

WEDNESDAY
November 9, 2005

the Central High School
REGISTER

A HIGH SCHOOL NEWSPAPER
PRACTICING PROFESSIONAL
JOURNALISM

TIME NSPA/JEA BEST-OF-SHOW WINNER

FOUR TIME NHSPA CLASS A1 SWEEPSTAKES CHAMPION

NATIONAL PACEMAKER AWARD WINNER



PHOTO BY CLAY LOMNETH/REGISTER

Former Central student John Doe* snorts a line of OxyContin around 3 feet long. He said he's trying to get over his addiction and has been through rehabilitation programs. Although many of his friends who he used to snort or shoot up with got arrested, he simply can't stop.

OXYCONTIN

Teens sell, snort, swallow and shoot up this deadly drug every day. Many of them understand its adverse effects, but just keep using it anyway.

BY JOE DELICH

*Name changed to protect identity

"You pretty much feel like God," former student John Doe said. He put the hollow pen in his nostril and leaned over the 3-foot white line on the counter. A moment later almost 160 mg of OxyContin was gone. Doe, who is currently 18, said he has been struggling using OxyContin, but despite the fact 80 mg of OxyContin could kill someone without any tolerance, he said it was definitely an improvement for him. "At my worst I was probably doing 10 to 15 80s (10 to 15 pills) a day," he said.

THE USER

In addition to attempting to quit OxyContin, Doe said he had been trying to get his GED. He said he began using OxyContin two and a half years ago as a sophomore. "I was over at a friend's house and they were all doing it," Doe said. He said they offered it to him and he snorted one 40 mg pill. Then he went to the Dundee underpass and vomited for almost three hours. After that experience Doe said he didn't try OxyContin again for about a month. However, eventually he did try it again. Doe described his second time snorting it as one of the best feelings of his life.

Within a few months of trying OxyContin, he knew he had a problem. He said not everyone acknowledges they have an addiction. "I had a friend who shot up every day and didn't think he had a problem," he said. Doe said he knew students who couldn't go to school without doing OxyContin. He would go in the bathrooms and snort lines off his books. He said he even used OxyContin intravenously at school. "I used to shoot up in the bathrooms and I never got caught," he said. A month after his second time using it, Doe said he got into using intravenously and then went on a shooting up binge. He said he cooked up the pills on a spoon, then sucked it

off a cotton swab with the syringe. He could shoot up half of what he snorted to get the same effect. Doe's tolerance quickly began to get higher and higher. "Eventually I was doing 40s in a syringe, then 80s at a time," Doe said. "The second you get done shooting it you get this rush and if you're lying on your back you see the ceiling go further away from you and it's like stepping into a whole different world," he said. He said shooting up OxyContin lasted about 45-90 minutes, while snorting it usually lasted three hours. Doe said the people he was shooting up with were arrested, so he went

Continued to **Addiction** on Page 4

Students write letters of disapproval about new immigration bill

BY MOLLY MULLEN

*Name changed to protect identity

She said she crossed over through Arizona. She had to hide in the bottom of vans, run through deserts and swim through canals so no one could catch her and her family and send them back to Mexico. Senior Jane Doe* was born in Mexico and lived there until she was 10. She is one of millions of illegal immigrants in the United States. That might change if a Nebraska senator gets his way.

Democrat Sen. Ben Nelson proposed tougher measures to be taken against illegal immigration. Nelson said Nebraskans were concerned their tax dollars were supporting people who were not in this country legally. They were concerned about taxes as well as safety. Doe has spoken with the Latino Leaders about writing individual letters to Nelson saying not all Nebraskans want this bill passed. She said everyone she spoke with liked her idea, no matter what their citizenship status was. Also, Nebraskans were worried about the quality of schools, Nelson said. Doe said she appreciated going to school

in the United States and realized she had many opportunities she wouldn't have in Mexico. "I really want to go to college, but I can't without papers," she said. She said her mother applied for citizenship to the United States when they still lived in Mexico, but never received it. Every day, she said, she has to constantly think about being caught and sent back. Her mother is already preparing for it, she said. Her mother's paycheck, among other things, goes to paying for a house being built in Southern Mexico. She said this is her mother's way of preparing for the worst. She assumes she will be

caught and sent away, and will make sure they have a place to live when it happens. Doe doesn't want to leave and wants to continue her education in the United States. She had a baby earlier this summer. She said she is glad her daughter can have papers and be a citizen, so she won't constantly have to look over her shoulder. She said she was already feeling the effects of Nelson's legislation. She said her mother worked one half-time job and wanted another one, but without papers she couldn't get one. Fewer and fewer people are hiring illegal

immigrants to work. "You (Americans) need us just as much as we need you," Doe said. "We are willing to work jobs no one is willing to work. Even if the pay is terrible, it is still a job." With that concern Nelson drafted the Secure Our Borders, Prevent Illegal Immigration Act. The bill stated he wanted increased penalties for illegal immigration and gang violence, and would not reward those who by-pass immigration laws. With the stricter laws, Nelson also said he wanted to cut through the red tape it took to

Continued to **Immigration** on Page 7

LETTERS.....11B
PAINT.....12B
BOMBS.....12B
STEREOTYPES.....12B
WRESTLING.....13C
TOSTENSON.....14C
SWIMMING.....16C
"MUSIC MAN".....18C
REVIEWS.....19C
BOB DYLAN.....20C



Blood Drive
The Red Cross rolled in to take donations from teens.
PAGE 6A

INSIDE



Connor Meigs
Students remember deceased alumnus at art show.
PAGE 20C

CONTACT

PHONE: (402) 557-3357
FAX: (402) 557-3339

E-MAIL: Central.Journalism@ops.org

© 2005 Central High School
Vol. 119, No. 2, 20 pages

Girls attend leadership conference

BY LAUREN CRIST

This year, there will be a Great Plains Council's Young Woman's Youth Leadership Conference where high school students may attend. Students will take different sessions directed at preparation for life after high school.



RICHARDS

It will take place at the 20 Grand movie theater on 144th and Maple street on Nov. 18. The sessions include ways to become money smart, leaving home while going to college and college planning.

There will also be topics discussed such as dating, safety, fashion and healthy living.

Career counselor Rick Richards said this was the first year he had received information about the conference.

He received the invitation and information for the event by mail.

"I don't think we've done it in the past," he said. "This is the first year we're doing it."

During the conference, there will also be guest speakers including Mallory Maddox from WOWT Channel 6 morning news and Amy Tess of the YWCA.

"I've had three or four girls who are interested and signed up to go all ready," Richards said.

School committee participants from a variety of public schools, including Central, had gone to the Girl Scouts-Great Plains conference. There, high school students helped plan the upcoming event.

This year, the conference will also include a "Glam on your own Terms" session. Students will learn how to get a glamorous look for less money.

He said anyone interested at Central may attend the conference.

"It's open to anyone willing to pay the \$15 application fee and take a day off school," he said.

Can drive held to help youth center

BY MOLLY MULLEN

Minority Scholars is preparing to hold a canned food drive, the first in two years.

Senior Morgan Conley said when she was a freshman the group collected 3,500 cans.

She said this year they decided to donate the cans to Stephen's Center.

"It's a youth group for young boys, Kind of like Boys Town," Conley said.

She said they chose them because they were less heard of.

In the past they donated to the Sienna Francis House and the Open Door Mission.



CONLEY

The sponsors for Minority Scholars are English teacher Dianne Allen and social studies teacher Jimmie Foster.

Conley said Allen spoke to all the English teachers and many are giving extra credit for donations.

She said she thought having school-wide activities like can and coat drives were important.

"It helps the school unify," Conley said.

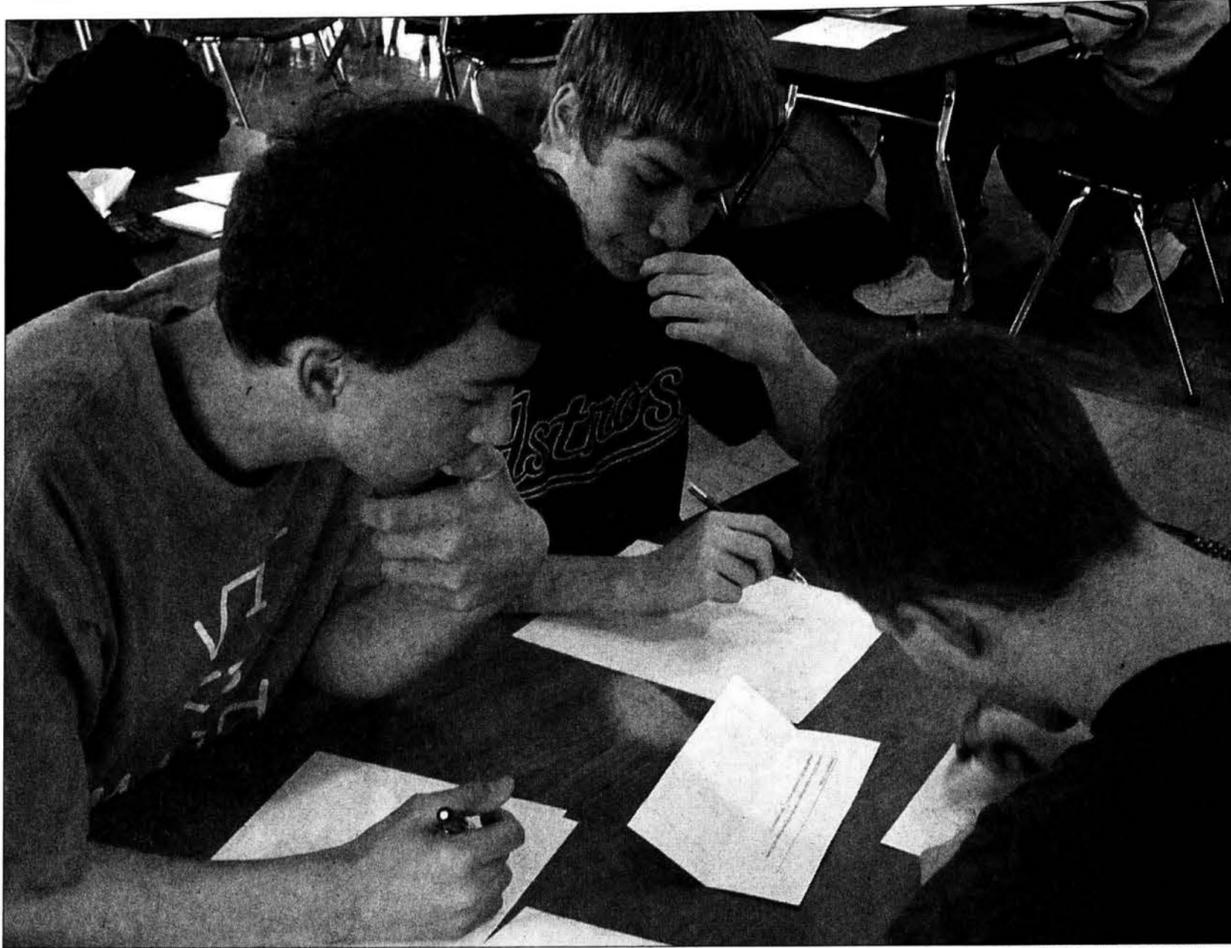
Minority Scholars has other volunteer opportunities this year including the Downtown Cleanup in May. Other than volunteering, the group is college preparatory.

She said she liked the fact that the group helped her get volunteer hours and prepare resumes for college.

She has been involved since her freshman year and helped in the effort every year.

Conley said she hoped to beat the amount it collected last year.

CALENDAR



Seniors Bill Chaney, Matt Holzapfel and Frank Marescalco compete in their group competition at the fourth annual math tournament. The other team from Central was made up of three younger students. Overall, a total of 15 schools participated, each contributing one teacher to judge the scores.

PHOTO BY ZACH PLUHACEK/REGISTER

Unconventional math draws students

BY ZACH PLUHACEK

For one day Central served as a mixing pot of some of the smartest high school mathematicians in the state.

The fourth year of the school's annual math tournament gave these advanced students a chance to work problems they might not see in most other classes, math teacher Greg Sand said.

He said a lot of it had to do math that wasn't in the normal classroom.

"The best way to put it is they solve math problems from everything they've ever done," he said.

Sand was in his second year of arranging the event, taking over for Amanda Beery who started it in the first

place.

"It's not just like a subject base type of thing," senior Matt Holzapfel said. "There really isn't a class that teaches that, you just have to know."

Holzapfel was one of the six students to compete on Central's two teams. Each school was allowed a maximum of six competitors, or two teams of three. There was also a solo exam.

"The individual test wasn't as bad as I thought it would be," he said. "Most of the problems, you could come up with a way to find an answer," Holzapfel said. "But finding the right answer was a different story."

Sand said scores in this challenging of a tournament were weighted in a different way than most people might think.

The best student got a score of around 70 percent. Holzapfel, on the other hand, underestimated what it took to be successful.

"At first I thought I did really well until I asked Mr. Sand what a good score was," he said, "and then I felt pretty terrible. I think E-Math would have helped me, but I think I did pretty well regardless."

Some of the students who participated in the tournament, including Holzapfel, were recommended by math teachers from around the school, but the majority were enrolled in Honors Enrichment Math (E-Math), taught by Sand.

The competition as a whole included 94 students from 15 different schools, some traveling as far as two hours to get here.

Upcoming Events

November

10 (Thurs.) Parent-Teacher Conferences

Parents will meet with teachers in both the courtyard and the cafeteria starting at 7 p.m. Teachers are arranged in these two areas alphabetically and parents can receive copies of their children's schedules from the main office.

14 (Mon.) Winter Sports Practice Begins

Practice for the winter sports, which includes basketball, wrestling and swimming begins today. Conditioning for these activities, which started in the spring, continues throughout the fall and winter. Good luck to all the swimmers, wrestlers, basketball players, coaches and fans on the new season.

19 (Sat.) Millard South Debate/Congress Competition

The debate team and student congress will compete in several categories against metro area schools. Student congress members debate on statutes conceptualized by fellow student congress members. The event, which takes place at Millard South High School, will last all day.

21 (Mon.) Football Banquet

The annual football banquet honors the team members, coaches and administrators who have helped orchestrate the last football season. Everyone from the freshman to the varsity football players will be attending this formal dinner.

24-25 (Thurs.-Fri.) Thanksgiving Break

There is no school on Thursday and Friday for students, the two days before Thanksgiving weekend. Students return to school the following Monday. The first Thanksgiving took place in October of 1621 by pilgrims to celebrate their first harvest.

December

12 Instrumental Music Concert

The first instrumental concert in the auditorium at 7 to 9 p.m. Orchestra, Freshmen Orchestra, Concert Band and Jazz Band will be performing. Admission to the concert is free.

13 Winter Vocal Concert

The Winter Vocal Concert is from 7:30 to 9:30 p.m. at the Joslyn Art Museum. Junior Chorus, Treble Chorus, CHS Singers, Bel Canto, A Cappella and Men's Chorus will be performing music they studied last year. Admission to the concert is free.

16 (Fri.) CHS Singers and Bel Canto Singers at Joslyn

Bel Canto Singers and CHS Singers will be singing at the Joslyn from noon until 1 p.m. They will be singing traditional holiday music at the Atrium for a series called "Holiday Under Glass." The admission for hearing the singers is free to Joslyn.

JROTC sell dog tags for fund-raiser

BY EMMA PHILLIPS

Students will be able to purchase personalized dog tags from the JROTC department for \$6 starting Nov. 18.

Senior Neil Bhattarai said the dog tags were part of a fund-raiser effort.

"It's for the funding of the JROTC department," Bhattarai said.

Bhattarai said JROTC dog tags are the traditional dog tags army officers wear. He also



BHATTARAI

settled on the idea of selling dog tags. He said the tags were a tradition related to the JROTC department.

He said each sport had a different color and design. He said the tags came in 12 colors, with ten additional colors available for silencers.

A silencer is the plate around the dog tag.

Bhattarai said when factored in, students had different combinations to choose from.

Bhattarai said JROTC was promoting the sale through announcements over the radio and word of mouth.

He said on its first day he sold eight tags, he said the number to rise toward the end of the sale because students procrastinate.

Bhattarai said he thought the tags would be sold to students within JROTC, but he also thought the student body as a whole would like the tags as well.

"We're expecting a high turnout from outside of JROTC," he said.

Bible study group aims to enlighten

BY COURTNEY DEWITT

Science teacher Jesse Busse is sponsoring the Bible Club, which began in the spring of last year.

Members call the group "Light," having changed the name they found out a local youth group used the old one. The name is based on a verse in the Bible, Busse explained.

The verse calls God's children salt and the light of the earth.

"There had been (Bible) groups in the past," Busse said.

"Some students came up and asked me to sponsor one, so I said yes."

Busse said he decided to sponsor the group because he thought it would be good for the students and the school.

However, he is not allowed to have an active role in the club.

"I'm just there to make sure they don't destroy the room," Busse said. "I'm not supposed to participate."

The study group is student-led. Students read things from the Bible, then they all discuss it.

"They discuss anything they want," Busse said. "Nothing is out-of-bounds."

Busse said anyone can be in the group. "Everyone is welcome," he said. "The atmosphere is very positive and open."

The Register (USPS 097-240) is published seven times during the school year. Monthly in September, October, November, December, January, February, March and bimonthly in October, November and April/May by Central High School, 124 N. 20th St., Omaha, NE 68102.

Periodicals postage paid at Omaha, NE. POSTMASTER: Send address changes to The Register, 124 N. 20th St., Omaha, NE 68102.



PHOTO BY TANIKA COOPER/REGISTER

Human Growth and Development teacher Jeane Weiss sets up the water station at the National Conference for Community and Justice (NCCJ) Walk as One. The walk is a fund-raiser for Unitown support because students are not expected to pay for it.

Walk as One unites community groups

BY JOE DELICH

The Walk as One fund-raiser was a chance for kids to come together and do their part in the fight against discrimination. The walk was based out of the Heartland America Park where there were various activities prior to the walk. Jeane Weiss, health professions teacher, was there running a water station with some other students. "We decided as a class to support the walk and this is how we decided to help," she said.

Weiss said a wide range of groups were represented at the walk including the Future Educators of America (FEA), the Gay-Straight Alliance (GSA), Latino Leaders and the Key Club.

Weiss said the walk was a fund-raiser for National Conference for Community and Justice (NCCJ). She said NCCJ's primary objectives included fighting prejudice.

"The goal of NCCJ is to educate our students and community members about different forms of hate and prejudice," she said. Weiss said that NCCJ is very involved with legislation and lobbying for things such

as hate crime laws.

Most of the money raised will be put towards funding programs like Camp Anytown, and Unitown she said.

Each camp costs about \$500-600, but the campers are not asked to pay for any of it, she said.

Senior Ashley Lidgett, president of Future Educators of America (FEA), also attended the walk. She said students from FEA, Spanish National Honor Society and National Honor Society were all present.

Lidgett said she thought the walk was a good opportunity for students to be involved.

"I think it's a really good cause and when you go to things like that you see a lot of other people who also agree with the cause," she said.

Counselor Ronald Moore was also present to show his support for the walk. He said the money came from pledges from the participants, either out of their own pocket or pledges they collected for the fund-raiser.

He also said the main focus of the fund-raiser would be Camp Anytown and Unitown. Moore said Camp Anytown is a weeklong camp during the summer, while Unitown is an extended weekend camp held twice a year.

Alumni witness change in building after 50 years

EMILY HARRISON



PHOTO BY MOLLY MULLEN/REGISTER

1955 alumni look into one of the display cases in the courtyard. Both their photos from Concert band were there next to old baseball and cheerleading uniforms.

"Let me tell you a little about Central High School in 2005," principal Jerry Bexten said to the class of '55 at their 50th reunion during a breakfast held in the courtyard.

Many of the alumni had not been inside the school since their graduation and after the speech there were many questions.

"When was the courtyard enclosed?" asked an alumnus from the crowd, pointing toward the roof.

The enclosed courtyard was only one of many changes that raised questions from the crowd.

With renovations, the new gym and the stadium, much has changed since 1955.

Bexten asked the Student Council to give tours of all the new construction for the alumni who were present at the reunion.

One of the Student Council volunteers giving the tours was junior Nema Philip.

This was Philip's first time giving tours at one of the reunions, but she said there have been quite a few opportunities for Student Council members to participate in the reunions this year because of the new additions including the stadium.

During the tours she gave, the alumni made comparisons between the Central they knew and the current building.

"The ones I gave tours to did most of the talking," she said.

Some of the places the alumni frequently asked to see were the 4th floor, the computer labs, the science rooms, the library and the new gyms.

Philip said she had always known how much history the school had, but it was good to hear from the people who experienced it.

Many alumni commented on how beneficial

the new additions were and how they would raise the expectations for the school, Philip said.

One of the alumni who noticed several changes was Jackie Brichacek who wore her old reversible letter jacket to the reunion.

"Everybody used to wear their school jackets," Brichacek said.

She said she hated the enclosed courtyard.

"We used to come out here even when it was raining or snowing," Brichacek said, reminiscing about the open courtyard, which used to have grass with sidewalks crossing through it.

She said during the spring and fall when it was warm they would have events out in the open courtyard on the grass.

Brichacek said she also missed the replica of the Liberty bell that used to be over the "C."

Despite these changes in the school, she was also excited about many new improvements.

She said she was excited about the new stadium, something her class never had.

"We never played a home game, there was no such thing as a home game, we didn't have a stadium," Brichacek said.

After the breakfast the alumni took two trolleys on a 2-hour tour of Omaha that went all the way to Village Pointe. Then later that night there was a dinner at the Lauritzen Botanical Garden.

There had also been a casual dinner the night before at the Hilton Garden Inn.

There were about 100 classmates and 60 spouses or friends attending the reunion. That was about one third of the class, which was really impressive, Dorothy Rasgorshek, a committee co-chair for the reunion, said.

Some of the alumni had never been to one of the class reunions before, she said.

There were alumni from places as far as Canada, Hawaii, Florida and California present at the reunion.

333-5570 **Parables** 11212 Chicago Cir.
 Music, Videos, Gifts, Stationery, Books & Bibles
 Bring in this Coupon for 20% off
 Any single non-sale item*
 We Have The Christmas Gifts You Need!
 Valid thru 12/13/03 *some exceptions apply

LIDLAW
 Education Services
School Bus Drivers Needed for Laidlaw
 Wages starting at \$12.00 an hour
 Apply at:
 1804 Paul St. Omaha, NE 68102 341.6799
 3333 Keystone Dr Omaha, NE 68134 572.6160
 14001 L St. Omaha, NE 68137 896.0142

LOW COST MATH TUTORING
With Lots of Patience
 Alan Price
 B.S., M.S. in Mathematics
 M.S. in Psychology
 393-8311

Central High Alumni
 Julie A. Frank
 Mary C. Gryva
 Attorneys at Law
FRANK & GRYVA P.C.
 Bus: (402) 346.0847
 Fax: (402) 246.5920
 201 Historic Liberty Plaza
 1823 Harney St.
 Omaha, NE 68102

HISTORY OF DRUGS IN THE UNITED STATES

1729



Non-medical use of opium is outlawed. Opium is now smuggled in from India, becoming a highly profitable enterprise, especially for the British.

1845



A law prohibiting the public sale of liquor is enacted in New York State. It is repealed in 1847.

1853



The invention of the hypodermic syringe makes the administration of morphine, along with other drugs today, more effective.

1924

The 1924 Heroin Act makes it illegal to manufacture heroin. In the 1870s, heroin and morphine were recommended as remedies for alcohol addiction.

1943

After Albert Hofmann synthesizes lysergic acid diethylamide (LSD) in 1938, he accidentally absorbs some five years later. This was the first "trip" on LSD in history, lasting about three hours.

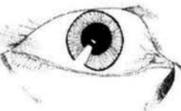
2005



Residents in Denver, Colorado voted to legalize the possession of marijuana up to one ounce for those 21 and older. State possession laws could still be applied.

INFOGRAPHIC BY EMILY HARRISON/REGISTER INFORMATION COURTESY OF ST. LOUIS UNIVERSITY

SIDE EFFECTS OF OXY USE



Insomnia



Confusion



Vomiting



Death

INFOGRAPHIC BY BOB AL-GREENE/REGISTER INFORMATION COURTESY OF NIDA.NIH.GOV

USING, RECOVERING

Students know drugs are harmful. But do they know how substances affect the brain?



PHOTOS BY CLAY LOMNETH

(LEFT) John Doe cuts up the OxyContin pills with a driver's license. He crushes the pills and then uses the card to make it into a fine powder. (TOP RIGHT) Doe said he sells his 80 mg pills for around \$50 a piece. These pills have had the time-release taken off. He does this by sticking them in his mouth until the outer layer, which affects when the drug will start working, dissolves. (BELOW RIGHT) Doe then straightens out the powder into a thin, 3-foot line. He said he had to get it as straight as possible because he wanted to snort it all on the first try. Snorting, there was some extra OxyContin powder left, and Doe proceeded to do what he called "the cleanup", or snorting the leftovers. After this, Doe goes to his rehab meeting.

Former student struggles with addiction to OxyContin

'ADDICTION' CONTINUED FROM PAGE 1A

back to crushing and snorting the pills. His tolerance continued to grow. It eventually got to a point where he needed the drug just to feel normal, not even to get high.

He said he even experienced withdrawal symptoms when he didn't use the drug. He got the chills and became very cold when he didn't use OxyContin for an extended period of time.

Doe's addiction also had a large impact financially. He said the pills got more expensive over the years. He said it was \$15 for 40 mg, when he started and now it's \$25 for the same dose. This is twice the cost of OxyContin when it is prescribed and purchased legally.

Kristen Yeh, a certified technician at Walgreen's pharmacy, said one 40 milligram pill costs \$11.59 when it is purchased legally.

"Honestly, I'd say (I spent) around \$200,000-\$300,000, including the stolen stuff," Doe said.

He eventually ended up breaking into houses or stealing from dealers to support his addiction.

Doe said he typically bought from people selling pills out of their own bottles, or from people who somehow obtained pills that were legally prescribed for someone else. He said a lot of the dealers were old men who needed money.

After a while he realized he had a serious problem. He checked himself into an intensive outpatient rehabilitation program.

"I was sober for a month or two," he said.

After he was finished using he would get calls from people who wanted him to acquire OxyContin for them. Doe said he eventually went through a time period where he was selling it to friends.

"I did a lot of selling to other people and charged enough that I could use it for free every day," Doe said.

He is still trying to find a way to stop using OxyContin. He said he wouldn't recommend trying it to anyone.

"It gets control of you and turns you into a cheating, stealing, lying monster," he said.

STUDENTS AND DRUGS

Of course not all students try OxyContin. Senior Ashley Lidgett is the president of Students Against Destructive Decisions (SADD).

She said SADD is involved in various projects related to keeping student from using drugs or alcohol. She said one of the most important factors in prevention is awareness about the dangers of drug use.

"It's really an awareness thing and trying to remind people to be safe," she said.

Unfortunately once someone makes the decision to begin using OxyContin, stopping that use can become very difficult.

The number of teens seeking treatment is inconsistent with the number of students Doe believed use OxyContin. He said he thought

around 20 percent of the people at Central use the drug.

Doe said a number of Central students can't even attend school without using OxyContin in the morning and during class.

"I know eight kids off the top of my head who can't go to school without doing it," he said.

Senior Lara Harbert said she witnessed OxyContin ruin her friend's life. He graduated from Central a few years ago, and after only using it twice she said he was hooked. He would have to shoot it up every day.

Recently he was diagnosed with Hepatitis C after using a dirty needle to shoot up. This strain of Hepatitis is incurable.

She said when the doctors told him, they said he couldn't do any drugs ever again or he would cut his life expectancy to around two years. He still uses meth and other drugs, Harbert said, because he thought if he smoked and snorted it instead of shooting it up, it wouldn't be as harmful.

"He started smoking pot when he went to Central," she said. "That was his gateway drug."

She said being a witness to something so sad impacted her life.

"Seeing it destroy his life and seeing what his parents went through," she said, "I will never, never, never do anything like that."

She said researching the disease was scary. Something as easy as using the same toothbrush could spread it in the bloodstream. She convinced him to go to rehab before he contracted the disease, but he just couldn't do it.

REHABILITATION

Aryn Bowlby-Safraneck, a therapist with Addiction Behavioral Hill, said most teens she sees are rarely being treated only for an OxyContin addiction. Of the approximately 40 inpatients the clinic treats each year, she estimated only about 5 percent of the teens are treated for any kind of prescription drug abuse.

Bowlby-Safraneck said there did not seem to be a significant problem with OxyContin when compared to other drugs.

"I wouldn't say it's any better or worse than any other drug in general," Bowlby-Safraneck said.

She added it was difficult to accurately say the number of patients with an OxyContin addiction because it's a rare for it to be the only drug involved.

Jan Sigerson is the program director for Journey's, which is another rehabilitation clinic specializing in kids 12-18. She said it treats about 36 inpatients a year, and about 60-70 kids a year in its intensive outpatient program. Patients are often referred by the court system or Medicaid. Patients are also brought in by their parents.

Sigerson said there is a high success rate for their residential inpatients.

She said the inpatients are eventually transferred to a lower level

of care and undergo community reintegration.

Sigerson said intensive outpatient programs varied from one week to patient. She said it often began with four evenings of therapy a week and then tapered down. There were various forms of treatment including individual, family and group therapy as well as drug education classes.

Sigerson said there were not a large number of children treated for OxyContin. She said some teens have tried it and been exposed, but most of them were being treated for other drugs.

According to the most recent data from the Office of National Drug Control Administration, approximately 11 percent of the population ages 12-17 have used at least one form of oxycodone. This report on oxycodone use said nonmedical use of oxycodone was on the rise. This suggests that teens were using OxyContin and not seeking treatment.

DISTRIBUTION

Purdue Pharmaceuticals, headquarters located in Stamford, Conn., manufactures OxyContin. James Heins is the senior director of public affairs for the company.

Heins said OxyContin was only a brand of the drug oxycodone. He said Purdue Pharmaceutical is only one of about 50 manufacturers of the drug.

He said OxyContin is approved by the FDA for treating moderate to severe pain that lasts for an extended period of time. Heins said OxyContin is very similar to the pain reliever morphine.

He said OxyContin is a schedule II medication. Heins said it meant it was among the most tightly regulated drugs that can be prescribed legally. He said a drug is listed as schedule II if it has medicinal benefits but high abuse potential. Heins said the company monitors the distribution of OxyContin closely.

"We follow trucks in global satellites, (and) transport it in our own cars," Heins said.

Even though Purdue Pharmaceuticals monitors the distribution of OxyContin carefully, some things are beyond its control.

"We have heard of pharmacists making their own forms," Heins said. Yeh said Walgreens also took precautions to prevent OxyContin from falling into the wrong hands.

"It's locked up in a controlled cabinet," she said. "The pharmacy is the only one with access."

Heins said Purdue Pharmaceuticals also teaches doctors to prescribe it and spot people trying to abuse it.

"Abusing it is like playing Russian roulette," Heins said.

Heins stressed along with the high risk of developing an addiction there is also the risk of overdosing, especially when the drug is mixed with alcohol or other narcotics.

Molly Mullen contributed to this story

EFFECTS ON THE BRAIN

Opiates are sedative narcotics that induce euphoria and sluggishness in the human body. Opioids are opiates produced naturally in the brain, and opium is a synthetic opiate.

The opiates activate receptors in the parts of the brains associated with pain relief and pleasure.

The brain produces endorphins when these areas are activated.

Certain drugs, such as OxyContin, act as stimulators for these receptors, producing a rush of endorphins.

However, the continued use of drugs prevents the brain from producing the natural



degree of endorphins. Side effects can include drowsiness, constipation, dizziness, drymouth, and depressed respiration. In more serious cases, use of OxyContin can lead to physical addiction, dependency, obsession and eventually death due to respiratory exhaustion and failure.

Death can come from only one large dose. Users usually underestimate OxyContin because of its relation to codeine, but is much more powerful. It comes in a standard dose of 80 mg, as opposed to codeine's prescribed 10 mg.

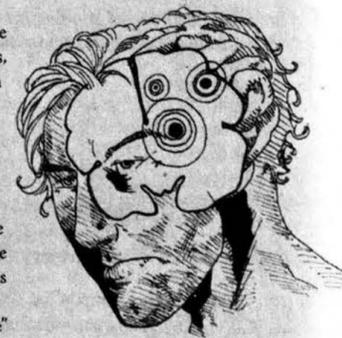
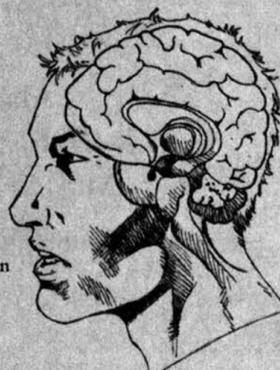
Severe effects of withdrawal include "flu-like" symptoms, muscle and bone pain, cold flashes and nausea.



The most prominent opioid destinations (right and above right) are in the hypothalamus, the thalamus and the cortex.

Opioids can then block transmission of pain messages, affecting pleasure centers and causing euphoria.

OxyContin works by attaching to opioid receptor proteins in the brain (right), spinal cord (above left) and gastrointestinal tract.



Purdue Pharmaceutical, OxyContin's manufacturer, has been criticized harshly for downplaying side effects of its drug. The new warning on bottles of OxyContin is the strongest ever for a pharmaceutical drug.

The Food and Drug Administration approved OxyContin in 1995. From 1997 to 1998, OxyContin-related deaths increased 93 percent.

When in severe pain, opioids are released by the body to calm it within. This is usually the desired effect of drugs such as OxyContin.

INFOGRAPHIC COURTESY OF OXYCONTIN-ADDICTION.NET

INFOGRAPHIC BY BOB AL-GREENE/REGISTER

AND EDUCATING

...actly how and why? The Register takes a closer look at how to get help and treatment.

Alumna starts rehabilitation center for addicted teenagers

BY CLAY LOMNETH

She said when she was at Central, students would go out and smoke marijuana and then come back high during class.

They would also sneak alcohol into the school.

Alumna Aryn Bowlby-Safranek from the class of 1990 is now the owner and clinical director of Addiction Behavioral Hill Health Services, a rehabilitation center for teens and adults.

"This has always been a field I wanted to go into," she said.

In 2000, Bowlby-Safranek started the center with two other partners.

She said they were unhappy with other centers, and had seen things they did not like both business wise and clinically.

Bowlby-Safranek said she and her partners pooled their money and took out a small business.

For the first year, she said her world was

turned upside down.

The treatment group home holds 16 adolescents right now, Bowlby-Safranek said. Some of the teens were referred there by family, friends or schools.

Others, she said, had got in trouble with the law.

The teens in the treatment group home are ages 13-18.

"Most of them are somehow highly involved in the court system," she said.

The teens who stay with her live there for long-term stays, which range

anywhere from 6 to 13 months.

Some have graduated from her program as early as four or five months, she said, those are usually the more motivated people.

Teens there are not usually motivated because they are not there by choice, she said.

To graduate, the teens at Addiction Behavioral Hill have to go through a lot of work

to gain them new skills.

They must learn to socially interact with peers, work in communities and function in the family or any other system after they leave.

She said to get them to learn these skills, they must teach them in small parts, and keep teaching them over and over.

For example, Bowlby-Safranek said in a drug addiction case the teen would be taught the effects of the drugs on his or her body, then how the drug affects those around him.

She said she would figure out why the teen liked that drug.

If students liked it because they liked the feeling of getting high, she would try and help them find new ways to try and imitate that feeling without using the drug.

That's hard to do.

Success rate for her program was hard to

determine, Bowlby-Safranek said.

She said it would be a fairly high number, but would soon lower to 40 percent when taking into account the teens who would use drugs socially or go into relapse.

Bowlby-Safranek said sometimes the teens they treated disappeared completely.

The most common drugs she sees teens addicted to include marijuana, methamphetamine and alcohol.

Marijuana was the easiest to get a hold of for teens, she said.

"Marijuana is still the top," Bowlby-Safranek said. "It's always the top."

More recently, she said there has been a rise in meth addicts.

Alcohol has always been a problem, but she has started to see the effects of meth.

"It's a pervasive family issue," she said. "I have a lot of kids that are third generation meth users."

Marijuana used to be like that, she said. A father or a mother would pass down the

habit from their parents onto their children.

Bowlby-Safranek said she often saw cases where children would do meth or marijuana with their parents.

Not all of the teens at her program have drug addictions as the main issue, Bowlby-Safranek said.

Some have anger issues or a criminal history, but to come to the rehabilitation center, all must have had previous drug problems.

Bowlby-Safranek said she also works with those teens who have anger problems, or were abused in the past.

She said there was also an outpatient unit that worked with both kids and adults.

The outpatient units met only a few times a week.

Bowlby-Safranek said OxyContin was not a huge problem at her rehabilitation center.

They use it as a secondary drug, she said, because they think it doesn't show on drug tests and it is more readily available.



BOWLBY-SAFRANEK

Unaddressed problems force some students to drop out early

BY ZACH PLUHACEK

Students do drugs. They have sex. They fail classes. Some students drop out.

And faculty at Central and other schools in the Omaha Public Schools (OPS) district take the responsibility to work with them.

With state and federal laws enforcing the school's role in virtually every aspect of student life, academic institutions across the country are becoming the social centers, hospitals, prisons and dormitories for students who can't find help elsewhere.

"Your world is school," assistant principal Dr. Keith Bigsby said.

DROPOUTS

Dwayne Burgess, a researcher with the OPS Teacher's Administration Center, said when students do not like school, whether because of their teachers, their peers or their situation in general, they will take matters into their own hands.

They leave.

Students leave school in a number of ways. Some switch to another building or district, some take time off and some even quit for good.

Burgess said all of these students are losing something valuable.

"Withdrawals are students who left school, and dropouts are students who left school and did not return by official membership the following year," he said. "The withdrawals mean that a student is leaving school and is missing out on their education."

Even though students who withdraw can return the next year and not be considered dropouts, these teens still miss out on a great deal of their education, and can be stunted socially as well. Students who change schools often can meet a similar fate.

"Urban school districts are prone to having students switch from school to school," Burgess said. "Moving is disruptive to your education. That's a problem that this mobility issue causes."

Burgess said, from what he has seen over the past few years, dropout rates across the district are decreasing. Last school year, 3.90 percent of all middle and high school students in OPS dropped out. The year before that percentage was 4.52.

That is not taking into account students who withdraw or who change districts or schools.

Burgess said changes in where or how individual students are taught can be for the most part, a negative. Just because students are quitting school often doesn't mean the issue is getting any better.

Bigsby and principal Jerry Bexten both recognized that Central had a higher percentage of students with drug problems, issues at home and stories of poor performance in school.

Bexten said working closely with groups like the Student Council and Students Against Destructive Decisions, as well as the counselors, administrators and human growth and development and physical education teachers, the school could better serve these less fortunate students.

Peer support was a huge factor in helping students around the school and, just like in the Transitioning Program, this can come from unexpected places.

"Everybody fits in. That's the beauty of Central. It's an amazing institution from that perspective," Bigsby said.

Some students still manage to dislike the environment.

FRESHMEN

Bigsby, who is also the data processing administrator, said incoming freshmen are a perfect example of a group that can have a great deal of trouble in school and has, up until now, been expected to assimilate just as quickly as every one of their peers did.

"They come from an environment where credits don't mean very much," he said.

Bigsby said with all of the problems students can have in school and the things they can do to change them, the people in charge have these same problems and need to do things to help them as well.

"We haven't changed as a system to meet their needs," he said. "We're relatively inflexible. We have a lot of kids with a lot of issues and it's not their fault."

Bexten, who served as a middle school principal before moving on to the high school level, said transitioning for future students is a difficult and necessary process.

Some students may not even be ready to start this transition since they didn't get as much out of middle school as expected.

"Kids who come into high school with gaps in their knowledge... they're a step behind everybody else," he said.

Many students who were recommended by their 8th grade teachers remain behind for an extra year were signed out by their parents and showed up to enter high school unprepared.

This makes the process of transitioning that much more difficult.

OFFERING HELP

One of the things being done by the school to help all students switch from a middle school to a high school attitude is the Transitioning Program.

Bexten said last year the program was started to help ease the growing pains for freshmen by helping them achieve their credit hour requirements.

"We saw more kids earning more credits," he said.

Counselors Angie Meyer and Jodi Peterson currently oversee the program, working with groups of around eight students each period on a weekly basis.

Around 60 students are recommended for the program each year by their personal counselors, and are given the option to quit at any time.

Meyer said the first issue addressed with these students was organization.

They are taught how to use a planner, how to find their way around the building and how to cope with the amount of homework they are given in high school compared to before. Social development is also stressed. Working with a group of teens their same age often makes it easier for these newcomers to make friends.

"I think they really benefit from the peer support," Peterson said. "They're like any other students."

One of the hardest things for incoming freshmen to get used to is the credit system.

MEETING REQUIREMENTS

For the first time ever, seniors have to have 49 credits to graduate. Even with the credit system in place, students are required to attend Central for four years.

This same concept, which requires a certain number of math, English, social studies and other credits to continue on to another grade, makes it so some students can't advance within the school.

Sophomore Corey Iltzsch is one of these students. He failed geometry his sophomore year, so all the official records on him consider him to still be a sophomore.

Even though most of his friends are juniors, Iltzsch said he is still able to hang out with them and fit in socially. He does wish that he could be a junior this year, though.

"I think that as soon as you get your credit you should be able to change your grade level," he said.

He is taking geometry this year and, if he passes all the required classes, will be enlisted as a senior next fall.

THE SYSTEM

Iltzsch said he thought the system was slightly outdated and students shouldn't be listed in grade levels by how many credits they have, but by their year in school. He also said students who want to graduate early should be allowed to as long as they have passed enough courses to graduate.

Lynda Molyneux, the head of the guidance department, said the four-year plan is perfect for most students. She said the majority of people need the social development for later in life.

Bexten said this may or may not be true for different students, but the bottom line is public high school is an opportunity no one should pass up.

"High school is the last time, for any students, that they'll be able to take courses and have an education without paying for it," he said.

Many of these students, Molyneux said, are still not being suited by the educational system. Instead of changing the number of years or credits required for students to graduate, school itself can be made a more welcoming place by providing more varied electives.

"We ask for all these great courses...but then we have to have a teacher who can teach it," she said.

ONE CITY, ONE SCHOOL

Bigsby agreed more course variation was important, but the times and ways these classes are held can have a huge impact as well, he said. The bottom line is there is no perfect answer.

"It all comes back to one thing—money," he said. "One City One School District is an attempt to address that."

Bigsby said for the educational system to properly cater to students, it needs to meet their needs. In this district, pride comes from diversity. In other schools, however, diversity is less evident, but money and educational opportunities are more abundant.

Bigsby said the first step towards a successful school system is combining the strengths of these institutions. He advocated the One City One School District plan of OPS as a way to do something about this lack of unification.

"We are silos," he said, "and we have a society that's willing to tolerate it."

SLIPPING THROUGH THE CRACKS

Despite the school system's attempts to help, students with behavioral or situational problems often suffer in their educations.

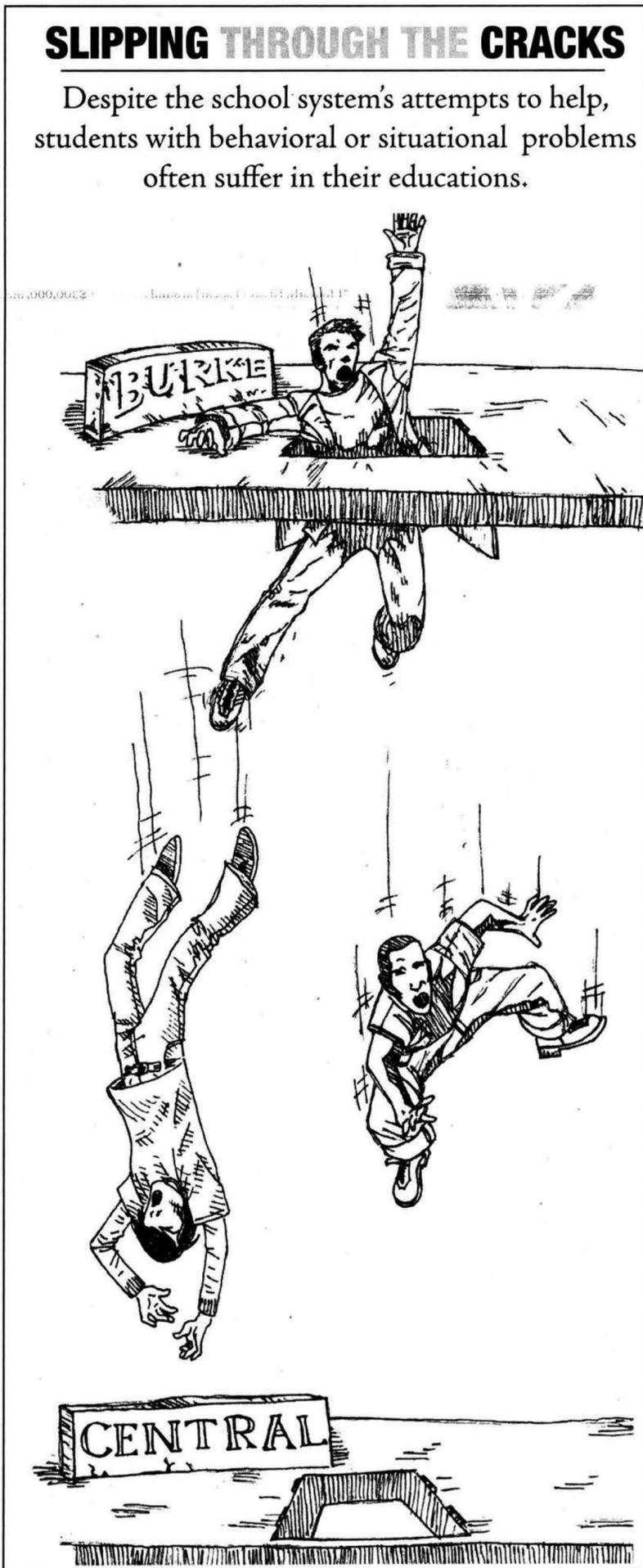
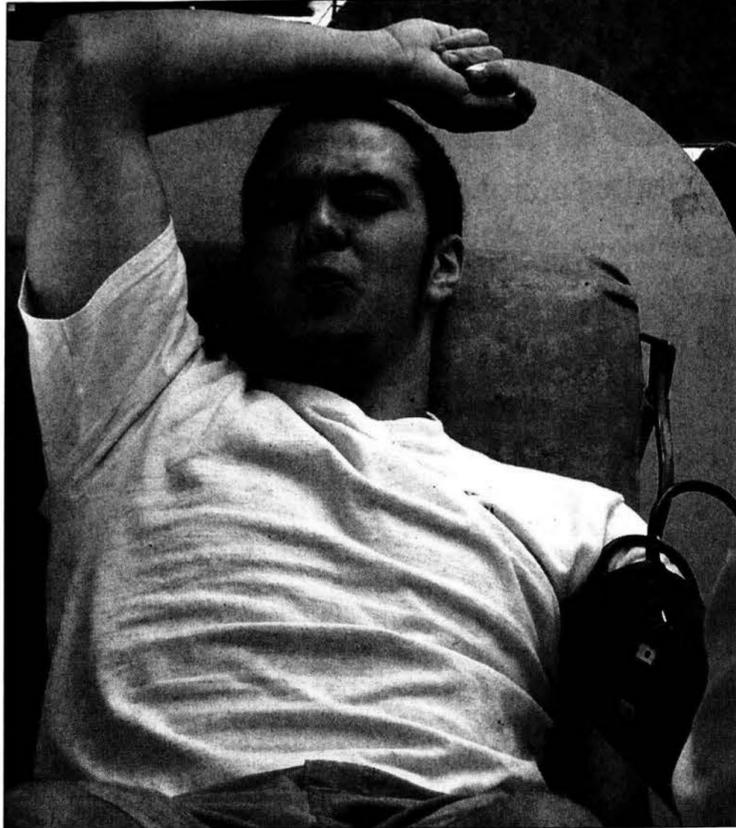


ILLUSTRATION BY BOB AL-GREENE/REGISTER



PHOTOS BY ZACH PLUHACEK/REG

Seniors Allison Denton, Nate Hall and Michele Morrissey tough it out at this year's Red Cross blood drive. It took multiple tries for the phlebotomists to properly draw Denton's blood, requiring them to draw from both arms, delaying the process. Hall and Morrissey, who both have phobias of needles, said they were able to push aside their anxiety to give blood. Morrissey felt light-headed and nauseous after donating and was given special attention to ensure her safety.

Fearful students decide to give blood anyway

BY ZACH PLUHACEK

While blood was drawn in pints, nervous smiles were dished out in gallons at the Red Cross blood drive held on Oct. 14.

Several students who participated in the drive were not too thrilled about the thought of being around sharp objects, much less have them stuck into their skin.

"Doctors wouldn't give me shots when I was a kid," senior Nate Hall said.

Hall has always been scared of needles, even since he was a child.

When he was younger, he would kick and scream so his doctors wouldn't even come near him.

He still participated in this year's annual blood drive, pushing aside his fears to do something he felt was necessary.

"It's something I feel like I needed to do," he said. "I was nervous, though, all before I had to do it."

Hall wanted his blood to help out people in need like those in Iraq or people subject to natural disasters around the world.

Senior Michele Morrissey had another reason to donate. She wanted to get over her fear of needles and assumed facing it head-on was the best way.

"Needles hurt. I have a very low pain tolerance. I figure once I do it I'm not gonna be that afraid anymore," she said. "It'd make me feel normal."

Unfortunately, her trip to the blood bus wasn't as easy as she would have hoped. She started to get light-headed and

almost threw up.

She needed help walking after she left the bus, even after sitting down for about 15 minutes.

Hall said his experience wasn't so bad.

Even though the phlebotomists had some trouble getting his needle to stick him "just right," Hall said for the most part it didn't hurt that much.

He was nervous already when Senior Ally Denton had trouble with getting her blood drawn.

The doctors had to stick her several times, and Hall said she didn't seem too thrilled about it.

She was visibly upset and that rubbed off on him. But still, he went through with it and said it went pretty smoothly.

"It went in and I was fine," Hall said. "The only complaint

I have is that it took so long."

He was called out 5th period to go wait to have his blood drawn, only to wait until the end of the school day to finish the process.

All in all, it took Hall about four periods to cycle through the blood drive and to be released by the phlebotomists.

Even though he spent so much time waiting and going through the donating process, Hall said the people working the drive made it easier to face his fears.

"The old lady that did mine was really helpful," he said.

Students were offered a snack and something to drink after they donated, both as a reward for their help and to replace nutrients they lost. There was a small seating area on the bus where students were required to wait after donating.



To learn more, come to the **NEBRASKA** table at a college fair near you or visit us online.

www.admissions.unl.edu

UNIVERSITY OF
Nebraska
Lincoln

An equal opportunity educator and employer with a comprehensive plan for diversity.

UNL_04M04 02/05 UNL

Icy Simpson
sophomore, Omaha

"When I received my financial award letter from Wesleyan, I learned to my great surprise and joy that I would be able to pursue my dream of furthering my education in music—a dream that I have had all of my life."

Get To WORK

Ninety-four percent of Nebraska Wesleyan students receive scholarships and financial aid.



NEBRASKA
WESLEYAN
UNIVERSITY

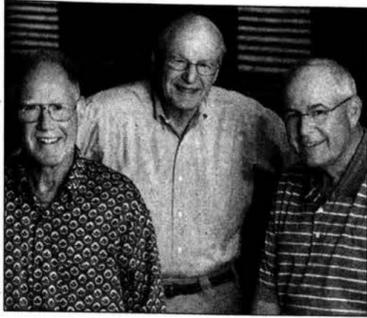
Nebraska Wesleyan is ranked 10th in the country for our number of COSIDA® Academic All-Americans.

Let's PLAY

Anton du Pree
sophomore, Aurora

Questions?
Contact us at
admissions@nebrwesleyan.edu or
402.465.2218, 800.541.3818, ext. 2218
Or visit our website:
www.nebrwesleyan.edu/admissions

2005 HALL OF FAME: Twelve of the Best



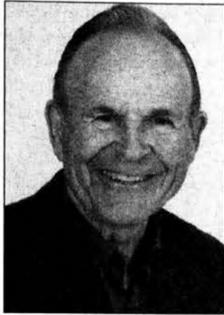
Alan D., Frederick J. and Stephen H. Simon
Class of 1952, 1955 and 1957



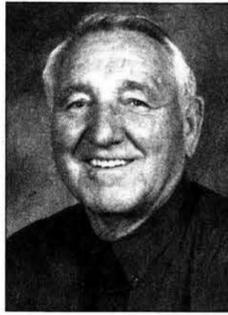
Lee D. Seemann
Class of 1938



Lester Simon
Class of 1924



William M. Kizer
Class of 1943



Alfred P. Pattavina
Class of 1942



Rudolph Smith Sr.
Class of 1963



David P. Young
Class of 1954



Harold Cooperman
Class of 1933



Nathaniel R. Goldston III
Class of 1956



Albert B. Crum
Class of 1949

New bill aims to end illegal immigration

■ 'IMMIGRATION' CONTINUED FROM PAGE 1A

become a citizen. The bill called for an additional 3,000 border patrol agents, and additional 1,200 customs and border protection agents at entry points, prosecution of companies employing illegal immigrants and an increased number of detention beds to prevent releasing illegal immigrants.

Deputy Communications Director of Sen. Ben Nelson's office Jim Fagin said the bill was aimed at many areas dealing with illegal immigration, including cracking down on businesses that knowingly employ illegal immigrants.

"The people in this country are allowed social services funded by taxpayers," Fagin said. "If you are not here legally, you still get those services."

He said they also want to increase on border patrol. "The whole idea is to stop illegal immigration," he said.

The bill aims at making the process of getting citizenship speedier. He said there was a lot of backlog of people requesting citizenship.

"It (becoming a citizen) can take many, many years," he said. "It can be a lengthy process."

The government has to check all records and check to make sure they have no criminal convictions.

Fagin said he thought Nebraskans would be pleased with Nelson's progressive action to cut down on illegal immigration. People continuously talked to Nelson about two problems facing Nebraskans: energy prices including gas and illegal immigration.

This is answer Nebraskans have been asking for, he said. He also said this bill was in no way an amnesty plan for illegal immigrants already living in the United States.

Sophomore Yolanda Gonzalez is on the executive committee for Latino Leaders. She was born in Omaha, but her mother moved to the United States from Mexico.

She became a citizen in 1993 through a work program where she worked on a farm in Iowa for three months and became a resident. Five years later she was able to apply for citizenship. Yolanda lived in Juarez, Mexico with her mother when she was younger and said she could understand the sense of urgency people had to get out. She said she lived on the border and it was dangerous.

People were left in Juarez after being sent back to Mexico. They needed to find money to get back to the United States so they raped and murdered people to do it. She said after moving out of Juarez with her family, they moved to El Paso, Texas. There weren't enough homes and they had to live in a homeless shelter before moving to Council Bluffs.

Maria Gomez, Yolanda's mother, said it was easy to become a citizen, and would suggest people do it legally.

"When I started working over here they handed out applications to become a resident," Maria said.

She said the law was fair and it was easy to get. "The only people who have troubles are people who have problems with the law or came over illegally," she said.

She said some parts of the US Customs were unfair. She said if people did come over and were working hard they shouldn't have to be sent back.

"Many people have a life and family over here to support," she said. "As long as they live by the law they shouldn't get sent back."

Yolanda said it was hard for her to know how to feel about immigration. She said some of her friends were illegal and could see the restrictions they have because of it.

"One of my friends doesn't want to come to school anymore," Yolanda said. "She says 'what's the point, I can't go to college anyway.'"

She doesn't understand why young people are being penalized for wanting a good education and a safe place to live, even if they don't have papers.



NELSON

Successful graduates recognized

BY BOB AL-GREENE

He said he'd wanted to be a pimp.

"When you grow up in the ghetto like I did, you do what comes naturally," Rudolph Smith, Sr. said. "You have very few aspirations, and no role models or opportunities. You're surrounded by pimps, prostitutes, drunks and poverty. You have no dreams."

Smith, Class of '63, was among the honored at the 2005 Hall of Fame ceremony on Thurs. Oct. 6. There was a dinner with music by the CHS String Ensemble in the courtyard, followed by the CHS Dixieland Band with presentations of awards in the auditorium. Smith said he felt humbled to be among the inductees.

"These are really great people," he said. "I'm blessed, honored and impressed to be here with these intellectuals and dignitaries."

Smith said, despite his aspirations of pimping, his life really turned around during his high school years, to the point where as a student leader at the University of Nebraska at Omaha, he introduced legislation to remove discriminatory housing practices near the campus.

"Central changed me," he said. "There are so many life-changing experiences, and a great faculty."

Smith is a photojournalist who, when he joined the *Omaha World-Herald* in 1964, became the first African-American to work in the News Department. He has won more than 50 awards for his photography.

He said he first found out about his induction about two months before the ceremony, when he received a letter and a phone call from Gary R. Willis, Class of 1970, the chair of the Hall of Fame Committee. Smith said he was surprised to know someone had nominated him based on the criteria he had met, and is still in awe of knowing past recipients.

"The wall of fame is impressive," he said. "Central should be proud of its legacy. There's a thread that runs through all the recipients. They're all humble, appreciative and giving individuals. Male or female, they're people of integrity. For example, take the Simon brothers. I've known them for years, but I never knew they went to Central, until I found out they were being inducted. It makes sense, though."

Smith said he was a little disappointed for not knowing of Central's significance when he went to school here.

"No one ever told me when I was younger," he said. "Now,

I've been to high schools all across the country, and Central is without a doubt the best."

Smith said he was planning a book of his favorite images he'd ever captured.

"Being inducted into the Hall of Fame makes me feel a little undeserving," he said. "It gives me a challenge to do more."

He said he is also considering a touring photo exhibit. The grand opening of his show in part of the gallery at the Preston Love Jazz and Cultural Arts Center was three months ago, and Smith said he hopes to, in February of 2006, expand into the whole gallery.

He said he also wants to get back into the college and high school lecture circuit, where he will speak on motivational, spiritual and ethical matters.

Smith said he is planning to travel to Africa and speak to black journalists.

"Most of them are self-taught," he said. "They need mentors. The search for truth in Africa can lead to ostracizing and even death. They're putting their lives on the line to report. It's important to learn that adhering to honesty and integrity puts you in the minority, but in the long run, it gains you respect, even from those who disagree with you."

Try Zio's New York Deluxe!!

More Toppings
More Taste
Eat at Zio's

Dine-in!
Carry-out!

New York Style PIZZERIA

13463 W. Center Rd. • 330-1444
7924 W. Dodge Rd. • 391-1881
1213 Howard St. • 344-2222

Because Most Likely To Succeed Is Still Up For Grabs.

The earlier you start, the sooner you'll be prepared for life's expensive times, like college. So start a savings account today.

1 First National Bank
Investing in you.

fnbomaha.com
MEMBER FDIC

BRAIN FOOD

Some say an apple a day keeps the doctor away. Unfortunately, most people's comfort foods consist of sweets and fats and not fruits and proteins.

BY MOLLY MULLEN

Senior Lara Harbert said everything is about chocolate.

When she's anxious, tired, upset, angry, sad or nearly any other emotion, she grabs for a piece of chocolate.

With a solo part in the play, the day of the premier was excruciating for her, she said.

She walked down the hallway popping small chocolates and Halloween candies in her mouth.

She woke up that morning knowing she couldn't go through the day without it, and made her mother buy candy before she went to school.

For Harbert, chocolate is her comfort food.

Deborah Bitter is the owner of Infinity Hypnosis. She is a certified hypnotherapist and a neurolinguistic programmer. She said there are several different

subconscious ties to different foods.

She gave an example of stress being tied to cravings for chocolate chip cookies.

If it was routine for someone as a child to get a cookie when she fell down and scraped her knee, when she grew up she might have certain ties to that food.

She said the important thing was to eat in moderation.

Comfort foods will keep nagging in the back of people's minds until they eat them.

People have very little control in that, but they can control how much they eat.

This, she said, is where overeating comes in to play. She said these foods are so comfortable, people use them more than is necessary or healthy.

One might want a chocolate chip cookie on a stressful day, but there is no need to eat a whole bag of them when things start to get rough.

Training oneself to not give in to overeating depended on habit, she said.

Someone had a bad day at school and wants to sit on the couch in front of the television and eat Doritos.

They end up procrastinating what they were supposed to be doing and it falls into the next day.

The next day that person would be even more stressed out and would fall into the same habit.

Harbert said she didn't let her need for chocolate get excessive.

She said when she starts fidgeting or getting worried she would grab a piece of chocolate, but she never stuffed her face.

She said her aunt had the same addiction to chocolate and it had the ability to calm her down.

"It gives me something to focus on," she said.

With it being her first time on

stage in front of an audience, she said she needed something to calm her down.

Other than sleep, she said she didn't do anything to calm her down. When she can't get to sleep, she goes for the chocolate.

Dr. Anthony Volk of A Restorative Health said it's a fine line between when comfort foods are healthy and when they become dangerous.

It all involves activity.

He said with things like comfort food, people won't know they're gaining weight because of those foods until it becomes a bad habit.

He said if someone gains a pound or two a month because of it, a year later they would be 10 pounds heavier.

"The Bible talks about moderation in things," he said. "That is good to live by."

If someone is 50 pounds heavier than their specific height, age and gender says they are clinically obese.

The problem for most teens, he said, is getting the wrong types of calories. Many people exercise to burn calories, but still eat unhealthy foods.

"Teens today are more likely to go home and grab a candy bar and Coke," he said.

When he was growing up, in the 1950s and '60s people were more likely to snack on milk cookies. He said the calcium, protein and fiber in the old snack foods have been replaced by acids, fats and artificial flavors.

Junior Anne Rips woke every morning with a bowl of chicken noodle soup.

Some might not find the broth appetizing early in the morning, but Rips said she couldn't take the test without it.

Soup was her comfort food, a type of food that would make her feel like she could get through the day.

She said the smell calmed her down and she was ready for the day.



PHOTO ILLUSTRATION BY LAUREN CRIST/REGISTER

Students should wake up in the morning and crave healthy foods such as apples and protein, but that is hardly ever the case. When students are stressing over midterms, most people go right for the sweets. This can lead to overeating and obesity if comfort foods are not monitored.

Alumnus uses AP classes in high school to skip year in college

BY EMMA PHILLIPS

Alumnus Adam Cornish graduated in 2005, but he is currently a second semester sophomore at the University of Nebraska at Omaha (UNO).

Cornish was able to gain his sophomore status at UNO through the numerous advanced placement (AP) classes he took while he was still in high school.

AP classes are more difficult classes, similar to honor courses. The only real difference between honors and AP classes is at the end of an AP semester students have the opportunity to gain college credit for their work.

Charles Hinkle teaches AP Government and World History classes, and has instructed AP classes for ten years.

Hinkle said most students wait until they have reached their junior year to begin taking AP classes because up to that point honor classes have been offered. When students reach the 11th grade

many honor classes are replaced by AP courses.

Hinkle said underclassmen are not excluded from the AP program, but most students seem to be content in their honor courses.

"They (AP students) are typically at a higher grade level," he said.

He said any underclassmen could apply to take any class, and if they were recommended by a teacher they would be permitted to participate.

Cornish said some of his AP classes were harder than the honors classes he took as an underclassman, but others were easier because he studied them independently.

Hinkle said taking honors classes prepared students for AP classes in terms of workload and expectations. He said the main difference is there is no AP test in an honors course.

Hinkle said AP classes are taught at a college level and provide students with a realistic idea of what college will be like.

Cornish still got college credit for his

independent study classes because he took the AP test and passed it, even without having the structure of a classroom.

Hinkle said most of the students who have been in his AP classes have been very motivated, similar to Cornish, and seem to have a desire to learn.

"Kids who take AP classes are more motivated to learn the material," he said.

Hinkle said students in AP classes usually achieve a lot academically because not only of their study habits, but also because of the way they act in class. He said they are usually more focused on what needs to be accomplished and they do not let themselves get distracted easily.

Cornish said the difficulty of an AP class could also depend on the instructor, but most of the responsibility falls to the student.

"It's really the student's investment, not what the teacher does for you," he said.

Cornish said taking all of the AP classes he

did really helped him to adjust to college.

"It was remarkably easy especially when you take so many AP classes," he said.

Hinkle said through taking AP classes student are shown what the expectations of college will be.

"One of the objectives of AP classes is to prepare kids for college classes," he said.

He said in AP classes students are typically very prepared and complete their work without very much prompting.

Cornish said he took AP classes because he knew earning credits before he was actually enrolled in college would help him graduate sooner, but also because he wanted to see if he could do it.

"I did it mostly to challenge myself," he said.

Cornish said he thought taking all of the AP classes he did was worth the stress and workload because it furthered him academically like he wanted it to.

"Anybody who is serious about education should be trying to get into AP or honor classes," Hinkle said.

He said the philosophy of Central's AP program has changed recently, instead of allowing students who have a history of advanced classes take AP, it was altered to give anyone the opportunity to be enrolled in the classes.

Hinkle said the only criterion was to want to be in the class.

He also said if a student wanted to be in an AP class they needed to realize the commitment it included, once enrolled a student is not allowed to drop because they think the course work is hard.

Hinkle said he thought if a student was interested in taking a lot of AP classes, Central would be a good school to attend.

"Central has a wonderful program, Central might have the best AP program in the state," Hinkle said.

Officials say cell phones too distracting, resulting in more traffic accidents

BY STEPHEN WILHELM

In 2004-2005, Legislators proposed bills to prohibit everything from personal grooming and writing, to DVD players in cars.

People are now more than ever trying to make time spent in cars more productive as congestion worsens and commutes grow longer.

With drivers spending about 3.7 billion hours in traffic delays each year, according to the Texas Transportation Institute, time is even more important.

Groups who oppose cell phone restrictions point to over 200,000 emergency calls placed on wireless phones everyday.

There were 75,436 vehicle crashes in Nebraska in 2003. Inattention was a factor in 4,602 of these crashes, with cell phones being a factor in 115 of them.

A study by the Virginia Tech Transportation Institute found that 80 percent of all crashes and 65 percent of near-crashes involved driver inattention just prior to the onset of the accident.

Senior Adam White said he has to use his cell phone whenever he drives so he doesn't miss any calls.

White admits using a cell phone while driving has taken his attention from the road at times.

Drivers who were distracted caused an estimated 10,000 deaths and \$40 billion in damages in over

1.2 million accidents every year.

"Other people are so careless when they talk on their cell phones and just cut in front of me without signaling," White said.

He said he has had to swerve or slam on his brakes because of drivers on cell phones who have been very close to causing an accident.

According to a Gallup Poll, around 62 percent of high school drivers said they talk on a cell phone while driving.

"Trying to find a CD or eating food while driving are really distracting," White said. "Once, when I was trying to find a good CD to listen to, I didn't pay enough attention and got hit by a lady."

While his car had taken a direct hit, White and the woman came out of it without any serious injuries.

One study found people who used cell phones while driving were four times more likely to be involved in a serious crash requiring medical attention.

Junior Perrin Adams was shocked as the car slammed into another car in front of her and bounced back.

During last year's winter break, Adams was in a car crash when her brother, Jacob, was driving.

She said they were pulling out of Westroads Mall when Jacob's girlfriend both texted and called him five times in a row.

Perrin said Jacob finally answered his phone at

a stop sign. The car in front of them started to move out, so Jacob started going also, Perrin said.

However, disaster struck when the car in front of them came to a sudden halt.

Perrin said their car ended up without a scratch, but the girl's bumper was smashed.

Perrin said her brother was furious about the accident.

She said the ban on using cell phones while driving was somewhat of a good idea, but should only be for those from 16 to 20 years old.

"Teenagers think they can do things they actually can't do," Perrin said.

As of June 2005, Legislators in at least 15 states have proposed over 129 bills related to driver distraction legislation due to the rapid growth of new wireless technologies, but especially the use of cell phones.

The number of wireless phone subscribers in the United States has swelled from a mere 10 million subscribers to more than 190 million in the past ten years.

New York State's law, not allowing cell phone use while driving, has resulted in 360,000 tickets being issued thus far.

Approximately 40 nations restrict the use of cellular phones while driving, including Brazil, Egypt, Germany, Israel, Italy, Japan, Poland and Russia.

Nebraska's bill has yet to be passed.



PHOTO BY STEPHEN WILHELM/REGISTER

Senior Adam White text messages his friends while he drives home after school. White said he has had to swerve or slam on his brakes because of drivers on cell phones who have been very close to causing an accident.

OPINION

WEDNESDAY, NOVEMBER 9, 2005

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM



Spray paint, PAGE 12B

ANNUAL PACEMAKER AWARD WINNER

20TH STREET OMAHA, NEBRASKA 68102

TEAR DOWN THAT WALL

Omaha Public Schools has put together an annexation plan to spread itself into other districts. The ultimate goal of One City, One School District is to make the school system more effective and more diverse.



ILLUSTRATION BY BOB AL-GREENE/ REGISTER

Barriers between OPS and the other Omaha school districts are growing every day with new fights against annexation. OPS wants the rest of the city to break down those barriers and look at what's most important: the students. One City, One School District will benefit all of the city and unify the students in every district.

Teen fights back after learning lesson in classism at young age

Nine years of my life were spent at Catholic school, so I know the type. I know the type of people who seek out friends upon how much money their parents have, and I know how parents who treat church as a social gathering, trying to make the family look good to the rest of the parishioners. I have seen these barriers between social classes, and how students would put walls up around the people who live in Fair Acres or Eagle Run. I say this because these are the types of people who have their opinions about Omaha Public Schools and the annexation of Millard and Ralston. They say they move to Ralston to avoid the mediocre teachers in OPS when really they mean to avoid paying property taxes for schools with children they don't like for one or another. It seems like the parents who think One City School District is a bad idea are forgetting about their own children. I've seen it happen enough at private school, so I want to make sure it stays out of public schools systems. Parents would

go to school plays and meetings just so people could see them talking to "the right people."

When a new wealthy Omahan would come to look at the school, the principal would tell the teachers beforehand. We all then were informed to tuck in our shirts and be sure to wave to the "nice family coming by."

People so often forget about the children, and that is what these people are seeming to do. One City One School is about opportunity. Not opportunity just for the few who can afford it, but for Omaha as a whole.

People need to stop being concerned with only their family and neighbors and look at what this battle is doing to the children in the largest school district in Nebraska.

When the Brown v. Board of Education was first being fought to desegregate schools, there was a study done on the

children. It was about self-esteem. Black and white children were shown dolls of both races and were told to pick out the prettiest one. Almost all kids chose the white doll, and many black children were left in tears.

It was because society had told them they were worthless and it had a detrimental effect on them for their whole lives.

Now, what kind of effect does it have on students' self esteem when the governor of Nebraska, Millard and Ralston school boards and parents all say OPS students aren't good enough? Why are barriers being built between OPS and the rest of the city? Is it for votes in the next election or just pure classism and racism?

How are we supposed to feel as people when half the city says they don't want us? Nobody can say OPS teachers and students as a whole don't belong.

At private school, just like these Ralston and Millard



NOT GONNA LIE TO YOU

A Column by Molly Mullen

Students fail to voice opinions of annexation, rally for One City, One School

Discussions about the Omaha Public School (OPS) district annexation of some Millard and Ralston schools have almost nonexistent among its students.

Students need to be more involved in the annexation that is directly affecting their lives.

Students from Ralston and Millard schools have had rallies, news coverages, bumper stickers and T-shirts made.

Have you seen even one of those from OPS students?

Susie Buffet made bumper stickers supporting the annexation, but OPS students did not care about them, because of the apathy concerning the stickers, they just appeared.

It is clear students from OPS do not care. They should. The OPS District is doing it for the benefit of all students, and OPS students should demonstrate some sign of appreciation.

If the annexation occurs, which it most likely will, OPS students will have even more opportunities for their education. The students can transfer to over 25 additional schools. The educational opportunity is great for all students, so the apathy is preposterous.

Many students, when asked, say they do not care about the annexation at all.

How is this possible?

It is important students be involved in the annexation because it is for them. It does not matter whether or not you agree with the annexation. Just start making your voice heard.

If you are in favor of the annexation, start having marches and rallies. Make bumper stickers and T-shirts. Get your friends involved. State your opinion.

The government is more likely to listen to the voices of the

students if they demonstrate their view a number of ways. It just cannot be a few dozen students, but it must be the entire school district.

Some students have said OPS should leave the other school districts alone. However, those students should stop complaining about it if they are not going to do anything to stop it. They say it is a stupid idea, but why?

Go tell the superintendent why it is a bad idea. Go tell the media.

All that is being said are complaints. Stop complaining, and start taking some action.

Maybe if this was an issue about sports maybe teens would care a little more. It seems OPS students care more about the latest gossip in Hollywood, about Paris Hilton or Tom Cruise

schools, we didn't have the advantage of diversity. I had no idea how important it was to work in a diverse classroom before I came to Central.

We had no black teachers and no Latino students, and therefore didn't celebrate (or learn about for that matter) Black History Month or Cinco de Mayo, like Lewis and Clark Middle School students did down the street. Come to think of it, I think in February we celebrated dental hygiene month, or something to that effect.

There is no way an environment like that could prepare me for the real world. How are people supposed to function in a multi-cultural and multi-class system when they are sheltered as students?

Parents of the students who will soon be part of OPS need to look at the advantages, and stop looking at us as the big, bad guy taking over and squashing the little guy.

We are not the antagonists. Take it from me, going to a school with more diversity is better. Embrace change. Be progressive, for the students' sake.

EDITORIAL

The OPINION of the Register staff

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people to peaceably to assemble, and to petition the government for a redress of grievances."

FIRST AMENDMENT OF THE UNITED STATES, RATIFIED DEC. 15, 1791

EDITORIALS

Bill sparks debate on both sides of immigration fence

Positive

United States must claim one language

Illegal immigration is overwhelming the United States with over one million undocumented people entering America every year, according to the Immigration and Naturalization Service.

This must stop now. Only pressure from the public on all levels of government can create change.

Some illegal immigrants are the major component of problems such as urban sprawl, congestion, lack of space in schools, gang violence and other crimes.

Central is overcrowded with a current freshmen class of over 900 and doesn't need anymore students who are not even in the country legally in the first place.

Sen. Ben Nelson is creating a bill which he said would address the flood of illegal immigrants into this country.

EDITORIAL

The OPINION of the Register staff

The bill is called "Secure Our Borders, Prevent Illegal Immigration Act," which aims at stopping illegal immigration and giving law enforcement the tools it needs to address the problem, including more agents and stricter laws. The bill also aims to make the process for legal immigration much easier.

Over one million new undocumented people from Mexico and South America have settled in this country last year, according to the Census Bureau.

If people want to live in this country then they need to do it legally with proper documentation.

In an online petition created by Roy Beck, who has testified as an expert in front of Congress, people numbering almost 600,000 are demanding that President Bush secure the country's borders.

Over 60 percent of the public fears the current flow of immigrants and refugees into the United States as a serious issue in the country according to a Gallup Poll.

If illegal immigration does not stop and continues at its current rate, the population would be over 309 million by 2010, over 420 million by 2050 and over 571 million by 2100.

People from every state are affected by illegal immigration. It is draining this country's resources.

Tax money is being used to pay for their health care, their education, the consequences of their crimes, and more.

This is a huge nation, but nevertheless it must protect itself and secure its borders.

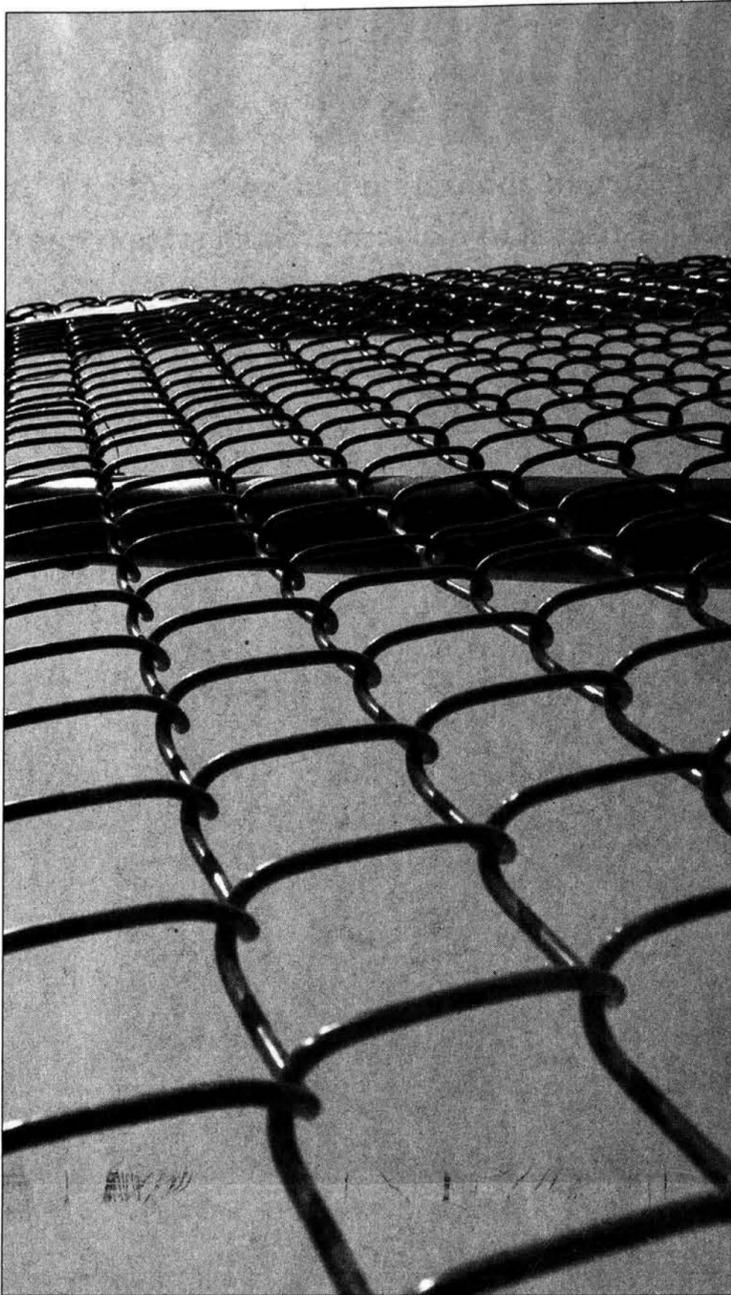


PHOTO BY LAUREN CRIST/REGISTER

Negative

Faster process needed for legal immigration

We see people crossing our borders illegally to find a better way life. We see these people entering the United States without permission and little welcome, gaining influence, culture and power in our political, social and economic world now we know how they felt.

Now we know how the Native Americans, the first to call the "American soil" their own, felt when thousands of thousands of Europeans sailed to this continent in search of a better life. Now, as then, the people immigrating to this abundant land are being both accepted and rejected.

One would think people should learn from mistakes of the past. In the modern world, the American people look back at the Caucasian's hostile takeover of the western world with shame, read about the wars and massacres that occurred as a result, and rejection on both sides.

The Mexican immigration into this country is, by no means, as hostile as the European invasion of the Americas that took place in the last millennium.

EDITORIAL

The OPINION of the Register staff

Illegal immigrants of today come to America without our intent to gain political power, yet some white people react more negative and brash way than did the Native Americans, their land and freedom was seriously endangered.

We fear for our jobs, our neighborhoods, our culture, language. Yet none of these are really in danger.

The English language is arguably one of the most predominant in the world. It is spoken, along with French, as one of the international languages. Our culture is, really, a salad bowl of hundreds of cultures from around the Earth.

This nation extends its influence beyond just the workings of other nations. Our Gross National Product, which represents over 20 percent of the entire world's GDP, is second to none. The United States alone outranks the European Union in GDP.

So rest assured there is no shortage of anything to go for in this country. There is no legitimate reason to regulate immigration on our borders to the extent it is being controlled right now.

The ingrained segregation in this society goes completely unnoticed, but it is the true reason for nearly all of our immigration legislation we have.

Just about every single person in this country has some bias; how much they are aware of it and how much they talk about it with their friends ranges from person to person. Each and every one of us has a phobic skeleton in our closets.

Sophomore distressed after peers, teachers repeatedly obsess about daily health

I have type two diabetes. I have had this illness since I was about 4 years old. So, a decade has passed with me having diabetes.

My doctor switched me from syringes to an insulin pump a month before school ended. Basically, the pump is a new technological advance for diabetics so that insulin is pumped into a small tube that goes into my body.

I wanted it so I didn't have to rely on other people to give me my injections because I have a fear of giving myself shots.

So, people started to notice that I constantly had a little technological machine hooked on my pants.

A lot of people asked me if it was my cell phone, and I actually told some of them it was. However, I told the others the truth.

Of course, they looked at me as if I was crazy, and I had to explain that it was for diabetes. When I told them

this, many people said their father or sister had diabetes. I never realized how many people had the disease. So, I'm in my second year in high school and people are still asking me about my pump.

I am getting a little annoyed that everyday someone asks me about it. I hate repeating myself.

Also, one thing that I hate about the pump is that certain teachers and administrators think my pump is a cell phone.

Almost everyone I know knows I have diabetes. However, it is annoying because people always think I cannot eat sugar. So, if someone is passing out donuts for a birthday or if we are having a little celebration in a classroom, random students come up to me and ask if I'm

supposed to be eating sugar products. I have had diabetes for years, so I think I know what I can eat. It is just so annoying. I know they are trying to look out for me but, honestly, I know more about it than 99.9 percent of the people around me.

One specific example occurred when I was going to the annual Latin Club Haunted Hayrack Ride for Halloween.

So, we went, I was scared,

everything was good. However, around 9 p.m. or so, we had a bonfire and we were toasting marshmallows and eating a whole ton of junk food. I took the marshmallow bag and I started to eat a few of them by themselves.

All of a sudden my sister and her friend grabbed a bag out of my lap, and they wouldn't give it back. They said I shouldn't eat them since I have diabetes.

I got so mad, and I went to a nearby tree and started to cry. I hate it so much that people always try to take my life just because I have diabetes.

Eating junk food one day out of the whole year is going to affect my diabetic condition that much. I don't have one day where I can eat until I'm full completely.

It's sweet that people care about me, but they're also annoyed.

If you had diabetes, you would probably be doing the same thing. I cannot live on a strict diet for my entire life. I'm a kid, and I need to have some fun. I'm just everyone to trust my judgment when it comes to diabetes.

I can take care of myself.



IT'S MY TURN

A Column by Astrika Wilhelm

Central.Journalism@ops.org
E-MAIL
124 N. 20th St.
Omaha, NE 68102
MAIL
402.557.3357
PHONE
402.557.3339
FAX

05-06 REGISTER

The Omaha Central High School Register seeks to inform its readers accurately as to items of interest and importance.

The staff strives to uphold the principles of journalism in all its proceedings.

The Register is a member of the National Scholastic Press Association (NSPA), the Nebraska High School Press Association (NHSPA), the Journalism Education Association (JEA), Quill and Scroll and the Columbia Scholastic Press Association (CSPA).

The Register is an eight time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Francisco, Boston, Phoenix, Dallas, Washington D.C. and Seattle. The staff hopes to repeat this at the spring 2004 JEA/NSPA convention in Chicago.

The Register staff is also responsible for the publication of the Edge feature magazine, which has won a first place Best-in-Show award for specialty publications.

The Register has won multiple NSPA Pacemakers. The Pacemaker is considered the Pulitzer Prize of high school journalism. It has also won many Cornhusker awards from NHSPA.

It has been awarded Gold and Silver Crowns from CSPA for its overall work.

Unsigned editorials are the opinion of the Register staff and do not necessarily represent the opinion of Central High School or its faculty. Signed editorials are the opinion of the author alone, and do not necessarily represent the opinion of Central High School or the Register staff.

Letters to the editor are encouraged. They can be sent to the Register at 124 N. 20th St., Omaha, NE 68102 or via e-mail to Central.Journalism@ops.org.

Letters must include the author's full name and grade. The use of pen names is not permitted. Unsigned letters will not be printed. Letters will be edited for length, clarity, taste and accuracy.



Molly Mullen
Editor in chief/
Ads mgr.



Clay Lomneth
News editor/
Sports editor



Astrika Wilhelm
Opinion editor



Emily Harrison
Arts editor



Zach Pluhacek
In-depth editor/
Asst. visual editor



Andrew Reinwald
Asst. news editor



Stephen Wilhelm
In-depth editor



Bob Al-Greene
Asst. arts editor/
Cartoonist



Emma Phillips
Asst. arts editor/
asst. opinion



Kim Bukley
Asst. opinion editor



Todd Healy
Asst. sports editor



Pascale Roussel
Asst. sports editor



Justin Valentine
Asst. in-depth
editor



Joe Delich
Asst. news editor



Matt Wiley
Asst. in-depth
editor



Kristen Kendall
Asst. sports editor



Courtney DeWitt
Asst. in-depth
editor



Tanika Cooper
Photographer



Matthew Deabler
Adviser

Statement of Ownership, Management, and Circulation. Includes fields for publication name, issue date, circulation numbers, and other administrative details.

OPINION

"Omaha Public Schools should not take over other schools. Not everyone likes to be 'owned' by people. OPS is good as it is. Leave other schools alone."
Elvis Servellon (10)

THE BIG ISSUE: ONE CITY, ONE SCHOOL

OPS is trying to annex Millard and Ralston schools. While many students like the idea, some think the district should leave them alone or are uninterested all together.

Takeover discussion not needed

Dear Editor,
Millard is part of Omaha, so it doesn't make much sense why it is its own district in the first place. To me it doesn't really matter what happens, but I don't really understand why Millard is being so reluctant.
Scarlett Blake (10)

OPS takeover not a big deal

Dear Editor,
To me it's really not a big deal. They (other districts involved) are blowing the OPS takeover issue way out of proportion. Millard, Ralston, and Elkhorn can still keep their names. It's not like we're tearing down or bulldozing their schools, we're just making us all one! We really all just need to get together and talk it all over like civil human beings.
Trea Bowden (11)

Leave the politicians alone

Dear Editor,
Who cares? One district, one school, whatever. I mean it is no big deal. It is not changing anything. We should just let the politicians do the politics and leave them alone.
Erik Mabrouk (10)

Other districts get bad name

Dear Editor,
I do not really care about our annexation because Millard is cool.
Fatima Flores (10)

Education is what matters

Dear Editor,
This issue (the annexation) is weird. I don't know anything about this topic. All I want is an education.
Erika Koenig (9)

Takeover won't affect the school

Dear Editor,
This whole school district thing is dumb. We are going to be taught the same subjects, one thing or another.
Hannah Niebaum (9)

Believe in One City, One School

Dear Editor,
I think OPS should take over schools. They are using the word "takeover" in a wrong way. All it means is that all schools would be under one name and there wouldn't be differences.
We are all children under one big sky, why not become one and only one educational system? One and only Omaha Public Schools!
Ivona Masic (10)

Diversity makes school healthier

Dear Editor,
I think they should have Millard join with Omaha because it would make Omaha a better place.
I think we shouldn't because the population would increase, but then again, diversity is for the best.
The more diversity there is, the healthier our city will be. One City
Judy Rosas (9)



One School district can make it happen.
Judy Rosas (9)

Let West Omaha separate

Dear Editor,
Omaha Public Schools should not take over other schools. Not everyone likes to be "owned" by other people. Omaha Public Schools is good just the way it is. Leave other schools alone.
The other schools probably would not want our diversity anyway. We are a unique part of the city, and should remain that way.
Elvis Servellon (10)

Omaha will grow regardless

Dear Editor,
I think OPS taking over Millard is rather silly and should not be a heated subject. Omaha is an ever-growing city and will continue to be. If they are involved in the process, so be it.
Delaney Kunz (10)

LETTERS, E-MAILS, FAXES, POLLS, CARTOONS

Softball games need a crowd

Dear Editor,
I believe that more students should come to the softball games. Hundreds of students go to the football games every Friday, so why can't they come and support other sports? Whenever we wear our uniforms to school, many people mistake us for volleyball. We are out there all the time carrying our butts off and representing our school. At the Bellevue West Varsity game, there was this group of kids that went to all of their games, even away games. Also at the Westside game, some students at the game even did the announcing and they had a big cheer section. So, I believe that more people should come out and support other sports at the Westside softball.
Caitlin Farrell (10)

More study halls are needed

Dear Editor,
I think students should have a little more extra time during the day without having a full class with homework. For each class, most homework assignments and study time take at least an hour. Usually, every night, I have two or three classes with homework.
So I think that students should have more free time during school to finish their assignments so they don't have as much to do at home.
Christina Ritchie (9)

School hallways are segregated

Dear Editor,
I think there should be special classes for the students and teachers with anger problems. I am not trying to sound racist, but do you notice how there are segregated hallways. I think the teachers should cut down on that. They crowd the halls and when you try to get through, you have to push and shove. What is the world coming to when you step on someone's shoe and they try to fight you because of it?
Chris Pecha (9)

LETTERS TO THE EDITOR

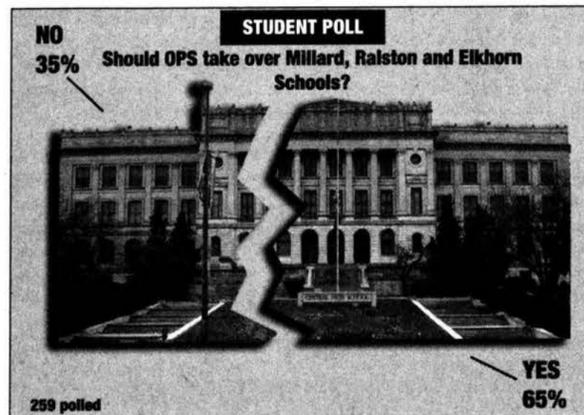
Letters to the editor are gladly accepted in room 030, via e-mail to Central. Journalism@OPS.org or can be placed in Mr. Deabler's mailbox in the main office. Letters must be factual and contain the author's full name and grade. Incorrect or unsigned letters will not be printed. The use of pen names is not allowed.

ID badges are good safety measure

Dear Editor,
The school should have ID badges. They are necessary for our safety. People think that it is an invasion of privacy and the right to be an individual. It is just a little badge, not a uniform. It keeps strangers from coming in and keeps us safe. I don't see the big deal.
Janice Baker (11)

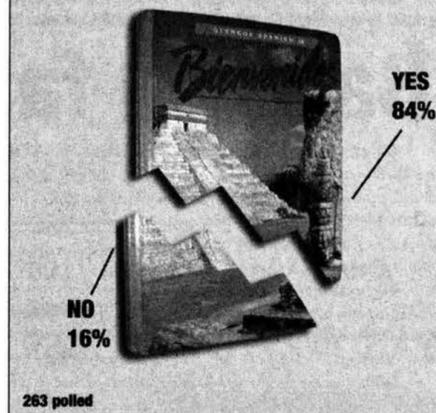
School needs to have open-campus lunch

Dear Editor,
I think we should have open-campus lunch. People who could be allergic to



STUDENT POLL

Should English be the national language in the United States?



what we are eating are not getting food at lunch. Also, the desired food isn't being served.

If we had open-campus lunch, I think this would make some people much happier.
Elizabeth Reynolds (9)

'Switch it up' should've stayed

Dear Editor,
I was shocked to hear that "switch it up" day was changed to "twin" day. The administration told us that they didn't want boys to make fun of girls and girls to make fun of boys. So if that is their reasoning, how is it appropriate to make fun of nerds?
Maya Doghman (10)



REGISTER YOUR OPINION

Do you think OPS should take over the other school districts?



"I feel it's a good thing for us. It'll unite our city. But, why is it happening now?"
Carli Culjat (10)



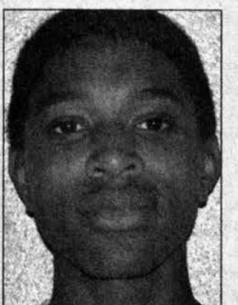
"It's gonna cut the budget down even more. It's kind of good and bad."
Angela Gilbert (11)



"I don't think it's a good idea. Other schools will overcrowd."
Gerson Manriquez (12)



"I'm torn between the two. If Millard doesn't want to join OPS then they shouldn't have to, but I have friends in Elkhorn who would like to go to Central."
Lauren Alston (10)



"I think we should leave them alone because it is stupid. It's like saying 'One World, One Color.'"
Adam Hankins (9)

OPINION

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD WINNER

124 N 20TH STREET OMAHA, NEBRASKA 68102



BOMBS AWAY

A Column by Joe Delich

Senior uses obsession to help others

Food Not Bombs is known by the homeless of downtown Omaha as that hippie vegetarian group and I'm proud to say I am a part of it.

It seems as though I've always had my perverse obsession with the decade of the 1960s, but I remember it all began in eighth grade when I stumbled across David Crosby's autobiography at my house.

Once I finished that I read every piece of literature relating to the '60s, watched every important movie and tried to listen to every significant album.

Throughout all of this cultural education, I increasingly lamented the unfortunate fact that I had the bad luck to be born 30 years after the eventual decade of the '60s.

I thought of all the things that took place 40 years ago, compared to apparent lack of significant events today.

This is when the second phase of my education occurred.

I began to learn about numerous events within our society, and inexcusable behaviors by our government.

This led to a period of despair and frustration at the perceived apathy of everyone alive in the world today. During this period I was profoundly unhappy and frustrated not only by those who did not share my concerns, but also by my own inability to do anything to contribute.

And then it happened. I finally discovered the flourishing counterculture of Omaha, a world of dirty jeans and free food. It started when I read about an organization called Food Not Bombs.

Its mission was to collect produce being thrown away by grocery stores and prepare free vegetarian meals for anyone who wanted them, typically homeless people.

I went to where they were supposedly meeting, but I found no one. I was a little discouraged, but decided I would simply have to take the initiative to organize a small group and start our own Food Not Bombs.

Phone calls were made and a small group began to take form.

We kept hearing rumors that there was indeed still a Food Not Bombs operating but we couldn't seem to contact them.

Someone finally managed to get in touch with them and the ensuing meeting was like a long overdue family reunion.

There was a woman in a long flowing skirt and combat boots, a man in his 20s with dreadlocks and a battered pair of pants, another man who demanded to be called Farmer Hank or Pasco.

They were definitely an interesting group of people.

Here I found not jaded, apathetic adolescents, but an enthusiastic extended family ranging in age from 16 to 30. Everyone was determined to do their part to contribute to the community.

Our two groups decided to combine into one, and serve downtown twice a week instead of only once. I've finally reached a stage in my life where I can look myself in the mirror without being completely ashamed.

Before Food Not Bombs I always secretly acknowledged the hypocrisy of my own views and opinions. I would criticize the world for not being involved, while I did nothing.

Now, though I'm certainly not donating an extraordinary amount of time, only two days a week at the most, I can still take solace in the knowledge that I am doing something, and that other people are trying to effect positive change as well.

There's nothing that can compare to spending hours with the homeless and the impoverished. Though they have little, they have one thing many rich and successful people don't. They have stories.



ILLUSTRATION BY BOB AL-GREENE/REGISTER
If a student can't buy spray paint until he is 18, he'll just get friends who are older to buy it for him. This ban is ridiculous and will never stop vandalism. Although graffiti is a problem from the bathrooms to the streets, banning spray paint is a step backwards in that fight.

Ban will fail to stop vandalism

A student is caught with spray paint in his car. He is pulled over by the cops because of a broken taillight, and the police see the paint in the back of his car. He

didn't hide it because he has used the spray paint for painting one of his grandmother's chairs.

Yet because he is underage and in an area of town the police consider heavily vandalized, he is arrested.

With the new spray paint ban, an ordinance that restricts the sale of the paint to minors, this could be the reality for some students.

This ban was first brought up in 2004, and fortunately it failed by one vote. This year it was officially passed, and ridiculous measures are being taken to prevent anyone from picking up a can, even if it is not for illegal purposes.

Spray paint is just another form of paint. It is only attributed to graffiti because it is easily transported and hidden. A regular bucket of paint and a roller can be just as easily used.

The major supporter of both ordinances was councilman Garry Gernandt. Gernandt said in his original writing of the ordinance, a lot of the responsibility was placed on the businesses selling the spray paint. That still appears to be the case, however,

Fines are placed on businesses for selling them, ranging from \$75 to \$300.

The businesses don't need these fines, they will be losing money anyway. Spray paint is nothing but a convenient way to paint something, without the mess of a brush.

The message sent by this ban seems to be that any and every teen who picks up some paint will misuse it. How will this ban stop those just over 18 from vandalizing? The age of the person doesn't determine maturity.

Spray paint, it seems, has now been put on the same level of alcohol, cigarettes and pornography. It will become something that students will buy with fake identification, just to paint a bookcase for their mother. Legal walls are just big slabs of smooth concrete, that anyone can do anything to. It satisfies those against graffiti, because it won't be on their business anymore, and satisfies writers, who can now paint in broad daylight.

Banning spray paint will now discourage even those who keep their work in galleries.

Omaha, if anything, just needs to educate people about graffiti, not take the drastic measure of banning the sale of paint. If people know about the

consequences, as opposed to the fact that they cannot buy something, there will be a drop in the amount of graffiti cases.

Banning the sale of spray paint to reduce the amount of graffiti seems like restricting the sale of compact cars to cut down on drunk driving. There are other ways around it.

Anything from paint markers to a sharpie to a drill bit can be used for graffiti. What will the city do next? Ban the sale of paper to cut down on poster graffiti?

In addition to possession of graffiti materials, the law ordinance also covers the transportation of graffiti materials. If a student's parents had left some spray paint in the car before he borrows it, he gets in trouble if he drives to an area deemed by officials to have a graffiti problem.

If convicted before, he would have a fine anywhere from \$1 to \$100. Now, even for a first time offense, the offender gets hit with a \$500 fine, jail time and community service. This seems like something they would assign to a repeated offender.

The extreme measure of trying to prevent a problem that doesn't exist is outrageous. Before even educating the people about the "problem", rights are taken away. This ordinance needs to be repealed immediately.

FEARED BY THE SHADOWS

A Column by Stephen Wilhelm

Nicknames provoke teen to teach peers

During the first week of school a few years ago, a girl came up to me and said, "You're a Jew-hating Nazi," and she walked away without saying another word or giving me a chance to defend myself.

Even though this happened a few years back, it still makes me really angry when I think about it. This kind of thing still happens today. It doesn't happen to me, but I see it a lot.

I remember my confrontation with her it was yesterday. I remember getting mad that someone would have nothing better than to spew words of hate.

I wanted to fire back and say she was an anti-American pinko communist, since I had no factual basis for statements I left and headed off to my English class.

I wished I had at that moment forgotten my anger and had thought of something intelligent and witty to say in order to shut her up for what she had said about to do, but I did not.

I eventually learned she hated me simply because I was a proud Catholic, which I still am. Other sources of her hate included my last name, Wilhelm, and my German background.

The next day, I found out she created a rumor saying I was a Nazi, which is now spreading like wild fire.

Throughout the day, I overheard dozens of Nazi jokes aimed at me. As students even did the Nazi salute and said "Sieg Heil" as I walked by.

I had spent my whole life trying to be nice and kind to everyone and to be a reputation of being a helpful, caring and trustworthy friend, but this all went down the drain in a matter of hours.

It was all because of her.

Words can hurt.

Words can do a lot of damage.

I felt no compassion for her.

My anger kept building up inside and I thought I was going to explode. I was getting angrier while the personal attacks increased.

After some time to think about the situation, I decided I was not going to lower my standards and fight on my own level. I released all of my anger, wrath and frustration through exercise, meditation, relaxation and prayer.

I get along with all people. I have never been or will I ever be anti-Semitic.

Those students who believed and spread the rumor should realize Kaiser Wilhelm, who was emperor of Germany during WWI, had nothing to do with the Nazis or Adolph Hitler.

In fact, Adolph Hitler hated Kaiser Wilhelm for losing the war and allowing the European nation to tear Germany apart.

Students should not believe I am a Nazi just because my last name is Wilhelm or because I am half German or because I will not deny my faith.

I was raised, to love people of all those who are different from myself, which conflicts with what the Nazis would have had hearts full of murderous anger and of an extreme pride of superiority.

I could not possibly be a Nazi because I must obey the Catholic Church's laws, which state extreme anger and pride are mortal sins.

This means if I was a Nazi, I would be condemning myself to eternal damnation.

By the end of my freshmen year, I was about me being a Nazi quieted down. Several students still believed I was one.

Throughout the whole thing, I was supported by a few students whose hearts were open to the truth.

They knew I wasn't a Nazi.

These events have left with me a new view on people and society as far as I know, no one still says I am a Nazi.

Words can hurt.

Words can damage.

WEDNESDAY, NOVEMBER 9, 2005

SPORTS



Freshman on Varsity PAGE 14C

THE CENTRAL HIGH SCHOOL REGISTER

1207H STREET OMAHA, NEBRASKA 68102

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD WINNER

MAKING a big SPLASH

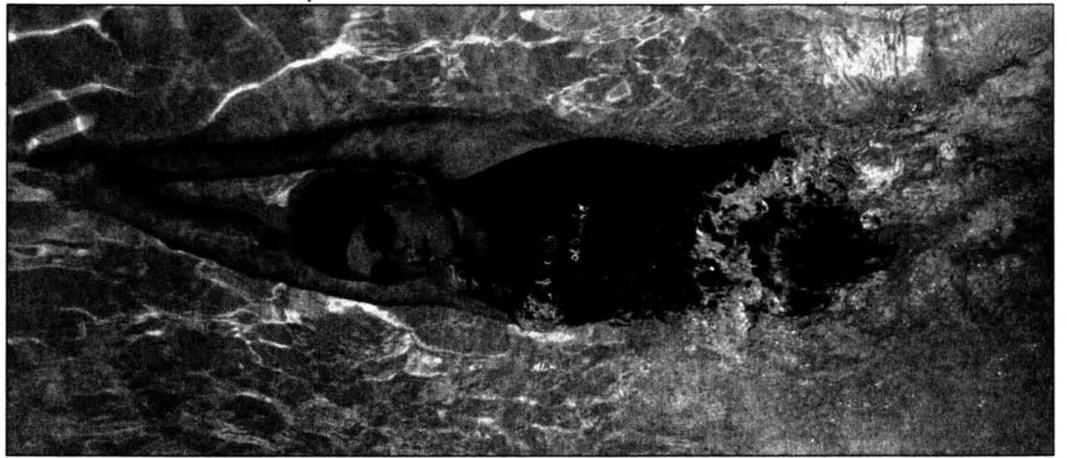


PHOTO BY LAUREN CRIST/REGISTER

When turning around and firing off the wall in a race, the swimmers want to be perfectly flat, with legs and arms together. The form would make them aerodynamic in the water and reduce drag to improve speed.



PHOTO BY CLAY LOMNETH/REGISTER

Senior Ian Danielson practices the butterfly stroke, which he said he wants to swim this year. "Freestyle is my easiest stroke," Danielson said, "but butterfly is my favorite." (BELOW) Senior Lindsey Anderson works on firing off the wall, which is how the backstroke begins. Anderson swam in the 200 medley relay, 200 freestyle relay and the 400 freestyle relay last year.

The swim team pushes hard to set high goals for an upcoming season and improve upon last year's record. A new coach and experienced swimmers will make this season unlike any other.



PHOTO BY CLAY LOMNETH/REGISTER

BY CLAY LOMNETH

A new coach and a fresh team are two things the swim team are building on this year. Many of the major swimmers last year graduated, coach Meredith Kinman said. Kinman, who taught and coached swimming at North High School for two years, said her sister still coaches the North High School swim team. Competing against North will be interesting because of the sibling rivalry. Plus, Central beat North by two points last year, when North had always won the matches between the two schools. "I'm going to strategically place my swimmers," Kinman said. Administrator Lynne Slobodnik was the swimming coach last year and resigned because of the new administrator position she was given. "Resigning as the swimming coach was my own decision. With my new position I am in this year, I would have had too much to do," she said. "I did not want to give it up because I enjoyed coaching swimming."

She said the swimmers shouldn't feel too lost or worried about a new coach because they will still have their assistant coach Andy Wayne.

"Then with the new underclassmen coming in, it won't be a problem for them with the coaching transition because they won't have to get use to the new coach," Slobodnik said.

Sophomore swimmer Emilio Barrientos said Kinman won't have as many practices as the team had last year.

Before, he said, swimmers sometime practiced on Saturdays, and this year they won't have to.

Barrientos said he was going to like the fact Kinman was a young coach because to Barrientos it was easier to communicate with her because they were closer in age.

Kinman said she was trying to spread the word to her athletes, letting them know swimming was not just an individual sport. She said she wants people to make certain sacrifices for the team.

"For example, if we need someone to race the 200 breaststroke and we don't have anyone who does," Kinman said, "then someone who races the butterfly could race the breaststroke so the team does not have to forfeit the race and could have at least a chance to win."

Kinman said it might be a tough season with the young talent and new players on the team, but she said it would be a good thing with all the experience they gained this year when they are seniors.

Kinman said she wanted to build up her underclass swimmers this year. She said they would be ready when they were older to compete in important competitions such as State. Sophomore John Johnson is one of those underclassmen.

He said he liked the fact Kinman would focus on the underclassmen and their future, as well as the leading seniors.

"She seems really funny, but a little more strict than coach

Continued to **Swim** on Page 16

Special Swim Focus
INSIDE
pgs. 16-17

Coach expects wrestlers to take State championship this season

BY LAUREN CRIST

Coach Jimmie Foster said he believes the wrestling team can walk out of State this season as a champion. Last year, the wrestling team qualified eight wrestlers for State and placed four. "It was the most in 15 years," Foster said. He said part of the reason why they placed so well last year was the additional practice members had yearned in the wrestling club. Foster said he has noticed a great difference in the faces of students since the club started. "The difference was immediate," he said. The leaders of this year's team, seniors Guy Smith and Chuck Mulligan have made it clear to the wrestlers that it is important to them.

"This year is all about quality over quantity," Foster said. Last year the team finished with 18 wrestlers and did better than almost any other year. Before, it had 35 wrestlers and placed only one. Last year, he said the team was 11th at State and only a half a point away from 10th place. He said it was a great opportunity for students who wanted to join wrestling when they came to Central. "You can get better quickly," he said. "You don't want to come in your freshman year and get embarrassed." Smith has been wrestling with the club for two years, but has been on Central's team since he was a freshman. He said he thought the club was a great opportunity for incoming freshman and other students.

Foster said the club was helpful because it allowed students to practice all year instead of just during the wrestling season. "You can't be successful unless you're year round," he said. He said the schools that wrestle just during the season don't do as well as those who wrestle year round. "Most schools who only wrestle during the season are the top of the bottom, the bottom of the top, the cream of the crop," he said. "In other words, average." He said there are options for those who aren't on the team as well. Other club members attend tournaments. "The club is not just for Central wrestlers," he said. "Club kids still have the season during high school

Continued to **Wrestle** on Page 15



PHOTO BY LAUREN CRIST/REGISTER

Kolbie Foster and junior AJ Wilwerding practice at wrestling club after learning some new techniques.



OFF THE WALL

A Column by Todd Healy

Junior's time wasted with video games

I am the greatest football player that ever lived. When defensive coordinators hear my name, they curl up and tremble. Why, you may ask?

Maybe it is the fact I have thrown for over 24,000 passing yards. Maybe it is the 260 touchdown passes I have thrown or the fact that I'm going up for my third Heisman Trophy in my college career.

Possibly it could be that this January my team will be going for its fourth consecutive national championship and our 57-game winning streak is at stake.

That is how I am known on my weekends, when I'm in front of my TV playing the popular video game, "National College Athletic Association Football (NCAA) 2006."

"NCAA Football 2006" is probably one of the most popular college games that has ever hit the game market.

I'm not one of those kids who play nerdy games like "Halo." I only play sports games like "NCAA Football," "Madden," "All-Star Baseball" and even "PGA Golf."

This spring the creators of "NCAA Football" and "Madden" are coming out with "NCAA Baseball: The Road to Omaha."

When this game hits shelves, you probably won't be able to find me all summer because I'll be in my room making college baseball history.

Most of my friends play "Madden" and "NCAA Football," but the difference is they don't play it for 11 hours straight.

The only thing that can get me out of my room is a bathroom break and another case of Mountain Dew.

I don't get to bed until around 4 a.m. and I don't get up until 5 that afternoon.

I use my Playstation 2 so much I have gone through two of them in the past four years. I'm on my third one right now.

My parents got over the fact that I have spent over \$1,000 on Playstation 2 equipment.

What does bother them is the fact I'm 17 years old and still haven't got my diver's license. My mom would sometimes tell me I could of spent the money on something useful like a car.

"How am I going to be able to drive a car if I can't even afford gas or insurance?" I would tell her.

She doesn't bother me about the issue anymore. I do not see a major problem with teens playing video games night and day.

If they were as bad for a person, you would see a lot more students walking around school half asleep.

People have asked me how can I stay down in my room and just play video games for that long.

I tell them time goes by really fast. When I start playing at 8 at night and the next thing I know it is 7 in the morning, I know I'm addicted.

Sometimes I don't believe it myself. The longest I have ever gone was probably the time when my friend came over and we played for 18 hours straight.

We stopped and ate and took a few short breaks. We started at 10 in the morning and didn't get done until 3 a.m.

The game literally sucked me in. I don't really want to stop playing, it is that fun and entertaining.

When I play I just want to do better then what I did the game before.

For example, say I throw for 450 yards and five touchdowns in one game. Then next game I am trying to throw for 500 yards and six passing touchdowns.

Some people would probably say it is unhealthy for me to play that long. You think I care? Obviously not.

During the school week I probably only play for about two hours. Once Friday evening hits, however, I'm playing until Sunday.

The worst time is during breaks, especially the summer break. Once school starts, I'm not used to waking up at 5 in the morning because the week before I was going to sleep at 5 in the morning.

I have some advice for those future and aspiring gamers.

First, have a lot of caffeine around. Coffee can work, but be careful because it isn't that fun when you spill it all over yourself after you score a game-winning touchdown.

Second, don't have parents who get mad at you for sleeping in until dinner time. Trust me, it is not fun only getting two hours asleep every two days, it will catch up on you faster then you think.

Now the last and the most important piece of advice is don't let video games take over your life. I know I sound like a hypocrite, but look at me. I live for this stuff. Maybe everyone was right, this really isn't healthy.

I wish I could change. I'll quit. I just need to beat this last game and then I'll be done, maybe.

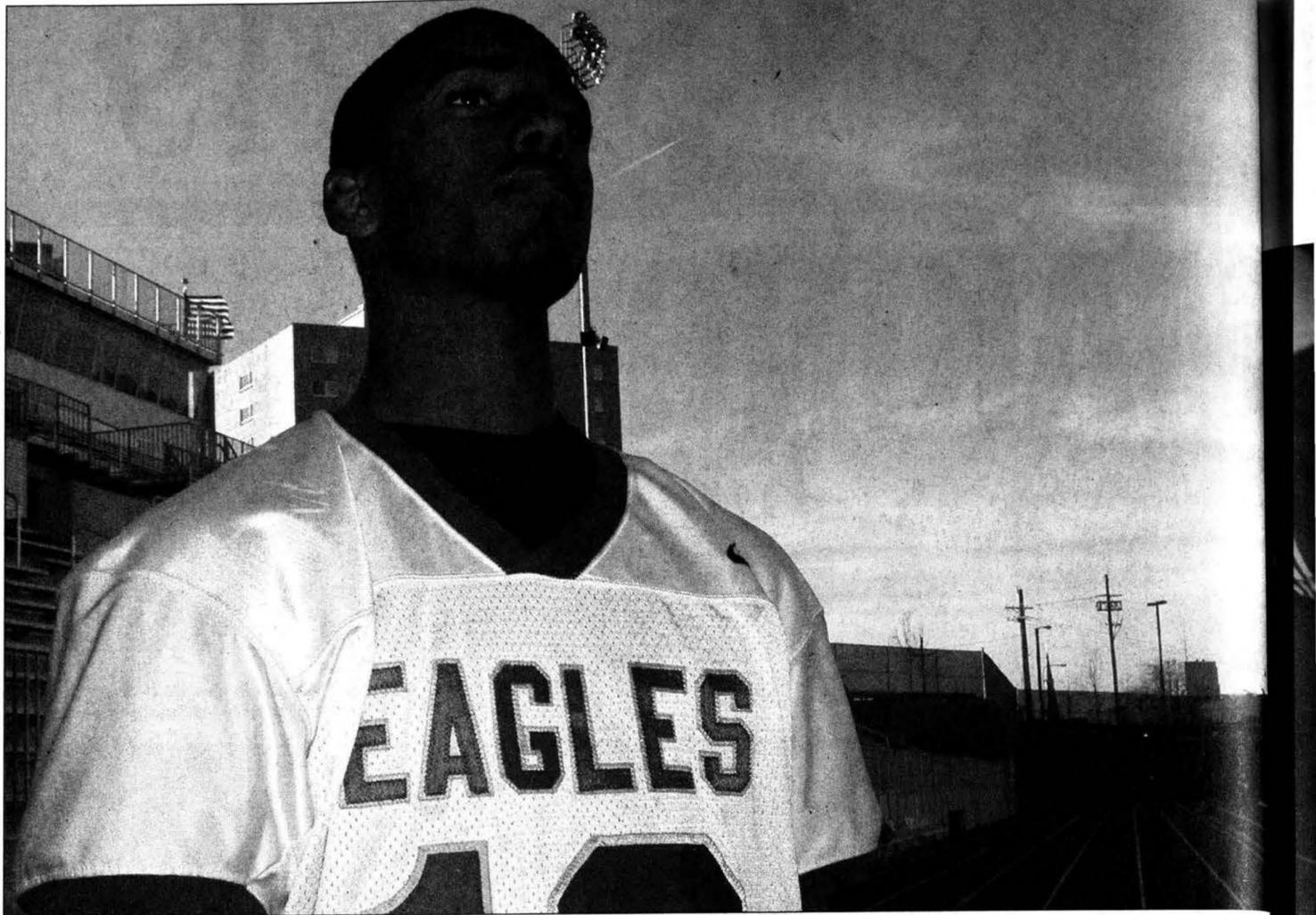


PHOTO BY CLAY LOMNETH

Freshman Vondrae Tostenson got a head start over most people his age. He got the opportunity to start on the varsity football team. After playing a few games on junior varsity, the coaching staff noticed him because of his speed and jumping ability. He was then placed on varsity as a wide receiver.

Freshman makes jump to varsity

BY CLAY LOMNETH

He went from JV to varsity in about two games.

Freshmen Vondrae Tostenson played starting quarterback on the JV team for the first few games. He was backup quarterback on the varsity team until Tostenson asked if he could try receiver on varsity. Some on the coaching staff also suggested he try the position.

"I asked them to, it was just a suggestion," he said.

Tostenson said he liked his position on varsity better because he thought it gave him more opportunities. He said the receiver position fits him better. In the beginning of the year Tostenson said he never expected he would get this far in football.

"I never thought I'd be getting into games," he said.

Playing on the JV team was more experience for him to get to varsity, he said. The first few games on JV was what got him ready to start at varsity. Tostenson said the JV team did not offer as much competition as the upper-level team.

Also, he said he would gain even better experience on varsity for the coming years.

Tostenson said with him at varsity, the benefits of experience would not only reach him but the entire team. The JV football coach Joe Shimerdla said some of the strong points of Tostenson's personality was that he was a quiet kid with a good work ethic.

"He's a freshman in a senior's body," Shimerdla said.

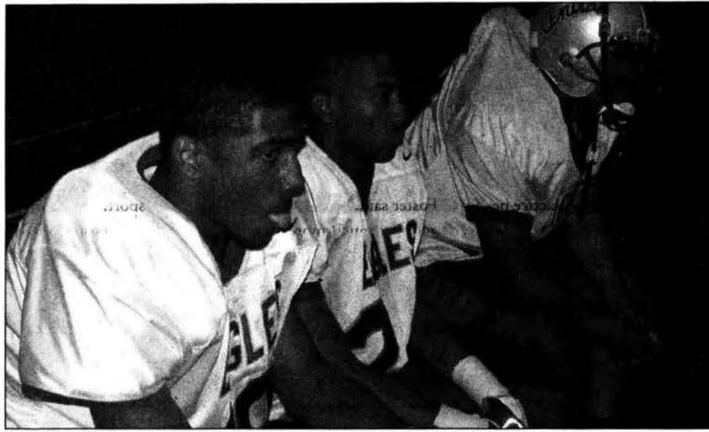


PHOTO BY TODD HEALY/REGISTER

Tostenson takes a break at the District football game against Creighton Prep. He played wide receiver for the majority of the game.

Shimerdla said the coaching staff was drawn to Tostenson's height, jumping ability and hand-eye coordination. He said Tostenson and sophomore quarterback Chris Griffin worked well together. He said Tostenson had a bigger impact for the team as starting receiver than waiting to replace Griffin as quarterback.

"He's a great receiver," Shimerdla said. Head football coach Joe McMnamin he first noticed Tostenson because of his speed and jumping ability. His height and weight was also an advantage, he said.

"Physically, he gets your attention right away," McMnamin said.

Tostenson's first game as receiver was at the Bellevue West game, but he didn't get to play until the game against Benson. McMnamin said he did well at his first game, catching a touchdown pass.

So far in the season, Tostenson leads the team in receiving with 380 yards. He has caught five touchdown passes so far.

"He's probably as good as we've had in the last couple years," McMnamin said.

In the future, McMnamin said he needed to have Tostenson work on his speed and strength. For a freshman, McMnamin said, Tostenson was an exceptional player.

"He's got a lot of talent," McMnamin said. "The sky's the limit for him."

McMnamin said he plans to use Tostenson as his receiver in the future.

Tostenson said he started playing basketball as a last minute decision. He said basketball is his favorite sport, and he came to Central Prep to play basketball and to learn.

"I wasn't even expecting to play football," he said.

Friends encouraged him to try football, he said, and he ended up doing well at it.

"Instincts and talent took over," he said.

Tostenson had played football before, in grade, for a league called Kingswood Association. The transition between middle school and high school was interesting.

"The hardest part was going from practices a week to practices every day for hours," Tostenson said.

When Tostenson was younger, he realized he had more skills than a lot of other players.

"That's been my sport since I was years old," Tostenson said.

Tostenson said he liked the environment at Central Prep. He said he enjoyed the pace of the playing.

Basketball head coach Eric Behrens is looking forward to having Tostenson on the team. He said he has seen Tostenson at other schools.

"I go to most of the football games," he said.

Eagles get dominated in District loss to Junior Jays

BY TODD HEALY

In the opening round of the District playoffs, it was the two rival schools going at it. Central was taking on Creighton Prep.

The Eagles had trouble with the Junior Jays all through the night, as they were shut out 24-0 at Kinnick Stadium. With the win, Creighton Prep moves to 8-2 in the season.

Central falls to 4-6 and loses a chance to play for the State championship title in Lincoln, Neb.

Senior Mike Aguilar said the team was very excited going into the game and said Prep was at a disadvantage because it was not playing at its usual home field.

The night did not look good from the start as Eagles when they lost the coin toss.

The first drive for the Eagles started with a 9-yard dash by running back sophomore Ronnell Grixby, but on the next play a 5-yard penalty sent them back.

It was third down and 6 and a handoff to Grixby gave them the first down. The Eagles were forced back into a third down situation, but this time it was third-and-five.

Sophomore Chris Griffin, Central's quarterback, dropped back, but the pressure of Prep's defense made him run out of the pocket and he was only able to pick up 2 yards on the quarterback scramble.

The Junior Jays ran into three third down conversions on their first drive and were only able to capitalize on two of them. It was fourth-and-two and they ran a halfback draw where Ryan Fiscaro smashed his way through the line to pick up the first down.

Prep ran into another third down conversion and Fiscaro ran it all the way for a touchdown on the first play of the second quarter. The extra point was good and the Junior

Jays had a 7-0 lead.

On the kickoff, Grixby muffed it and the Eagles spotted the ball at Central's 5-yard line. A penalty sent them back to their 3-yard line.

After Prep committed two offside penalties, Central moved up to the 13-yard line with first-and-2. Grixby ran hard as he busted through the defensive line for a minimum yardage.

On second-and-eight Griffin stepped back and threw the ball, but the pass was deflected by a Junior Jay.

However, it committed a roughing the passer penalty which gave the Eagles the automatic first down and a yard gain.

On third-and-nine, Central tried to catch Prep's guard by running a halfback draw, but Prep's defense stopped Central at the line of scrimmage. Central was forced to punt with 5:55 left in the first half.

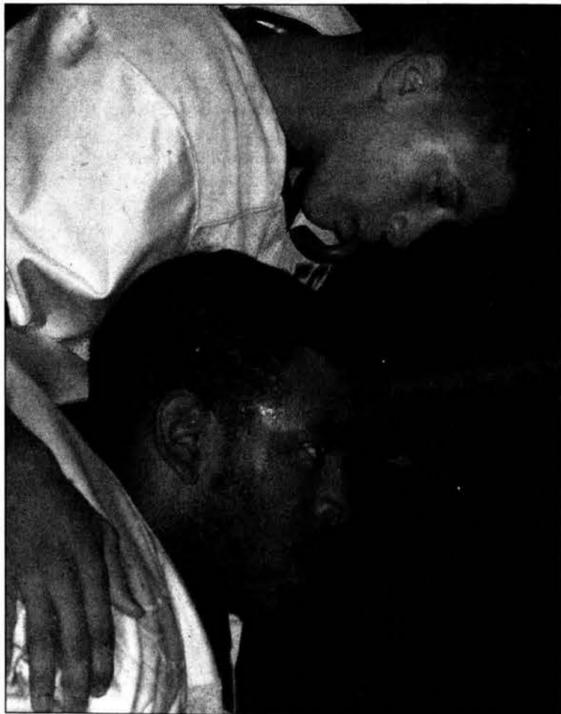
After a good defensive stand by the Eagles, Prep threw the ball back on their 20-yard line, but Prep answered by making Central punt which Prep's Anthony Salcedo back for a touchdown. The extra point was good and the score was 14-0 by the end of the first half.

Central had a good start to their second half as Prep's defense made Prep go three and out. Central threw an interception which was returned for 35 yards.

Prep's offense traveled down the field and scored a 54-yard run by Fiscaro. The score was 21-0 with 1:30 left in the third quarter.

After Prep got the ball yet again, it put up a 30-yard field goal, which gave them a 24-0 lead with 8:38 left in the game.

Prep will play at Omaha Burke for the second game of the playoffs.

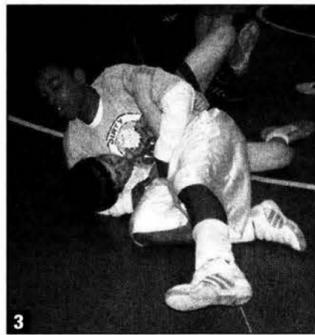


PHOTOS BY TODD HEALY/REGISTER

Senior Beauchamp Alejandro comforts senior Andre McIntyre during the fourth quarter of the district game against Creighton Prep. Central lost the game 24-0.

ONE PIN, ONE WIN

In a sport that's very individualistic, wrestling takes a lot of personal training and mental toughness. The Eagles are hoping to beat last year's record by pushing quality over quantity.



PHOTOS BY LAUREN CRIST/REGISTER

Seniors Guy Smith and Chuck Mulligan work on techniques at a club practice on Thursday night. 2. Kolbie Foster and Nicholas, the team's youngest club member, work together while Smith helps them with their moves. The members range in age from 5 to 18 years old. 3. AJ Wilwerding pins freshman Keilen Fantroy after watching a demonstration by Foster. 4. Wilwerding and Fantroy continue practicing. Foster said the club was a great opportunity for incoming freshmen to prepare for the season and switch from middle school to high school wrestling.

Wrestling club offers opportunities for younger students

WRESTLE' CONTINUED FROM PAGE 13A

"It gives younger guys a chance to meet the coaches and get the season when they come to Central, Foster said. He said he would recommend the club for incoming freshmen. "It's common sense (to join)," he said. "It gives them (younger wrestlers) a chance to wrestle older guys and learn to become high school wrestlers." In middle school wrestling there is only one tournament, when they get to high school they aren't prepared well, Foster said. "They're out of their element, but as long as they never

quit, they could be great," he said. Every year is a new year, he said, and that is how all wrestlers have to look at it. To be a good asset to the team, they must face adversity well. "They have to walk into a practice and say, 'I'm not going to let this practice beat me,'" Foster said. Wrestling is very tough and much more strain is on the individuals than many other sports, he said. He said the group size varies both in club practices and on the real team. Sometimes they have 18 people, other times they may have eight. Junior Deanna Whitmyre has been the manager of the

wrestling team since she was a freshman. Her brother, alumnus John Whitmyre, got her interested in it. She used to want to be on the team when she was little. After growing up she said she didn't want to wrestle with the boys anymore, but still wanted to be involved with the sport. Foster offered her a position as manager and she had to keep score. "This year is going to be more of an individual year," Whitmyre said. Last year will be a hard season to beat, she said. "I think that some people will do really well," she said, "but as a team, they won't go as far."

This year, people who were just learning and perfecting their techniques last season will have the opportunity to win it all this year, she said. Wilwerding has always been talented, but last year he really improved so he can place at State this year. Wilwerding said he started wrestling when he was in eighth grade at Lewis and Clark Middle School. He said club practices before the season helped him prepare a lot. He was better prepared for tournaments as well as individual matches, even though he said this season will be hard to predict. He said freshmen as well as seniors will play a big role. **Molly Mullen contributed to this story**

Coach says senior has talent to win third try at State Tournament

BY MOLLY MULLEN

Senior Guy Smith spends his springs on the football field and winters on the mat. He pinned five wrestlers in four minutes last year at the Boys Town Tournament and won the gold in the least amount of time award. Coach Jimmie Foster said the Boys Town Tournament was one of the hardest next to State because there were so many schools competing. Smith planned on being one of the major contributors of the team this season, and wanted to do it at State this year. Last year he did not place. "I think Guy has the talent to win the State tournament," Foster said. "If he can stay healthy and concentrate he can." Foster said he beat two thirds of the State wrestlers. Smith said he liked playing sports where he could win as an individual. "If I lose then I have no one to blame but myself," he said. He said he's looking forward to the season and to accomplish more.

Smith started wrestling at Monroe Middle school and continued when he was a freshman. He started at the beginning of that year. Foster said he had to have determination for this sport. His first season he said he didn't win many matches and failed to make weight a few times. Now he has pinned State Champions and won 22 matches in a season. He said he'd like to consider himself the strongest on the team, but he would need the rest of his teammates to help him compete the hardest at every match. "You need a team to win individually," he said. Last year he said he had people like Blake Gayer and Cavin Cooper pushing him, and now he has to rely on himself. Regardless, he said Foster would be able to push him. "He believed in me when I didn't think I could do it," he said. Smith pinned wrestlers he didn't think he could because of Foster's motivation. This year he has more responsibility. He has to push the team to work hard and come to club practices. He also has to have the right mentality.

"I just need to work hard and believe I can beat anyone on the mat," Smith said. Foster said Smith did a good job telling the students involved in club practice how important pre-season training was. He said they were missing out on a huge opportunity to get better. Junior AJ Wilwerding said he was doing a good job helping the younger wrestlers in club practice. "He'll help demonstrate moves and help them understand them better," Wilwerding said. He said Smith and senior Chuck Mulligan will be the ones to lead the team this year. He said the three of them would definitely go to State and said he was confident they will place. Wilwerding said Smith had helped him with his technique as well. "He helped me perfect my moves," he said. "He showed me how to be more explosive." He said because of it he could get his opponent off balance easier and quicker. Smith was the Outback Student Athlete of the Month last December.

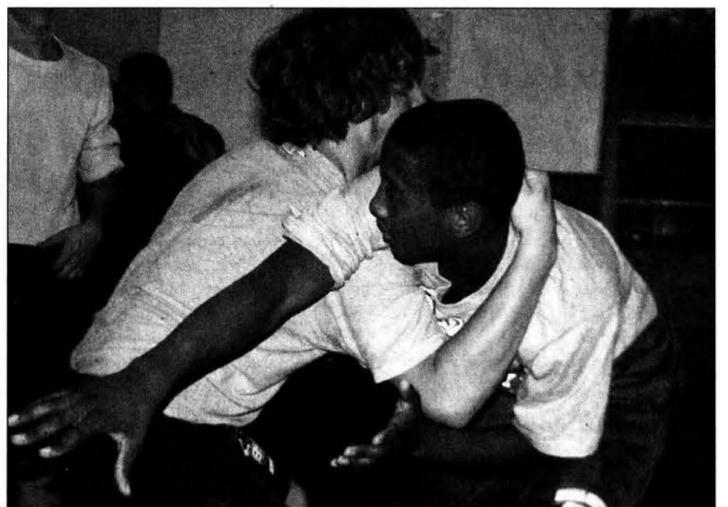


PHOTO BY LAUREN CRIST/REGISTER

Seniors Chuck Mulligan (left) and Guy Smith demonstrate a takedown to one of the younger club members. This year, Smith aims to improve at State. He qualified for State his junior year.

What do I know about me

I know my best is yet to come.

Teen services:

- abstinence information
- emergency contraception
- birth control • condoms
- pregnancy tests

Talk to us in confidence. With confidence.

Planned Parenthood
of Nebraska & Council Bluffs

www.teenwire.com

Ames Center 5404 Ames Ave Omaha 455-2121	Council Bluffs Center 1604 2nd Ave Council Bluffs 322-6650	Dodge Center 4610 Dodge St Omaha 554-1040	NW Center 3341 N 107th St Omaha 496-0088	SW Center 5310 S 139th Plz Omaha 894-9006
---	---	--	---	--

Assistance League® of Omaha

30th CHRISTMAS CARAVAN
Thursday, November 3rd
10:00 a.m. - 8:00 p.m.
2005

Tour of Omaha Homes-Deer Creek
Ticket Price \$10.00 in advance
\$12.00 at the door

Tickets available from: Assistance League Members, Participating Florists, Assistance League Thrift Shop, Great Western Banks, Omaha Area Hyvee Stores
Or call 330-1789 or 344-1028
Christmas Caravan proceeds benefit Assistance League® Philanthropic Projects
No children under 12 please
No cameras or Videos, Booties Required

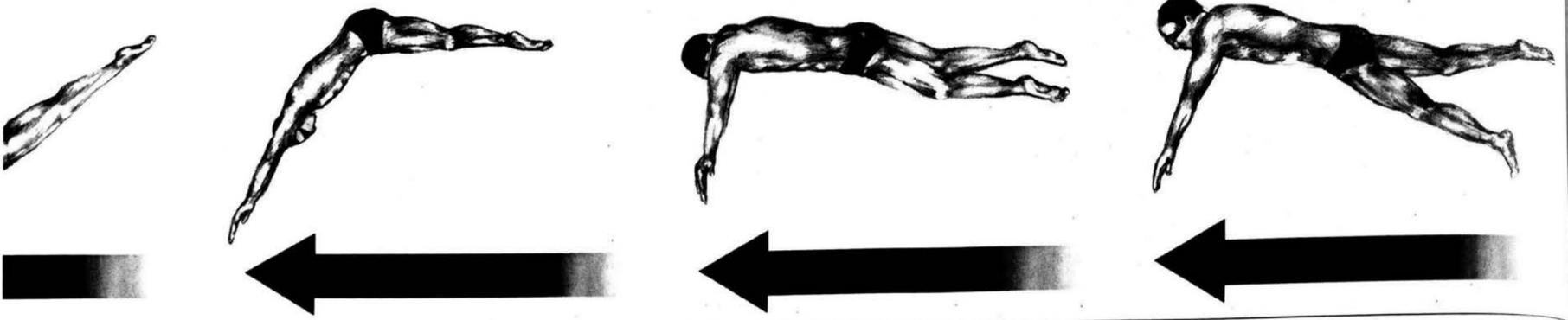
The Perfect Place for Unique Gifts!

Your source for original hard-to-find merchandise for all occasions.

New Merchandise Everyday!

SOUC, Inc.

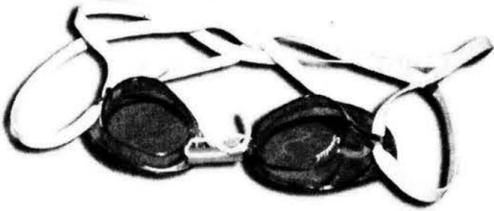
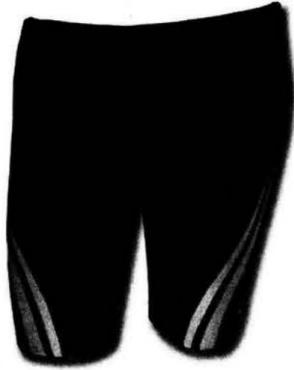
1018 Howard St.
Omaha, NE 68102
342-2972



GOT THE GEAR

Here are some examples of must haves for swimmers. Along with a toned body comes equipment such as aerodynamic suits and protection.

Suits (Right) Speedo Jammers (top) have been popular lately. They are worn tight and have no extra fabric to reduce drag. A one-piece suit (middle) is basically the only style for girls. Two piece suits can slow down the swimmer. The briefs (bottom) have been making somewhat of a comeback. They were the style before Jammers, and have the least fabric of all the swim suits.



Goggles (Above) Goggles should fit on tightly around the eye sockets. In most cases, one size fits all. Swedish goggles (bottom) have an extension on the eye pieces for more protection. Some goggles also have reflective surfaces for outdoor swimming, to protect swimmers from the glare of the sun.



Swim Caps (Left) The caps, like everything else in swimming, is used to reduce drag and get rid of anything that would slow down the swimmer, in this case, the hair. They are made of silicone, and are made to be gentle on hair. One size will usually fit all.

INFORMATION COURTESY MICHELLE YORK AND STEPHANIE KRUGERUD OF SWIMWEAR UNLIMITED

Coach has big plans

■ 'SWIM' CONTINUED FROM PAGE 13C

Slobodnik was," Johnson said.

Johnson said he was excited for this year. There will be more underclassmen trying out and there will be a new vibe about the team with the new coach. The seniors who graduated last year, he said, won't make a big difference.

"The lost talent will hurt us, but we should improve as the season goes on," Johnson said. "Then with all of the experience we get, we will be good in the future."

Before Central, Slobodnik coached at North swimming. One of her swimmers, ironically, was Kinman, who competed in a lot in different races. She said Slobodnik was a great coach at North. She said learned a lot from the former coach.

Kinman chose not to swim in college. After college, however, Kinman came back to North and became the head coach. She was the head coach from 2000 to 2003, until her sister took over coaching the team.

Kinman is also an aerobics teacher this year. Physical education teacher Jodi Reeder said Kinman seemed energetic and excited about her new job, both at the pool and in the aerobics room.

"She talks a lot about how she cannot wait to get started," Reeder said. "She is really excited about the upcoming season."

Reeder said she knew what it was like having a younger team because she was the assistant softball coach this season. The softball team didn't have any senior players, after they all graduated the previous year.

"When you have such a young team you are just basically rebuilding your team," Reeder said. "Then in the future you could end up having a strong program."

Reeder said Kinman had plans to improve on not only her swimmers, but on other aspects of the swim team this year.

"Kinman wants to improve things like where they would hold their meets," Reeder said.

Kinman said for this season, she planned to try the swimmers at different places. If they usually swim freestyle, she will have them try the butterfly.

Kinman said she will surely have swimmers swim the 500 freestyle in a meet, no matter how long it took them. Even if it took them 20 minutes, she said they would have to swim it all the way through.

She said her experience as a swimmer in high school would help her coach this season.

She said she knew how to keep the kids motivated and how to make it fun at the same time because she too was once at that point.

"I know how hard it is," she said.

With most of the major swimmers gone from last year, Kinman said she will be looking to seniors Lindsey Anderson and Ian Danielson to help lead the team, especially the swimmers.

"I wouldn't necessarily call it (this year) rebuilding," she said.

Kinman said she hoped to improve upon last year's swimming team. She also said she hoped to get both girls and boys swim teams to qualify for State.

"I would like to have at least a boy and a girl relay team," she said.

Overall, Kinman said she wanted swimmers to qualify for not only relays but individual events as well.

"I would like it if an individual or relay team made it to the finals," she said. "It would please me."

She said she wanted to help improve how fast they would get off on starts, turns and the way they explode out of the wall.

Junior Sara Hallgren said she would be swimming this season. She said she was a little nervous for the upcoming season with a new coach.

Hallgren said she hoped more swimmers would qualify to State this year. Also, she hoped more newcomers would start swimming.

She said she already saw a lot of new people at the first meeting.

Also, Hallgren said at the meeting Kinman gave a speech about the potential of the team.

Hallgren said a lot of the swimmers were a bit nervous to return, but it was good Kinman was there to show support.

Hallgren said she liked the idea that Kinman would make each swimmer try 500 freestyle. She said she would be swimming it anyway, in addition to the 100 butterfly and individual medley.

She said she wanted to improve on her butterfly stroke throughout the year. She said this gave her an advantage because she had been swimming when others were not.

Hallgren said most of the other swimmers also wanted to improve.

Hallgren said her coach from Swim Omaha said she had the potential of getting 6th at State in the butterfly.

The biggest challenge for the upcoming year, Hallgren said, would be putting together a relay team. She said she needed some people to swim the backstroke and breaststroke to put together a good relay team.

Todd Healy contributed to this story

Senior focuses on All-American title before college

BY LAUREN CRIST

Senior Ian Danielson will step up this year as the leading senior swimmer of the varsity boys team.

Danielson said he used to swim with a club team competitively, but the club teams were very time consuming.

"Everyone I swam with in the club team either graduated or switched teams," he said.

He said when this happened, he did not join a new team, but instead now just swims for Central and individually at the YMCA.

He said his goal this year was to be an All-American swimmer.

He said to be an All-American swimmer, he had to have good grades and be in the top 16 in an individual event in the state.

He said his strongest strokes are probably the freestyle and butterfly. He has swam the 100 butterfly, 50-meter freestyle, 200 free relay, 200 individual medley and 400 free relay.

"Freestyle is my easiest stroke," he said, "but butterfly is my favorite."

He said he liked swimming because of the people in it. He said everyone was very laid back. He also said he enjoyed how swimming is more based upon individual improvement.

"It's a sport based solely on how hard you try and how well you do," he said.

He said it was different from other sports he has played.

In swimming, he said, there was a team aspect, but also an individual one as well.

"In water you train a lot harder physically," he said. "But it's more mental in the way you think before you swim."

He said this year he will be a leader to the team because he is the oldest boy swimmer.

"I'm going to have to step it up," he said.

He said in past years, there were older

swimmers who swam faster who he looked up to or allowed to set the standards.

Last year the strongest swimmers at State all graduated. This year, he will have to be the one younger swimmers look to, he said. Varsity swim coach Meredith Kinman said Danielson will do a good job as a leading swimmer on the team.

This is Kinman's first year of coaching at Central. She said she first met Danielson when he asked her to sign off for him as a homecoming candidate.

"I found out he had been swimming at the YMCA after school," she said. "It's good that he's practicing individually."

She said she hoped this year for the team to qualify at State both individually and in relays. She said she wanted to have Danielson in a couple of different events.

She said because of his age, experience and personality, he will also be a leader to the team this year.

"He'll be more of a natural leader," she said. "His personality lends itself to that, and he's very outgoing."

She said she wanted to allow the team to explore different strokes, especially top swimmers like Danielson.

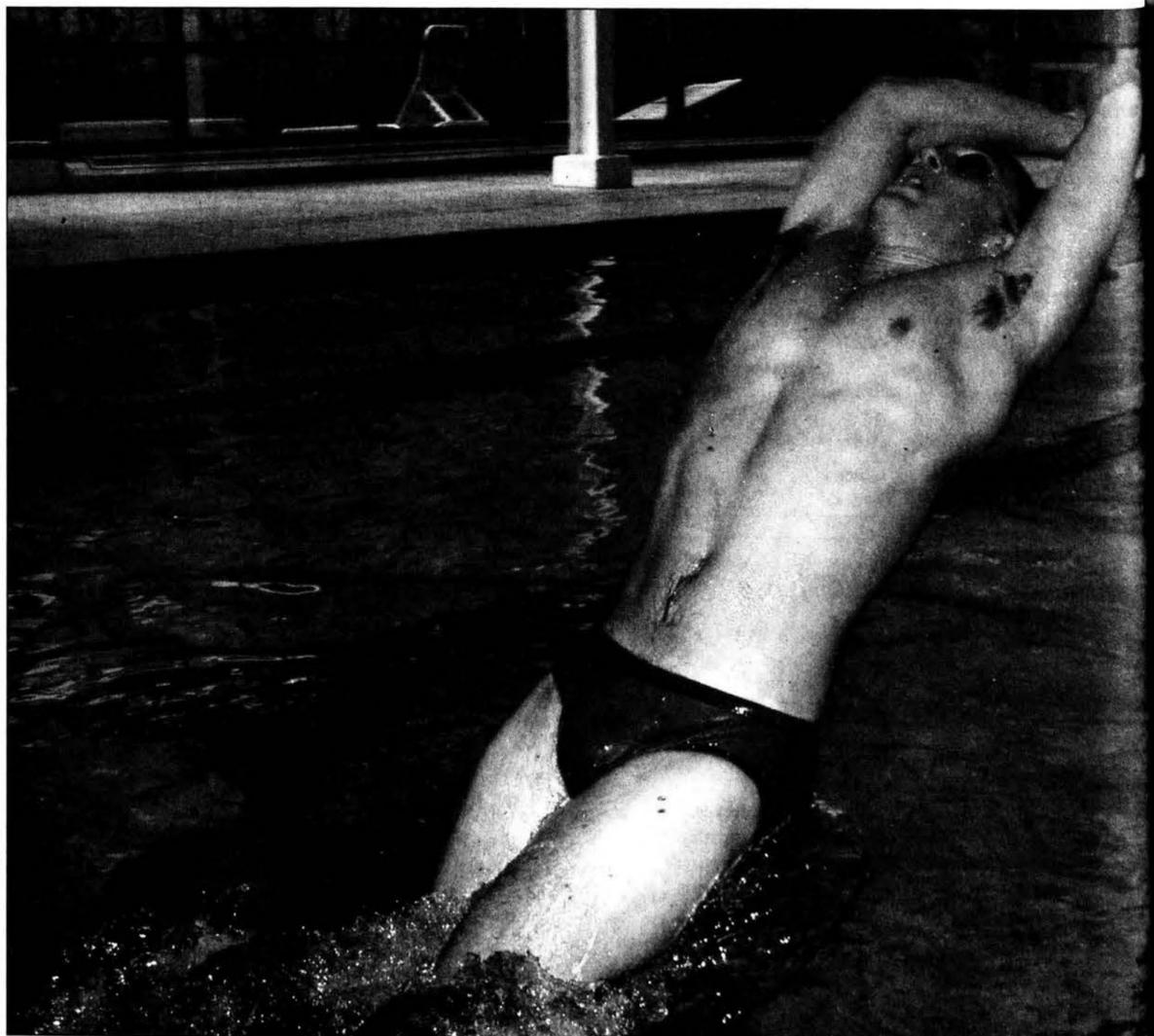
"Sometimes a player will only swim freestyle and get stuck swimming that one stroke," she said. "But they don't find out whether or not they're good at the breaststroke."

She said she planned to have them try some different strokes this year for the team's benefits, even though those strokes may not be their best ones.

"They're going to have to step it up and fill these events so we can strategically place swimmers to win some meets," she said.

She said this year will be difficult because the team was very young, and it lost a few State qualifiers to graduation last year.

"These younger swimmers need someone to show them the ropes of how a varsity team practices," she said. "Ian can show them that."



Senior Ian Danielson takes off during a practice at the YMCA before the first team practices had started. He said he knew he had to start early to train his body for the upcoming season if he wanted a chance at State. He also said practicing on his own made him a good role model for the younger swimmers.

PHOTO BY CLAY LOMNETH/REGISTER



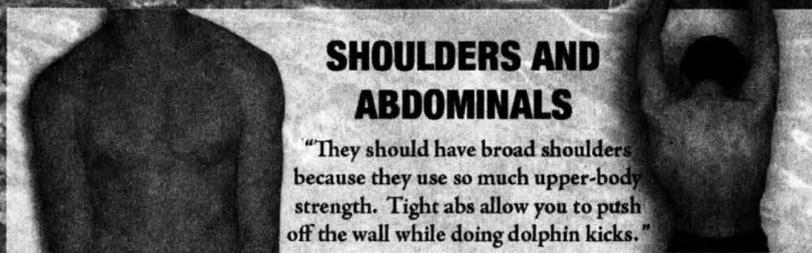
SEE STYLE

Notice the correct form from starting block to surfacing for air

Swim Extra

Every swimmer is built different, but all have basic qualities or styles. From muscular legs (below) to a perfect dive (above), the swim team will be looking to use these qualities on their way to State.

A BODY BUILT FOR PERFORMANCE



SHOULDERS AND ABDOMINALS

"They should have broad shoulders because they use so much upper-body strength. Tight abs allow you to push off the wall while doing dolphin kicks."



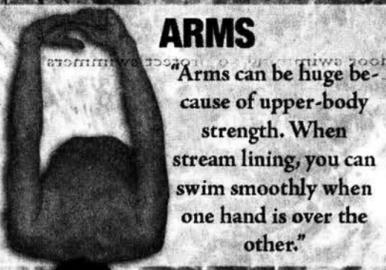
FINGERS

"Long fingers allow you to touch the wall sooner."



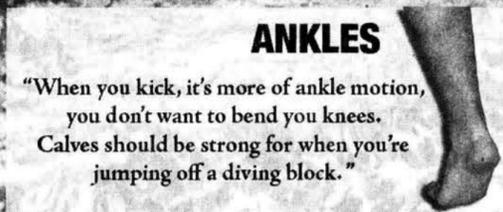
FEET AND LEGS

"Big feet are more like flippers, and it helps to have really long legs, too."



ARMS

"Arms can be huge because of upper-body strength. When stream lining, you can swim smoothly when one hand is over the other."



ANKLES

"When you kick, it's more of ankle motion, you don't want to bend your knees. Calves should be strong for when you're jumping off a diving block."

GRAPHIC BY LAUREN CRIST/REGISTER

Above are some traits Coach Kinman said were characteristic of the ideal swimmer. Overall, she said speed, ambition and skill would win over a good body. This illustration shows the importance of structure to a swimmer. Certain characteristics can help when swimming competitively, but if two swimmers had the exact same racing abilities, genetics may help one to finish the race a winner.

RESURFACING



PHOTO BY LAUREN CRIST/REGISTER

On her way to the State competition, one student expects this year to be her most important season

BY CLAY LOMNETH

Senior Lindsey Anderson has been swimming since she was 3. She said her athletic father encouraged her to learn how to swim so she would be prepared in any situation.

"Swimming is something everyone needs to learn," she said. Anderson said she started to swim competitively around third grade. She said she only swims for the team now because swimming on club teams takes up a lot of time she doesn't have.

Anderson said she didn't plan on swimming as a career, so she wanted to have time to do other things in her life. The team had morning practices twice a week last year, plus one after school every day. She said some meets and competitions lasted up to eight hours.

"Swimming just takes a lot out of you," Anderson said. She said she took a liking to swimming because it was a really competitive sport and she was competitive herself. Anderson said she and senior Ian Danielson compete against each other almost every practice to help improve each other. Last year, Anderson competed in various relays at State.

She swam in the 200 medley relay, 200 free relay and 400 free relay. She started swimming sophomore year and said she was scared to join the team on her freshmen year. Also, she said, she was playing two other sports at the time.

"The reputation that precedes a high school swim team was intimidating to me," Anderson said.

For this swimming season, the team has a new coach, Meredith Kinman. Anderson said it may take a while for her to get used to a new coach and coaching style, but she was willing to do it.

"I'm ready for this year," Anderson said. "I don't doubt her coaching ability whatsoever."

Kinman said she met Anderson along with most of the other swimmers at a swimming meeting earlier in the year. She said the major swimmers she expected a lot out of this season would be Danielson, Anderson and junior Sara Hallgren. Practices start Nov. 14, at Norris Middle School. For the practices, Kinman said she wanted everyone on the team, not just the most experienced ones, to try new things. She said she plans on making all students swim the 500 freestyle, which is 20 laps, in a meet. This will expose them to new things, Kinman said.

With the seniors who graduated last year, Kinman said Anderson would have to be one of the ones to help show the newer swimmers the ropes. Kinman said swimming in high school was different from middle school.

"She's (Anderson) going to have to be a leader on the team," Kinman said.

Senior Lindsey Anderson will be one of the major swimmers this year. She made State last year, and swam in multiple relays. Anderson started swimming when she was 3 years old because her athletic father encouraged her to be prepared in any situation.



1. Junior CJ Bruckner adds on to a statue of "Miser" Madison, a character who is mentioned only by name in "The Music Man." In the musical, he donates a great deal of money to the people of the fictional town. 2. Senior Jesse Keebler uses a table saw to construct a more involved set piece. 3. Junior Emily Wall sticks strips of papier-mâché to a bridge that was used on the set. The bridge was a key set piece for one of the love scenes in the show. 4. Seniors Tim Battafarano and Jennifer Castello, two leads, perform together at one of the dress rehearsals.

PHOTOS BY ZACH PLUHACEK AND EMMA PHILLIPS/REGISTER

Musical preparation works better than planned

BY ZACH PLUHACEK

One thing is for certain, they pulled out all the stops. It took about 30 pounds of flour to papier-mâché a bridge and a statue, centerpieces of this year's musical "The Music Man." The backdrops were worth \$3,856. The costumes cost about the same and were top of the line, all rented from Ibsen Costume Gallery. Some of them were even custom-made for particular cast members. Director John Gibson said the students deserved it. "If we didn't have the excellence of the students at Central, I would do something different," he said. Because the cast and crew were working so hard, Gibson abandoned the idea of making the show entirely black and white and was willing to buy more expensive costumes and sets. Upwards of 130 students chipped in their part for the show, with duties ranging from Pit Orchestra to tech crew. The cast alone composed a huge portion of the student involvement. The musical has long been known for being a big production since the attendance is higher and participation greater in the musical than in most other drama department functions. But a bigger show means a lot more work. Junior Emily Wall, the props master, said the set is much smaller this year than it was for "The Wizard of Oz" last fall, but it still took quite a bit of time and effort.

"We just have a bunch of littler things," she said. "There's a lot of things that take a lot of intricate detail." Even with all that work, Wall said the tech crew was managing to keep up. To some extent they were actually working ahead of the rest of the musical. "We should be done about the time that the play starts. The crew is supposed to have all this done before the run-throughs the week before (the show)," Wall said. Senior Jesse Moore, the assistant director of the play, agreed with her in his predictions of the show's outcome. "I think we're way in front of schedule," he said. "Thursday and Friday we ran the whole show. I have very good expectations for this show." Thursday's show for parents and people wanting to take photographs was a total success. "Everything is timed together and it just works out really well," Moore said. "The new rehearsal schedule...I think it really worked out well. Last year we had rough spots like the day before (the first show)." He said one of the best things about the whole process this year was all the new people involved. The orchestra, while running a little behind the actors, provided a key aspect of the performance. "It takes a while to get all together...but without them it wouldn't be a musical, it would be a play," Moore said. He said he understood the fact that the orchestra had less time to practice and get ready than the rest of the group and still did a good job of meeting expectations.

Freshman Michael Walsh played the violin in the Pit Orchestra. This was his first performance in a musical, and he said he plans on doing it again, even though it was a bit tedious sometimes. "Everybody helps everybody out in the orchestra," he said. "It was fun. Sometimes they (the rehearsals) get a little boring." Walsh also said some of the absences took away from the show and made it more difficult, but he still looked forward to his first performance at a musical. The actors themselves also did their part to help other aspects of the show. Between coming in on Saturdays to help build the set and pushing aside egos to work better as a team, Moore said the cast and crew have been more successful than he has seen before. Senior Natalie Lynch was one of the dance captains for "The Music Man." It was her job to help the individual students keep up with the group in the choreography. Lynch said teamwork in the show was absolutely essential, but at times it was spotty. This made the show difficult for some of the upperclassmen and people in charge of keeping things organized. "When kids were cast in the musical," she said, "they didn't understand the commitment that was necessary." With the help of some of the other members of the cast and crew, however, these students were able to come around in the end, which she said wouldn't have been possible without the talent.

"The kids that are in the musical are incredible," she said. "Overall, the cast and the crew, especially in the last, have come together well." She said the directors and the leads in the show could help so much. Even though they had to repeat themselves and over, eventually the effort had to come from the students. Many more students are doing many more things than ever before. Moore said he was more of a freshman than Moore was four years he has worked with the drama department. That is something that lifts his spirits. Moore said the amount of work he does, the number of people helping him, teamwork and the leadership are all positives making some he loves even better. The fact that he wasn't necessarily in the limelight for the show didn't bother him. "Actually, it's taking pride in what you do," he said. "It is the show because the better you make the show, the better the show is. I'm there to stomp out fires. I'm basically backup." And the better the show is, the more of an impact Moore said he feels he has on the school and the stage, even if the work he helps do and the set he helps build are gone after the performances. "Even if you destroy everything, you always have a memory of it being there," he said. The musical, in particular, tends to resonate with students and former teachers. For some reason, its popularity at Roadshow's always manage to draw a dedicated crowd.



Free Engraving on Trophies!

5435 Center Street
We'll Create A Look Especially For You
M - F 8:30 - 4:30
Thurs till 6:00
Sat 8:30 - Noon

(402) 558-4331

Fax (402) 558-9289
e-mail sales@centertrophy.com

Serving Omaha for Over 25 Years

- Medals
- Ribbons
- Plaques
- Pens
- Clocks
- Acrylic & Crystal Awards
- Patches
- Full Color Reproduction
- Laser Etching
- Architectural Signage
- Name Badges
- Team & Individual Sports Awards
- Advertising Specialties
- Rubber Stamps

WHERE WILL YOU GO?

COLLEGE ISN'T A DESTINATION. IT'S A BEGINNING.



Be a scholar.
Be involved.
Be a leader.
Be prepared for life.



Challenge yourself.™

www.doane.edu / 1.800.333.6263
402.826.8272 / Crete, NE



Drama restores faith in power of individual spirit

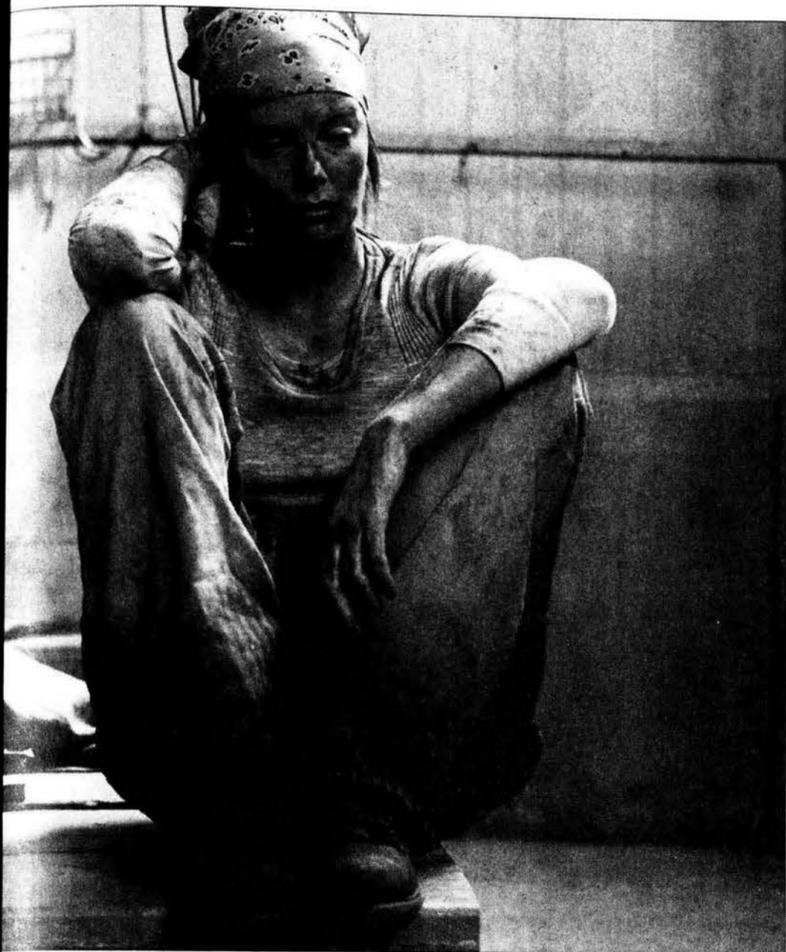


PHOTO COURTESY OF UNIVERSAL PICTURES

Theron plays a woman who left her abusive relationship to work in iron mines. Based on the true story, Theron's character battles terrible work conditions and harassment.

BY JOE DELICHI

"North Country" proved to be an uplifting tale of human triumph in the face of adversity.

Charlize Theron played Josey Aimes, based on the true story of a woman who left her abusive husband and went to work in the iron mines of Minnesota to support herself and her two children. Eventually she filed a class action sexual harassment lawsuit against the mine, the first ever in history.

She won for "Monster," and truly deserved it. It seems now, after movies like that and "North Country" she is trying to change the world through her acting.

Theron's heart-wrenching acceptance speech at the Academy Awards made everyone fall in love with the sweet, humble South African actress.

The obstacles her character Aimes overcame in the film and the harassment she faced was truly horrifying. It was even more frightening because it was based on a true story.

Every day Aimes went to work and experienced harassment ranging from lewd comments to rest rooms with walls defiled by her male coworkers feces.

One of Aimes' few supporters and believers in the case was in the form of her friend Glory Dodge, played by Frances McDormand. Glory was a stoic veteran of the mine and stood by Josey throughout the movie.

McDormand performed her role flawlessly and created a touching character, dealing with personal issues in addition to the problems faced by her female coworkers.

McDormand has always played the second fiddle strong woman. She has been hardly noticed by Hollywood, and still seems to be waiting for that one great lead.

Her role opposite Michael Douglas in "Wonder Boys" and the mother in "Almost Famous" showed just that.

The movie managed to intertwine a number of smaller plots without becoming bogged down. Josey was forced to deal with the harassment at work, maintaining the respect of her family and keeping her sanity.

She was not only playing a real character, but the epitome of every woman in her position.

She was playing the women who were harassed at work or home, still trying to lead a normal life.

Her father, who also worked at the mine, virtually disowned his

daughter. He was ashamed of the attention she brought to the mine, and of her illegitimate children.

Throughout the movie, Aimes wore down his callous facade to try and reach the good man underneath.

She tried to put up with the harassment because of the advice of her female coworkers who were afraid of losing their jobs if they complained. She went up against almost everyone.

Then her greasy co-worker Bobby Sharp, played by Jeremy Renner, choked her and warned her not to complain about what she had to face every day for nothing but a minimum wage job.

After this she finally decided to take action and hired Bill White, played by Woody Harrelson, to sue the mine.

Harrelson was believable as a burnt out former hockey player, lawyer and husband with an impeccable conscience.

His stable presence provided the movie with a nice balance, especially when compared to the pathetic coward Bobby Sharp.

The cinematography in "North Country" was stunning and really lent a dramatic effect to the entire film.

Overhead shots of the iron mines are simultaneously disgusting and breathtaking. The shots were reminiscent of the old '70s documentary "Harlan County USA," a movie about the awful conditions of coal mining.

Looking at their blackened faces and hard-working demeanor made everyone think back to the old folk songs talking about the beauty of blue-collar America.

Unfortunately this admirable and overlooked heroism was overshadowed by the characters personalities, as black as their faces.

The juxtaposition of scenes displaying a bleak Minnesota winter next to the hot dirty iron mines yielded an appetizing effect.

The colors were dark and drab with bright tones interspersed sparingly.

This helped create a visually appealing contrast and prevented the movie from becoming too depressing by allowing some relief from the bleak sight of the iron mines.

The courtroom was where Theron really proved worthy of the role. On the stand Aimes faced her sexual history being put on trial and her moral character being challenged.

Theron managed to portray her as a vulnerable woman, and yet balanced her vulnerability with a stoic resolve to do the right thing.

"North Country" was a heart-wrenching film with the power to restore someone's faith in the power of the individual.

MOVIE REVIEW



'NORTH COUNTRY'
Starring: Charlize Theron

Banderas should leave mask on after lackluster performance in latest Zorro flick

BY MARK AREHART

Zorro proves to be too little too late in his latest lackluster romp of an action movie.

Seven years ago "The Mask of Zorro" was released and introduced a whole new generation to the vigilante hero known as Zorro.

But that generation immediately forgot about the hero.

Seven years later, they didn't really care much more.

"Mask" was both exiting, visually pleasing, and just fun, but the sequel proved to be the opposite.

Although "The Legend of Zorro" had its points of interest, it lost the audience with long segments of slow scenes and idiotic comic relief.

Just when people's eyes lit up watching Zorro flip bad guys and slicing his trademark "Z" into their foreheads, something brainless like a horse smoking a pipe ruined the mood.

The audience couldn't help but glance at the exit signs a couple of times or fiddle with their cell phones, which suddenly turned to vibrate.

The acting in this movie was decent.

The characters were portrayed like they actually cared about more than what will be going in their bank account, a definite plus these days.

Antonio Banderas reprises his role as Zorro (Alejandro) in this film.

He delivers an overall good performance, similar to his role in the first film.

Banderas showed some of the action flare as seen in "Desperado" and "Once upon a time in Mexico," although in those films he had a fire not seen in many other of his films, especially not this one.

It was apparent Banderas prepared for his role vigorously. He held a sword with confidence and rode a horse like a pro. He gutted bad guys with the eloquence of a ballet dancer.

Catherine Zeta-Jones once again played Elena, Zorro's wife. Although she delivered a positive performance, at times it seemed like she was just a pair of breasts with a sword.

The real gem of the screen was the couple's son Joaquin, played frenziedly by the young Adrian Alonso.

It was really neat to see the elementary school hell-raiser hand it to the teacher, Zorro style mind you, with only a ruler.

The bad guy Armond, played by Rufus Sewell, was hot off inventing nitroglycerin and hell-bent on taking over the United States.

The only problem was he was trying to steal Zorro's wife.

So, needless to say Zorro was a little peeved by the attempted adulterer.

Fill in the blanks.

The entire plot of the film was anemic and the scenes extremely predictable.

There was a level of polish seen in "The Legend of Zorro" that was omnipresent in the previous, and much better film.

That was seven years ago and Zorro just wasn't charming enough to make people care about him anymore.

MOVIE REVIEW



'THE LEGEND OF ZORRO'
Starring: Antonio Banderas



PHOTO COURTESY OF UNIVERSAL PICTURES

As a sequel to the 1998 "Zorro" movie, "The Legend of Zorro" fails to match the excitement and visually pleasing aspect of the first one.

COME TO UNK. Make memories.



Big on small.
At UNK you're a name, not a number, in exciting classrooms where teaching comes first.

A home-away-from-home. Kearney is an exciting city where you find internships and employment, make a difference, and have fun outside of class.



An exceptional value. We offer you a high-quality education at less than half the price of the average Nebraska private college.



About opportunities. More than 170 academic programs and a challenging Honors Program provide big-time opportunities for your future success.



Fun. Enjoy nationally-ranked NCAA athletics, a thriving arts culture, year-round intramurals, active Greek organizations, and more than 160 student-run groups.



UNIVERSITY OF
Nebraska
Kearney

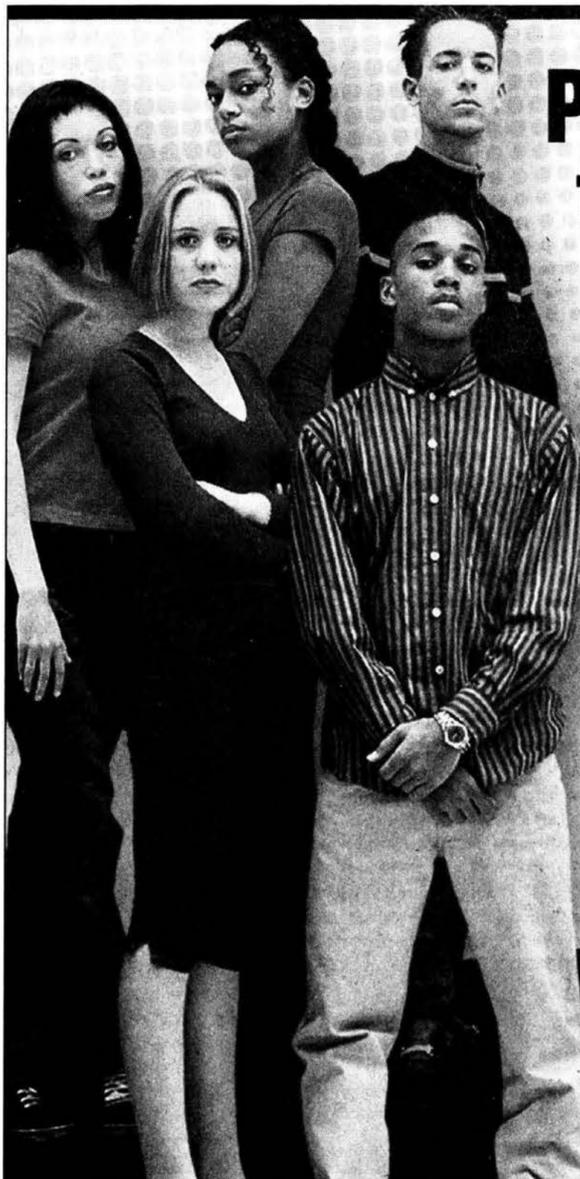
www.unk.edu • 800-KEARNEY



Put Yourself to the Test!

It's the only way to know for sure if you're the one with an STD.

Did you know that Chlamydia and Gonorrhea rates in Douglas County are at least two times higher than the national rates?



Call the STD Hotline at 1-800-782-2437 for local clinic information.

Or visit: STDOmaha.com.

WEDNESDAY, NOVEMBER 9, 2005

ARTS

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD

124 N 20TH STREET OMAHA, NEBRASKA 68102

LIVING THROUGH HIS WORK

Students recently attended a memorial show for deceased artist and former *Register* staff member, alumnus Connor Meigs.



COURTESY OF LINDA MEIGS

Alumnus Connor Meigs (class of 2003) painted this self-portrait his senior year. It was printed on cards and distributed to promote his retrospective show. Meigs died in a car accident last year. His mother said this was his first painting done at Central. Many of the works in were familiar to Central art teachers and students who visited the exhibit.

BY EMILY HARRISON

Art students had an opportunity to see the work of an alumnus at the Florence Mill during a field trip on Oct. 28.

Art teachers Larry Andrews and Margaret Quinn took their Art 5-6 and Studio Art students to "Connor Meigs: Retrospective Dialogue" to see the work of Connor Meigs who graduated in 2003.

Connor died on Christmas Eve after a car accident on Dec. 20, 2004. The exhibit is a collection of his life's work.

Connor's work included editorial cartoons, impressionist paintings, sculptures, a number of self-portraits, and other work from his years at Central and later on in college. The exhibit was assembled by Linda Meigs, Connor's mother, who collected his work and assembled it for a memorial show.

Junior Sophie Wang and senior Dena Rennard were two of the students who saw the exhibit.

"It was really inspiring," Rennard said. "It made me want to go home and start working."

She said the exhibit was humbling and it gave her a goal to strive toward and she would be happy if she could ever be at his level.

Wang also said seeing the exhibit made her want to work harder on her art and showed her students her age could produce great art.

Quinn said it was a good experience for the students to see the work of an artist who attended Central and worked where they are working now to see how he progressed in college.

Andrews said many pieces in the show were created at Central and some were actually assignments from class. Wang said she had seen some of Connor's work as examples in her art classes before.

The large self-portrait Connor painted of himself holding a canvas was his first painting at Central. A book including Connor's cartoons, and some of his writings Linda had made for him as a gift were also included in the exhibit.

"His cartoons were really inspiring, the ideas behind them and the ways he conveys them were really amazing," Rennard said. "That's the

hardest part in my opinion."

Connor's last comment to his mother on his future was he wanted to make monumental sculptures. Linda said he could have been a painter, an editorial cartoonist or a variety of other things.

"This is just a portion of what we have," Linda said. "He was very prolific."

She said she went through and picked out the works she liked the best. Linda and Connor's brother Doug Meigs started assembling the exhibit in April. Linda promised Connor an exhibit at the Mill once he graduated from college with his Bachelors in Fine Arts.

The Mill was the only appropriate place to display Connor's work. Linda said he could not have had a show at a gallery because none of his works are for sale, and he could not have an exhibition in a museum.

Andrews found out about the accident when Linda called him at home on Christmas Eve. Linda asked him to call other teachers.

"Connor's death was a profound loss for our family, but also a loss for the world," she said. "He had a lot more he could have given."

Andrews said he thought hearing Connor's story made students think about the decisions they make, their art and what is really important to them.

Rennard said Connor's unexpected death made her think about the way she lived her life.

"It makes me stop and think about if something happened to me, would I be happy with the life I've had," Rennard said.

However, even without his story, Connor's work stands on its own. Linda said many of the people who saw the exhibit over the summer did not know the story when they came, but stayed an hour or two looking at the work.

Linda and Doug created a bench in memorial of Connor for the Bench Marks Project, a collaboration between artists and writers. They used images from Connor's work for the bench. They also used the quote which was written on the cover of one of Connor's journals, "Art is not communication it is dialogue."



PHOTO BY EMILY HARRISON/REGISTER

Senior Melissa Forster and junior Jarrell Gurley look through a book of Connor's cartoons and writings. Connor's mother compiled the book as a gift for Connor before his death.



INITIATE PLAN 9

A Column by Bob Al-Greene

Movie gives Bob Dylan a newer image

Bob Dylan.

The name alone inspires a chill. The Martin Scorsese two-part documentary about Bob Dylan's 30 years of fame in the '60s, "No Direction Home," aired last month. It was, of course, breathtakingly captivating.

If you were to ask Dylan his thoughts, the answer wouldn't be grand.

Recently, after the first book of Dylan's autobiography came out, there was some commotion over Dylan's claim that he was the voice of a generation. He could be the writer of "Blowin' in the Wind" and "The Times They Are A-Changin'." He denied that he was a primary force behind the Civil Rights Movement.

How could the syringe that injected righteous folk music into the mainstream ignore the lives he'd changed? How could the most covered artist in history deny the art he'd inspired?

It never bothered me all that much. I like Dylan's music, but I don't look at him with the same God-fearing awe as the hardcore fans. If you listen carefully, you can hear the heads of those Dylan fans exploding every time he denies his divinity.

Today, things are different. In the music community of the 21st century, sadly lives as much on egos as on talent. Artists are expected to be outgoing, arrogant, crowd-pleasing humans.

Teens today need to embrace the music of Bob Dylan.

For the time Dylan was living and for the kind of guy he is, I would have expected less. Scorsese's documentary included black-and-white tapes from early in Dylan's career, of Dylan at a conference. He seemed taken aback by the persistent lines of questioning on the subtlety of messages in his songs, the meaning of the shirt he chose to wear on an album cover.

He was every bit as persistent in his non-answers. As Dylan sat, his lean body and legs folded, nimble fingers ran a cigarette to his thin lips, and his face burned out at the viewer, he smiled. He was "just a song and dance man."

Seeing clips like these collected together becomes undeniably clear that Dylan has always shied away from that kind of publicity bordering on worship. He was an artist first, in his mind, and a revolutionary second, if at all.

To deify him was a foolish mistake, and four decades later, fans of his music, are making the same mistake. This time, though, the music industry encourages it.

Song after song consists of nothing but lengthy descriptions of how rich a singer is, or how popular. This is not music and the mindset that appeals to the average teen, and it's not safe.

Bob Dylan tried his best to survive and it made little difference. Who knew what the public concept of popular music will evolve into years from now? What new levels of worship will it reach?

It's a little odd, but I'm not surprised of all things disgusted, and disappointed, to see Dylan showing up in Victoria's Secret ads (which he does) unless he's the model.

On the other hand, it's not really up to Dylan to decide whether he was the voice of a generation. It's not even up to the generation at all.

It's fate. If he was at Medgar Evers funeral singing "Just a Pawn in God's Game," well, that makes him important. Denying that is nothing short of abrasiveness. But abrasiveness is a human concept. It is humility, and Bob Dylan is human.

That's a fact, and the whole debate surrounding him is nothing but conjecture and opinion. So if I'm feeling unsure as to Bob Dylan's place or as to the state of the modern music industry, I've just got to remember—think twice, it's all right.