroom seriously.

"All you have to do is look at the number of students who are here on Saturday mornings," he said.

He said by holding class before homeroom, students might be more inclined to listen to the information provided to them.

Also, under the new schedule, students might be allowed to leave as soon as their schedule permits, Thompson said.

"It might be more time effective—time efficient—to do that," Thompson said.

Students may also be permitted to arrive earlier in the day if no classes they wish to take are offered earlier in the day, Thompson said.

"It is something that I am a little hesitant about," he said. "Security becomes a bit of an issue."

He said students will not also have the information gained from the homeroom announcements if they are permitted to arrive earlier in the day.

He said the idea for the new schedule was developed during January and February.

"Once we came up with the idea, it was discussed with department heads, parents, students and teachers," he said. "It was not a unanimous decision, but it was pretty darn close."

Thompson said he thinks the schedule will work very well next year and in years to come.

"I'm excited," Thompson said. "In many ways, I wish I would have come up with it myself."

# Glass Sculptures

## Dazzling glass artwork mystifies audiences at the Joslyn Art Museum



**BACKGROUND:** Dale Chihuly designed this piece, Fern Green Tower, and created it, in 1999, with the help of his staff in Seattle, Wash. The piece is fifteen ft. in height and is made completely of handmade glass. It is on tour around the United States with the Chihuly exhibit, said Amy Krobot, a public relations Representative at Joslyn Art Museum.



**LEFT AND ABOVE:** Brian Corr, head of the Joslyn Hot Shop, located in the Joslyn parking lot, blows glass at the Joslyn Art Museum. He is an integral part of the Dale Chihuly Inside and Out exhibit that is on display at the Joslyn until June 4. Corr does work with Chihuly, who is based in Seattle Wash., but is a local Omaha artist who was hired by the Joslyn to demonstrate glass blowing for people who come to see the display. The exhibit is open to the public Tues., Wed., Fri. and Sat. from 10 a.m. until 4 p.m., and every Thurs. from 10 a.m. until 8 p.m..

PHOTOS BY KAITLIN DAVIS

## Neb. Legislature cuts state funding for education

By Andrew Danford

The Nebraska Unicameral granted first-round approval to a bill limiting the percentage of the funding a school district could receive from property taxes during its proceedings on Feb. 29.

The bill, LB 1107, proposes that the state government fund 55 percent of the budget for school districts.

Only 45 percent of the budget would be allowed to come from local property taxes, State Sen. Ernie Chambers said.

Within the Omaha Public Schools (OPS) district, Administrator Dr. Dennis Poole said during the 1999-2000 school year, 39 percent of the district budget came from property taxes.

"When we draw up a budget for the district, property taxes are the last resort for funding," Poole said. "Whatever is left to be paid for in the budget comes from property taxes."

Poole said the amount of money the district spends from property taxes varies directly with the amount of state aid the district receives.

"We will have \$10 million less in state aid next year," he said. "It varies from year to year based upon the need the districts present to the state."

Chambers said because the amount of aid fluctuates so much from year to year, he does not think it is wise for the state to tie itself down with exact percentages.

"The state should not obligate itself to how much it should give in the future," Chambers said.

Central sophomore Don Rees said he thinks that if the state kept a certain percentage, it might not provide the districts with more aid when they need it.

This would lead to budget cuts that could cause the loss of items such as technological equipment and certain activities.

"Kids might not be able to do as much in the future as they do right now and might not have the same opportunities," Rees said. "I think it would be better for everyone if it just stayed like it is now."

Chambers said state control of the schools is another concern he had with the proposed legislation.

"If they are going to fund 55 percent of the schools' budgets, the state should take over control of the districts," Chambers said.

However, Poole said although the state practices local control of the schools, the individual school districts do not have much control.

"There is really and truly very little local control of the schools," he said.

Poole said districts are told how much time students need to spend in school, the state decides what curriculum is used within the schools, and even the school lunches are governed by federal regulations.

However, Poole said people should not simply forget about the issue of local control of the districts when they consider the outcomes of this bill.

"We cannot simply blow off the concerns over local control," he said. "However, it should not be the major concern with this bill."

Poole said another control over property taxes was passed during the 1990s.

He said there are restrictions on the amount property taxes can increase from each year in the state.

However, he said the residents of the school district can vote to override the tax levy. In the Omaha area, District 66 voted to override the levy.

"I don't see that kind of thing happening within the OPS district," he said.

Poole said that because the proposed legislation has no had time to be tested, the district has no official position regarding the legislation.

"We have not had a chance to view the effects and results," Poole said. "It is difficult to tell how it might affect the bill will be on the revenue of the district."

## District honors African-Americans for success

By Melissa Angelo

"The major purpose of the African-American Academic Achievement Awards Ceremony is to honor and congratulate all OPS African-American senior high students with an accumulative GPA of 2.9 and above," Geraldine Webb, Academic Support Counselor said.

Jim Ramirez, the master of ceremonies of Student and Community Services of Omaha Public Schools, said the tenth annual African-American Academic Achievement Awards was held on Feb. 27 at the Teachers Administrative Center. One hundred and seven African-American seniors received

awards.

Thirteen honorees from Central were awarded Christelle Akati, Frejus Akati, Jessica Barsell, Tai Burlson, James Butler, Latasha Coffin, Gatong Gatuak, Deanna Gibson, Brandie Hollingsworth, Charles Meade, Willie Metcalf, Nicole Perry and Demasha Pridgeon.

Rahiim Watson, executive director of the National Black Youth Council in New York was the feature speaker.

Watson stressed the importance of education and discussed the issues of concern to youth in the 21st century.

Webb represented Central students at the ceremony.

"I had two children who went to Central. I've represented Central as a parent in 1993 and 1996. This year I represented the school as a counselor," Webb said. "The students who were there were students who received an accumulative GPA of 2.9, but most Central student's GPA were 3.1 or better."

Webb said the main goal of the ceremony was to encourage advanced education in college and to keep their excellent academic standing for the remainder of the high school year.

Jessica Barsell, 12, said she was very proud to have been given this award.

■ Turn to HONORS, page 2





### Marketing holds banquet to honor employers

The Employer-Employee Banquet for advanced marketing students and their employers will be held at the Holiday Inn Convention Center on March 30 at 7 p.m.

This event honors the students' employers and will give special recognition to three employers who have displayed a positive influence on their employees' education. Six hundred people from the Omaha Public School's Business Education and Marketing Departments are expected to attend the dinner.

### Choir attends national music convention

Central's A Cappella choir, the only high school attending from Nebraska, sang at the National Choir Directors' Association Convention on March 1 through March 5. The convention was held in Madison, Wis. It allowed the choir to work alongside a nationally known music director from Africa, Bonaface Mnganga. After the convention, A Cappella members spent two days sight-seeing in Chicago.

### Eight Students to participate in state activity

The Girls' and Boys' State program will take place from Jun. 4-10. The participants will practice and hone their leadership and political skills in Lincoln, NE.

The two boys chosen were Andrew Danford and Noah Priluck with alternates Justin Furby and Tyler Stahl. The two girls chosen were Hanhan Li and Caroline Walburn with alternates Ally Freeman and Erica Kess.

### Omaha students participate in All City music days

To give Omaha Public Schools' students the chance to perform with other students at their level, the All City Music Festival took place on Saturday, March 18. The concert was held at the Civic Auditorium and consisted of hundreds of selected students who sang in the Choir and played in the orchestra and band.

## District honors minority seniors

**HONORS, continued from page 1**

"I've been in different clubs and activities mostly junior and senior years," Barsell said. "I've had to work hard. It's hard being African-American and smart because it's more acceptable to be a minority and not have as much talent."

James Butler said it's important because it is a selected process not everyone receives this award.

Tai Burlson said it was an honor to be distinguished in Omaha out of 107 African-American seniors.

"I'm thankful that I have my parents, teachers and counselors to help me throughout high school," Burlson said.

Brandie Hollingsworth said the speaker was excellent and the award ceremony was an inspiration to go on and strive for excellence.

"I thought it was a great accomplishment and an honor to receive this award," she said.

Charles Meade said he feels like he has accomplished a lot throughout his high school years.

"I've always known there were a lot of smart minorities, they just have to apply themselves," Meade said.

Latasha Coffin said the award ceremony was important because it gave people a chance to recognize the positive achievements of African-American students.

"There are a lot of negative things about African-Americans and it shows that there are African-Americans trying to do positive things," Coffin said.

The Minority Activities Committee presented the certificates of the students.

The Minority Activities Committee was formed in 1985 to develop workshops and other programs targeting the Omaha Public Schools minority population. This committee is made up of individuals representing schools and the community at large.

## Mayor orders zero tolerance policy

By Sarah Peterson

Mayor Hal Daub has taken new measures to combat racism, the Omaha Human Relations Department Director said.

Kellie Paris-Asaka said that on Jan. 31, the mayor signed the executive order that pledges, on behalf of the city, what the city plans to do regarding zero tolerance on racism and discrimination.

This zero tolerance plan came about on the recommendation of Omaha Commission on Community and Race Relations in a report that came out in January.

Daub said he thinks that this is a good plan that will send a positive message to the Omaha community.

"Racism in America is a serious problem," Daub said. "I think it's less of a problem in Omaha, but it's still a problem."

He said that Omaha is the 43rd largest city in the United States, and has a diversified population with 26 percent of the people being of color.

"This is a great strength which we should embrace," Daub said.

Daub said that it was felt that leadership—such as the government—should take the stand against racism. Hopefully, he said, others will

then implement similar plans.

Daub said his goal was that this directive would elevate the subject of racism in people's minds.

"It's a tough subject for people to talk about," Daub said.

He said, however, that it is one thing to talk about racism but another thing to deal with it.

Daub said he hoped that this would be the first step to ending racism, even though he does not believe the problem will ever completely go away.

Dr. Everett Reynolds, local president of the NAACP, said this order will do nothing.

"It's a joke," Reynolds said. "He [the mayor] is the biggest racist of all."

Reynolds said that the mayor's record shows that he has not been an open-minded or fair person.

First, he said that there are no women or people of color in the city's top jobs.

Several high paying jobs are open, Reynolds said, but the mayor is not offering these to any of these people.

He said that the executive order is supposed to improve relations by example, but it will be impossible to do this with the example the government is setting.

## Auditing gives choice, counselors say

By Jennifer Friedman

The ability to audit classes is nothing new around Central. It is an option offered by the counseling department for people who do not want a credit for the class they are taking. Auditing a class can help a student's grade point average if the student is failing a class.

"It's been around for as long as I've been here," Lynda Molyneaux, head of the counseling department, said.

Molyneaux said auditing a class can help those students understand a class they may be repeating next year or taking again in college.

"It gives me a good idea of what I have to take in college," senior Jeremy Hanson said.

Hanson decided to audit his advanced placement calculus class because he was unsuccessful in it first semester.

Hanson said that now, his

calculus class can be treated as a pre-course for college.

Molyneaux said that most of the classes that are audited are math and science classes, because students do not need four years of those particular subjects to graduate.

Molyneaux said the classes that can not be audited are subjects where students need four years of that subject to graduate. A student cannot audit English, because students need four years of that subject to graduate.

Julie Russell, senior, decided to audit advanced placement French because she thought it was too hard.

Russell said she didn't want to pay much attention in that class, but she didn't want to be rusty for college entrance exams and placement exams.

Russell said that even though auditing advanced placement French has made her more apathetic, it still helps her

learn what she needs.

Even though auditing a class can be beneficial in helping a student prepare for their educational future, a college does not recognize that the student took the course because they have no credit for it, Molyneaux said. This may result in a student having to take the class over in college, or they may not even get into their college of choice.

There are many other reasons for students to audit their classes.

Senior Matt Smith decided to audit his advanced placement calculus class because his schedule was too busy.

Smith said he had the option to drop advanced placement calculus, but decided to audit it because it was his personal goal to stick to it.

"We are trying to help kids be successful after they leave Central," Molyneaux said. "It is in their best academic interest."



**KEEPING THE PEACE** Former Peace Corps volunteer Mick McGuire speaks to Central students on March 7. Over 150,000 volunteers spoke to students across the nation as part of the Peace Corps Day festivities.

PHOTOS BY CLAIRE DEVINE



GRAPHIC COURTESY OF US PEACE CORPS

## Peace Corps Volunteer speaks to CHS students

By Melissa Angelo

A former Peace Corps Volunteer spoke with students about his experiences in the Dominican Republic on Peace Corps Day, March 7.

More than 150,000 returned Volunteers representing more than 100 Peace Corps countries shared their overseas experiences with students in all 50 states.

Peace Corps Day was established to raise awareness for the year-round educational resources that volunteers and the Peace Corps provide.

Mick McGuire came to Central as a speaker on Peace Corps Day.

McGuire and his wife Kristy McGuire were two Peace Corps volunteers assigned to the mountain region of the Dominican Republic from 1988-1990.

"We didn't know what we were assigned to do when we got there, the community had a meeting and decided their main priority was for us to help them build a school," McGuire said.

McGuire said the Peace Corps gives an opportunity to see the world through the eyes of a different culture.

Carol Hipp, Social Studies department chair, said she thought it was very appropriate for a speaker on this subject.

"I wish we had more time and more speakers to reinforce the idea of giving service," Hipp said.

Laura Hendee, junior, said she thought it was amazing that after the brief training the Peace Corps are basically left alone for two years to build a school and reach out to the community.

Emily Prest, junior, said the conditions the speaker faced were definitely not liveable for the average American but the people he

interacted with seemed great.

"I thought he was an interesting man with many experiences and the experience seemed like it would be worth while," Prest said.

Monica Narducci, junior, said McGuire's story of volunteering with Peace Corps was very interesting especially when he told them about the horrible conditions people lived in.

"I think what the volunteers are doing is great for people who are struggling," Narducci said.

McGuire said the one thing that surprised him was people were happy, even though they were poor the women still showed love for their families.

McGuire said there was a point when there was not enough money to build the roof of the school.

"My wife and I had a chance to make extra money playing extras in a film," McGuire said. "We were in different scenes for instance a boat going to Havana, driver of a car, a dancing couple on the cruise ship."

The movie was Havana with Redford it was a love story about Fidel taking over Cuba in 1959.

According to the Peace Corps more than 150,000 Americans have joined the Peace Corps since 1961.

Today approximately 6,500 volunteers live and work in more than 80 nations around the globe.

"Ask not what your country can do for you, but what you can do for your country," these words of John Fitzgerald Kennedy in his inaugural address where he proposed the United States begin a Peace Corps.



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**Diva B says**

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There's lots of good people and places to learn more -- like Planned Parenthood, the Facts-of-Lifeline at 558-7526, and teenwire.com. Check them out, they can help. -- Diva B

**know more** Ask Diva at: DivaB\_B@yahoo.com. teenwire.com for more Q & A on hot topics.

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**The Door Doctor**



# Distance classes offer more courses

By Ally Freeman

Satellite networking is connecting schools across Nebraska, offering them virtual classrooms and a larger variety of courses.

Rich Beran, asst. superintendent of the Gretna Public Schools, one of Nebraska's district to recently introduce distance learning classrooms, said the Gretna chose to use this learning technique to offer their students more opportunities.

Beran said that the program will start full-time next year. The classroom was not ready until the middle of this year, he said.

Currently Gretna hosts one class, but next year will offer more including courses from Metro Community College, Beran said. Students will also be allowed to take classes hosted by another school, via satellite.

Karyn Booth, junior, said she believes it is a good idea, especially in smaller school districts.

"It is not as beneficial in OPS because we have a lot of resources and different classes already," Booth said.

Booth said even though the classes would be more convenient, it would be different than a normal class.

"In the [distance learning] classes, it would be hard to get the same interaction between students and teachers from a satellite," she said.

Teachers will not be able to tell if they have the attention of the students over a screen, Booth said.

Despite the problems, Booth said she would probably take a distance learning class if it were offered to her.

According to Beran, 70 schools are part of the distance learning consortium in Nebraska. He said they received the funding through a lottery grant.

Karen Calabro, a curriculum and learning specialist in Omaha Public Schools (OPS) said that OPS can not

offer distance learning because it requires a teacher in the classroom if a student is online.

Calabro said OPS does not want to fund training for a teacher or pay for the online training necessary to run a distance learning classroom.

Beran said he sees many benefits in the program including more class offerings for students. For example, Beran said Gretna will now be able to offer dual credit classes.

He said another benefit will be the chance to set up meetings with other schools through the satellite. The line that brings in the distance learning also brings the school a faster Internet service, Beran said.

Even with the all advantages, Beran said there will be some disadvantages.

"It is still not the same as having the teacher right in the classroom," Beran said.

Problems could also occur if technical problems occur.

"Teachers will need to have a

plan B in case something goes wrong," he said.

The teachers will also have to be better organized.

"They [teachers] are relating to people who are not physically in the classroom," Beran said.

A teacher in the other district could also be sick and the students would need a substitute plan, Beran said.

Junior Adam Backora agrees that the separation between the students and teachers could create problems. It would also prevent students from meeting each other and creating relationships because they are only connected through a monitor, Backora said.

However, Backora said he believes the class is a good idea if schools can offer a wide variety and more advanced classes.

"The [distance learning] class will be a positive and rewarding experience for the students," Beran said.

# Minority Scholars hold food drive for Open Door Mission

By Carmen Sird

Central's Minority Scholars program recently hosted a canned food drive in an effort to collect food for needy families.

The drive collected over 100 cans of food and non-perishable items for the Open Door Mission.

Jimmie Foster, Central social studies teacher, said this was the program's first year doing a canned food drive.

"We feel that it was a success but next year we would like to get a few more items by doing things differently," Foster said.

Many of the students also thought that the canned food drive was successful because of the participation of the students and the Minority Scholars.

Sponsors: Mrs. Maloney, Mrs. Saunders and Mr. Foster. "The students were really excited about bringing cans and helping out, and some teachers even gave extra credit to students who brought cans to class," Foster said.

Kristen Carroll, freshman, said she feels the food drive was a success because of the posters hung throughout the school.

Foster agrees that the students did a good job of making posters and spreading the word around the school.

He said that he along with the minority scholars were thinking of something they could do for the community outside of Central.

"We did this at a time when most food pantries aren't receiving many dona-

tions," he said.

Brandii Daniels, sophomore, felt some kids could have done more to support their food drive.

"I think it went well, but the third and the first floors weren't that involved, and some people who said they would help, didn't," she said.

Foster said he encourages students to become involved with minority scholars because they want to.

"It is nice to see intelligent people of color doing something positive for the community," Foster said.

Jessica Barsell, senior, says that the group does many volunteer activities that benefit others in the surrounding community every year.

She said last year Minority Scholars held a book drive for a village in Africa that wanted to build a library.

They did this to recognize the fact that it was Black History Month and to practice good leadership skills as they do in their classes.


Dr. Gary Thompson said that it is great the Minority Scholars program is getting involved because there are so many needy families and the food collected will really help them.

"We will definitely do this again next year and we are now planning how to make it better and collect more cans," Foster said.


Foster, as well as some Minority Scholars, delivered the cans and other collected items to the Open Door Mission on March 8.

## Senior Volunteer Day

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CATHY COLLING/THE REGISTER



**TOP: Senior Megan Myers sorts papers at the Rose Blumkin Theater.**

**ABOVE: Seniors Taylor Billote and Mandy Frank work together at their volunteer site.**

CATHY COLLING/THE REGISTER



### College of the Atlantic (COA)

*Location:* Bar Harbor, Maine  
*Students:* 276 full time  
*Tuition:* \$17,271, plus \$5050 room and board  
*SAT Verbal/Math:* 653/611  
*ACT:* 30  
*Student Life:* A private institution along the Atlantic Ocean, located on Mount Desert Island, mainly concentrating on the study of human ecology. The campus is so small it takes only five minutes to get from one end to the other. The oceanfront location of the campus allows students to take advantage of the abundant natural resources offered by the Atlantic Ocean.  
*Housing:* College housing includes co-ed dormitories and is guaranteed for the freshman year only. There are no fraternities or sororities.  
*Activities:* Special activities include the annual horseshoe tournaments, contra dances, and the annual Halloween party. They also operate the Beech Hill farm for agricultural production and as a year round educational facility with particular emphasis on organic growing. COA made the decision to offer only free-range meats, and whenever possible, organically grown produce.

### University of Hawaii at Manoa

*Location:* Honolulu, Hawaii  
*Students:* 10, 046 full time  
*Tuition:* \$9455 plus \$4915 room and board (out-of state)  
*SAT Verbal/Math:* 517/562  
*ACT:* N/A  
*Student Life:* The University's location, in the city of Honolulu, strengthens teaching and research capabilities and provides exceptional opportunities for study relating to marine and geosciences, international business, tropical agriculture, and foreign languages.  
*Housing:* The University has eight residential complexes. Residents participate in study halls, picnics, movie nights, pizza nights, and even a luau. There are approximately 3,100 bed spaces available in the residence halls, and space is offered to students according to geographic priority. They offer traditional dormitories, co-ed dormitories, wellness dormitories and apartments for upperclassmen and graduate students seeking more independent living.  
*Activities:* There are approximately 200 registered clubs that represent a wide range of interests. Incoming freshman have an opportunity to join small learning communities allowing freshmen to take several courses together and meet individually with faculty members and upperclassmen. The Hemenway Leisure Center has more than 30 noncredit class and activities in ballroom and Latin dancing, ceramics, guitar, hula, kayaking, scuba, snorkeling, surfing and yoga.

### Sarah Lawrence College


*Location:* Bronxville, New York  
*Students:* 1038 full time  
*Tuition:* \$22,936 plus \$7248 room and board  
*SAT Verbal/Math:* 660/590  
*ACT:* 27  
*Student Life:* Sarah Lawrence is a small co-educational liberal arts college. It is nationally renowned for its unique academic structure that combines small seminar classes with individual student-faculty conferences, and recognizes the creative and performing arts as integral to a liberal arts education. Students meet biweekly with professors in tutorials and there are no formal majors.  
*Housing:* Ninety percent of undergraduate students live on campus in co-ed or single-sex English Tudor-style dormitories, small apartments or town houses. There are no fraternities or sororities.  
*Activities:* It has 40 groups on campus, plus films, poetry readings, plays, concert, dance performances, lectures and exhibits. There are three major festival weekends every year-Fallfest, Winterfest and Mayfair, which are set aside each to give the Sarah Lawrence community an opportunity to relax.



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# Perspectives

Boredom • Battle of the sexes • Bureaucracies

## Girls have it tougher

I've come to the conclusion that women are stronger than men.

Since the beginning of time, men have considered themselves to be the dominant sex. Why is it then that women are the ones put through childbirth and are the supposed caregivers of the family? The proof lies within many given sections of life:

### Puberty-

Okay, we all go through an ugly stage and if you didn't, well then there's something wrong with you.

However, the only thing guys seem to go through is the squeaky voice thing. Frankly, I find this somewhat cute.

Girls on the other hand go through monstrous, horrendous pain at least once a month. There is absolutely nothing that guys can compare this to. Maybe if you try jabbing a stick into your side multiple times and then going to school and work and pretending like nothing's wrong, you might come close. In fact,

I think girls in general do a pretty darn good job at covering this uncomfortable time. And the whole PMS thing, give me a break. That's just a man's excuse for not understanding his significant other. Am I wrong? I don't think so.

### Relationships-

Guys get a girlfriend and they either think the world of her and obey her every beck and call or they decide to treat her like a dog and cheat on her behind her back.

Girls get a boyfriend and are suddenly floating on air. Correct me if I'm wrong ladies, but if a guy does something wrong and does something so extremely nice to make up for it, do you forgive his mistake and move on? Yes. I think that's just the right thing to do. Is there any reason not to?

### Pregnancy-

Have you ever tried shoving a watermelon up your nostril? Neither have I, but what else could you compare this miracle to?

The benefits of this time are numerous, but for those few or many hours of labor, the pain has to be immeasurable. And sure, the female will become overly sensitive and protective, but men should just take that in stride. Here's a little advice. If your wife asks you to do something for her, DO IT! Sorry to interrupt your football (or in a few cases) soap operas, but do you want to continue being married?

### Shaving-

Ahhhhh, my favorite topic of all. Girls have two somewhat shapely legs to cut and slice.

Guys often compare this horrifying experience to shaving the face. Come on. True, faces are curvy, but girls have two legs they have to shave. Count 'em--Two. Plus have you ever heard of a little thing called the armpit? If you slice that up, you can't put your arms down. Now both, sexes experience a lovely wonderful thing called razor burn and therefore, we all know how painful and itchy that can be.

Now who's the superior sex? That's what I thought. If there are any arguments as to what I believe, well, that's too bad.

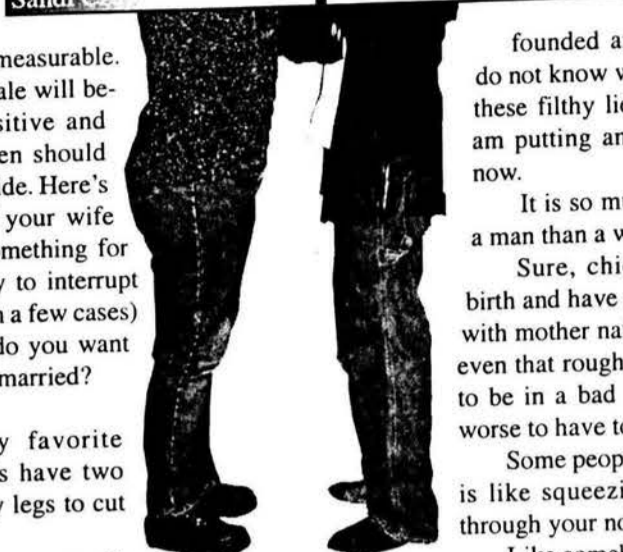
Sure I'll listen, but there's no way you can disagree with me on this. It's purely obvious that women should dominate the world.

### Don't get me wrong.

Men have a perfectly viable reason for being on earth. In fact, where would us ladies be without them? I'm not out to blame men for the world's falsities; I'm just stating facts.

So guys, don't get down on yourselves now that you know females are better. It's okay. Embrace that fact and move on.

Lip Smackin' Good  
Sandi C.



I'm Better Than You  
Fred Hart

It is so much harder to be a man than a woman.

Sure, chicks might give birth and have a monthly battle with mother nature, but it is not even that rough. It is one thing to be in a bad mood, it's even worse to have to put up with it.

Some people say child birth is like squeezing a grapefruit through your nose.

Like somehow it's my fault mother nature has a vendetta against females. I don't have to justify why ladies give birth. If they don't want to feel the pain, don't get pregnant. And if you do deal with the pain, stop complaining to the guys.

If you break an arm, it's not the fault of a whole gender that you are in pain. Have women ever heard of kidney stones?

Maybe women are just tweaked because experiencing childbirth is one of those few things that they can't bat their eyes, smile and get out of.

Unlike with moving violations and the police department. I wonder if that has anything to do with men "getting more tickets than women" and insurance rates. Hmmm...

Men have it worse off, because of the expectations women set for them. Why do women expect all guys to have a six pack? I know of one guy who has a six pack, and in reality, I don't want to be like him.

Not all guys can be that cut. Unless they are testosterone-pumping machines or wiry,

## Guys have it worse

hyper squirrels, chances are slim that your He-man will be ripped.

Some birds doll themselves up everyday. I know this is not to impress guys. It is in actuality to impress other girls. It's like matching bras and panties.

Chances are good that if you are to the point of seeing the girls whole undergarment combination, you could care less if they match or not.

That is right along the lines of smelly lotion. If the point of smelly lotion is to keep guys away, then mission accomplished. If not, then maybe chicks should reconfigure their tactics for getting mates.

And men have it way worse with hygiene. Shaving a face is so much harder than shaving legs. A face is like an orange, impossible to shave with a razor, legs are like tree trunks, anyone over the age of eight can manage. It's a straight shot, ankle to butt.

Second, chicks don't need to shave everyday. If men don't shave everyday, they resemble the Wolfman. If women don't shave everyday, they wear pants.

And it can not be that hard to shave ankles and knees. If you get a nick on your face, you can't bandage it.

And how many people will ask what happened?

And not only do men have to pay for prom, they have to deal with the realization of finding a date. Not because no one wants to go with them, but because women have a tightly woven net of deceit.

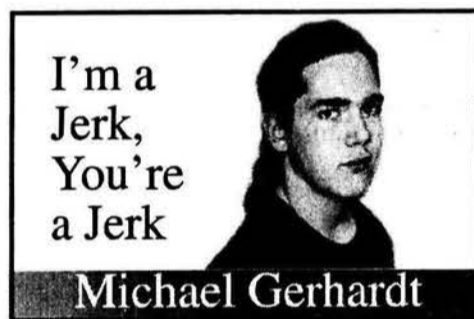
If one girl wants a guy to ask her, and she doesn't, the girl and all of her friends will cease conversation with the dastardly fellow. Not only that, every girl will turn the maniacal pursuer down until he asks the right girl.

What happened to the whole, liberated women asking guys, thing?

So chicks, don't lose self-respect because men are better. Not a big deal. Just take it one day at a time.

Principal  
Dr. Gary Thompson  
Advisor  
Matt Deabler  
Opinion Page Editor  
Michael Gerhardt

## The rant continues, this time it is personal



Contrary to what I said last month, I am going to rant after all. Nyah Nyah Nyah Nyah.

So obviously, it seems to me a few of you numbskulls out there STILL haven't grasped the idea that not EVERYONE at Central does drugs. Just because you're some "addict" or whatever your stupid shirt says doesn't mean I do it. In fact, I don't care about your drug addictions or whatever.

I really don't care. I'll repeat that again, for those of you who are stupid. I don't care. I don't care about your 420. I don't care about any of that.

"Huhuhuh, it's 4:20."  
Yeah, shut up.  
I don't care about how much pot you like to smoke or about how high you're going to get after school. I don't think it's cool; you just make me sick. I'm not telling you to stop doing drugs, do it all you want. Don't brag to me about it, because I think it makes you really pathetic.

Sure, I have friends that do the stuff; I don't hate people who do it. It's their life, and I can't tell them what to do. I just don't want to hear about it.

Did that sink into your empty, acid-polluted skulls? Do I need to point it out again? I don't care.

Finally, I'm sick of everybody complaining about how horrible and boring Omaha is. I've lived everywhere, I've been everywhere, and Omaha is not as boring as you think. There is a very simple thing that you must understand: Things do not come to you. You have to go to them.

Contrary to what you think, Omaha has a

very impressive music scene. I don't care about 311, they don't play here often and they're not local anymore, so they don't really count here.

Try going to see System Failure. Or The ReAnimated. Or Lead. Or Fornever. Or Entranced. Or Plosion. Or Twitch. Or Clever. Or Switchback. Or my band, The Vampire Sorority Babes. (Shameless promotion!) Or Wastoid (Who are really from Lincoln, but they're worth the drive). Or Lowercase i. Or Release. Or Row Eight Plot 30. Or Downshift. Or Ravine. Or Creatures of Habit. That's only a fraction of the bands in Omaha.

Sorry, there are no terrible boy bands for some of you to drool over and like simply because of how they look.

Those bands fit almost everyone's musical stylings, so you would have to enjoy at least one of them. The shows are usually no more than five bucks, so don't even try to complain about the price. The beer some of you buy to pass the night costs a lot more than that.

For those of you into different styles, you can go to the Old Market and beg people for

money, and entertain yourselves like that. It's always funny when you do that, especially when you mention your beer fund. (Note: I'm lying)

Seriously, there are some interesting stores downtown, which I go to when I'm not avoiding annoying market rats.

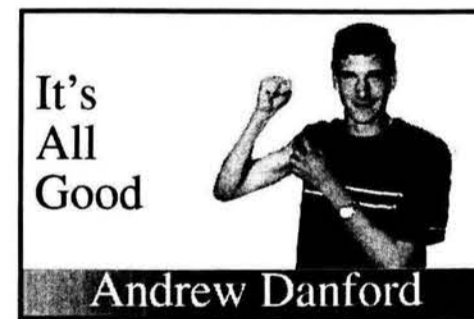
You could also go to the Joslyn and see the art, which contrary to what you think (Which is probably "Michael Gerhardt is an idiot! Why do I read this everytime?") has a very interesting amount of art, and the displays are always good.

You could go to our pristine, yuppie infested Malls, or go to our new, yuppie infested skate park.

You could drive around Memorial Park and get really drunk while you're there, especially if you're a moron.

I can't tell you what to do. I guess I can only suggest things. Maybe if you actually got up and stopped watching those horrible show like "Dawson's Creek" or any number of hospital dramas, you wouldn't be so bored.

## Bureaucracies destroy rain forests, individuality



The line stretched far beyond the door, and I was in the back of it. It was the first day of practice. Why wasn't I out on the track?

All the procrastinators, myself included, who needed to prove their eligibility for the spring sports' season had waited until the last minute to pick up the white slip of paper with their name on it from the administrators' office.

This was just the beginning.

Later on this month, I was in another line. When I got to the front of the line, the counselors told me I needed to take at least six classes

next year.  
The fun did not end when I got home. I had fun making pretty patterns out of the bubbles on the SAT and ACT registration forms. I autographed several other forms and worked my way through a rainforest's worth of papers.

The school is required to offer certain items to provide balanced lunches. The district will not allow Central to have an open campus. The government regulates when the pop machines can be on. Academic standards are currently being adopted in states across the country.

All these are examples of the great bureaucracy to which we are all subjects.

My white card did not make me a better runner. In fact, all it did was take away from the time that I could have spent practicing. I will not score any higher on the SAT or ACT because the registration forms required more than my name and address.

The individual does not matter under this system. Students have no face within the district. Six digits are all that remain of their identity. This makes it easier for Big Brother to keep tabs on them.

Choices are not eliminated, but the routes people take after their choice is made are decided for them. In a society where the right of individual choice and freedom is celebrated, it seems only appropriate to allow people to go about achieving goals in their own way.

When large numbers of people need to be managed, organizations create ways to control the decisions of the members to make them fit in with the grand scheme of things.

Often, it is necessary for regulations to keep organizations under control. It would not be conducive to the learning environment if students came and left school whenever they pleased. People probably would not challenge themselves if they were allowed to determine the number of classes they take.

Likewise, standards should be adopted for certain awards and achievements. People should not be awarded a high school diploma if have not passed freshman English. These standards give motivation to challenge oneself.

If they choose to further their education, they should be more than welcome to seek that option.

If they choose to sit on their rear, they should still be allowed to graduate based upon past merits.

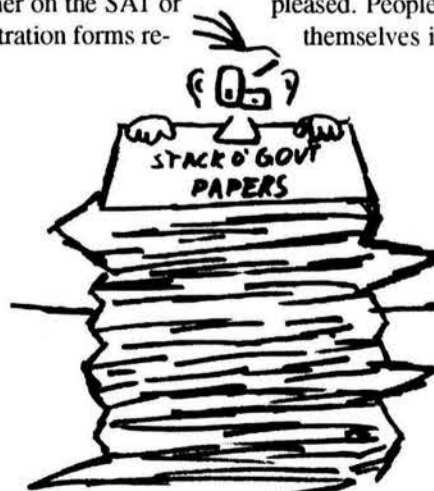
The graduation requirements could be raised if the establishment wished for them to take more classes.

Time would be saved with all the paper work that results from this type of bureaucracy. The middlemen could be cut out from the process.

However, there will always be flaws with any system. People would find ways to abuse any system in which they are afforded greater freedoms.

It will probably never be all good.

- Top Ten Signs of Bureaucracy in America**
1. The government is considering the purchase of forests to supply the paper demand.
  2. The INS requires immigrants to bring a keg of beer from their homeland for the next presidential gala.
  3. 1-80 has turned into a paper trail.
  4. School lunches are required to have no less than five grams of hair in every serving.
  5. The Defense Department now demands that army recruiters bother Juniors three times a month.



6. Red tape is now accepted as legal tender.
7. Prisoners must file 10 frivolous lawsuits before their term is up.
8. Campaign reform bills now require that elected officials can only keep 20 percent of their promises.
9. Television sets now come with a Surgeon General's warning suggesting that excessive use may result in extreme laziness and a desire to eat beef jerky.
10. If the IRS does not take less than 75 percent of your paycheck, you are automatically charged with evasion.



# Perspectives

Drugs

Letters to the Editor

Bias



## Stricter policy improves athletes

Central's baseball coach, Scott Hodges, is enforcing a stricter criterion to play on his team.

This helps with reiterating the idea that sports are not the main part of high school.

In order to start, a player must not be failing any classes. To be able play on the team, one can only fail a maximum of two classes.

According to the Nebraska School Activities [NSAA], an athlete must be passing 4 credits, which leaves more room for failures in classes, than Hodges' requirements.

Athletes represent the school they are playing for and should project a positive image for the school.

Not only this, but the school pays a substantial amount of money and attention towards its athletes and athletic programs so in the least, the athlete's should attempt to stay on top of their schoolwork.

On the other hand, athletes typically spend a lot of time involved with their particular sport and this makes it increasingly difficult to excel at schoolwork.

One possibility is to create a mandatory athletic study hall that would help athletes to

stay on top of their classes.

Yet the key to playing a sport in high school is time management. Students need to learn to balance their responsibilities and prioritize their activities.

It is entirely possible to excel at school as well as athletics.

The school provides an adequate amount of resources to aid athletes and there is no reason an athlete should be able to play a sport if they are in failing status in two or more classes.

More often than not, students who are not passing four classes are still allowed to play a sport.

Hodges should be commended in his efforts to maintain higher standards for Central's athletic programs.

Central is known for its academic excellence so it only seems rational to transfer its standards to all areas and functions of the school.

Athletes are essentially examples of Central, and if they excel at school and sports it projects a more positive image for the school. Participating in a sport is a privilege, not a right. If athletes are not able to make the grade in academics, they should not participate on the field.

### Editorial

The opinion of the Register

## Register Your Opinion

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

Will the new nine-period day be beneficial to Central?



No. The longer the lunches are, the more time there is to get in trouble.  
Greg Edds, 12



Yes. Since the school is so big and crowded it takes longer to get to class.  
Shemica Thomas, 9



No. You can't take as many classes and the periods are too long.  
Eric Rafferty, 10



Yes. Longer lunch means more time to be with friends.  
Chapin Sellin, 10

# Drug companies deny aid to needy

Drugs for most diseases are simply too expensive for most people in the Third World. Millions of people in Third World countries die each year from diseases such as malaria, tuberculosis and AIDS. They die because it is not profitable for drug manufacturers to keep them alive.

An overwhelming majority of the drugs on the market today have absolutely nothing to do with matters of life and death. These are drugs that may one day save the world from the plagues of toenail fungus, baldness, facial wrinkles and impotence.

The market for such drugs is worth billions of dollars a year. Although some of

these drugs are used for relatively serious problems, they are far from being lifesavers like penicillin.

Meanwhile, fatal and infectious diseases go untreated, claiming millions of victims per year, many of which are children in poor nations.

These companies continue to show that their research is focused on only the most profitable of conditions. There are vaccines for diseases such as malaria and tuberculosis, but they are no longer largely produced by drug companies, simply because they can no longer profit from them.

Although there are millions of people in the world today who would benefit from the use of these drugs, they cannot afford to pay

the prices huge corporations demand.

Companies only seem to think about the price of their stocks; and announcing that they have discovered a drug which addresses the problems of people in a Third World country probably won't do much for the share price.

AIDS is the disease ravaging Third World countries that receives substantial research because it affects the First World as well. Yet, the cost of a year's supply of the highly recommended multi-drug cocktail of three AIDS medicines is prohibitive for most African people.

Given the drug industry's profitability and subsequent power, it is clear that the drug companies could do far more. It has become equally clear that they will not unless they are forced to.

One solution may be to bust the long-term drug patents that enable companies to fix extremely high prices and inhibit competition.

Competitors should be allowed to produce generic versions of needed medications for distribution to the poor.

Donations of drugs from these companies would be of great benefit. It would cost them some money, but it is not going to bankrupt them. Favorable tax incentives may also help to accomplish this.

If we cannot change the markets, we must humanize them.

We live in a capitalistic society, and one cannot deny that the drug companies have every right to profit from their products. However, drug companies also have a moral responsibility to the dying people in Third World countries.

### Editorial

The opinion of the Register

# Shootings rest on shoulders of many

Parents, educators and the media need to take more responsibility for keeping guns out of the hands of children. The shooting of 6-year-old Kayla Rolland by another 7-year-old boy is another death on the mounting toll of children killed in gunfire. Something must be done by everyone to stop this.

Parents who own guns should keep them unloaded and out of reach of any child, no matter what it takes to do this. Gun safes and gun locks should be mandatory for every gun owner, as well as a place to lock

ammunition. Fire arms should not be available to children. Congress should not make any laws to strengthen gun control, parents should do this themselves.

Parents should talk and communicate with their children. If the boy's parents would have talked to him, the chances of him taking a gun to school would have been much smaller. If his parents would have given him a better place to live, Rolland might still be alive.

Educators also have a roll in preventing a tragedy like this from happening again. Conflict resolution should be taught at all

grades, as opposed to just the higher grades.

The boy had a history of violence. According to authorities, the boy had been suspended twice, once for fighting and once for stabbing a girl with a pencil. Clearly, this boy needed help from school psychologists.

There is no way this should have been ignored, but it was. Stabbing girls is not something any 7-year-old does. According to authorities, the boy brought the gun to school "just to scare her."

This is not the action of a boy who is sane. The educators need to take some responsibility for this.

Finally, the media needs to take it's main focus off of violence and guns. On any given night, one can look on TV and find any kind of violent programming. While many are skeptical of this idea, children do learn violence from the media.

Dylan Klebold and Eric Harris got many of their ideas from the ultra violent movie "Natural Born Killers" and computer game "Doom."

Children, especially young children, are easily influenced by this kind of media. Children should not be exposed to violent programming.

### Editorial

The opinion of the Register

## The Register

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## Complaints Unjustified

As long as less talented people are jealousy complaining about the superiors, I might as well toss in my two cents.

First of all, I'm tired of the same people wrestling at every tournament for our school.

Every time it's the same few guys getting thrown around on the mat. Why not just wrestle once and give somebody else a chance instead of doing again and again, week in and week out.

To me, all they are doing is showing off their abs and the biceps and rubbing it in everyone else's faces. They should have consideration for what the other people want to see.

Yet the coaches (Teachers) pick the same few people every year and everyone else that tries out is cut. I guess they're just in awe of their talents and want to see them do it again and again.

Oh! Wait a minute! I was confused! Wrestlers don't wrestle for other people. They do it because they enjoy it and are good at it.

Actually, it is kind of like the kids in Roadshow. They tried out with what they are good at and sure enough, they made it in. What a crazy world!

Besides, if you don't like what's in the show, don't go! Another four bucks in your pocket and you didn't have to waste a whole morning. I have noticed that people who don't appreciate wrestling don't often attend matches.



Those spectators aren't ignorant enough to complain about it in the paper, though. Well, until now I guess.

Ben Bahr, 11

You know the wonderful part of high school is when the weekend comes.

But what could possibly make for more than a couple minutes of displeasure when somebody comes up and tells you one of those "he said, she said" things.

You know funny it is when you hear somebody is talking "smack" behind your back calling you a loser or something, when who's really a loser? Probably the ones who are talking crap.

You know that is probably the most discouraging part of this particular High School is that nobody can keep within their own boundaries.

Whats really funny is when you switch it around and those people who you are talking smack on you and then they feel bad. Then there is people who are talking smack on you and then they feel bad, then there is people who

feel sorry for them.

Oh well what can you do about it, that's life.

Matt Ciaccio, 11

## Write instead of whining

Many central students walk around when Central's newspaper comes out and complain about how much they hate it. Yet, they only read one or two columns. Students complain about how unfair the paper is, yet they don't do anything about it.

If you feel that the paper is unfair or the publication of Satan, then write a letter because I'd rather read your complaints than hear them. Write a letter even if it's to call Michael Gerhardt "ugly". If you have something to say and you say it intelligently, most likely they'll print your letter and you'll be heard.

Also, if you say you hate this paper sit down, read the articles and form your own logical opinion for once, Central students. Most of you (I hope) are able to make your own decisions and have your own views. Plus, you have a way to express them, like I am, through writing a letter. So stop crying to me and your friends and actually do something about it, WRITE!

Chris Aponick, 10

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



# Alternative Medicine

## Population turning to alternative, complementary and natm

By Sarah Peterson

Rather than using conventional medicines prescribed by doctors, many people are turning to alternative medicines, the Director of Education from the Herb Research Foundation in Boulder, Colo. said.

Mindy Green said that alternative forms of medicine have especially become popular in the past five to 10 years. Herbal and dietary supplements, such as echinacea and ginseng, are more commonly used and more researched.

The pharmaceutical industry is entering this business, which is expected to be worth \$8 billion by 2000, Green said.

Currently, there are over 300 herbs that are being used for medicinal purposes.

At the same time, some doctors are beginning to learn more about alternative medicine, Green said. However, she said that many are still hesitant.

"There are certain areas of the country where doctors are more open-minded to these ideas," Green said.

Dr. Randall Bradley, who specializes in homeopathic medicine, said that people should differentiate between alternative, complementary and natural medicine.

Bradley said that alternative medicine is a cure that is not accepted by conventional doctors. This often is not very different than conventional medicine, but is simply less tested. For example, at one time radiation therapy was considered an alternative form of medicine but now is commonly used, he said.

Dr. Jeffrey Passar, who practices integrated medicine (a combination between conventional and alternative medicines), defined alternative medicine as any medical procedure not taught in standard medical schools.

He also said that these procedures may or may not be reimbursed by insurance companies.

Bradley went on to say that complementary medicine "complements" another system. This would include such things as yoga and massage which people would use in addition to other medicine.

In natural medicine, the belief is taken that the body's

natural ability to cure should be stimulated, Bradley said. Contrary to conventional medicine where symptoms are treated, natural medicine treats the whole body system.

Bradley said that while many people think of herbs and such as natural medicines, these are not in reality because they treat symptoms and not the person.

St. John's Wort, for example, might be natural, but it has the same basic effect as Prozac, he said.

In natural medicine, such as homeopathy, an antidepressant would not be used. The entire body would be treated to cure the depression.

Green said that contrary to what many believe, the sale of herbal and dietary supplements is regulated by the federal government under the Dietary Supplement Health and Education Act of 1994. The government does have the right to pull these supplements off of the shelf.

People who do use herbs have to use caution when self-medicating, Green said. People have to be sure of their diagnosis and know the herb.

"If people are going to self-medicate," Green said,

"they have to self-educate."

If anyone is seriously ill, a doctor should be seen, Green said.

Senior Lori Eiserman has been using alternative medicinal forms for several years.

She began learning about herbal medicine while working at the Community Natural Foods store.

She said that by looking up various uses of herbs, she learned about the various uses of herbs.

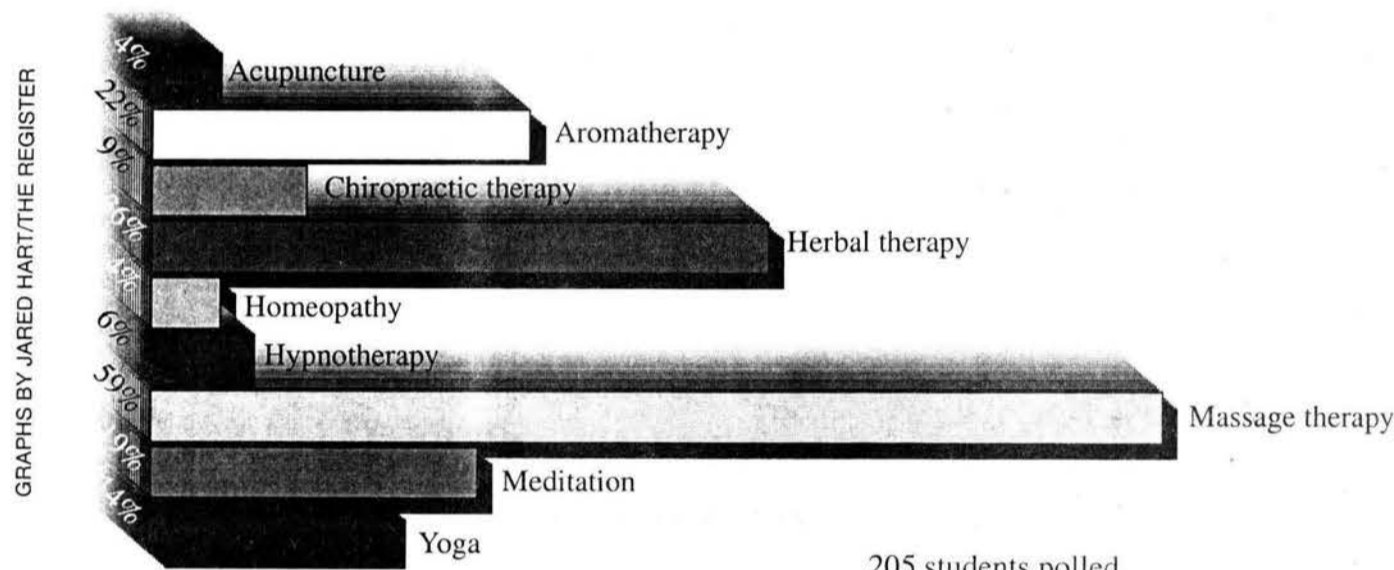
"Now when I have a stomach ache because I know it is good for nausea, I use ginger instead of using Tylenol for a headache," she said.

Commonly used herbs include echinacea, cranberries, green tea, bilberry, ginger, and ginseng.

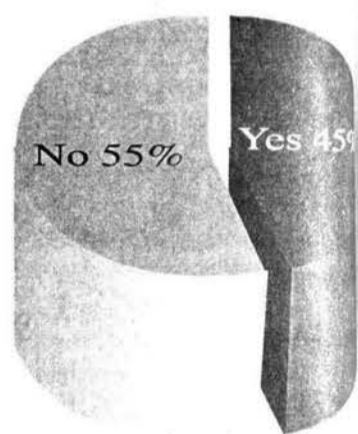
Green said herbs have many benefits. Evening primrose oil can be used for skin and inflammation.

Ginkgo can be used to increase blood flow to the eye complications and assist in first aid.

## What forms of alternative medicine have you used?



Do you often use alternative medicine instead of traditional medicine prescribed by doctors?



## Acupuncture pokes its way into Western medicine

By Jenny Nelson

Could a 5,000-year-old Chinese technique for treating various conditions of the body be as effective as Western medicine?

Dr. Shawn Schmidt, a doctor of chiropractic at the Nebraska Natural Health Center, said that acupuncture is a conservative form of treatment, whereas Western medicine is an aggressive form of treatment. This means that Western medicine is much better for a quick remedy while alternative, or Eastern medicine, is better for general health.

"To me, Western medicine is alternative medicine," Schmidt said.

Acupuncture, like any other kind of medication, is not a cure-all, he said, but it is good for pain control and it has a high

success rate with low-injury risk.

Western medicine has a much higher risk than acupuncture, with 295 people dying each day from side effects of medication, Schmidt said. Eighty-two percent of Western medical procedures are not effective.

However, he said that Western medicine is very good for life-threatening situations whereas acupuncture works better for things like balancing the energies in one's body, even though it can treat illness.

Jim Dowden, the Executive Director of the American Academy of Medical Acupuncture, said that there are many different theories on how acupuncture works.

He said the Chinese theory of acupuncture is the belief that energy flows throughout the body, and the needles channel the energies.

"The application of acupuncture needles

corrects the flow [of energy]," Dowden said.

He said that this theory sounds mystical to many Americans, and they can't relate to it. He said the com-

mon theory in the United States is that the application of the acupuncture needles releases endorphins in the body that produce a soothing effect on the brain which reduces pain and gives an over-all sense of well-being.

Senior Greg Berger said that he tried acupuncture in California about a year ago. He did it because he has problems with his back and so that he could get the experience.

"It was very relaxing," Berger said.

He said that the needles did not hurt at all and that he would probably do it again.

Berger said he prefers using alternative medicine because he does not like foreign things in his body. He hasn't taken Tylenol for four years.

Dowden said that acupuncture may be better than pills and other treatments, but the patient should be evaluated by a physician who knows both modern medicine and acupuncture. He said that this technique is just like different drugs—people should try them, and if they don't work, they should move on.

Schmidt said that acupuncture evolved from massage and spinal manipulation five or six thousand years ago.

Dowden said that there were three separate studies in November of 1997 by the National Institute of Health (NIH) on whether or not acupuncture is effective.

The first study stated that acupuncture was effective to a certain degree on relieving different kinds of pain, such as dental pain, and nausea related to chemotherapy and pregnancy, Dowden said. The second study suggests that acupuncture is effective but does not completely prove it, and the third was not conclusive.

Dowden said

that there have been a number of subsequent studies on the effectiveness of acupuncture.

He said that last year the American Medical Association (AMA) conducted a study on electro-acupuncture that stated that it was more effective on back pain than drugs. Electro-acupuncture therapy is a treatment where the doctor applies an electric stimulation to the basic needles used, he said.

Junior Jennifer Stober said that she thinks that acupuncture would not be as effective as modern medicine. She also said that she has a tremendous fear of needles.

"With the advancements of medicine today, better methods [of treating people] have been found," Stober said.

She said that she would not try acupuncture, even if the need arose.

Dowden said that acupuncture is "clearly" becoming more popular, along with the increasing popularity of alternative medicine in general.

"This is a dramatic change from ten years ago," he said.

Last year was the first year that there were more patient visits to alternative medicine practitioners than to Western clinics that prescribe drugs as remedy, Schmidt said. People are getting more educated and preferring conservative treatment over aggressive treatment.

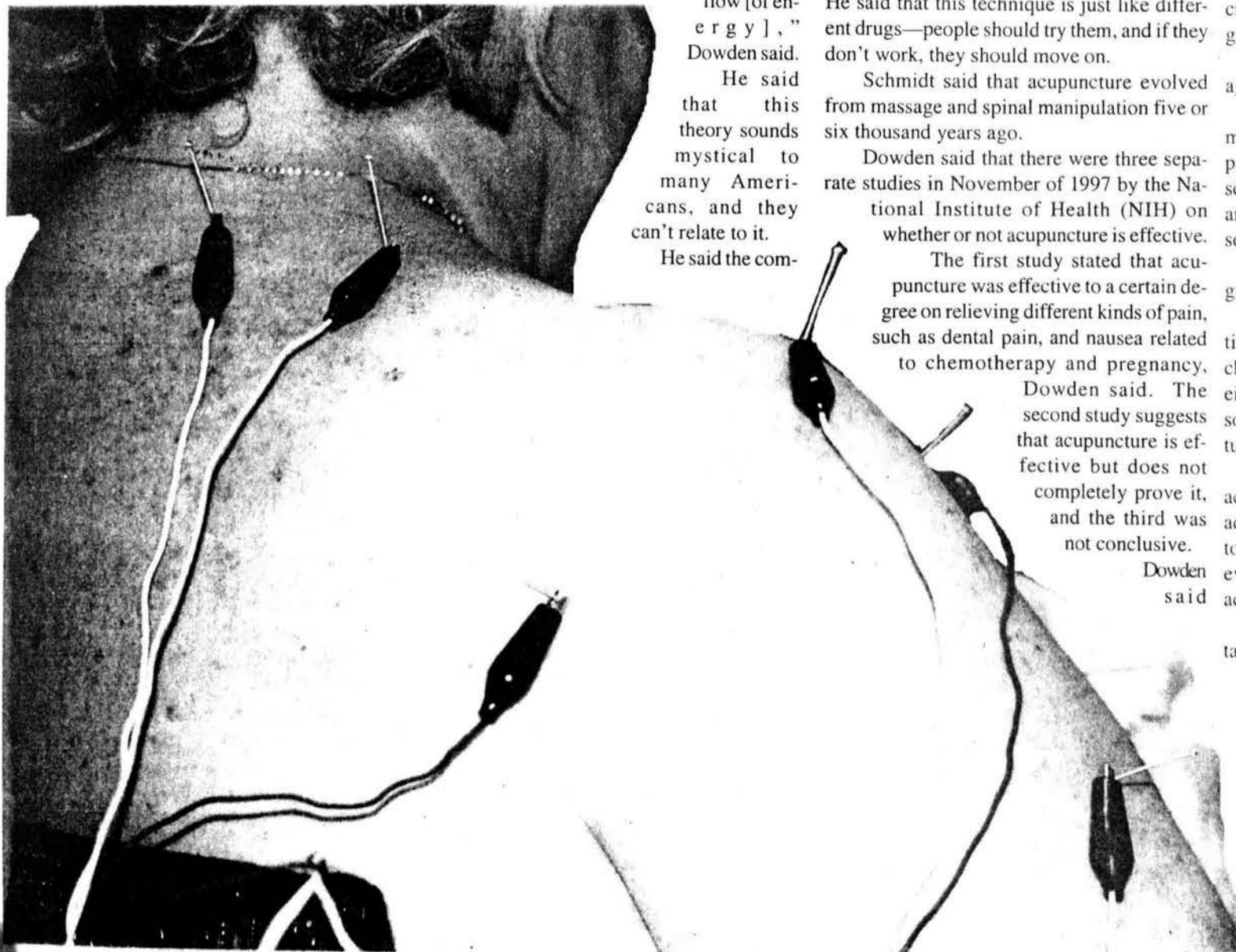
Schmidt said acupuncture is getting greater acceptance every year.

Dowden said that as the average population age is getting older and having more chronic conditions, such as arthritis, people either take on a lifetime of drug therapy or find some other form of relief, such as acupuncture.

He said that the patients are driving acupuncture's popularity instead of expensive advertising. Since the patients are asking doctors whether acupuncture is right for them, even "normal" doctors are getting training for acupuncture.

"What gets people better is most important," Schmidt said.

**LEFT: Dr. Shawn Schmidt from the Nebraska Natural Health Center demonstrates electro-acupuncture on a volunteer.**



KAITLIN DAVIS/THE REGISTER

## Aromat

Aromatherapy from concentrated aromatic plants. The aroma is a characteristic fragrance of oils.

Essential oils are volatile compounds that evaporate into the air. The essential oils are greasy.

There are over 1,000 essential oils.

Not all products are aromatherapy.

Aromatherapy can be subtle or drastic to the individual.

Through bath or simply through aromatherapy, confidence, relaxation, anxiety and insomnia are helped.



# the other side of the line

## Medicinal forms

used for the inflammation of the urinary tract. St. John's Wort, which is used to help in mild depression, is now more commonly prescribed in Germany than contemporary medicine. It is also becoming more popular in the United States.

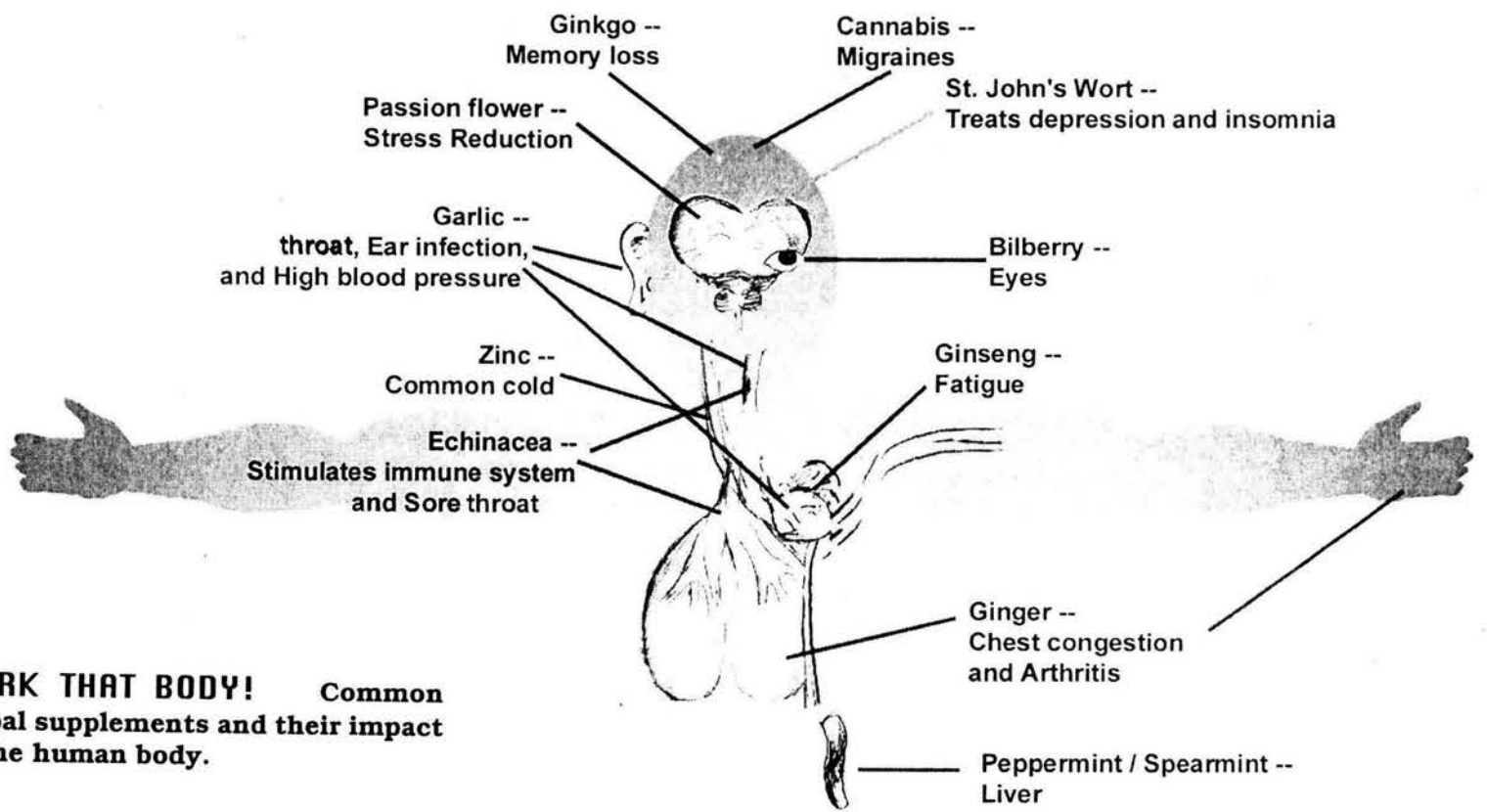
Green said that there are some good, safe herbs for the general population, but that these should be used appropriately. "Herbs shouldn't be substituted for free drugs," Green said.

She said she felt that some herbs were abused by teens. "Some people will abuse anything that stimulates or relaxes," Green said.

Eiserman said that many of these herbs can be used as supplements, but most users are not going that route when they use these herbs.

She said that while many people abuse such things as marijuana, these drugs do have many important medicinal uses that should only be prescribed by a doctor.

Passar said that most teens use alternative medicine to help sport performance and increase memory.



Khay Patterson, 10

"I would rather take something that has been proven by a doctor than experimental herbs or medicine that can be harmful" Patterson is not totally against the use of alternative medicine, but he prefers to use drugs that have been tested.



Ashley Cook, 11

"Alternative medicine can help build up the defense of the immune system and it feels good." Cook uses alternative medicine in addition to traditional medicine. She has used aromatherapy, chiropractic therapy and massage.



Joseph Tingley, 10

"If alternative medicine works, people should use it." Tingley has not used alternative medicine, but would consider it.

## Chiropractic therapy realigns your spine

By Courtney O'Malley

You might someday develop back problems because your backpack is too heavy.

This statement might be true, Dr. Steve Weiss, chiropractor for the Applewood Chiropractic Center said.

Many teens suffer from back-related problems due to backpacks, sports related injuries or bad posture, Weiss said.

"Within the last year there has been approximately a 10 percent increase in the number of teens that have become patients," Weiss said.

Dr. Steve Weiss said that chiropractics is basically the practice of curing parts of the body with the hand.

"Chiro" means hand, "practor" means practice, Weiss said.

According to the Merriam-Webster Dictionary, chiropractics is "a system of healing based especially on manipulation of body structures."

Chiropractics is used for people who diagnose abnormalities of the body without medicine or drugs, Weiss said.

Central senior Justin Galaska has recently gone to a

chiropractor.

"Since soccer started, I've experienced a lot of back pain," Galaska said. "It makes everything feel so much better, and relieves the tension and pain."

This is achieved through a variety of spinal manipulations, including realignments and readjustments, and also with soft tissue manipulations like massage therapy, muscle stimulations, ultra sounds and exercise, Weiss said.

Physical therapy is another type of therapy that often goes along with chiropractics, Physical Therapist Pam Johnson said.

"Chiropractics is concerned with the skeleton and the realignment of the bones and joints, whereas physical therapy is more concerned with the body as a whole," Johnson said.

Along with chiropractics, physical therapy is not always effective in one session. The first session usually includes an examination.

Although you often have to come back, chiropractics is like antibiotics, you have to keep taking them until the problem is gone.

"It's like exercise, it would be nice to look like Arnold

Schwarzenegger after the first session, but most of the problems treated are chronic," Weiss said.

With chiropractics the doctor may treat the problem after the examination, Johnson said.

He said that physical therapy on the other hand treats anything and everything, and continues to teach the patient how to strengthen muscles afterwards.

"It would be great to fix a person once and send them on their way, but you must teach the person how to correct themselves," Johnson said.

Chiropractics has been around for over a hundred years, like physical therapy, it treats patients of all ages, Weiss said.

"The cost range can be anywhere from thirty dollars and up," Weiss said.

While chiropractics and physical therapy are no longer considered to be alternative medicines because they are too mainstream, neither practice uses medicine or drugs.

"Although alternative medicines are effective, I feel there is no replacement without medicines such as antibiotics. This is just one technique to reduce pain," Johnson said.

## Yoga relaxes the **Body,** Spirit, Mind



By Sarah Peterson

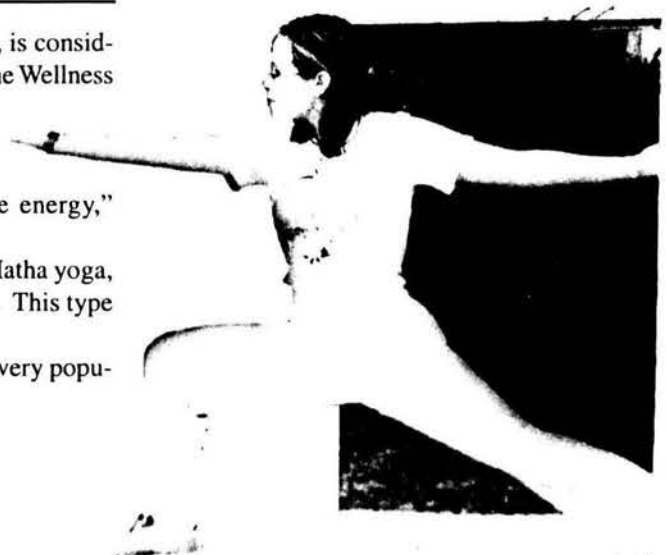
Yoga, coming from the Old English word "yoke" meaning to connect, is considered one of the most powerful forms of alternative medicine, a teacher from the Wellness Connection Center in Omaha said.

Lyndy Stratbucker van Latenstein said yoga helps people connect with who they are.

"Yoga helps us reach down to the deep stuff and release negative energy," Stratbucker van Latenstein said.

There are hundreds of types of yoga, Stratbucker van Latenstein said. Hatha yoga, a more physical yoga, is perhaps the type of yoga that most people relate to. This type of yoga deals with posture.

Other types of yoga, including several that focus on breathing, are also very popular, Stratbucker van Latenstein said.



**OHMMMM... Junior Kathryn Aagesen (Left) and Senior Lori Eiserman (Right) demonstrate yoga moves.**

PHOTOS BY CATHY COLLING/THE REGISTER



# Material girl's acting abilities prove worthless in dull plot

**KICKIN' IT WITH CURLS:** Madonna stars in the new Paramount Pictures film "The Next Best Thing" as a woman who raises a child with a homosexual male as the father.



By Talya Greenspoon

For those of you who say Madonna can't act...you're right!

"The Next Best Thing," her latest attempt at the film business, while replicating the gay-man-straight-girl-friendship plot of movies like, "My Best Friend's Wedding" and "Object of my Affection," failed to reproduce the enjoyment factor of its predecessors.

I am not disputing the fact that Madonna can sing; I'll even say she can do it reasonably well, but her presence brings down a movie that had the potential to be a rental hit.

The story goes like this. Madonna is Abbie, a yoga-instructor (a convenient way to show off her toned body) who is suffering from a recent breakup.

Rupert Everett, last seen as the gay best friend of a single woman in "My Best Friend's Wedding," stars as Abbie's gay best friend Robert.

Suffering from a night of drunken follies, Abbie finds out that she is pregnant...with Robert's baby. The two decide to become a little family and raise



PHOTOS COURTESY OF PARAMOUNT PICTURES

the child together...and the rest is history. At least, that would be the good point to stop this movie that unfortunately continues on for another hour.

As the movie progresses, and I use that word loosely,

Abbie and Robert struggle to raise their son, Sam, while dealing with their own love lives.

I won't give away the "twist" in the plot, but let's just say it's not a reason to see the movie.

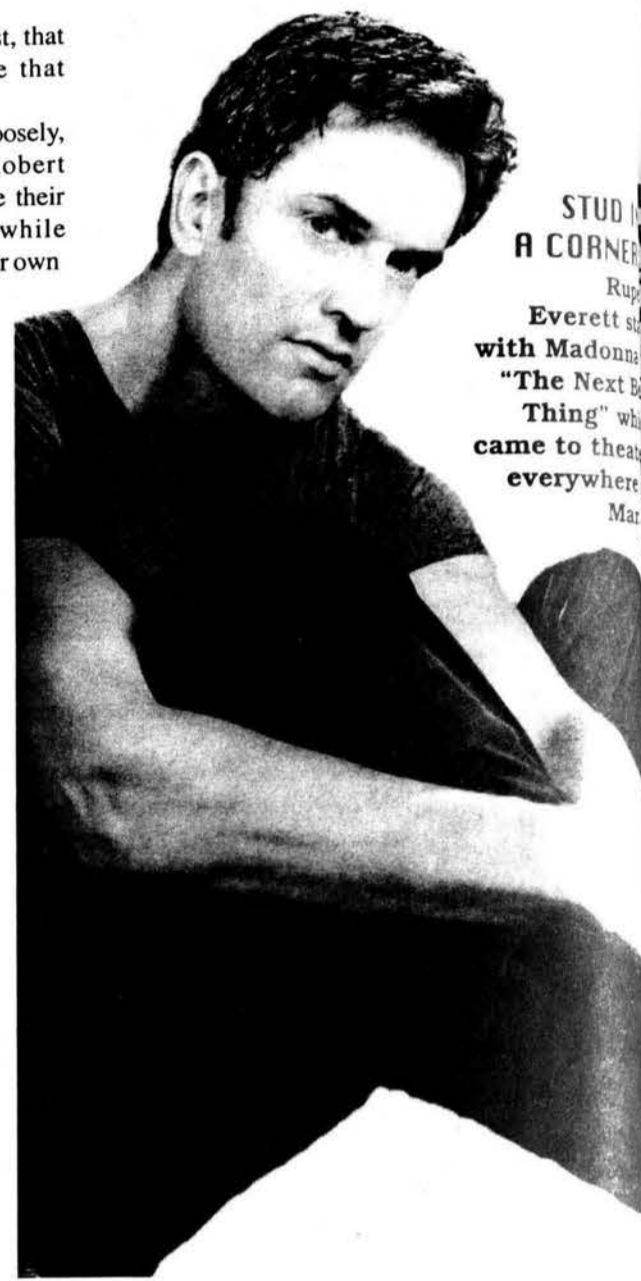
I think what really made me feel unsatisfied by

this film was the lack of human emotion from Madonna.

Even though the story was sometimes funny and the other actors were very talented, it was just too hard to believe that Madonna [the icon] was crying from a breakup, or for that matter, ever expressing a real feeling in her unidentifiable European accent.

The movie ends predictably, still lacking the heartfelt connection promised in the ads. I can't help feeling that if Julia Roberts or even Jennifer Aniston had played Abbie, the movie wouldn't have been so disappointing.

Maybe I should have known from the title, this movie was the next best thing, to seeing a different one.



STUD...  
 A CORNE...  
 Ever...  
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 "The Next...  
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**MIDDLE:** Madonna and Rupert Everett contemplate kissing as they star together in "The Next Best Thing," which also stars Neil Patrick Harris and Benjamin Bratt.

# Artist enriches Old Market area with pottery, sculpture

By Daisy Bonham-Carter

A local Omaha artist, skilled in painting, sculpting and making clay works, has a studio in the Bemis building located in the Old Market.

Tom Harnack, 35, has been working in the field of arts ever since his junior high years and has gotten scholarships and numerous awards for his work. Harnack said his first art teacher was his greatest influence.

Harnack said he has also made a wood-fire kiln, which holds between two hundred fifty and four hundred pieces of pottery in one firing. In total, the kiln is 48 ft. in length, five and a half ft. in width and five ft. in height.

"Basically," Harnack said, "it looks like a fish."

Harnack said his wood-fire kiln is one of the Japanese kilns, which are named, "Anagama," meaning "a tunnel (or tube) in a hill." The Japanese people built this type of kiln in the fourth century B.C.

Harnack said that the kiln he made in Fort Calhoun,

Neb. is the only one like it in the Midwest. The kiln's temperature can reach up to 2,400-degrees Fahrenheit of high firing.

Harnack said that the kiln is made with mortar, wet clay and high-refractory bricks. The kiln itself takes five to six days of firing, with ten days to cool down completely.

Because it is a wood-fire kiln, it goes through five cords of wood in one firing alone, with one cord being eight ft. long, four ft. in height and four ft. in width. The kiln has to be manned twenty-four hours a day, Harnack said.

"Loading the kiln," Harnack said, "is a very crucial thing."

Harnack went to Japan for three months, in 1997. There, he researched and learned about the kiln. His Japanese friend, Taku Kawasaki, had helped him with the research. When Harnack got back from Japan in 1998, he said he started building the kiln with a friend and fin-

ished nine months later.

Although Harnack loves art, he said that it is also frustrating. A piece that he has etched in mind rarely comes out like he would like it to, he said.

Harnack said he gets most of his ideas from the environment, nature and interacting with other artists. He sticks with the changes and foundations, but the final ideas he has kept the same.

"It is frustrating, but fascinating because you have to start over so many times if the piece doesn't turn out right. If you don't know what your next move is going to be, even Harnack said.

Harnack said he has made roughly over thirty thousand pieces of art, first starting in junior high. He would make between 250 to 400 pieces [a day] in years for college, starting at 8 a.m. and ending at 5:30 p.m. The pieces were a collection of everything, Harnack said. His work ranged from life-size sculpture, to pottery to simple shelves and vessels.

# Jagged Edge creates mature masterpiece

By Tarrin McGhee

Jagged Edge is the best male quartet to hit the music scene since the R&B group Jodeci, and it is racing up the charts with its new sexy, soulful album entitled, "JE Heartbreak."

With songs like "He Can't Love U" and "Let's Get Married," it's no wonder why so many people have this album just resting in their compact disc player waiting to be played.

Not only has the group matured, age wise, but you can definitely see, or should I say hear, a change in its music since its last album, "A Jagged Era."

The tightest song on the album is track number three which is titled "He Can't Love U."

The song talks about how this couple broke up and the woman in the relationship became involved with another man.

In the song, the artist is basically telling the woman that the other man can't love her like he can. For example:

"He can't love you like I love you, like I love you, baby you know it too, and you should never wanna be with a man if he can't be a man and do the things to you like I can."

After first listening to the whole album from beginning to end, I had to listen to it a second time to make sure I wasn't mistaken.

There is not one song on the whole entire album that I didn't like.

It is a masterpiece. The producers, songwriters, singers and everyone who was involved with the album did an outstanding job. Every song has a tight beat and the singing is unbelievably good.

The group really showed its singing abilities on track number seven titled "Let's Get Married," which talks about a couple that has been together for a really long time.

The man in the relationship is tired of being just "girlfriend and boyfriend" which he so beautifully expresses in the chorus part of the song which goes a little something like this:

"Meet me at the alter in your white dress, we ain't getting no younger we might as well do it. Been feeling you all the while, girl, I must confess I just wanna get married. Why can't we get married?"

Now don't get me wrong, the album isn't all that sappy and only speaks of love, but the main focus of all the songs is on relationships.

Which in my opinion, is a nice change from all the rap music out now.

I would encourage everyone to go out and buy this album. It's not just an album for adults, or just for teenagers, or just for white kids or black kids. It's an album that everyone can relate to.

So, what are you waiting for? Go get it while it's hot!

# New Artist

# Madd Rapper shares fame with other musician

By Stefanie Wulff

Nothing's sane about the Madd Rapper's "Tell 'Em Why U Madd" album, which professes the joy of staying ghetto, living ghetto and being ghetto.

Better known as Bad Boy Hitman Deric "D-Dot" Angelettie, the Madd Rapper's illuminating album lyrically illustrates the artist's exceptional mic and writing skills, punctuated with the ghetto style of a homeboy from Brooklyn.

A serious listen to "Tell 'Em Why U Madd" would leave you as scared as a three-year-old with no thumb to suck. Meaning, the lyrics are rude, crude and delivered with a bad attitude.

An enlightening listen to the album would leave you musically satisfied with the "Crazy Cat" Madd Rapper and his friends.

The Madd Rapper said of his style, he is rapping as a real Brooklyn dude with money, honnies and fame. He also said that he represents all the frustrated, unsigned rappers who 'know' they're better than people who have already blown up into the world for fame. The Madd Rapper says what everybody wants to, but are too afraid to say.

One of the few things that I don't understand about the Madd Rapper is that he sings about how he's ghetto and has no money, but he is loaded and most likely has tons of honnies. Perhaps he's singing about his life before his stroke of fame.

Other artists assist the Madd Rapper in the creation of his songs. Rappers such as Picasso Black, Mase, Sean "Puffy" Combs, Eminem, Busta Rhymes and 50 Cent contribute to the Madd Rapper and make the songs more diverse and likable.

I'm not one for rap, but several songs on "Tell 'Em Why U Madd" called out for my attention and they sure got it. The eighth track on the album called, "How We Do," features Puff Daddy and it is my favorite song on the disk.

Told in bold street language, augmented with bomb beats in the background, Puff Daddy and the Madd Rapper

make the song come alive and off the page. Even though some of the lyrics are a bit rude, speaking of getting smashed and boasting about their financial status, the rappers created a memorable song.

"Stir Crazy," which features Eminem, is the second best song on the disk. The Madd Rapper and Slim Shady sing of how they're crazy and waste their money on stupid things, like drugs. This is a positive message, however, it still sounds negative in the song. Maybe it's just me, but hardcore hip-hop never seems to be able to carry out a positive message.

"Ghetto" seems to be the Madd Rapper's favorite word and it was so special to him, he made a song about being ghetto and proud of it.

He sings of "Spending a dollar for some wine while my clothes are on the line, I'm ghetto.../ See me cruisin' down the lane at 2 mph, babe, I'm ghetto." The slow, classy background music adds to the funniness of the song and helps it pass my approval.

And of course, my favorite insane rapper, Busta Rhymes, makes his cameo in track number 13, "Bongo Break." Busta rambunctiously flows with the Madd Rapper and complements his Latin/hip-hop jam with snazzy background music.

As funny as it's not supposed to be, the Madd Rapper gives rapping in Spanish a chance in "Esta Loca (She's Crazy)." I wish I could see this performed live.

Since I don't understand Spanish, I don't know what most of this song is about, but some of it is, however, in English. The English part mentions Jerry Springer, Jennifer Lopez, Ricky Martin and a buck-wild, miniskirt-wearing sista with no sexual boundaries.

A little bit of background if you were wondering how this rapper got other rappers to help him out on his album...D-Dot formed the group 2 Songs in a Ciper and BAHIA, his independent label that released their only hit. Unfortunately, the label and the group fell flat on their face, but D-Dot never gave up.

The turning point of the Madd Rapper's bounce back was when he became a Bad Boy Entertainment intern, soon was promoted to its Merchandising Director and

began to book acts for rappers such as the Notorious B.I.G. Puff Daddy then personally chose him to be his labels Director.

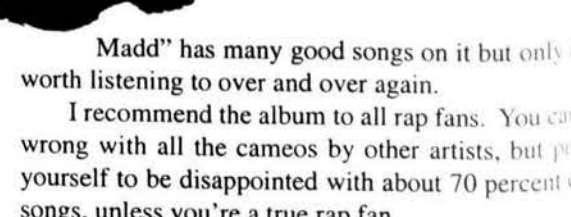
While D-Dot was an Executive Producer, he helped blockbust albums for Made, Puff Daddy, The Lox, Busta Rhymes, Black Rob and of course, the Madd Rapper. D-Dot's Crazy Cat Catalogue label was signed to Columbia Records and through his experiences with other label barring artists, he was able to achieve his goal and get out of his rut.

"Tell 'Em Why U Madd" is a masterpiece.

Madd" has many good songs on it but only a few worth listening to over and over again.

I recommend the album to all rap fans. You can't go wrong with all the cameos by other artists, but prep yourself to be disappointed with about 70 percent of the songs, unless you're a true rap fan.

**LIVIN' LARGE...**  
 The Madd Rapper's "Tell 'Em Why U Madd" features artists such as Eminem, Mase, Busta Rhymes and Puff Daddy.





Who's the one . . .

DROWNING MONA?



Jeff Dearly  
(Marcus Thomas)  
-Ht. 5'9"  
-Wt. 210 lbs.  
-Hair: Lt. Brown  
-Eyes: Brown



Phil Dearly  
(William Fichtner)  
-Ht. 5'6"  
-Wt. 147 lbs.  
-Hair: Brown  
-Eyes: Brown

QUENTIN LUENINGHOENER/  
THE REGISTER

WHO DONE IT???

Is it Bobby in the kitchen with a knife or maybe Rona in the study with a rope? The whole mystery surrounding Mona's death is who wouldn't want to murder her. Pictured below are some of the suspects in this murder mystery.



PHOTOS COURTESY OF  
HASBRO ENTERTAINMENT



Bobby Calzone  
(Casey Affleck)  
-Ht. 5'7"  
-Wt. 162 lbs.  
-Hair: Blonde  
-Eyes: Blue



Rona  
(Jamie Lee Curtis)  
-Ht. 5'7"  
-Wt. 147 lbs.  
-Hair: Brown  
-Eyes: Brown

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By Sandi Czapl

Yugos with personalized license plates are the reoccurring materialistic items in the new film "Drowning Mona."

This clever movie with a disturbing plot portrays Verplanck, NY in its worst state.

The worst woman in town, Mona Dearly (Bette Midler) has just driven her beautiful yellow Yugo into the local lake and drowned.

The funny thing is that she was so feared and annoyed so many people, that no one is especially upset about her untimely death. I'm sure this sounds like at least one person you know.

The only person that seems to care about the lovely Dearly is the Chief of Police Wyatt Rash (Danny DeVito).

The only question that haunts Chief Rash's investigation is if there is anyone who wouldn't want to

kill Mona Dearly.

She made life absolutely miserable for her only son Jeff (Marcus Thomas) who has to be the weirdest character ever to come to screen.

The whole mystery surrounding this stud muffin was how his hand actually became a nub. Instead of a complete five-fingered limb, he has a stump.

Jeff is an unproductive assistant to Bobby Calzone (Casey Affleck) who's only dream and aspiration is to have his own business and have a semi-functional family.

Calzone is the accused killer throughout the whole movie because Mona Dearly was bound to make his life a complete mess.

Calzone's fiancée and Rash's daughter Ellen (Neve Campbell) is pretty much the most normal one in the film.

The only thing that she wants is boneless chicken breasts at her wedding and is darned if she's going to have the bones exist.

Now for the worst hairstyle award. This goes to the local waitress Rona (Jamie Lee Curtis).

I mean to tell you. I've never seen something so wretched, especially on a female.

She is having an affair with Dearly's husband Phil (William

Fichtner) and is worried about getting caught.

Now let's go back to Phil. He has this weird obsession with playing the family game Wheel of Fortune while "getting it on."

Now if that's not disturbing, I don't know what is.

Throughout the movie, each character has flashbacks of their "incidents" with the infamous Dearly.

The stories change depending on who is telling them, but each one is comical and displays Dearly as . . . well . . . an old hag.

I would put this film under the category of morbid comedy.

There were parts to it that were humorous and the characters were so idiotic that I couldn't help but laugh at their stupidity.

This movie definitely was not meant to be an Academy Award winner, but sometimes those are the best films around.

Just look at "So I Married an Axe Murderer."

Somewhat stupid and yet it could very possibly be the best movie I've ever seen.

If you're looking for a light comedy (with death), I suggest seeing it.

It definitely brightened up my evening knowing that there are people out there dumber than me.

Asylum fails to incite wildness, dancing in crowd

Sandi Czapl

However, everybody else who walked in was wearing the tightest pair of pants they could find with shirts that covered just enough so that their appearance wouldn't be considered inappropriate.

The best experience I had there had to be making fun of the girl who had her hand on the wall and was repeatedly smacking it. Only adding to the mood was her constant pelvic thrusts. Yes, let me tell you, it was a lovely sight.

Of course what would a dance club be without getting hit on? Inside the club, my friend was approached and kindly turned him down, but he proceeded to watch her dance. After we had left the club, we were walking to the car and were whistled at by people who obviously had an excessive amount of class (or alcohol, one of the two).

The music inside was so extremely loud that I couldn't hear myself scream nonetheless talk. It wasn't even good music.

You know, the typical Mandy Moore tune that you can groove to.

Freaking was also a reoccurring sight inside the club.

Not regular freaking, but a rhythmic movement that was so off beat you couldn't help but make fun of these poor souls.

So as a simple piece of advice, I don't suggest going to the Asylum, unless making out, smacking a wall, and hollering at girls is your cup of tea. In which case, who am I to judge?

Picture this:  
It's a beautiful Friday evening and you have nothing to do. Knowing that one of my assignments was to go to the local club, the Asylum, I decided that it might as well make this an eventful thing and go there.  
Big mistake. I have never been disgusted by so many people in one place. I couldn't believe my eyes (or for that matter).  
As soon as I walked in the door, I turned to my right and low and behold, people were having a nice game of tonsil hockey. I went in to see a friend and myself and it was for two of us. TWO. What's that?  
I took the chance and walked over into the back room only to realize that it was about the size of one of the janitor's closets.  
It was great to find people getting together so well though. Maybe a little well.  
I was there for approximately 10 minutes. Enough to realize that I didn't want to be there any longer. I was traumatized by more things in 10 minutes than by any other time in my life. Maybe one of the reasons that I didn't feel very accepted anyone there was the fact that I wasn't fully clothed. I had on a pair of pants with a nice pink shirt, and when I left my coat on because I knew if I wouldn't be staying there



311 BACK IN OMAHA... SA Martinez is coming back to Omaha with all the other members in the band 311. They return to their hometown on Mar. 28 to promote their new album.

PHOTO COURTESY OF CAPRICORN RECORDS

Macy Gray relates to audience

By Sandi Czapl

Spunky sounds are the only thing coming out of newcomer's Macy Gray's mouth.

Gray's debut album with Epic Records was released at the end of 1999 and is still among many best-seller charts. Her album, "On How Life Is," can only be described by the word relevant. Gray puts words on her album that people try to say everyday but find it impossible to do.

Her voice has a sort of grandma rasp mixed with a smoker's sultry voice and is clearly unmistakable.

She makes music that is part hip-hop, R&B with an added jazzy sound that makes her music very distinct and enjoyable. The album title really gets Gray's point across. With songs like "Why Didn't You Call Me," "A Moment to Myself" and "I Try," Gray relates her everyday experiences with events that would affect one of her listeners.

She really knows the audience that she wants to target.

The song "I Try" is constantly being played on the radio and I find it funny that I'm not sick of it yet.

This from the person who listened to Natalie Imbruglia's "Torn" one too many times and now wants to kill herself every time the wretched song comes on. It's extremely easy to get sick of all the other performer's whose songs don't change and don't have any message. Perhaps this is why Gray writes differently and sings to a more unique tune.

I have to say that one of my favorites on this original album is "The Letter." The lyrics of the song just relate to so many people and you can actually feel what Gray wants to say just by her vocal expression.

The refrain goes a little something like this: "So long everybody, Mama don't be sad

for me. Life was a heartache and now I am finally free. Don't know where I'm headed, Hope I see you someday soon. So long everybody, I have gone beyond the moon."

It's almost as if she draws you right in and embraces you because she knows exactly what you're feeling. Her songs range from topics of love, (Of course, what would an album be without this interesting topic being mentioned?)

Exclude everyone's favorite classical music that has no words) to the mention of life's little treasures.

In her most popular song "I Try," she discusses the dilemma that is often faced when saying good-bye to a loved one.

You all know the lyrics. Go ahead and sing along:

"I try to say good-bye and I choke. Try to walk away and I stumble. Though I try to hide it, it's clear, my world crumbles when you are not near." Ahhhhhh. How touching.

Since Gray's appearance on radio stations everywhere, she has won two Brit Awards (the U.K. version of the Grammys) consisting of best international newcomer and best international female.

Unfortunately, she recently lost the Grammy competition for best newcomer to everyone's favorite person, Christina Aguilera. Let's think about which one deserved it more. Everyone please take a moment of silence for this travesty. . . .

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Entertainment Briefs

311 hits Lincoln's Pershing Auditorium

311 will perform with Jimmie's Chicken Shack in Lincoln at the Pershing Auditorium tomorrow, Mar. 28. Tickets have been sold out for this popular Omaha band's show. 311 also made a stop in its hometown last fall, at the Sokol Hall Auditorium.

Cleveland's Rock and Roll Hall of Fame inducts "Class of 2000"

Eric Clapton, Bonnie Raitt, Earth, Wind and Fire, The Lovin' Spoonful, The Moonglows and James Taylor were all inducted into the Rock and Roll Hall of Fame on Mar. 8. The event was televised on VH1 that night. King Curtis, James Jamerson, Earl Palmer, Hal Blaine and Scotty Moore were inducted as sidemen. Nat King Cole and Billie Holiday were inducted as early influences. Clive Davis was inducted as the non-performer. Musicians are eligible for induction 25 years after the release of their first album.

Local band Five Story Fall falls back to studio

The local band Five Story Fall is currently working on its yet-to-be-titled follow-up to its first album "Look and See." Its new single, "California," will be on the album as well as another 11 or 12 songs, drummer Wayne Brekke said.

It is possible that there will be an extra feature to be used on the computer, along with the new album. Brekke said the band has three songs recorded already and will go back to the studio to finish up in April.

'Rumours' charts again

Fleetwood Mac's most popular album, "Rumours," returned to the top 40 album charts in the United Kingdom the week of Mar. 6, 23 years after its initial release. "Rumours" was at number one on the charts in the United States for 38 weeks around the time of its release.

Twenty five million copies are reported to have been sold, certifying it a diamond album. Warner Brother's Records is planning to re-release the album on 180 gram heavy vinyl for this occasion.



LEFT: Michael Douglas stars as Grady Tripp, a writer who is afraid to finish his novel and is worried about the success of it when it is done.

BELOW: Katie Holmes plays Hannah Green, a character trying to catch the romantic interest of Grady Tripp, played by Michael Douglas in "Wonder Boys."

PHOTOS COURTESY OF PARAMOUNT PICTURES

"Wonder Boys"



Happenings

- March 28- 311 with Jimmies Chicken Shack at the Pershing Auditorium
April 1- APRIL FOOLS DAY
April 1- D-Licious Dance Party at the Armory
April 2- Fishbone with Too Rude at the Ranch Bowl
April 4- Bob Dylan at the Civic Auditorium
April 7- Eye Opener Dance Party
April 8- Prom at Central
April 17-24- SPRING BREAK
April 21- Catch 22 and Pennywise at the Cog Factory
April 22- Grasshopper Takeover at the Ranch Bowl
April 22- Life As We Know It Dance Party
April 25- Red Hot Chili Peppers with the Foo Fighters at the Civic Auditorium
April 25-30- "Rent" at the Orpheum Theater



'Fame' wows audience with humor, enlightening music

By Carmen Sird

"Fame... The Musical." I think the last time I went to a musical was on a field trip in either elementary or junior high school.

I thought I was going to fall asleep before the curtain even opened and miss the whole thing. After the musical started, though, I really enjoyed it a lot. It was something different for me and I think I'll see the next musical "Rent," starting April 25.

The main thing that caught my attention was the fact that the main character had my name and acted, in some ways, like me or else I act like her. My boyfriend, who also enjoyed the musical, said I acted like Carmen Diaz, the main character, also known by her real name, Natasha Neary.

She had an attitude in this musical and all she wanted was a little bit of fame in her life. She thought that she was going to be famous one day. She even left school to move somewhere else, hoping to become famous. (If you saw the musical then you know the outcome of that, if not I can't tell you, sorry.)

Carmen was known as a popular kid in school. So as she entered the class the students sang "There She Goes" and then "Fame." I feel this made her feel good by boosting her self-esteem and ego.

Another character who could have won a Tony was James T. Lane, who played Tyrone Jackson. The song I liked that he performed was called "Tyrone's Rap."

Before he performed his rap, said to Iris Kelly, played by Jessi Cohen, "Some of us get handed life on a silver platter, others have to reach and get it."

I like this quote because it we good with his rap and it is true. He says this to her and in his raps he uses examples from his experience he's had and it proves his point.

Another good part was when the two teachers in the musical were singing together about Tyrone because his grades, and how he might not be able to perform in the musical at the school. He was upset about this and left the room. The song that the teachers were singing to each other was called, "The Teacher's Argument."

This musical was not serious at all that is what I liked the most about it. It did include some humor in the song and actions.

The one song that was the funnest was, "Can't Keep it Down," performed by Jose Restepo as Joe "Joe" Vegas.

There is no comment that needs to go with that name, I will just leave it to your imagination. Another fun song was when Mabel Washington played by Wandah Kay, and the girl sang "Mabel's Prayer," a song about going on a diet.

Not only is this a funny and very enjoyable musical, but it also had some lessons. The one that I mainly got out of was am told often is, "You have to wait for things and they will come-- don't jump into something."

I find these words of wisdom something everyone needs to know.

Stefanie's Prophecies



Aries (March 21-April 19) Think logically, things you say usually don't make much sense to a sane person. Have you ever heard of thinking before speaking?

Taurus (April 20-May 20) Remember what the Beatles said, "I get high with a little help from my friends." Friendship is the most important thing for you right now. Cherish your friendships and never stop adding friends to the list.

Gemini (May 21-June 20)

Changes in your lifestyle are about to happen. Listen to those around you before approaching a new project.

Cancer (June 21-July 22) An important decision has to be made soon. Pick the choice that will bring you the most happiness in the future.

Leo (July 23-Aug. 22) Purr! Use your sexy side to dance, romance and advance on your crush. Your lust days far outnumber the lonely nights.

Virgo (Aug. 23-Sept. 22) The way to a man's heart is through his stomach. The way to a dog's heart is food. You do the math.

Libra (Sept. 23-Oct 22) Single? Use your ways to win the one you want. Snatched? Togetherness is always fun.

Scorpio (Oct. 23-Nov. 21) "If I only had a brain..." The Seacrow's

verse is almost too familiar to you this month. Re-adjust your priorities and buckle down to get 'em straight.

Sagittarius (Nov. 22-Dec. 21) Careful! You're stepping on thin ice! Watch who you imitate, they may not be your hero after all.

Capricorn (Dec. 22-Jan. 19) Opposites attract. Just look at Paula Abdul and the Cat. Together they sang and they made it a thing. Oh yes, opposites attract.

Aquarius (Jan 20-Feb. 18) Listen to a friend, he needs your advice. Your good vibe is like a rainbow to happiness. Share the light.

Pisces (Feb. 19-March 20) The longer you wait to say "no," the harder it will be. Cut loose strings before they ruin the whole sweater. Catch my drift?

top 5 picks

Radio Stations

- 1. Channel 97.7 (97.7 FM)
2. Sweet 98 (98.5 FM)
3. K-Rock (93.3 FM)
4. The River (89.7 FM)
5. The Star (104.5 FM)

92 students polled

Children's Books

- 1. "Green Eggs and Ham"
2. "The Cat in the Hat"
3. Berenstain Bears series
4. Clifford the Big Red Dog series
5. "Where the Wild Things Are"

Weekend Activities

- 1. Party
2. Go to the movies
3. Sleep
4. Go out to eat
5. Watch or play sports

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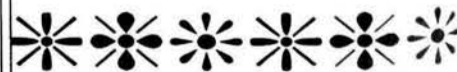
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# Out of the SHADOWS

Women are beginning to prove their equality in traditionally male-dominated sports.

## Central boxer joins other women in growing sport

By Ally Shandell

Boxing is a growing sport for women, and one Central athlete is helping the sport to expand even more.

Junior Tammy Varkony first started boxing three months ago when a boxing club rented out the back area of her martial arts school.

"I saw them working out and I thought it looked cool," she said.

Varkony practices almost every night of the week for around two hours.

"It [boxing] is something I want to stick with for a long time and I want to get better at it," she said. "I plan to eventually compete on a regular basis, and from there, who knows?"

Varkony also practices martial arts. She does sports such as kickboxing, Muaythai and Brazilian Jiu-Jitsu. However, she said she has not been practicing these as much because she has been focusing on boxing.

Varkony now attends the North Omaha Boxing Club, and the people there are very accepting and open minded, she said.

Varkony was the first woman at her boxing gym, and even now there is only one other woman there.

"I spar [practice-fight] mostly guys, and until recently I was the only girl," she said. "I can't spar April [another female] all the time, it wouldn't be beneficial. My coaches pair me with whoever they think I can learn from."

April Jones is a 29-year-old who has been boxing for seven months, and has only recently been accepted at the North Omaha Boxing Club as a woman in a male dominated sport.

"I tried four different gyms before I came here," Jones said. "The others didn't



MIKAYLA CHAMBERS/THE REGISTER

**ABOVE: Junior Tammy Varkony takes out her aggression on her boxing trainer, Tim Pilant.**

**RIGHT: Junior Adam Darlington throws a right hook during one of his many after school workouts.**

Varkony said that the athletes and the coaches in her gym are all very supportive of her.

"In my gym, the people are all really nice, and I've only had good reactions," she said. "Everyone is really helpful."

Varkony said that the men at her gym are very accepting of her.

"Being a female is not an issue because I am accepted there and treated as an equal. They take me seriously," Varkony said.

Varkony added that she thinks the men who she spars probably feel the same way.

She said that women's boxing still has a lot of problems. It needs to be more accepted, but she believes it will continue to grow and will one day become a much more commonly played sport.

"I believe women can do anything they put their minds to," she said. "They shouldn't be stopped from participating in anything simply because of their sex."

Outside of the gym, Varkony said that many people don't know about her boxing.

"The few who do know that I box think that it's cool, but I don't think many of them take me seriously," she added.

Junior Adam Darlington boxes at the same gym as Varkony and Jones. He said he has been boxing for one and a half years.

He first got involved in boxing because his grandfather is a coach at the gym, Darlington said.

"I like boxing because you get to fight and learn how to defend yourself," he said.

Darlington said that he spars with the girls at his gym often.

"I don't work as hard with them," he said. "It's all about learning, so I don't go full speed because they are less experienced and because they are

girls."

Darlington said he thinks women who box are equal to men, and he supports women who want to box.

"Besides, it's fun to watch them beat each other up," he added.

Jones said that she has two main reactions from men who find out that she boxes.

"Some of them say 'Whoa, you box? Remind me not to make you mad,'" she said. "Others think I'm not serious, but mostly they still think it's cool."

Jones has sparred with men before, but she said that mainly she practices with Varkony.

"It's hard to get used to fighting with guys and having them hit you," Jones said. "Now that I'm used to it, I want to fight them more."

She said that this was because of the common stereotype that men should not hit women.

Varkony has not yet competed at any tournaments, or "smokers" as the boxers call them. A smoker is a set of amateur bouts, she said.

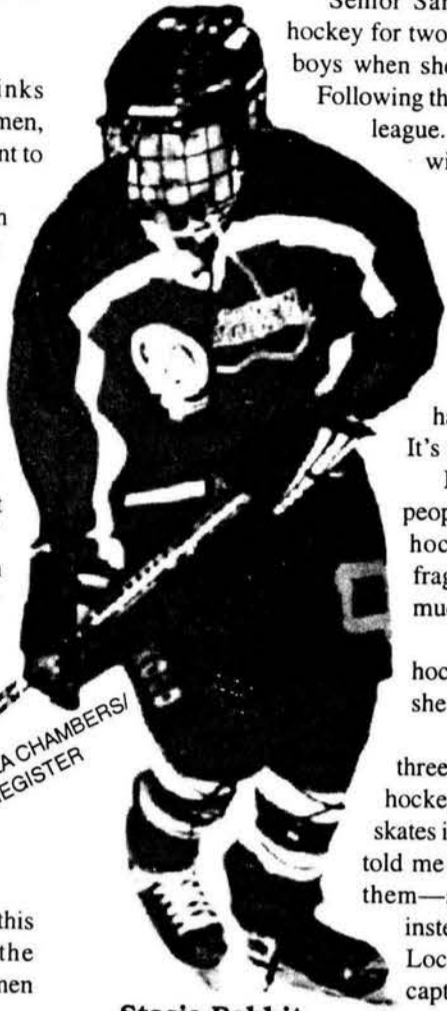
"I don't want to compete until I am completely ready," Varkony said. "But hopefully that will be fairly soon."

She also said that her father has strong objections to her competing, and that is the main reason she has not yet done so.

"He [my father] said that it's okay to work out at the gym but he doesn't want me to compete because he thinks I'll get hurt," Varkony said. "I think that it's because I'm female. If I was his son, he would probably be okay with it. He just doesn't want his daughter to get hurt."

She added that he has been much more lenient with her brothers when it comes to athletics.

"The reason they let us fight here is that their thinking is, whether we like it or not, women are starting to box, and they've got to be able to fight somewhere," Jones said.



MIKAYLA CHAMBERS/THE REGISTER

## Female hockey players demonstrate ability to fellow male athletes

By Ally Shandell

Women have slowly begun to infiltrate the world of hockey, a commonly male-oriented sport, female hockey players say.

Senior Sandy Nelson has been playing hockey for two years. She played hockey with boys when she first started out in the sport.

Following that, she joined a women's hockey league. Now, she plays drop-in hockey with men, Nelson said.

Drop-in is open rink hours when players can stop by and practice whenever they like.

"I played in a women's league but now I play drop-in with guys," she said. "That's because girl's hockey has certain rules like no checking. It's not as competitive."

Nelson said she believes the people who make the rules for girl's hockey feel that girls are more fragile than men, and could get hurt much more easily.

Senior Stasia Bakhit also plays hockey. She has been playing since she was five.

"I've figure skated since I was three, and my older brothers played hockey," she said. "I bought hockey skates instead of figure skates and they told me that I couldn't figure skate in them—so I started playing hockey instead."

Locally, Bakhit plays as assistant captain on a men's team. She also plays on a national women's league,

which she practices with every weekend in Wisconsin.

Both Nelson and Bakhit are well aware that they are playing traditionally male sports. Neither lets this affect how they play.

"I don't consider it [hockey] a woman's or a man's sport," Nelson said. "It's a sport for whoever wants to play."

Bakhit said that when she was younger it didn't seem to make a difference to anyone that she was a female in a stereotypically male sport, but now she encounters more people who think she can't play as well as a man could.

She added that in places like the Northeast and in states like Minnesota it is fairly common to find women playing hockey, but here it is not as accepted.

"Some guys respect what I do and some think girls can't play," Bakhit said. "When you play against guys some will try to hit you harder, and others won't hit you at all."

Nelson said that when she plays with guys most of them accept her, but there are people who think that she cannot do what men can do simply because she is a girl.

"I just do it [play hockey] because I like to," she said. "I'm not trying to be a pro or to prove anything to anyone, I do it for fun."

Both Bakhit and Nelson refuse to be intimidated by males who doubt them in their sport.

"I've been through it all," Bakhit said.

She said that people often doubt her, until she shows them her skills.

"I don't want to be looked at as a girl, just as another person," Nelson said. "I don't want to be judged by my sex, just by how I play."

## Volleyball team canceled for season, players say

By Ally Shandell

Last year it was 15-1; this year it doesn't exist.

Following a highly successful season last year, Head Coach Trent Lodge has canceled the volleyball team this year.

Many of the team members are not exactly sure why this has occurred, but most say it was due to a lack of organization and effort.

"Lodge just all of a sudden said no," Senior James Roark said.

Roark said that the loss of the old coach, Brad Reichmuth, to Texas Tech, also made an impact on the cancellation of the team.

"Since Reichmuth left, Lodge isn't as

into it as Reichmuth was," Roark said. "I miss Reichmuth. We [the team] didn't think about how important he was until he was gone; he was an excellent coach."

Sophomore Jon Kodera agrees. He said that the loss of Reichmuth definitely affected the team.

"The team this year just didn't have the same kind of organization as last year," he said.

Lodge, however, said that the team was very organized this year, but he did not want to talk about exactly why the team was canceled.

Lodge attributed some of the cancellation to volleyball players not showing up for practice, and the fact that most all of them were busy with other activities, such as work, family and other sports.

Both Roark and Kodera pointed out that although the breakup of the team is a disappointment, it frees up time in their schedules.

"I'm okay with it because I've got acting to do," Kodera said. "It really does relieve some schedule problems it was causing. From what I've heard, they [other teammates] are fine with it, but it is somewhat disappointing," Kodera said.

Roark added that it will be nice to have some free time, but he is going to miss playing volleyball with the team.

"It's too bad because you can get scholarships playing volleyball when you're a guy," Roark said. "I am going to practice with the girl's team, and I can always join another team, which I will probably will do in the summer."

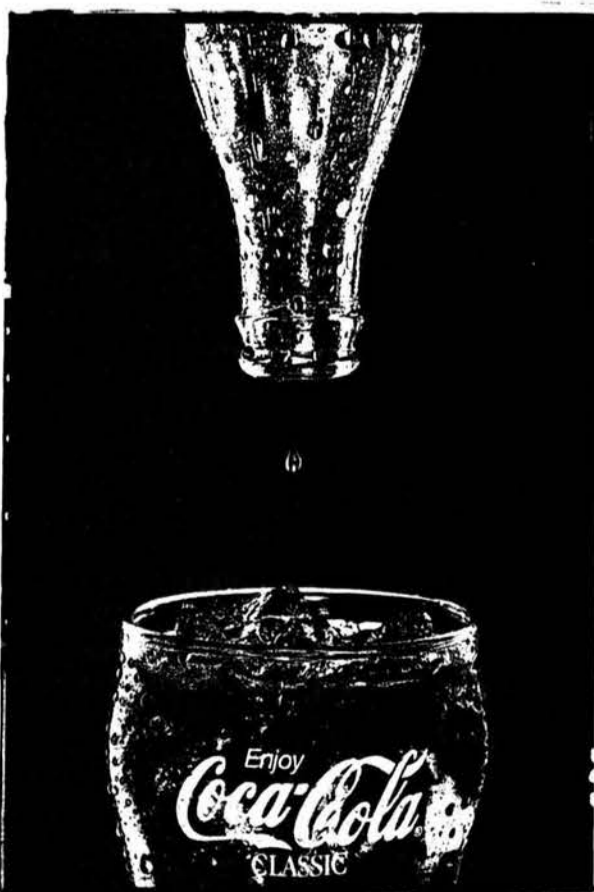
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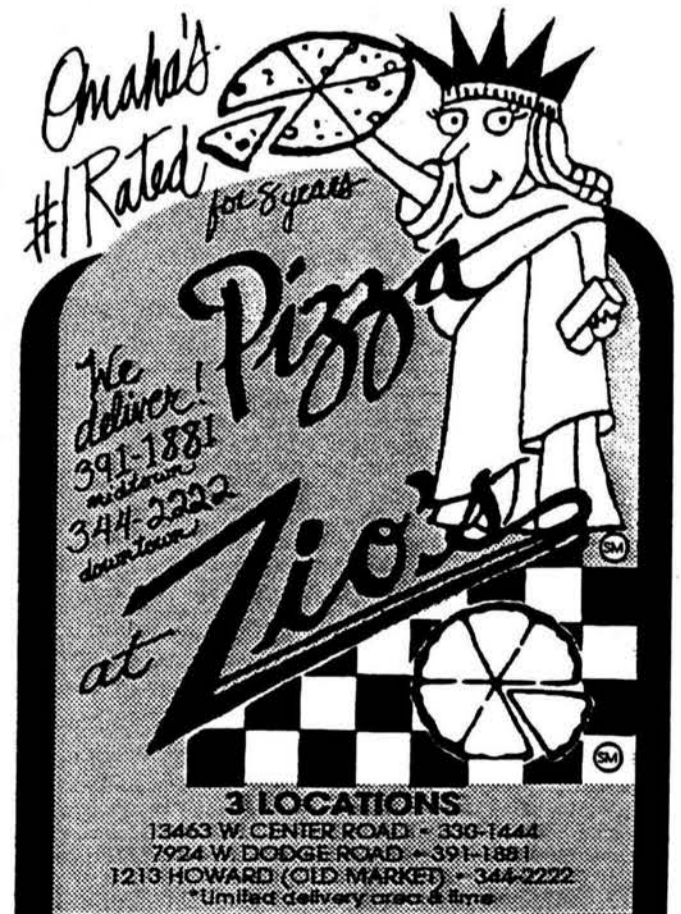
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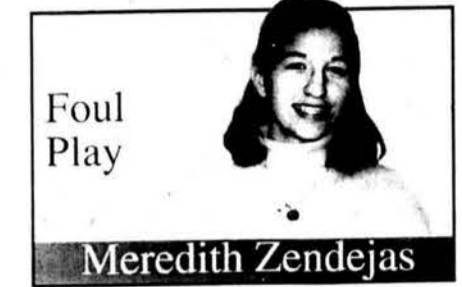
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# SPORTS REGISTER



Foul Play  
Meredith Zendejas

## Running: A means for more than exercise

Every time someone asks my dad if he still runs, he answers, "I used to run, now I jog."

He tells people that he used to get annoyed when people asked if he jogged. "Runners don't jog, they run," he would always say.

Now that he has "matured" as a runner, he tells people he just jogs. But the point is he runs. It is what he loves to do.

He is up at 6 a.m. some mornings because he knows that he has a busy day ahead of him, and those early morning runs are the only time he can squeeze in running.

I subscribe to Runners' World magazine, call me crazy, but I do (and I read it cover to cover every issue!). In every issue it has a spotlight runner.

Usually the spotlight is an older person who has run every day of her life for the last eighty-nine years and has done a hundred marathons in her lifetime.

I have decided that I want to be like one of those older people, who is dedicated to the sport and determined not to let anything stop me from doing what I love, even though I may get slow.

After I ran my last cross country race, I was crying.

I was sad because I had just ran my last race, and I wouldn't be able to compete anymore because I am probably not going to run in college.

But now that I think about it, why does my running have to end?

What I love about the sport so much is the running. Just because I will not be running in college, does not mean I can't run anymore.

I just got a letter from a friend in Hawaii who will be going to the same college as me.

In order to graduate at his high school a student has to run a 10K race all four years of high school.

Every year the student's time must improve.

I guess that the natives of Hawaii genetically have high blood pressure and have a tendency to die faster.

So the school encourages good habits like running to stay healthy.

He started running to get in shape for his race so he could graduate, and now that his race is over, he still runs, and he loves it.

We decided that we were going to run together in college. If I am going to continue running, I might as well have someone there running with me.

And if I really want to compete I can run a road race. If you run in road races, you usually get a free T-shirt!

When I lived in Utah, my dad was on a team with a bunch of his friends from college.

Even now to this day, those same guys, except my dad, still play in that basketball league.

My dad still plays though; he is actually really good. My older brother used to threaten my dad that he was going to beat him in basketball, but he never did.

I think my brother stopped gloating after he had gotten beat a couple of times; he doesn't try to play my dad anymore.

I have even tried to play my dad, but I sprained my ankle in the process. I was determined to win. We were getting too aggressive. That was really stupid of me.

So, for all of those athletes who think that their career is done after high school, think again. Enjoy life, and enjoy your sport!

**LOOK BEFORE YOU LEAP...** Senior Marlon Brewer displays his hurdling form. Brewer and the rest of the track squad practice on Central's track in preparation for meets and ultimately the Nebraska state high school track meet May 19 and 20.



KAITLIN DAVIS/THE REGISTER

## Men's track running strong on new legs

By Jeremy Scurlock

The Central High track team lost three of its most successful athletes to graduation last spring, Coach Joe McMenamain said. Kendrick Clay, Brandon Williams and Wayne Reynolds were key to the team's success last season, senior Marlon Brewer said.

Central's 400 meter relay is run by four different members, each running a 100 meter leg.

The relay set a new state record last year at the Nebraska state high school track meet, with a time of 41.78 seconds, McMenamain said. The meet was held at Omaha Burke High School.

The relay team consisted of Clay, Williams, senior J&Maine Billups and senior Lornell McPherson. With Kendrick and B-Will [Williams] gone," Billups said, "it opens two spots on the relay."

McMenamin said senior William Gregory will fill one of the two spots on the relay team. A final decision on the other place will not be made until time trials are held.

Senior James Mills, juniors Freddie Ellis and Daniel Nero and sophomore Marcus Brewer are all contenders for the final spot, McMenamain said.

"This relay is going to be very fast no matter who ends up running," McMenamain said.

Billups said the relay's toughest opponents will be Omaha Benson and Creighton Prep.

"Whoever ends up running with us [the relay team] will be part of the fastest 4 x 100 in the state," Billups said. McMenamain said that the loss of Reynolds was a much tougher loss to swallow than the loss of half the relay team. "A good hurdler is very hard to come by, and a great one is even harder," McMenamain said.

Last year, Reynolds won two gold medals at the state competition in the 110-meter high hurdles and in the 300-meter intermediate hurdles, McMenamain said.

"[Senior, Marlon] Brewer is going to have to step up and deliver in order to earn some points for the team this year," McMenamain said.

"Brewer said that he is focusing strictly on the hurdles this year and is ready to follow in the footsteps of Reynolds.

"He [Reynolds] has been coming up to work with me on the hurdles," Brewer said. "He's helped me learn how to get over the hurdles faster."

Members of the track squad said the distance runners this year are young, but experienced. The team's quality as a whole may rest on the shoulders of junior Carlos Zendejas, freshmen Chris Gorga and junior Perry Stanfield the team's long distance runners.

"Some of the sprinters are a little concerned with how well the distance runners will do," Stanfield said. "I ran the 800-meter in 2:04, that's blazing fast."

## Grad continues athletics at collegiate level

By Daisy Bonham-Carter

Baseball is not a thing of the past for one 1997 Central graduate, who has continued playing baseball while in college.

Junior Brandon Myers has always liked sports. Myers said he has been playing baseball since he was five years old.

Myers currently plays for Jacksonville State University in Alabama. The university's mascot is the Gamecocks.

Myers said he is strictly a pitcher. Former head baseball coach and teacher at Central, Steve Eubanks, was Myers' coach in high school.

"Myers was a good baseball player," Eubanks said. "He worked hard on his pitching techniques during the season, and practiced hard during the off-season to stay in shape for the spring and the start of the season"

Myers also played in the outfield in high school, as a dominating pitcher.

He was a constant team player, Eubanks said.

"Brandon was an outstanding player. He was a big, strong, right-handed pitcher and always worked hard," Eubanks said, "It was a pleasure to coach him."

The practices he does in college mainly consist of running and sit-ups to strengthen the arm muscles, Myers said.

Any practice can last up to five hours, seven days a week, but timing depends on the mood of the coach for that day, he said.

Myers said he usually stretches and warms up before each practice and game. Myers suffered an injury to his back earlier this season and has struggled with it since.

"I try to get my back ready as best as possible. If I don't, there's a good chance I could re-injure it," he said.

Although he loves baseball, Myers said he would probably not make it into a career. He uses baseball only to get an education, on a post-scholarship.

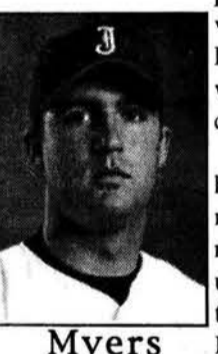
As a career, Myers said he would like to get a degree in management systems and move on.

"Central taught me a lot about studying," said Myers.

For each season, the team has between 54 and 56 baseball games total depending on the weather.

"College athletics is harder than people make it out to be," Myers said. "I think I have a different situation than most people because I come from Omaha."

Myers said he has played against teams like the Alabama State Crimson Tide, the Georgia State Bulldogs, the Michigan State Wolverines, the Missouri State Tigers and the University of Nebraska Cornhuskers.



Myers

By Meredith Kalina

Central High's bowling team has ended another "strikingly" great season.

Although the bowling team did not place well in the State tournament, they did qualify and overall had an impressive season, Laurie Cap, the head bowling coach for Central's teams said.

Cap said that the girls team placed second in the district and the boys varsity team placed first in the district. And, that the season officially ended at the metro tournament on Feb 26 and 27.

Cap said that the season went very well considering the changes taking place.

Cap added that the league was in the midst of changing sponsors and support sources. "The league is trying to accumulate scholarship money to help the program," she

said. Although there has been changes, Cap said that she and her husband enjoyed it all.

Laurie said that she and her husband, Marty Cap, took over the bowling coach responsibilities about six years ago when former Central teacher, Paul Blazeovich, retired from the job.

"My son was on the team when Blazeovich quit, so we wanted to take over and keep bowling in existence at Central," she said.

She said that the league separates high school teams into varsity and junior varsity teams.

"We had a varsity boys team, a varsity girls team and a junior varsity boys team this year," Cap said.

She said that the combined teams consist of about 21 members ranging from freshman to seniors. The team practiced every Monday and

they consistently tried to improve their scores, she said.

Cap said that the teams competed in out-of-town tournaments in hope to place overall in the top three.

She said that the boys varsity team, consisting of six players, did very well within the district.

Cap said that the boys varsity team really pulled together. "Most of the boys have been bowling together since they were freshmen and they work well together," she said, "They're pretty strong."

On the varsity boys team, she said that her son, junior Ben Cap and junior Nick Backman were the most promising players.

"Ben averaged a 200 point game which is very good for a junior," Cap said. Overall, though, she said that Backman had the highest game in the whole district of

## Rugby remains an unusual addition to spring sports roster

By Daisy Bonham-Carter

Tennis, track, soccer... rugby? In its second year of existence, the Central/Creighton Prep rugby team has been added to the variety of spring sports offered in the Omaha area.

Central sophomore Brig George, who has played for the team during both seasons, said, "Rugby, for me, is a huge part of my life. I like the adrenaline rush.

For the spring season, George plays full-back. Rugby is like the game of American football with a bit of charm. The game is more continuous than American football. Both, interference and forward passing are not allowed.

Although rugby is not really popular in America, George would not mind going overseas to play it. George is the only family member who is playing rugby. He said also that he wouldn't mind making rugby a career for later on in life.

Like George, Central senior Travis Pohlman said he hopes to go far in life with his rugby skills. He said he hopes to get a scholarship in college, granting him to go to the United Kingdom so that he can play in either England or Scotland.

The upcoming season started in the first week of March, with a total of 20 to 24 players on a team. Only 15 players are allowed on the field in one game. George said there are going to be a lot of returning players playing this season.

The rugby sport is primarily played as an amateur sport, George said. This makes him angry because the public considers rugby to be just a club.

Pohlman said he likes the idea of rugby being a club. "In a way, I kind of like it as being a club because you can meet lots of other people," Pohlman said.

Seeing the sport played on television, and a friend telling Pohlman about rugby, influenced him into playing on the team. He doesn't have any favorite international players.

Last year, Pohlman was playing the right flanker position, the man on the outside of the second-to-last of the semi-circle; and Pohlman was also playing the last full-back wing.

For this spring season, Pohlman plays the position of flanker. Pohlman said he has been playing rugby for two years.

George and Pohlman said the rugby practices are vigorous. Before each practice, the players run and stretch. During practice, they go through drills, which consist of running and passing the oval-shaped rugby ball, and then finishing practice with a game of scrumage to get used to the new and old moves being played together.

"You have to warm up before any games or practice," George said, "A little bit of running, stretching, passing the ball around and relaxing is good or else you might get hurt."

The practices are held at the Creighton Prep High School fields, with boys from Central, and also from Creighton Prep. Skip Dacy, a Creighton Prep teacher, is their coach.

Each practice lasts an average of two and half-hours, and is three days a week, George said.

The sport can be played with not only boys, but girls as well. The girl's version is not offered in Omaha to high school girls.

In Pohlman's eyes, it is easy to get distracted from the game with all of the crowd's hooting and hollering. However, this can be a good thing, because more games will equal more friends and people involved, which would boost the player's energy, Pohlman said.

"Crowds have a great impact on the game because they get the adrenaline going and they also boost the team's confidence up tremendously," George said.

The Central/Creighton Prep rugby team plays other schools including: Westside, Millard North; and all high schools that are in Lincoln, Sioux Falls, and Grand Island.

A game usually lasts about 80 minutes, and is divided into two 40-minute halves with no timeouts, Pohlman said. "We [as a team] would like to have some school support, we're lacking it," George said.

## Central bowling team ends season with flair

By Meredith Kalina

Central High's bowling team has ended another "strikingly" great season.

Although the bowling team did not place well in the State tournament, they did qualify and overall had an impressive season, Laurie Cap, the head bowling coach for Central's teams said.

Cap said that the girls team placed second in the district and the boys varsity team placed first in the district. And, that the season officially ended at the metro tournament on Feb 26 and 27.

Cap said that the season went very well considering the changes taking place.

Cap added that the league was in the midst of changing sponsors and support sources. "The league is trying to accumulate scholarship money to help the program," she

said. Although there has been changes, Cap said that she and her husband enjoyed it all.

Laurie said that she and her husband, Marty Cap, took over the bowling coach responsibilities about six years ago when former Central teacher, Paul Blazeovich, retired from the job.

"My son was on the team when Blazeovich quit, so we wanted to take over and keep bowling in existence at Central," she said.

She said that the league separates high school teams into varsity and junior varsity teams.

"We had a varsity boys team, a varsity girls team and a junior varsity boys team this year," Cap said.

She said that the combined teams consist of about 21 members ranging from freshman to seniors. The team practiced every Monday and

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"Ben averaged a 200 point game which is very good for a junior," Cap said. Overall, though, she said that Backman had the highest game in the whole district of

a 275.

Cap said that her and her husband got coaching help from parent, Jim Rood. She said that Rood coached the varsity girls team.

Central freshman, Danielle Rood, played on the varsity girls team and said that she really enjoys it.

"I've been bowling ever since I was little when my dad got me involved in it," Rood said.

She said that the team of six girls did pretty good but they did not do as well as they could have done in state.

"Because we are all so young, it's kind of hard," she said. Rood said that the team, coached by her dad, had a lot of fun together and they all have matching t-shirts. "It's kind of nice to have my dad as a coach because he knows how I throw and play," Rood said.