

Fashions of '09

Take a look at a couple of the hottest fashions from the past decades.

REGISTRATION, PAGES 12 & 13

School Lunches

See both sides of the school lunch debate and decide what side you're on.

OPINION, PAGE 18



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Phone: (402) 557-3357
Fax: (402) 557-3339

124 N. 20th Street
Omaha, NE 68102

central.journalism@ops.org

REGISTER

Central High School

11 TIME NSPA/IEA BEST-OF-SHOW WINNER A HIGH SCHOOL NEWSPAPER PRACTICING PROFESSIONAL JOURNALISM NATIONAL PACEMAKER AWARD WINNER

Teacher contracts unexpectedly denied

BY INDYA WALDEN

"I think the last time a contract was rejected was about 10 to 12 years ago," said Carol Krejci, teacher and Omaha Education Association (OEA) representative.

In February 2009, OEA, which is comprised of about 2,800 people, began to ideate a way to improve the salary and working conditions of teachers. Around the first of October, after eight months of meetings and negotiations, the Omaha Board of Education denied the request and "now it's back to the drawing board," said Krejci.

Although salary is a major part of the contract, healthcare was another big factor in this negotiation. The deductible increase was set to be raised.

"In January the deductible is set to be raised to \$600 dollars for individuals and \$1200 for families," said teacher Linda Milliken. Considering the new deductible is almost twice as much as the original premium plan, it was an improvement to their coverage plan.

With the rejections of the changes made to the contract, the OEA members reconstructed a new plan that appeases both the teachers and OEA.

"Because the contract has been rejected we have to go back and renegotiate the contract," said Krejci. "The period of time may vary; six months won't be an unusual amount of time."

Though Krejci, who was the former president of the OEA, has much insight into what is going on, some of the other members don't know much about what is going to happen next.

"I have no idea how long it's going to take," said Milliken. "We're still in the talking stages; there hasn't been a change to the plan yet. They [OEA] sent out a survey asking teachers why they think the contract wasn't accepted and what should happen next."

The survey was due December and Milliken said that it would be taken into consideration when revising the new contract.

Even with the reality that the OEA members had to go back to square, many wondered what would happen next.

"OEA will bring the results to OPS and say 'this is what the teachers want,'" said Milliken. "In my opinion there's going to have to be a change. Bellevue's contract has been denied twice already."

Since more than one school district was having trouble coming to an agreement, some students were forming their own opinions about the contract.

"If the teachers really like their job," said freshmen Jasmine Sorrell, "they should be happy with the salary they get."

Some students may have felt that way because of what was on the surface may have seemed as though the teachers were complaining about not making more money, but other students disagreed, like Senior Aly David.

"I think the teacher's salary should be raised," sympathized David. "With all of the extra hours teachers put in with clubs and sports, they should really be compensated for all that they do. It's a shame that they are teaching the future leaders of the nation and are being paid less than minimum wage."

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TAKE A PEEK: Opinion

Columnist analyzes the lack of giving throughout the year.
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Registration

Owl City performs a sold out show at the Music Hall this past January.
Page 8

Drama presents the fairy tale musical Into the Woods

BY EMMA MINCER

The fall musical at Central, "Into the Woods," premiered Oct. 29, 30 and 31.

A mix of "Jack and The Beanstalk," "Cinderella" and "Rapunzel," "Into the Woods" showed how each story became intertwined with the others in one crazy adventure.

"It's different because there is such a small cast, everyone that was in it had a big part. It was rhythmically very hard," said sophomore Emily Hill who played the Wicked Stepmother.

Over all, the actors practiced for a month and a half for three or four hours each day. Then, as opening night drew closer, actors and stage crew were found to be still at school after 7 p.m.

"It was hard to keep up with the long reading assignments, like honors chemistry, because we got home so late," said Hill.

The scenery were created by 9th hour stage crew, who created the paper maché trees. The costumes were provided by Ibson's Costumes.

"The hardest thing was the wireless

microphones," said senior Ben Sheperd, stage crew member.

Sheperd said that the crew had to mark each microphone to each person and check each microphone to make sure there was no overload when the actors sang, which would cause the microphone to hum.

Though the evenings were tiring and keeping up with school work difficult, the cast made the show memorable.

"Everyone," said Hill, "put their best forward."

Historic snow storm hits Central



Students huddle together to keep warm outside on the 3 side during Omaha's record breaking low temperatures. However, due to wearing only thin jackets, it may be a reason why some students are more apt to fill the chill.

BY MCKENZIE KERR

Omaha has been greatly impacted by the over abundance of snow Mother Nature has sent the Metro's way this past winter. Although Omaha's snow removal team were prepared for typical snow this season, no one was quite prepared enough for the 40 inches of snow that came. The enormous amounts of snow made streets slick, and prompted a need for even better snow removal plans and plenty of snow days for numerous districts around Omaha.

This past winter will be marked as a historic blizzard, with a historic amount of days off school.

Some wonder what exactly defines a snow day, whether it's the driving conditions or the effects on kids waiting for buses. There are two things that OPS considers worthy enough to call off school. The first is the temperature. If the wind chills go below 20 for a sustained amount of time, then school will be called off. The second is the amount of snow fall Omaha receives, which OPS and many other districts had to overcome this season. Omaha Public Schools are always monitoring the current conditions in the winter and if necessary, they will also send out their staff to check the conditions of the local roads.

Celebratory sledding occurred when schools were first closed on Tuesday, Dec. 14 for treacherous snow conditions that affected driving safety, students waiting for buses and visibility. It was among the first few snow days that students enjoyed because they weren't aware that the amount of snow days built in to the curriculum are limited. Students, staff, and others in the Metro Area were surprised to find out that Omaha Public Schools, along with District 66 and Millard, would close for the next two days. These closings affected OPS's final schedule, pushing school finals to be on Tuesday and Thursday, as opposed to the allotted Monday, Wednesday, and Friday.

Weather remained cold, cloudy and a little bit dreary until Jan. 6 when the snow struck Omaha yet again. Students had anticipated another snow day, many knowing the forecast predicted lots of snow.

Then déjà vu hit when another dousing of snow and negative 20 degree weather closed schools across the area for the following days, Jan. 7 and 8. OPS students had only returned to school for one day, Tuesday, after Winter break. District 66 and Millard closed school for that entire week.

By the time Monday, Jan. 11, came around, students and staffs alike were ready for school.

"I don't even remember having three days off in a row," says Jodi Rackliffe, FACTS teacher at Central. "I was ready to come back to school and get back in a routine after the last snow day."

While some rejoiced for the past multiple consecutive days off, teachers scrambled to try and cover material that was supposed to be taught during the snow days.

Some plans are adjustable for teachers like Jane Luethege who said, "I can adjust my plans, but at some point, some things are going to have to be forfeited in order to make sure that all of the required content is learned."

This is a hurdle teachers are struggling to overcome. And while certain teachers can adjust, though having to give up some things, others cannot.

When asked if missing so much school affects plans, social studies teacher Robert Tucker replied, "Yes. I have to skip or severely cut back on some of the material I usually cover."

As time goes on, some teachers are still maneuvering around the time lost. OPS elementary schools are already using up days they do not have, having lost half a day. Middle schools still have an abundant seven days left in case of another snow storm, and high schools have sturdy three days left to spare.

OPS plans to make up the lost time by adding a few minutes here and there to the school day. District 66 said that they are flexible with its hours and still have time available.

Though OPS and District 66 are somewhat lucky, Millard, not so much. They are also using days they do not have, and are looking to extending their school year past June 2.

Central embarks on three-year long IB process

BY ALEX TRAN

Central administration took its first step in the three year long process of becoming an International Baccalaureate Diploma Program (IB DP) school after receiving board approval to apply for the IB program just this year.

The Student Assignment Plan governs academic administration decisions and approved Central to contact and apply for the IB program. Roughly a decade ago, Central had approached the Student Assignment plan with a proposal for IB participation, but was refused for various undisclosed reasons.

Now with board approval, Central's goal is to become an IB school by the 2012-13 school year. However, the IB program at Central is still very much in its beginning stages.

The two year diploma program will only be available for juniors and seniors. Following the schedule, next year's freshmen will have the opportunity of participating in the IB program their junior and senior years.

Unlike the Advanced Placement program at Central, the diploma program pushes for the best possible well-rounded curriculum. The diploma program curriculum consists of Language, Second Language, Individuals and Society, Experimental Sciences, Mathematics and Computer Science, and the Arts.

In the next long term, Central's goal is to incorporate the entire curriculum but at the moment is only concentrating on several core areas of study.

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College Corner

Will Gottner

Intended College/University: University of Nebraska Lincoln/UNL

Location: Lincoln, Nebraska

Type: Public four-year university

Because it's away from home, but not that far, and because they have a good pre-med and engineering program.

Application dates: Deadline: May 1

Mark Winkelbauer

Intended College/University: University of Nebraska Omaha/UNO

Location: Omaha, Nebraska

Type: Public four-year university

I honestly don't know. It's in my budget range and it has a good theatre department.

Application dates: Deadline: August 1

News in Brief

Science Olympiad Team wins first at Districts

Central's Science Olympiad team placed first in the district competition on Nov. 21. The Eagles defeated Burke, North and Northwest High Schools. The team qualifies to attend the regional competition at the Henry Doorly Zoo later this month.

Central High students, seniors Taylor Olson, Subdoh Adhikari, Brooke Talbott, Megan Taylor, Carmen Lau, Catherine Haorei, and freshmen Brevan Jorgenson, Clark Ikezu, Harrison McMinn, Avery Zaleski, Maya Gogoi, and Mitchel Hezel all won awards with help from teachers Erik Albertine, Matt Aguilar and Jerry Frerichs.

Central High pit orchestra support musical

Commendation goes to the Central High pit orchestra for dedicating their time to last fall's musical, "Into the Woods."

Student Democrats hold drive for needy

Clothing like coats, hats, and mittens are asked be donated in two boxes located on the south and west side doors after Feb. 14 for three weeks.

CALENDAR

February

6 ACT Test
Students must arrive at Central at 7 a.m. and report to the courtyard to register.

12 Wrestling Districts
Central wrestlers will compete at this year's state championship.

18 College Planning Night
Juniors and parent will have an opportunity to plan for their college future from 7 p.m. to 9 p.m.

20 Elkhorn Band Olympics
Central's band will be participating in the band olympics at Elkhorn High School.

March

4 Parent/Teacher Conferences
Third quarter conferences will be held in the courtyard from 12:30-7:30 pm.

9 Spring Parent Athletic Meeting
Students interested in participating in spring sports, must attend the meeting with parents.

11 End of Third Quarter
Only one quarter left in the school year.

22 Spring Break Begins
Students will return Monday, March 29.

Central alum writes book, returns to alma mater

BY EMMA MINCER

Jennifer Castello, a former Central grad, published her first book, a collection of short stories called "The Messiah of Howard Street," and returned to her alma mater for a book signing.

Since the age of four, Castello has been writing stories which her grandmother helped inspire her to create.

"I did other things too like musical theatre and acting but it was always because I was trying to tell a story," said Castello. "When it came time to decide what to focus on, I focused on writing because I thought it would encompass everything else."

The author graduated with the class of 2006 and then went to DePaul University and became a BFA graduate of The Theatre School in Chicago, Illinois.

The idea for her book, "The Messiah of Howard Street," was inspired by a trip to Red Cloud, Nebraska, in her junior year, after her English class studied Willa Cather's novel, "My Antonia." Her class visited Cather's home where Castello thought about people writing about where they originated from and got the idea to "write a story that takes place in Omaha."

The author said that when she moved to Chicago, no one knew anything about Omaha and thought that the city was "very exotic" because they had not been outside of Chicago.

At the book signing, Castello talked about herself and the journey she took to achieving her goal. She then read aloud pieces from her book to the audience and answered any questions that followed.

One of the attendees, junior thespian student Amanda Harris, said that Castello had come and talked to her theatre class about college life and taking theatre classes. Castello inspired Harris to pursue more theatre in college and she said, "She makes me want to go to Chicago for college."

According to former teacher, John Gibson, drama teacher, Castello wrote not only her own song for Road Show, but also wrote a one act play, "The World According to Jack."

"I feel good about my book but I am also really nervous because it is the first book. I want to keep writing books and getting one after another published so I see it as a starting off point," Castello said. "People keep on saying I should feel accomplished but I keep waiting for that day when somebody finds out that I am a phony or something," said Castello with humor.

The former Eagle said that for her first book, everything "kind of fell into my lap this time and I was really lucky." She decided to come back to Omaha for the summer and then decided to take an internship, which then through the internship, Castello got a pitch for her book and she booked from there.

Even though the author had only four days to put it together and then, just the summer to finish it, Castello's powerful words about the triumphs and lows of the Omaha life shine out and capture the city through the lives of her characters.

"It is sort of what I've always wanted to do, just to tell a story and have it open up questions to other people," said Castello.



PHOTO BY EMMA MINCER / REGISTER
Castello signs her first book, "The Messiah of Howard Street," in the courtyard before her presentation.

Central hopes to meet requirements in IB process

Continued from 'IB Process' on page 1

IB stresses the importance for students to make connections between different academic disciplines.

IB students are also asked to be of service to the community through volunteering.

Cathy Andrus, Central High's guidance director, is also Central's IB coordinator.

"The preparation for college is outstanding," Andrus said regarding the IB program.

In November, Andrus, with several other heads of departments, traveled to Lincoln High School, which had recently received IB board approval last year. 2010 will be its first graduating class. Last month, they also visited North Kansas City High School in Mississippi to experience an IB school containing demographics similar to Central.

"The most exciting part was talking to the IB students," Andrus said.

"The hardest part of IB has been having to address areas that are not my strengths," one student commented. "It has been the best for me because now I feel more well rounded."

Another student said, "The hard work of school has moved into other aspects of my life. I seem to be able to do other things and do them well. Life balances!"

Andrus also said she loved the diversity that ran in the class and the enthusiasm of the students.

If given approval, Andrus plans to integrate the new curriculum slowly and expand as students become more interested. Central administration has yet to decide the starting curriculum.

The IB diploma is recognized by nearly all United States colleges and universities. The program is growing the fastest in the United States, where it was formerly "stagnant, if almost non-existent," Andrus said.

"The biggest reason for not being approved is not being prepared," Andrus said.

The IB program has several requirements for approval. Central High's mission statement must support the IB's, whose mission statement is:

"The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect."

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programs encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right," according to the IB Web site.

Central High must also meet other minute requirements. School faculty must be knowledgeable and trained specifically for the IB program.

Because the program is class specific, only certain subject areas would need to be conditioned to accommodate the IB program.

Central High is not expecting to hire any new teachers but train current teachers during the summer. Central High teachers are offered applications, which Central administration will evaluate. Chosen teachers will then begin training in Toronto, Canada.

"There is definitely enthusiasm in the faculty. Absolutely," Andrus said.

Andrus suspects that more applications will be submitted than needed.

The most pressing question that Andrus has to consider is how the IB program will impact Central High's current AP program.

Andrus believes that bringing in IB will cause AP to grow. Students will be able to take a combination of AP and IB classes.

When asked what negatives exist when adopting an IB program, Andrus said, "I'm honestly not seeing a lot of downsides."

Andrus realizes that the work will be time consuming, and a private foundation, the Sherwood Foundation, is currently the source of funding for Central High's IB endeavors.

Andrus also has to consider how to motivate students to enroll in IB and how to involve parents. Students also need to meet all OPS standards before participating.

"I'm very enthusiastic," she continued, "thrilled to death actually to have board approval."

"There will be no issue for paying for students."

"Money will not keep kids away from the program," Andrus said confidently.

Students will graduate in May with an OPS diploma and in early July with an IB diploma. Students will essentially graduate with two dipomas.

Andrus is also considering pursuing a middle year program.

Andrus is currently working with TAC for support in case Central must tweak its current curriculum to meet IB requirements.

LB 898 Student Expression Act read at public hearing

BY ALEX TRAN

The Legislative Bill (LB) 898 Student Expression Act was recently discussed at a public hearing in Nebraska's state capitol on Tuesday, Jan. 26. It was initially introduced on Jan. 10 of this year.

The hearing is open to the public - anyone can testify.

Principal Introducer Senator Ken Haar read the bill's statement of intent.

He read, "LB 898, the Student Expression Act, provides protection for public school students in exercising their First Amendment rights within the parameters of the Act." He went on to read, "The Act also provides protection for public school teachers and administrators in their pursuit of academic freedom for their students."

Currently no state statute exists that clarifies the specific rights of public school students regarding expression.

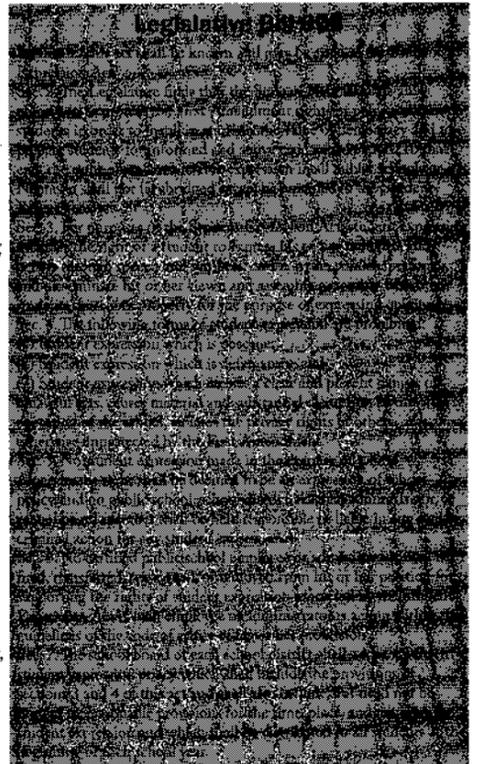
Senior Rachael Bauer does not believe the Constitution should be qualified.

"The more they qualify it," she said, "the more distinct [rules] will be set and the less freedom of speech."

This bill would require school district policy to align with the current Supreme Court rulings to help prevent lawsuits.

The purpose of the Act is to reduce lawsuits but more importantly give students and teachers their lawful right of expression, "to instill in students the value of democracy, and to prepare students for informed and active civil participation," according to Haar.

Senator Bill Avery is co-sponsoring the Student Expression Bill.



Contract Renewal

Continued from 'Teacher Contract' on page 1

David also thought that if the teachers were paid more, they might be more apt to put further effort into their teaching.

Even though the teachers hadn't reached an agreement, there was no sign of them becoming lax in their teaching.

After revising the previous contract the OEA presented a new contract which was approved by the board on Dec. 21, 2009. Now that the new contract has been agreed upon, both by teachers and the Board of Education there is no more worry about how long this dispute will last.

BRIEFLY

Girl's foot crushed

While crossing the street after school, a Central student was hit by a vehicle on 20th and Dodge St. Friday, Jan. 29.

The student was taken to the University of Nebraska Medical Center Emergency Room where her injuries were treated and deemed non-life threatening. Her left foot was crushed in the incident and she sustained other minor injuries.

The student returned to school Tuesday, Feb. 2nd and is expected to fully recover.

AP Scholar Awards

The College Board awarded 34 Central High students with the AP Scholars Award based on the performance on Advanced Placement (AP) tests as well as the amount of tests taken last year.

Six students qualified for the AP Scholar with Distinction Award by earning an average score of 3.5 on all AP exams taken and grades three or higher on five or more AP exams. They included senior Joshua Dewirt and alums Douglas Knickrehm, John Lloyd, Benjamin Polk and Michael Walsh.

Seven students were awarded the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP exams taken and scores three or higher on four or more exams. They included seniors Emily Epperson, Rebecca Harrison, Eric Jizba, Caleb Koch, Carmen Lau, Cali Neuberger and Kristin Wipfler.

Twenty more students were awarded the AP Scholar Award for completing three or more AP exams with scores three or higher. They included seniors Alaina Allen, Alyssa David, Allyson DeBoer, Emma Erickson, Emmalee Fishburn, Anna French, Claire Goodwillie, Alexandra Hubbard, Tatyana Kasperovich, Catherine Larsen, Theresa Lomneth, Jeanette Miller, Taylor Olson, Daniel Pachman, Jesse Reno, Rebecca Sevela, Matthew Wolford, and Alums Vincent Lau, Hannah Niebaum and Benjamin Susman.

Benjamin Polk, a Central alum who graduated last year, was recognized as a National AP Scholar for scoring four or higher on eight or more AP exams.

96th Annual Roadshow

During its 150th, Central High celebrated its 96th Road Show Jan. 29, 30 and 31 with multiple showings including comedy acts, school affiliated group acts, several garage band groups, solo performances and dancing acts.

In between the two Saturday performances, the Band Parents Association provided a lasagna and spaghetti dinner and profits from the dinner went to concert and marching band expenses.

This year, to celebrate the school's 150th anniversary, the show included videos from past Road Show performances.

J.D. Salinger passes away

J.D. Salinger, influential author of "The Catcher in the Rye" and "The Nine Stories", died of natural causes in his home in New Hampshire on Wednesday, Jan. 27, according to The New York Times. He was 91 years old.

Salinger's most famous literary work, "The Catcher in the Rye," was met with some criticism for its language. Even today, some schools ban it from their curriculum.

JROTC attends leadership camp

During the summer, JROTC students have the opportunity to enjoy the military based camp, JROTC Cader and Leadership Challenge (JCLC), which tests physical abilities and leadership skills.

The camp is split up into platoons, or little groups, of about 40 people. From there participants have a platoon leader, a sergeant, and four squad leaders. They are led by the company commander followed by the first sergeant.

The instructors conduct courses set for the campers at the Offutt Air Force Base. The courses consist of the compass course which is where the put down markers in the ground and you must find them with a compass and then the orienteering which is used without a compass and they must plot points on a map. The scores get tallied and the winners are awarded medals at the end of the camp, explained Matthew Wolford, Eagle Battalion Commander.

Leadership is very important in this camp. To be a leader one must be able to inspire others, according to junior Jordan Marescalco.

The whole camp isn't spent doing all military work. They do other activities such as a repelling tower, tight rope to test the ability to think on their feet. They also go off base. They spend two days in Ashland, visit the Saac Museum, and spend one day at the Offutt Air Force Base, said Wolford.

Both Wolford, and Marescalco, agree that the camp is more military based than JROTC and military-oriented along, which is beneficial.

Student receives national scholarship

BY INDIYA WALDEN

Senior Elijah Skofield beat out thousands of national high school students to make it to the Semifinalist round in the National Achievement Scholarship Program.

Skofield was proud to have received the honor.

"It's an honor to get recognition from the program," said the semi-finalist.

Achieving the status puts him in the running to become a finalist and possibly bring home one or more of the over 800 Achievement Scholarship awards given out by the program.

Established in 1964, the National Achievement Scholarship Program was started to recognize the excellent academic achievement of African-American students.

Every year over 100,000 students take the practice SAT to compete for the National Achievement Scholarship.

Then the list is cut down to 3,000 of the highest scoring students, who are honored by being included on a published list of high academic achievers.

Once the list is published another 400 students are cut from the list and 1,600 students make it to the Semifinals.

These students represent the highest-scoring program participants from their region. Once they are recognized they receive the formal application materials.

With the myriad of students who participate in this prestigious scholarship program, Central was lucky enough to have a semifinalist enrolled in the school.



ELIJAH SKO

New club helps students with goals and self esteem

BY DARIA SEATON

Diverse Intellectual Veritable Academic Students or DIVAS is one of the newest clubs to Central, which was started by sophomore Elyssia Finch and sponsored by Spanish teacher Jane Boeka.

"The club helps promote educational goals and self esteem," said Boeka.

Finch had the idea to start a club to help girls better themselves if they wanted to. There was only one set back.

"I was too scared," said Finch.

Finch has finally gotten the courage and the club is up and running. So far, there are about six members.

Sophomore and participant Daniel Wallace gives the club positive feedback.

"It has a lot of different characters," some of Finch's relatives come and speak to the crowd, and we get food said Wallace playfully speaking.

"I started it because I have seen different situations and have friends that are down in school because of home problems," said Finch. "I wanted to give them a place to relax, and also learn self respect and self value."

Girls everywhere have the pressure of being athletic looking like a model, being great academically and also the sexual ideals, according to www.news.com, adds a growing risk for aggression, eating disorders, depression and even suicide.

For some students they receive more than just fun and play from the group.

"I get to see how other people deal with different things, and other people's perceptions of how they learn things," said Wallace.

After getting the courage and putting forth the effort, Finch doesn't want to see her hard work go to waste. This doesn't seem to affect her too much.

"If it diminishes after I graduate, I'll just start the club again when I'm in college," said Finch.

Finch feels that the club is built on a want.

"You have to want it in order for it to continue," said Finch.

Students audition for Phantom Regiment

BY ALEX TRAN

With a score of 98.125, Phantom Regiment Drum and Bugle Corps placed first in the Drum Corps International World Championships World Class Finals in 2008, beating the runner-up by .025 points. Central's seniors Eric Jizba and Rio Longoria auditioned for Phantom Regiment last year in an attempt to be a part of this world class marching group.

According to its web page, Drum Corps International (DCI) is a non-profit organization that governs all North American drum and bugle youth corps. Its purpose is to provide youth from ages 13 to 21 an opportunity to participate and learn music and art through marching band music performance. DCI hosts a competitive summer long tour, culminating in the week-long DCI World Championships.

Jizba traveled to Rockford, Ill., Phantom Regiment's hometown, the weekend after Thanksgiving to audition for a position. He arrived in Chicago by noon Friday and was in Rockford by 3 p.m. that evening. By 6 p.m., he was registered and practicing.

He auditioned for five hours that day, 10 hours on Saturday and three on Sunday, for a total of 17 hours that weekend.

The most difficult part of the auditions, according to Jizba, was the marching component of the audition.

"They were judging you as you were learning it," he said.

The instructors demanded extremely technical marching, he added, and they required him to learn several types of marching, such as a jazz run.

He also said they marched at a much faster tempo than usual.

The auditions are competitive. Out of the 70 some trumpets that tried out this year, only 30 would be asked to audition again, and from those 30, another six would be cut.



Senior Rio Longoria plays snare drum before marching during a football game.



Eric Jizba, senior, conducts the band during a football time out. He is thinking about playing trumpet or conducting for college.

"I was pretty similar," he said. "Many of them were just older, mostly in college."

While Jizba was not one of the 30 trumpets asked to come back, he said he learned a lot from the weekend. He learned about Phantom Regiment's individual style, how things work, and what it was like to be in Phantom Regiment.

One of his most exciting moments of the weekend was "playing music from the new show," he said.

Jizba hasn't decided yet if he'll audition next year. But, if he had to redo this past audition,

he said he would've registered earlier, gotten the music earlier and practiced more.

"I didn't get the music until last Saturday [before the audition]," he said.

He said that while he couldn't have gained much of an advantage during the marching component, he felt he could have practiced more and been more musically competitive.

He plans to play music in college and participate in a college marching band. His dream college is Northwestern University.

Longoria also auditioned

for Phantom last year during the weekend of Dec. 5.

With her father and friend, who was also auditioning for Phantom, she drove eight hours to Rockford.

Roughly 30 percussionists auditioned for a spot on the snare line.

"There were some good people," she said. "At first, it was hard to tell who was good and who wasn't, but I found out at the end."

Similar to Jizba's audition, she rehearsed for five hours in the morning, ate an hour and a half lunch, rehearsed five hours and another three hours after dinner.

During the audition, Longoria was asked to go over the basics, including eight on a hand, triplet role, and various rudiments mixed into exercises. "It got hard after a while," she said.

In addition to playing as an ensemble, she also had a one on one audition with Paul Rennick, the captain head of the Phantom band and a percussion teacher at the University of North Texas. He specializes in marching.

"He made [the audition] so it went by really fast," she said.

However, very much unlike Jizba's audition, Longoria didn't march at all and only played snare the entire weekend.

Longoria commented on how different her audition was from that of the flag corps, saying, "You'd walk in the gym, because that's where all your stuff would be, and they'd be dancing like crazy."

While Longoria was not asked to come back and audition again, she will still try out next year.

"Maybe, yeah, probably," she said. "Hopefully, I'll be better than I was this year, though."

Longoria hopes to become a percussion music major and is looking at music programs at the University of Nebraska at Lincoln and Berklee College of Music in Boston.

Student athletes nominated for Believers & Achievers

BY ALEX TRAN

Last spring, several Central High student athletes applied for the Believers & Achievers Scholarship, a competitive program that seeks academically rounded student athletes.

Seniors Caleb Koch, Kimi Leuders and Chandler Sanders were selected as three of the 48 high school seniors chosen this academic year.

According to Koch, Paul Nielson, Central High's Assistant Athletic Director, pulled Koch aside last spring and gave him an application form.

When asked how Koch differentiated himself from other high school nominees, he claimed it was because of his "decent grades."

Despite his humble attitude, Koch has excelled both academically and athletically. He belongs to the top ten students of his class, and plays golf and runs cross country.

Last season, Koch qualified for the State Tournament, the only player to qualify on Central High's team. He finished in the top forty percent of state qualifiers.

In addition to the prestigious recognition as successful student athletes, Koch, Leuders and Sanders have the opportunity to receive a \$500 scholarship from the program to the college or university of their choice next spring.

Believers & Achievers is a state-wide program sponsored by U.S. Bank and endorsed by the Nebraska School Activities

Association (NSAA). According to the program's application form, it seeks "students who show a commitment to good citizenship and involvement in school and community projects." Applications are due at the end of the student's junior year.

To qualify, students must first have a minimum cumulative average of 3.75 and be a junior. After meeting these qualifications, students are then nominated by their high school for the Believers & Achievers program. To determine its nominees, schools are given guidelines from program to follow.

Scholastic achievement should weigh 40 percent in the school's decision, activity participation, ten percent, school and community service, twenty-five percent, and citizenship, 25 percent. Once nominated, students also need to compose a short citizenship essay describing a challenge or obstacle they have overcome. From these school nominations, Believers & Achievers then selects the student athletes who best qualify.

Because Central High is among the top 32 largest Class A high schools, it was allowed four nominations.

To honor selected individuals, Believers & Achievers will feature six student athletes each month. Their pictures and profiles will be displayed on the monthly NSAA Bulletin and Believer & Achiever posters sent to the school.

In June 2010, all 48 Believers & Achievers are invited to attend a banquet for potential scholarship opportunities.

Academic Decathlon team qualifies for State

BY ALEX TRAN

The Central High Academic Decathlon (Aca Deca) made history last Sunday after placing second in the regional competition, securing them a spot at state. The team hasn't advanced to state in over blank years.

"They worked hard. They worked really hard," said Victoria Deniston Reed, the teacher and sponsor for Aca Deca.

Aca Deca competitions are split into three divisions based off a specially calculated GPA, Honors, Scholastic and Varsity. Seniors Qianli Wang and Emily Epperson are on the main Honors team, and senior Jenny Miller and sophomore Adam Lacroix are alternates. Seniors Rebecca Harrison and Ally deBoer are on the main Scholastic team, and seniors Tania Kasperovich and Aly David are alternates. Seniors Ayomide Adekunle and Brad Simms are on the main Varsity team, and senior Josh Irvin and junior Leo Bravo are alternates.

While only main competitors can accumulate points toward their schools, alternates compete against each other for their own places.

In each division, there are seven sections, which include Literature, Art, Math, Science, Economics, Music, and Super Quiz, the only public part of the competition which is held verbally. Only main competitors compete in Super Quiz.

There are two regional competitions in the area. Central competed at Bryan High School this year. The second competition was held at Bellevue East.

Central won the Super Quiz division, with 46 points versus Creighton Preparatory High School's 44. The total points, including the points from the other six sections, Central accumulated were 24,100 to Creighton Prep's 27,430.

In the Honors level, Wang received a gold medal in Math, silver in Economics and bronze in Art. Epperson received gold in Literature and bronze in Economics. Lacroix received gold in Literature and Miller received four bronzes in Literature, Art, Music and Math.

In the Scholastic level, Harrison received gold in Art and Music and bronze in Science. DeBoer received gold in Music, silver in Math and bronze in Literature. Kasperovich received gold in Literature, Art, Math, and Science, silver in Economics and bronze in Music. Aly David received silver in Literature, Art and Math and gold in Music.

In the Varsity level, Adekunle received silver in Music. Irvin received silver in Science and bronze in Literature. Bravo received bronze in Art and Science.

"They did a great job because they worked really hard," Deniston Reed said, "and they still work hard, which is commendable."

When asked what the team could have done better earlier this semester, Deniston Reed answered, "as a start for Regionals, it was really good, but I think we could've done better in science."

Deniston Reed said the team gained an advantage because the Super Quiz focused on History, instead of Science, this year. Deniston Reed is Central High's AP World history, and believed her experience as a history teacher gave the team an advantage concerning what information to study.

Deniston Reed believes that the team has an excellent chance at the state competition. Unlike regionals, the state competition will also require impromptu speeches, interviews and essays.

"I think [our chance] is good," she said. "These are very personable students who will do well in speech and interview, and they have good writing skills."

Wang also believes the team will do well at State.

When asked why the Aca Deca team had not advanced in recent years, he said it was because of lack of experience.

"There were only a couple of returning competitors last year," he said.

“They did a great job because they worked really hard, and they still work hard, which is commendable.”

Victoria Deniston Reed

JROTC scores near perfect on this year's brigade inspection

BY INDYA WALDEN

"I feel great," said Lieutenant Colonel Michael Melvin. "I saw how hard they worked. I was one of the few from the outside who saw the work they put in."

He was speaking on how well this year's brigade did during inspection.

This year Central's JROTC received one of the best scores since Melvin, the Senior Army instructor for Central's JROTC Program, has been heading the program.

Long before inspection, members of the JROTC have to turn in Unit reports for community service and school activities, as well as for color guard.

They also have to go through and make sure they are following the school and program check list.

Once all of this is complete the brigade finally goes through inspection.

"A lot of people don't know this is a student-run program. They do all of the work. Most come before school to work on schedules," said Melvin.

After a 45 minute PowerPoint presentation the cadets talk to the inspectors about themselves, as well as public affairs, logistics, promotions and awards they have received during their time as a cadet in the brigade.

Once the personal inspection is finished there is a uniform inspection.

During this part of inspection 10 cadets go through an academics inspection testing their knowledge about the economy.

When the uniform inspection is finished the Drill Team and Color Guard perform.

The colonel stated that they work harder during rehearsals so that when inspection time comes there's no pressure.

Once every shoelace and neck tab has been properly inspected the brigade receives a score.

Out of a possible 600 points, Central's JROTC received 592.5.

"This is the most points scored that I can remember since being here," said Melvin.

Although Central has been known for its excellence in inspection, the colonel noted that this is truly an accomplishment that should be well celebrated.

"The points are nice but not that important," said Melvin. The proud colonel ended by saying, "It is the dedication and willingness to work is what's important to me."



PHOTO COURTESY OF JROTC

Members of JROTC stands at attention in the auditorium during an inspection.

Singers, instrumentalists qualify for All-State

BY DARIA SEATON

Each year, students audition to perform in the annual All-State competition at the Lied Center for Performing Arts in Lincoln, Neb.

This year a total of 16 Central High choir and band members auditioned and performed at the competition.

The choir had roughly 40 students compete against other singers in a competitive audition in October. Of the 40, 16 students were chosen.

At the competition, 55 singers sang for each voice part in the choir, which only eight voice parts were up for grabs. Students must learn to sing the songs in all voice parts.

Although they sing all different songs, most of them were Russian along with their Russian composer.

Chorus teacher Lyn Bouma is pleased with the students who performed.

"It was a great experience for all who attended," said Bouma. "Everyone really enjoyed the conductor."

Students agreed that the opportunity was positive.

"My experiences at All-State were great," said senior Andrenika Hardnett. "So great to meet new people, there was so much talent."

Hardnett will be graduating in May and will miss the All-State concert.

"More than anything, I will miss All-State, said Hardnett. "It's the highlight of my year."

Senior and three time All-State member Chelsey Hill was "strongly encouraged" by her choir teacher and appreciates the opportunity.

Not missing it does not mean that it wasn't a good thing. Both Bouma and Hill agree that attending All-State will buttress her college resume.

Being in All-State has its up and downs and could take a toll on some students.

Practice begins in the summer where there are private rehearsals and follows into the school year where singers and players begin to practice for the competition help in November. Additional after school practices and CDs were also offered to help participants with additional practice.

All competitors must be a sophomore or older to participate. "It's a great experience and I'm just blessed and happy to have made it wall three years," said Hardnett.



PHOTO COURTESY CHELSEY HILL

Senior Chelsey Hill auditioned and performed for the All-State music competition. She has plans to sing later in college.

Eighth Grade Math Competitor

BY CHELSEA THOMAS

Central hosted their annual math competition where middle schoolers, as well as high school students were invited to try various math problems.

Central students who participated enjoyed helping out at the competition.

"My favorite part of the math competition was handing out the prizes to the winners," said junior Abby Mandell.

An assorted number of teams participated which included Math Counts, Central High Math Team, and Brownell Talbot Math Team.

These competitions consisted of students winning at the state level to continue competition at the national level. There are three levels of competition: Sprint, Leap frog, and Target.

Each school was allowed to send one team of four students to compete as a team as well as an individual, plus four students that would only compete individually.

Even competing and answering sometimes difficult questions proved joyous for one student who connected with friends.

"The competition was really fun," said Christina Klem. "I loved having a good time with my friends."

Sprint is considered the easiest, in the Sprint Round, contestants solve a written exam consisting of 30 problems with a time limit of 40 minutes. There are no penalties for incorrect answers. Calculators are not permitted, and contestants work individually.

The Target Round contains four two problem mini examinations, for which six minutes are allowed per pair. The problems in the Target Round are usually more difficult than most of the problems in the Sprint Round. The exams tend to get harder as the round progresses, with the first exam having the easier problems and the last exam having the hardest problems.

Math League's High School Contests are the best in high school mathematics competition. Students in each league compete for the highest scores, while schools compete for the highest team score: the total of the top five scores in each school.

There are six score reports per year for each league, showing each participating school's team scores, high scoring schools and students, and students with a perfect score.

All high school students in accredited schools are welcome to compete. Problems draw from a wide range of high school topics: geometry, algebra, trigonometry, logarithms, series, sequences, exponents, roots, integers, real numbers, combinations, probability, coordinate geometry, and more.

Working through these problems and our contest problem books is excellent practice for the SAT and college-bound students.

The purpose of the math competition is to be able to apply knowledge of past information to something enjoyable.

Central students volunteer to give blood

BY ALEX TRAN

Eight weeks after the American Red Cross visited Central, a group of students were inspired to make a trip to the Dewey Street American Red Cross to donate a second time to help save lives.

Seniors Carmen Lau, Theresa Lomneth and Josh Dewitt coordinated the group by using Facebook and word of mouth. They asked various students to make an appointment online at the Dewey American Red Cross site. Most students went in groups and gave blood immediately after school. Most students gave blood, instead of platelets.

The American Red Cross recently added new guidelines requiring certain blood volume amounts and an iron count of 12.5 or higher.

According to a statistic Lau heard, the American Red Cross is close to running out

of blood every two days.

"It's really bad now because of Haiti," Lomneth added.

Lomneth never consciously decided to be a blood donor and simply assumed it because her parents participated.

"Both of our parents were blood donors," Lomneth said, "so we just expected to be blood donors."

Lomneth says she feels fine after giving blood, but a little bit tired.

"I just get up and eat stuff," she said.

It does affect her running, however, she continues giving.

"It feels good," Lau said. "It's not like you have to be trained to do this."

Lau and Lomneth plan to donate platelets soon, which involve a two hour extraction process.

"I feel like a superhero afterwards

“I feel like a superhero afterwards because I save lives.”

Theresa Lomneth

Business teachers win award for education

BY EMMA MINCER

Kelly Means and Colleen Lenner, teachers from the Business/Marketing/Information Technology Department, were both honored with the BEST Award, recognized by the Nebraska Department of Education at the Nebraska Career Education Conference (NCE) in Kearney, NE, this past June.

The BEST Award, which stands for Belong, Excel, Study, Travel, is an award presented to individuals whose professional activities influenced business and marketing education in Nebraska during the past year by their involvement in professional associations, community and school activities, professional/leadership development, and/or service to the business education profession.

"In order to accumulate the points needed for the award, I was required to participate in activities and organizations that promote or involve business education," said Means.

The NCE Conference is held in Kearney where career teachers from all over the state of Nebraska come to learn new ideas about how to teach. Disciplines include: Business, Marketing, and Information Technology, Family and Consumer Science, Agriculture, Industrial

Technology, and Health Sciences. The conference includes presentations and workshops from local, state, and national educators.

"We have an opportunity to stay fresh in our discipline, to learn new ideas, meet other teachers, and get involved in workshops," said Lenner.

Lenner also received the Outstanding Secondary Business Educator award by the Nebraska State Business Education Association (NSBEA), which is an award given to teachers at the high school level.

"We value teachers and what they do with regard to our discipline and so we want to recognize them," said Lenner.

Other special awards that NSBEA recognizes include the Rookie of the Year, which is an award for teaching three years or less, Outstanding Post-Secondary Teacher, Outstanding College/University Teacher, and Outstanding Contributions to Business Education by an Administrator or Supervisor.

Both Lenner and Means have been teaching for more than 15 years and enjoy learning and teaching new concepts and ideas.

"There is never a dull moment," said Lenner as she explained how the business and information technology field is especially challenging because



PHOTO BY EMMA MINCER/REGISTER
Teachers Colleen Lenner and Kelly Means (not pictured) were presented with The BEST Award to recognize their hard work with education.

of how technology constantly changes.

"I learned a long time ago that everybody, not just teachers, but everybody, needs to become lifelong learners," said Lenner, "because we constantly live in a society of change, so we have to be ready for changes that come our way."

Central hosts USCF rated chess tournament

BY ALEX TRAN

The Central High Chess Team hosted the largest chess tournament in the state Nov. 21. Over 300 players from 81 schools participated. The tournament ran from 7:30 a.m. to 2:30 p.m.

Senior Josh Dewitt, who currently plays on the team and has helped Central High win the state chess title the last several years, directed the unrated divisions of the tournament.

"It was really difficult at first," he said.

As tournament director, Dewitt was responsible for checking in players. Early in the day, the computer system he was using for check-ins crashed several times.

"It was like, 'Oh crap,'" Dewitt said, "but then it turned out it was backed up."

The problem was eventually worked out as the day went on.

Dewitt claimed the most frustrating parts were players who didn't show and others who came to play without registering beforehand.

Other than these difficulties, the tournament ran very smoothly.

"There weren't any disputes [during tournament play], but there are sometimes," said Dewitt. If there were any problems, he would have been responsible for handling the situation.

Overall he said, "It was exciting."

The tournament was divided into two sections: USCF rated divisions and unrated divisions. Players enrolled in the USCF rated divisions competed for points, which went to their USCF state ratings.

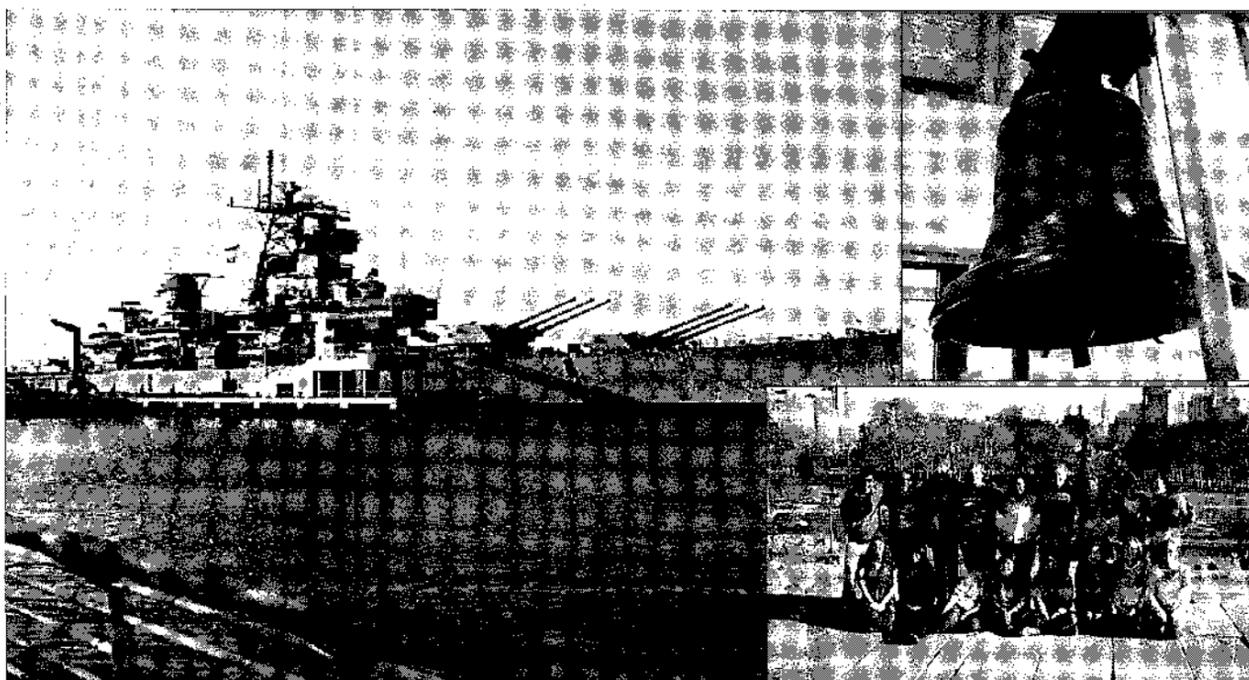
The unrated division was an open tournament for players not interested in gaining points. There were beginner, ninth grade, tenth grade, and combined 11th and 12th grade levels.

"The unrated divisions tend to have less experienced players," explained Dewitt.

In the unrated division, chess play was conducted using a Swiss setup. Dewitt randomly paired players to begin. One point was awarded to the winning player, zero to the loser, and a half point for a draw. Players with the most points played each other for the championship title. Champions were awarded trophies.

Dewitt said, "It was fun to direct the tournament."

AP U.S. History and Academic Decathlon take trip to Philadelphia



PHOTOS COURTESY OF ELIZABETH DELAITRE
The AP U.S. History and Academic Decathlon classes toured the Battleship of the New Jersey (far left photo). The class also visited the Liberty Bell (top right photo) and the Philadelphia Museum of Art (bottom right photo).

BY ALEX TRAN

Late last year, 17 students from AP American History and Honors Academic Decathlon took a trip to Philadelphia, PA to learn about various topics, including the French Revolution and the Enlightenment, both of which are still rooted deeply in Philadelphia's history.

"It was a great time," junior Elizabeth de Laitre said. "I enjoyed it."

The group was moderated by Central faculty Scott Wilson, Victoria Deniston-Reed and Jean Whitten.

"There were so many things I didn't expect to learn, but I did," de Laitre said. "I learned about the city of Philly, I learned about the formation of early U.S. government, a lot about the founding fathers and

the early period of the U.S."

Deniston-Reed said the trip was definitely worth the money and time.

"It was delightful," she said. "Mr. Wilson did an amazing amount of organization."

The group was able to receive a private tour of the University of Pennsylvania (UPenn). The tour chronicled the various landmarks on UPenn's campus.

"The private tour was a hit," Deniston-Reed said.

Wilson agreed with her, saying, "It was awesome. We had a great time."

When asked what the worse part of the trip was, de Laitre answered, "We weren't there long enough."

The group only stayed for three days and two nights at the Holiday Inn on 13th and Walnut Street,

which is located directly in Midtown Philadelphia. Students were required to pay for their tickets, hotel rooms, and meals.

Despite the short duration of the group's stay, deLaitre said she fell in love with the city.

"I learned that Philly is a wonderful city," she said, "and I would definitely enjoy going to college there and living there."

Just a junior, deLaitre says she hasn't thought much about a specific university to attend, but said, "When we visited Penn, it was amazing."

The group visited various landmarks and historic sites, including the Independence Hall, The National Constitution Center, The U.S. Mint and The Philadelphia Museum of Art.

The highlights of the trip were the University of Pennsylvania and

the Battleship of the New Jersey.

UPenn was founded in 1740 as part of the Charity School of Philadelphia by its Trustees, according to the university's Web site. In 1749, founding father Benjamin Franklin proposed the first modern curriculum: a university which would "not focus on education for the clergy, but would instead prepare students for lives of business and public service." Although the Charity School never fully existed, Franklin and UPenn's first Trustees continued on, purchasing UPenn's first campus in 1750.

The Battleship of the New Jersey was built in the Philadelphia Naval Shipyard a year after the attack on Pearl Harbor, according to its sponsoring Web site. It was actively commissioned during World War II.

French Club celebrates National French Week

BY EMMA MINCER

Bon jour, mon ami!

National French Week swung its way into the doors of Central over three free fun filled days during the week of Nov. 9-13, to celebrate the French culture.

This year, Central held National French Week to get more people interested in the French language.

"Everyone was taking Spanish and I wanted to be different," said sophomore Bailey Newman. "Besides French is a beautiful language."

French teacher, Natalee Minthorn, however, had her own reason.

"[It's] because I'm bringing Frenchy back!" said Minthorn, jokingly.

National French Week was first started by the American Association of Teaching French (AATF), to celebrate French as a language and bring awareness of the language and culture. The United States is mainly the only country to celebrate it.

"Every country has contributed something to humanity and it brings you out of your zone as you realize that objects can have a different name than the one you currently know,"

said Minthorn.

To start off the week, the first activity was held on Nov. 10 with a tour at the Joslyn Art Museum.

The second activity was a scavenger hunt in French, which the winner received prizes. Even if participants did not take French as a language, they could still take part in the scavenger hunt.

"Never fear, French is here!" said Minthorn to the participants who did not understand French well.

Minthorn explained that there would be captains, or people who spoke French well, to be head leaders of the teams in the scavenger hunt to help participants who did not speak French, understand the questions.

Then the third activity was the showing of the movie, "The Goonies," in French, in room 122, where popcorn and soda were served.

One student who is currently in French classes says that she will benefit from the language itself, either now or in the future.

"I'm going to continue taking French because a lot of places I want to go to are French speaking countries," said sophomore Imagine Uhlenbrock.

Also, students say more



PHOTO BY EMMA MINCER/REGISTER
French Club poses with French-English dictionaries that aided them in the scavenger hunt on Wednesday.

opportunities are offered by colleges to those who speak more than one language.

"If I can get my college credit done, why not? It's free! And colleges like to see people taking all four years of a language," said Newman.

Both Newman and Uhlenbrock

are in French 5-6, enjoy the language and plan to use what they learn as the years pass by.

"Well maybe not a job where I speak French every day but it might come in handy for theater, and I definitely plan on visiting France some day," said Newman.

UNL distinguished Central scholars

BY EMMA MINCER

The University of Nebraska-Lincoln recognized the top high school seniors in Nebraska for their academic achievements at the 2009 Distinguished Scholars Recognition Dinner on Nov. 5.

The students nominated for the honor are students who have demonstrated a strong capability to commit to academics based on their class ranking and a combination of their ACT or SAT scores. Also, all Nebraska National Merit semifinalists, National Hispanic Scholars and National Achievement Scholars were distinguished as well.

Out of Central's student population, 17 students qualified; Olivia Bishop, Rosemary Brusnahan, Emily Epperson, Emma Erikson, Emmalee Fishburn, Eric Jizba, Clara Kincaid, Catherine Larson, Carmen Lau, Theresa Lommeth, Jeanette Miller, Cali Neuberger, Taylor Olson, Elijah Skolfield, Alexandria Tran, Qianli Wang and Matthew Wolford.

The dinner was held to give scholars a chance to learn more about the academic programs UNL offers.

According to student, Emmalee Fishburn, they were also given a mock lecture by the director of the honors program.

The classes themselves were geared towards the university's honors program, which are different from regular classes because they are smaller and reach students on more of a personal level.

"I just thought it was really nice that I applied to the honors program and got accepted so it was nice to know what was going on in the program," said senior Taylor Olson.

BRIEFLY

President Obama gives his State of the Union Address

President Obama read his State of the Union Address on Wednesday, Jan. 27.

In his address, the president called for congress to finish Healthcare Reform, abolish the military's Don't Ask, Don't Tell Policy and increase government spending on economic recovery projects.

Dual Enrollment Update

Dual Enrollment presentations cancelled due to snow days have been rescheduled for Tuesday and Wednesday, Feb. 17 and 18. Applications will be due on March 4 in the guidance director Carly Andrus' office.

Billing for Dual Enrollment will happen some time in mid-March. The following courses are eligible for dual enrollment: AP Biology, Calculus BC, English Literature, French, German, Comparative Government, Music Theory, Physics B, Physics C, Psychology, Spanish Language, Statistics, World History, and H Differential Educations.

2009 - 2010 Senior and Junior Prom

This year's Junior/Senior Prom will be hosted by the Central High School Student Council. The event will be held on Saturday, May 1, 2010. The formal will be in the CHS courtyard from 7:30 p.m. until 12:00 (midnight). Tickets will begin being sold in late April.

Central Ranked No. 2

The Central Varsity Boys Basketball team is currently ranked number 2 in the district down from Number 1 earlier this season. The team so far has played a 14-3 season with losses to Millard North, Lincoln, and Omaha Burke.

Key Club Helps With Haiti Relief

Key Club members distributed donation cans Monday, Feb. 1 to all home-room classrooms to collect donations for the Haiti relief fund.

Donations were also collected at the roadshow totaling nearly \$1,400 from the audience and \$100 from ticket proceeds.

On Jan. 16, an earthquake struck the Haitian capitol of Port-Au-Prince.

The U.S. along with rance, Israel, and multiple other countries has several thousand relief workers in the country.

The U.S. is currently providing the country with five fully manned hospitals, radio, and cell phone reception.

Poetry Slam

A poetry slam will be held after school in the auditorium Friday, Feb. 5.

English students that recited spoken word for the Poetry Outloud Competition will participate.

Students with the highest scores are allowed to advance to the all-school poetry slam.

Teachers and others will judge the students' performance, recitation, and memorization skills.

The hopes are for students to make it to nationals. Central has had one person make it to Lincoln in the past.

H1N1 shots offered throughout metro

BY EMMA MINCER

Ever since Douglas County began distributing the vaccinations for the H1N1 virus, lines of thousands of people have stretched on for blocks to receive the vaccination.

Health officials ask that recipients of the vaccinations be in the following high-risk groups: pregnant women, health care workers, caregivers for infants, people aged from six months to 24 years and people aged 25 to 64 with chronic health conditions. Research suggests that obesity could be a risk factor for severe swine flu.

According to the Omaha World-Herald, an average of about 4,000 doses were distributed to people at Burke High School on Nov. 10. This was the first clinic Douglas County Health Department established to focus mainly on students but it is the county's goal to try and vaccinate all school children.

Janet Reuter, M.D. of Physicians Clinic Council Bluffs, said that the flu spreads easily through children because germs are spread through coughing and sneezing. Infants and children touch everything so it spreads fast at schools and day cares.

To help to prevent one's self from getting sick, Reuter suggests to "eat healthy, drinks lots of fluids, wash your hands, and sleep, sleep, sleep!"

Because the H1N1 flu is spreading through businesses and schools, with some cases in rapid measure, the vaccine is short in supply. Clinics were busy and sometimes lasted more than three hours as people scrambled to get their shots.

When Benson High School held a vaccination clinic, the line for the H1N1 vaccinations stretched down part of 52nd Street, around the corner onto Maple Street and down two more blocks. However, after the clinic opened, things began to run smoothly. With 25 nurses and 50 volunteers to aid people, 530 people had been through one of the 12 vaccination stations set up inside.

Bennington High School as well as Millard North High School opened separate vaccination clinics to the public on Nov. 18 and Nov. 23.

If you have questions about the flu, please call the Douglas County Health Department's H1N1 Information Line at 444-3400.

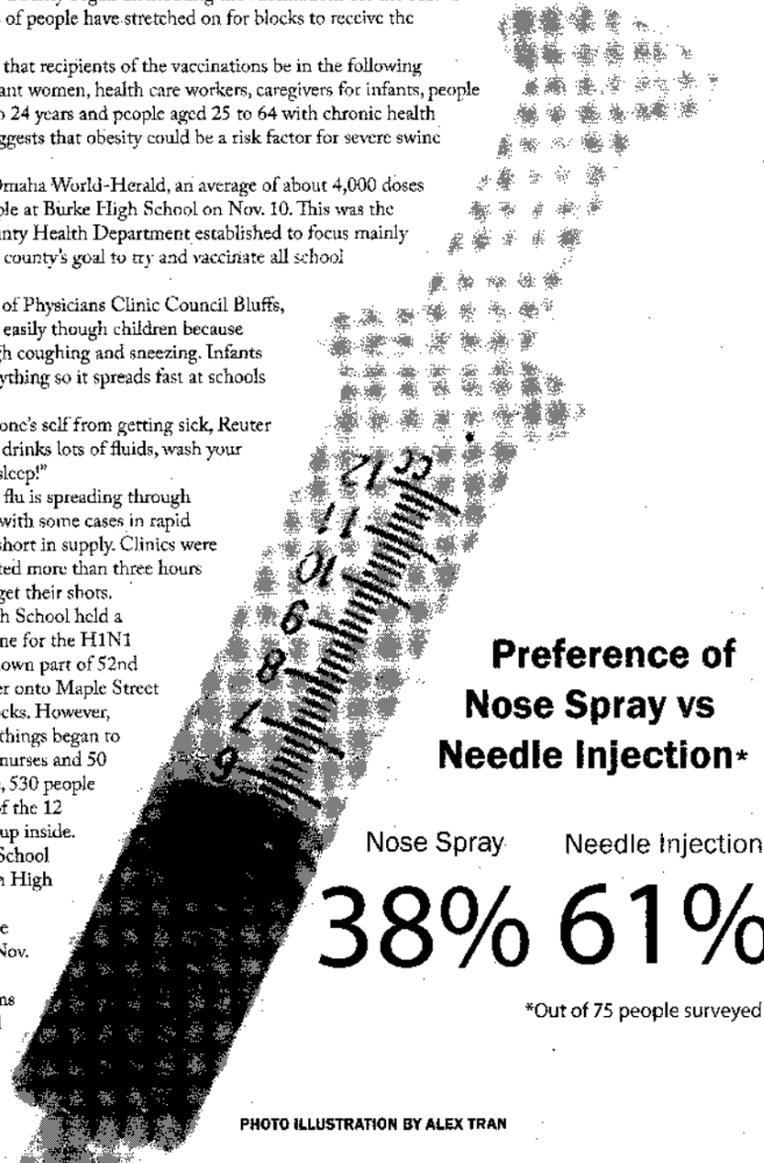


PHOTO ILLUSTRATION BY ALEX TRAN

The scientific side of H1N1

BY ALEX TRAN

The H1N1 flu influenza was first isolated in 1930, according to Influenza: Pigs, People and Public Health, an article written Dr. Christopher W. Olsen, employed in the School of Veterinary Medicine at the University of Wisconsin-Madison, and have recently come to the forefront of medical attention.

According to Olson, there are three strains of the virus, named A, B and C, of which only the A is dangerous to swine. There are different subtypes of the influenza A virus, defined by the hemagglutinin (H) and neuraminidase (N), which have 15 and nine different subtypes, respectively. The different combinations of the hemagglutinin and neuraminidase are named according to the different subtypes, such as H1N1, H1N2, etc. H1N1, H1N2, H2N2 and H3N2 are the most common subtypes that infect humans.

Generally, according to Olson's article, there is a functional barrier between humans and other mammals. However, viruses can undergo reassortment with entirely new combinations of genes. This reassortment is a hypothesis for the outbreak of the new H1N1 influenza virus in the human population.

NYTimes journalist Tara Parker-Pope wrote, the H1N1 virus is "an entirely new combination of four genetic elements: a bird flu, some human flu genes and two types of swine flu"

H1N1 has been nicknamed "swine flu" because pigs play a major role in the reassortment of genes which can affect other species.

Pigs "express both avian- and human-type receptors and can be infected with avian, human and swine influenza viruses," the article read. "As such, they can serve as hosts in which avian viruses adapt to replication in mammals."

Olson article cites that it was initially believed that the reassortment had only occurred in Southeast Asia, where farms animals and humans lived in close proximity. Now, it is clearer that the reassortment can occur anywhere. The virus has been found in Pigs in Europe and the United States.

Parker-Pope says the H1N1 is unique because it "is on children and young adults and appears to have a disproportionately high fatality rate in pregnant women."

Immunity after H1N1 vaccination is achieved in seven or eight days, according to Parker-Pope's article.

Students place at poetry contest

BY CHELSEA THOMAS

Sacred and social dimensions of aging and care giving were the themes for the biennial conference "Aging with a Purpose" on Oct. 18 at UNO.

Organized by the Department of Gerontology, the conference connects people with information and resources to enhance successful aging for older adults and their families, and the institutes, experts and researchers who provide for them.

This year the conference included its intergenerational poetry contest, "Poetry across the Generations," which included poets from Central High School.

Winners consisted of students from across the district including second place winner Florentino Diaz, junior, who was surprised at the honor.

"I was so astonished win I had heard that I won the award," said Diaz. "I had no idea that I would win."

Also, Central students Gjselle Tran, freshman, and Brianna Foster, senior, won honorable mentions.

"I was slightly surprised," said Tran. "I was really proud that one of my poems were honorable mentioned."

Director of lifelong learning Patty Adaman said the event was to on young and old connecting.

"It focuses on intergenerational learning and its importance both on older and younger poets working together and experiencing by learning from one another," said Adaman.

The intergenerational contest was said to be the first of its kind.



PHOTO BY MATTHEW VONDRASEK/REGISTER
Junior Florentino Diaz presents a poetry piece in his creative writing class. The poet won second place at UNO's poetry contest.

Guidance department wraps up next year's registration

BY MATTHEW VONDRASEK

This week and the beginning of next week counselors will be finishing up registration for 2009-2010 after taking a different approach to the format.

Many students have been asking why the counselors started registration with underclassmen this year.

Rick Richards Career/Occupation Counselor said, "It is much easier to register freshmen and sophomores

because they don't have all the early releases or credit recovery classes to deal with that makes registering juniors take more time."

As of Feb. 3 all freshmen for the 2009-2010 school year had been registered for classes and sophomores close to finished. Juniors will start registering juniors by the week of Feb. 8.

The last day to change student schedules for the 2009-2010 school

year will be May 7.

According to the guidance office, students should be sure to review the information in the Catalog of Courses 2009-2010, which will be distributed as counselors come around to classrooms or it can be picked up in the counselors office.

Also, in the Catalog of Courses packet NCAA requirements are provided so that all student athletes are aware when choosing classes and

The lifestyle of vegetarianism

BY LABILLIA PANAS

In this day and age, fads come and go. People are constantly changing their views, morals and values from day to day. Vegetarianism is one topic that seems to cause controversies.

Is it a suitable lifestyle or more like a passing fad; and can it possibly be healthy? "Life is full of choices, and many people choose vegetarianism," says Laura Ferreira in her article for Pop Eater Magazines.

Vegetarianism is rapidly growing. According to the New York Times, vegetarianism has been around since the 17th century and the term "vegetarian" was actually coined in the 1840's. The New York Times also stated that Hitler used to interrupt political meetings to lobby for vegetarianism.

Although vegetarianism has been around for a while, it seems to be rapidly rising in popularity. Jess Halliday for Nutra Magazine writes that the demand for vegetarian food items has shot up in the past decade. Even Burger King now offers a vegetable burger, according to a 2001 Home and Garden publication.

With anything that gains success, it also gains an opposing viewpoint. Junior Colleen Kilcoyne, a vegetarian for two years, says she has received many harsh criticisms.

"I once had a classmate tell me, 'Be a person. Eat meat,'" she said. Central High teacher Stephen Gunvalson, who has had three years of experience being a vegetarian, says that many people view vegetarians as "tree-huggers." Even many public figures openly criticize vegetarianism. Sarah Palin, in her book Going Rogue, writes, "There's plenty of room for Alaska's animals - right next to the mashed potatoes."

There are various reasons why people put up with these criticisms and become vegetarians. One common reason is for animal rights. Junior Meghan Dolczal says, "I saw a PETA video over the summer about slaughter houses that would make anyone sick."

Another common reason is to help the environment. Livestock production plants emit methane and other greenhouse gases that contribute to global warming, according to the United Nation's (UN) Food and Agricultural Organization (FAO). The FAO found that the ranching and slaughtering of cows constitutes 18 percent of greenhouse gases caused by humans. According to a UN report released February 2006, rearing cattle produces more greenhouse gas than driving cars. This has been enough of an incentive to inspire some people to become dedicated vegetarians.

Another common reason for vegetarianism are the general diet and health reasons, although many people believe that meat provides essential nutrients not easily found elsewhere. The Los Angeles Times says that "as long as vegetarian diets are planned well, they are safe for people at every stage of life." The problem here is that many vegetarian diets are not planned well. Melissa Kuskie says that planning vegetarian meals can be difficult. "Often times I find myself having to settle for random junk foods because that is all that is available," she says.

However, many professionals feel vegetarian diets can have very significant benefits. "Heart disease is the number one cause of death in America and can be prevented, in many cases, by vegetarianism," says Deniele Panas, a 38 year old registered nurse. Panas went on to explain that meat has a very high amount of iron, and while some iron is necessary to survive, too much iron can cause heart disease and other health issues. And according to goveg.com, vegetans, a derivation off vegetarians, are one-ninth as likely to be obese as meat eaters.

The largest concern with vegetarianism is lack of proper nutrients. According to vrg.org, protein, iron, calcium and B12 are commonly lacked in vegetarian diets. Sophomore Kelsey Magnuson explains, "My parents make me take vitamins every day to compensate for not eating meat."

While many people who eat meat say they would feel sick without it, many vegetarians say they feel so much healthier without it. "I've gotten better sleep since I became a vegetarian," says Kilcoyne. Many other vegetarians feel the same way.

While vegetarianism has clear benefits, many refuse to accept it into society. Vegetarianism is a growing trend. It has been around for a long time and definitely will be around long into the future.

Allen makes All-State

BY INDYA WALDEN



"I'm always nervous when I audition for something because I'm not perfect," said senior Robert Allen while reminiscing on his All-State audition.

This was Allen second year auditioning for the choir. Although he was not chosen to participate his junior year, Allen was able to muster up the skills to be accepted into this year's All-State Choir. During the weekend of Nov. 18th Allen and other choir participants went through hours of rehearsals for the final performance on the 20th.

"I felt very

accomplished. All the hard work we did payed off," said Allen.

He also added that the performance was "phenominal and jaw-dropping."

Allen's advice for any students thinking of auditioning next year is "Don't be afraid, learn from your mistakes and try again."

Students of the Month

September Students

Freshmen

Maureen Kalkowski-Farrand
Madelyn Pospisil

Sophmores

Harrison Leitch
Megan McGuire

Juniors

Fatima Castanos
Maria Martinez

Seniors

Tyrell Jones
Brittany Lammers

October Students

Freshmen

Phoebe Perry
McKenna Kuhn

Sophmores

Riniecc Andrews

Sabrina Schnack

Juniors

Kim Lars Fricke
Dominique McKinzie

Seniors

Max Kazmierczak
Robert Allen

November Students

Freshmen

Phoebe Perry
McKenna Kuhn

Sophmores

Riniecc Andrews
Sabrina Schnack

Juniors

Kim Lars Fricke
Dominique McKinzie

Seniors

Cali Neuberger
Angela Fake

Pom Squad qualifies for Nationals



PHOTO COURTESY OF JORDAN SOMER

Pom Squad members, from left to right, Jordan Somer, Olivia Bishop, Kandice Donner and Olivia Terry show off their medals after winning a dancing competition. The team advanced to nationals.

BY ALEX TRAN

Central High's Pom Squad qualified for a national dance competition after placing first in a summer United Dance Association (UDA) clinic at Creighton University. The squad competed against five other schools.

The team made and practiced a routine throughout the summer and then in late July, went and competed at Creighton. The squad danced a routine made by a friend of the team's former sponsor.

The clinic lasts three days, during which the squad brings home routines to the clinic, competes with those and learns new routines that it can use throughout the sport's season.

Since it is one of the first times Central High Pom Squad

had ever placed first in a summer clinic, the squad overlooked the opportunity the win had created, said junior captain Jordan Somer. It was only later that the dancers realized they could go to nationals and took a more serious look at their options.

Somer attributes their newfound success to the team's new sponsor, Katy Bezy, a popular dance team teacher at the Broadway Connection, where many of Central's pom squad dancers attend.

"When she came mid-summer before camp, she did a fantastic job cleaning up the dances," Somer said. "She can pick out the little details we can fix to make it look the best it can."

Unfortunately for various reasons, the team is not going to nationals, which take place in

Orlando, Fl.

Somer isn't discouraged, however.

"In the future, we know we can get first place and we won't be intimidated at camp," she said confidently. "So next summer, we know what we need to do to prepare a new home routine and hopefully we can have the opportunity again to go to nationals."

Bezy has dedicated much of her time to the success of the squad, coming in every morning to help.

"She does an awesome job cleaning our dances," said Somer. "She choreographed most of our dances."

Somer says the team is planning on going to a camp this summer but possibly a different one than last summer. The team may participate in a clinic under

the National Dance Association (NDA) instead of the UDA.

The NDA is commissioned by the American Physical Education Association (APEA).

Somer thinks nationals would have been "a fantastic learning experience, especially for those who haven't been dancing for a long time."

The team is losing seven seniors next year, out of 14 dancers total, but the squad is allowing freshmen to try out, instead of only upperclassmen, after basketball season ends.

Although nationals may have brought the squad closer together, she believes the squad already does a good job of keep the team together as friends.

"We have good chemistry, a good relationship going on so we can work together," Somer said.

Rio Longoria makes 402 indoor drumline

BY ALEX TRAN

Senior Rio Longoria made Central's snare line her freshman year, was Central's first percussionist in over 10 years to make All-State percussion, participated in UNO honor band, and can now add another line to her resume.

Early last winter, Longoria auditioned and made the snare line for The 402 Drumline, one of only two WGI indoor drumlines in the entire state.

As the more popular summer marching organization, Drum Corps International (DCI), became more popular, it was apparent that another organization was needed to govern the unorganized competitions outside the summer

session. The Winter Guard International (WGI), founded in 1977, was originally formed to govern a specific group of people in marching band, the color guard.

Later, in 1992, WGI also adopted the indoor percussion division. A standardized and organized color guard and indoor percussion competitions are now held by WGI across the nation.

The 402 only recently became an official WGI registered percussion group in the Independent Marching Open division and based out of Papillion LaVista.

Adam Reidelbach, a former percussion instructor at Central High, sparked the idea for the new 402 group. He is 402's official music writer.

When

Longoria auditioned, she said it was similar to her Phantom Regiment audition.

She was drilled on the basics and rudiments but unlike Phantom, she marched extensively.

"There were a ton of people who tried out," she said, "probably like 30-ish."

The drumline is extremely large, containing eight snares, six basses, four tenors, five cymbals, and 11 frontline percussionists.

The 402's show for this year is Hyberballad by Bjork. The group's first competition is in Kansas City on Feb. 20, and they



Rio Longoria

plan on playing one or two shows in the metro area beforehand.

The 402 percussionists are responsible for finding their own individual sponsors and funding.

"We have to pay ourselves," Longoria explained. "We have tuition. We pay \$125 every month, from November till March."

Despite the costs, Longoria's parents still approve of the activity.

"My parents think it's really good for me, and it'll make me a better player in the long run," she said.

Longoria says 402 has helped her, commenting, "I can play so much harder stuff now."

Rio is auditioning for college. She has already auditioned for UNI, and plans to audition for Nebraska Wesleyan University.

Jordan Somer holds pageant for disabled girls

BY MEKENZIE KERR

The thrill of walking on stage in their favorite evening gown; being able to shine with confidence for everyone to see.

This is the feeling that Jordan Somer, a junior, has been able to instill in many disabled girls and young women by starting The Miss Amazing Pageant.

The mission? To provide an opportunity for girls and young women with disabilities to build confidence and self-esteem in a supportive environment.

Somer may wonder where Somer got this astounding idea. Somer has been involved with Special Olympics, and enjoys the reward of seeing the excitement in the participants. She also holds the title of Miss Douglas County Outstanding Teen, and says she feels that by participating in pageants, new doors opened.

Somer feels that girls with disabilities should be offered this as well, and she sets out to do just that.

The Miss Amazing Pageant was held at the Holiday Inn Convention Center, on Nov. 21 this past year. With help from the Ollie Webb Center and The Arc of Buffalo County, Somer has been able to recruit more and more girls. Along with the vital aid of some of Central's National Society students, the pageant can go on.

Somer expressed her gratitude for the volunteers and says she would have been frantic without them. The vision Somer has for the girls is to show them just how amazing they are, that they can reach their goals, but first and foremost to help build their confidence.

"With presentation on stage and in an interview setting, the girls become more comfortable with attention and they begin to realize that



PHOTO COURTESY OF KEARNEY NEWSPAPER
Heather Dodd, crowned Senior Miss Amazing at the Miss Amazing Pageant, displays her awards.

they are AMAZING and can reach their goals," says Somer when asked about her hopes for the girls after participating in the pageant.

Their confidence is nurtured and built by the three things the girls participate in. The first is an interview, where each individual girl gets to sit down in front of five judges, and practice their speech and one-on-one skills.

Next is the introduction, where they are able to stand in front of the microphone and tell a bit about themselves.

Then the Evening Wear portion, where they are given the opportunity to show off their favorite evening outfit. And last but not least, the talent portion, which is optional, but worthwhile.

"The talents are always fun," says Somer. "Being back

stage, I get to witness the nervousness and the excitement of going on stage. Still, every girl comes off with a huge accomplishment and that's the best reward."

Not only do the girls walk away with a sense of encouragement and confidence, but so do the volunteers and Somer.

"Each year my goal is to make at least one more person believe that they can reach their goals," Somer said, "by offering this experience... I believe that I have reached this goal for the past three years."

Everyone involved in The Miss Amazing Pageant gets to see each and everyone of the girls overcome their obstacles to reach their goals." Somer says that the feeling she gets is indescribable, as she continues to help change the community, peoples' lives, and make people happy.

Central musicians accepted into UNO Honor Band

BY ALEX TRAN

Seniors Emily Epperson and Maria Marquez and junior Isaac Thomas were recently accepted into the University of Nebraska at Omaha's (UNO) Honor Band.

They auditioned at the end of November. The audition consisted of two minor scales and one song each player was responsible for preparing.

Thomas played Five Bagatelles by Sinzi, the music he played for the District Music Competition last year.

Thomas had participated in UNO Honor Band his sophomore year, but still said he was "excited for the experience."

"I was sort of disappointed other people didn't try out from last year, like Eric Jizba," he added, "but it should still be good."

UNO Honor Band consists of two bands, Maverick and Durango. All three players auditioned well enough to be accepted into the Maverick band.

All high school students who make UNO Honor Band receive their performance music before they practice as a group. They then practice their music as an ensemble for nearly three days during the weekend of January 28. At the end of the weekend, all musicians perform at the Holland Performing Arts Center.

The love story between a vampire and a mortal continues in the sequel to Twilight: New Moon.

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The movie, This is It, premiered as a tribute to the singer, Michael Jackson, after his death.

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REGISTRATION

The Register | Thursday, 2/4/10 | central.register@ops.org

IT TIME NSBA/IEA BEST-OF-SHOW WINNER A HIGH SCHOOL NEWSPAPER PRACTICING PROFESSIONAL JOURNALISM NATIONAL PACEMAKER AWARD WINNER

Owl City performs at Omaha Civic Center despite lead singer feeling under the weather

BY MEKENZIE KFRR

As the bright white lights slowly turned on, and smoke flooded the stage, a cello and violin player began to play soft melodies. The Owl City concert, held at the Music Hall in the Omaha Civic Center, on Jan. 19 was a sold-out sensation.

Adam Young started out the show with Umbrella Beach, and already had the crowd smiling. Lights continually and slowly turned blue then pink, and white spotlights flashed around the entire premises of the music hall.

The merchandise tables were flooded with people willing to pay our 20 dollars for a Winter 2010 Owl City tee. Meanwhile the song "Cave In" finished, as the blue light flashed to the tempo of the music and cast huge shadows of the band against the enormous "Ocean Eyes" CD banner in the background.

Young's band would not be complete without Breanne Duren (main female vocalist), Matthew Decker (drummer), Laura Musten (violin), and Hannah Schroeder (cello). The

cello and violin made the concert complete, adding somewhat of a unique and sweet sound to Young's already beautiful music.

It was hard to resist the optimistic atmosphere his music spilled over the entire crowd and up into the balcony.

At first his voice was strong, then eventually got really hard to hear, which resulted in a bit of disappointment because only the instrumentals were heard.

Young later said that he was really sick, luring the crowd into helping him sing his

chart topping number one song, "Fireflies." Young's voice became a bit pitchy, and even harder to hear towards the ends of long songs.

However, the passion he put into singing and putting on a show that everyone would enjoy, was not overlooked.

Overall, Young did not disappoint despite being under the weather and gave a show that any Owl City fan would have killed to see.

The next time Owl City comes to Omaha, I recommend purchasing tickets before they are gone.

Apple releases new iPad: web, videos, music, photos, maps

BY ALEX IRAN

Apple released its latest invention: the iPad, surf the web, play entire videos, play music from the iTunes store, hold photos and show your location using wireless GPS.

The iPad was released January 27 of this year.

According to The New York Times, Steven P. Jobs, the chairman of Apple, is placing the iPad between the laptop and the smart phone.

The iPad's specifications are unique. It is a measly half-inch thick, and only one and a half pounds. It features a touch screen and contains Apple's patented microchip, technology which has been accredited to Apple's wide success. The iPad will have access to a total of over 140,000 free and paid applications. Apple has already released accessories, like a keyboard and stand.

The device is starting at \$499. It is currently only offered with AT & T and requires an unlimited monthly data plan.

The iPad cannot make phone calls or take pictures. It does not support Flash software.

The iPad rivals the new Amazon Kindle, which has gained much success with its new ebooks.

There has been some controversy over the device's name, iPad, which is phonetically similar to feminine care products.

FIFA 10 premiers, is newest soccer video game

BY MATTHEW VONDRASEK

FIFA 10 (the acronym for Fédération Internationale de Football Association, or International Federation of Association Football) is Electronic Arts' 18th game in its series of football video games.

The game was developed by EA Canada and was published by Electronic Arts worldwide under the EA Games sports label. The game was released on Oct. 20, 2009 in North America.

The game can be played on PlayStation 2, PlayStation 3, Microsoft Windows, Xbox 360 and Wii platforms. The game can also be bought for handheld use on the iPhone, iPod Touch, Nintendo DS, Nokia N-Gage, PlayStation Portable and various other mobile devices.

Playable teams on the game include Chelsea, Barcelona, Juventus, Bayern, Munich, Marseille and Chicago Fire. The game was played at Wembley Stadium and FTWC Stadium.

Central High symphonic band selected for NSBA performance



Central High's Symphonic Band practices for the upcoming NSBA performance in early March. The band has every day morning practices at 7:30 a.m. and every other week Tuesday and Thursday evening practices from 6 p.m. to 8 p.m.

BY CHELSEA THOMAS

Music is defined as "an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color."

Expressing its harmony and emotion will be Omaha Central's Symphonic Band for the National School Boards Association (NSBA) from March 4 to March 6. Central is one of a limited number of public school bands chosen to perform.

"This would be like making the state finals in any sport," said band director Pete Wilger. "Only four bands of all public schools were chosen to play."

NSBA is a non-profit organization that represents the school boards and their members in districts throughout the United States. Founded in 1940, NSBA represents the state association members and their 95,000 local school board members.

The local representatives administrate 14,500 plus local school districts serving the nation's 50 million public school students.

After becoming one of the bands chosen from the Omaha Public School district since about 20 years ago, members consider this an honor.

"I am really excited," said Wilger.

This year's convention will provide attendees with numerous clinic sessions, attempting to benefit them both harmoniously and individually.

Other sessions should cover improving techniques, world drumming, marching band, and instrument repair.

Brian Balmages, conductor, will conduct music selections and explain the challenges in composing music for young bands.

Sophomore Jordan Christensen is looking forward to the opportunity to get insight.

"I'm really excited to see what people with musical experience have to say on what it takes to become a professional in the world of music," said Christensen.

Words of past experiences will come from Dr. Patrick Dunnigan and a rehearsal instruction with Dr. Jay Gilbert, both conductors from Doan College, and the Doane College Symphonic Wind Ensemble.

Many band students are especially enthusiastic about their acceptance to perform in Lincoln, Neb.

"I'm really excited about playing at NSBA," said Christensen. "I love music and being able to be a part of this makes me even more excited."

This was not the first honorable mention for the band after placing first in Papio-Lavista Tournament of Bands competition, but the list of victories do not end there.

The organization was founded for anyone interested in the improvement of school bands. The purpose is to bring enthusiasm, expressed by bandmasters in the state of Nebraska into one group.

The Corporation is organized to promote the education of youth and the improvement of school bands by providing experiences and information to aid the teachers of wind and percussion instruments.

Senior band students are overwhelmed with joy being chosen to play.

"I think it's really cool that I get to play in NSBA," said Ashley Ziska, "especially since it's my senior year."

After having approximately 10 rehearsal Christensen feels as though the symphonic band will perform to their greatest abilities.

Central vocal musicians, others perform at fall concert

BY EMMA MINCER

The Fall Vocal Music Concert was performed Thursday, Oct. 15 at First Central Congregational Church, United Church of Christ at 36th and Harney Streets.

The director from Northwest High had asked if this year, if Central would perform alongside them.

Due to the stage at Central being crowded with props and scenes for the fall musical, the concert was then moved to the church.

Vocal teacher Lyn Bouma said that not only was the church free because she is a member, but then it creates a neutral ground for both high schools.

The concert allowed the musical talents of Central's A Cappella Singers, CHS Singers and Bel Canto Singers as well as the voices of Northwest High School's Women's Choir and their Ensemble Choir to be heard in one building.

"It was a wonderful opportunity to get to work with other members of different choirs," said sophomore Emily Hill.

Hill said that the concert brought the musical talent of Northwest and their Irish folk influenced music with Central's more traditional choir music together.

"Together we performed an African freedom song as well as a few others," said Bouma.

A Cappella performed pieces that they prepared for all state as well as other traditional songs.

According to senior Capri Woolridge, the concert went well except for one slip up where the pianist "skipped a full music sheet" and ended the song early.

The concert brought parents as well as alumni and friends to hear the talent of young voices.

"It was fantastic because we had a full house," said Hill.



The First Central Congregational Church, located on the corner of 36th and Harney Streets, was the home to the Fall Vocal Music Concert this past October.



PHOTO COURTESY OF FANPOP.COM

Michael Jackson: This is really It

BY INDYA WALDEN

"I'm gonna burn the jacket, walk away and then I want you to fade to black and leave the jacket burning on the stage. Just leave it." This is how the "King of Pop" envisioned his song "Beat It" to be performed on tour while doing a rehearsal with his sound and light crew. With a sound mind and a body that was far from medical questioning, Michael Jackson's "This Is It" is truly a movie that should be seen.

The title of this movie says it all. This was definitely it. Michael Jackson showed the world what he could do.

This film started with his controversial hit song "They Don't Really Care About Us." He and five of his main principle dancers dressed in their militant gear and lined up in front of the green screen.

Before filming, Jackson went over the steps for the dance procession. He showed those 20 something's how he acquired the title as the "King of Pop."

The most breath-taking part of the movie was the rehearsal of his song "Human Nature." His soul and compassion captivated hearts of people as young as four years old.

"Looking Out," followed by a pause that keeps you on the edge of your seat, until finally, he takes a breath, "across the night sky. The city winks a sleepless eye."

He commanded the stage as he danced through his musical break showing his artistry in motion, literally. This man took his dancers by storm as they sat before the stage in awe, like a child meeting their hero in person.

Throughout the movie, Michael was shown talking with his crew. Though many of his fans had taken him as soft-spoken, this was definitely not the case.

He was quiet, decisive and direct in what he wanted. Although it is true he has been a cornerstone in the music business for a little over two decades, there was something about the way he approached his music.

It was as if he was hearing the music for the first time. The way he allowed the music to totally consume him transcended through the theatre.

Even though this was without a doubt Michael's tour, one of his musicians proved why she was made lead guitarist for the tour. Oriantha Penagaris rocked out on the stage and held her own while jamming next to Jackson.

During their run through of "Black or White," she held back towards the end and Michael stooped next to her and said, "This is your moment to shine. We're following you so show us what you got!"

After a pep talk that would lift anyone's spirit, Penagaris showcased the results of her years of practice. Her guitar solo was comparable to that of famed guitarist Slash.

Michael wanted the best for this concert and she held back towards the end and Michael stooped next to her and said, "This is your moment to shine. We're following you so show us what you got!"

With all the ideas he had, from a nostalgic slideshow to be played during his performance of songs from his younger days to a new revamped version of Thriller, Michael was ready to show the world one last time what he could do.

It is heartbreaking to think that no one will ever be able to witness what was to be the greatest concert of all time. Michael was and still is the "King of Pop" and one of the greatest performers of all time.

MOVIE REVIEW



"This is it"
Starring: Michael Jackson

Paranormal Activity fails expectations, mediocre

BY DARIA SEATON

Crazy, cool, funny, weird, and creepy. Those are some of the many words that I can use to describe Paranormal Activity. Although the movie isn't too long, it still packs a lot abnormal things that made me not want to go to sleep that night.

To start off, I was actually feeling disappointed. I was expecting horror from the start, but I was actually laughing. The protagonist, Katie and Mikah, were really hilarious until Mikah decided he wanted to play with a demon. This actually made the demon mad to where it started doing off the wall things. We should start from the beginning.

Since she was about eight Katie and her sister seen demonic figures that seemed to follow her, but only messed with Katie. No matter how bad she wants it to the demon just wouldn't go away. As she gets older the appearing don't seem to come as much so she doesn't mention it to her fiancé, Mikah, even though if it ever occurred again it would affect him as well. Kind of seems like something he should have the right to know what he is getting into. He is a good fiancé and sticks by her side to help her through her detrimental times. After so long he figured it would be a good idea to get a camera and capture what actually happens because in the back of his mind he thinks she might be just a little crazy.

His idea backfired. The camera makes the demon upset and it entertains the camera so Mikah has something to watch. Little things here and there like footsteps, lights flickering, and an occasional grunt or two. Still I laughed as they continued with their project.

It wasn't until Mikah started doing dangerous things such as cussing out the demon and getting an Ouija board that I found myself out of my comfortable position and sitting up straight,

that I got a little nervous for them. You would think that Mikah has a death wish the way he tampered with the demon. Cussing it out and egging it on, if I was the demon I would have messed with him too just to make him shut up. All the while Katie is begging and pleading to Mikah to leave the demon alone and let it just go away, but he is hard headed.

The demon starts playing in ways that is starting to freak out Mikah by using the most important thing in his life, Katie. Much to Mikah's resistance he isn't strong enough to pull her back until the demon lets go and locks them in their room.

That's when I knew that I was not going to bed alone that night.

This movie has often been compared to the Blair Witch Project. Blair Witch Project is about three film students that travel deep into the woods to find The Blair witch. At first nothing was found except little piles of stone but nothing out of the ordinary. It wasn't until day break that all the weird and mysterious things started to happen and one of the students disappears. The remaining two realize that they are in trouble and try to escape. None of them were ever seen again.

One year later the film cans and footage were found and was made into the Blair witch project. Why would this be anything compared to Paranormal?

Many people were frightened by the Blair witch project, but there was a simple solution to not get caught in that situation. Don't go in the woods.

The makers and directors of paranormal wanted to make a movie that people would not only be frightened of but something that they couldn't run away from. So they put it in your house. Try to get away now, it will only follow you.

Staring mindlessly, cracked pictures, sudden gusts of wind, and Ouija Boards catching fire, if that sort of amusement entertains you then after the first half you will quit laughing and actually feel that you got your money's worth.

MOVIE REVIEW



"Paranormal Activity"
Starring: Katie Featherston

Saw VI entrenched with suspense, overly gruesome

BY DARIA SEATON

Have you ever watched something so gut wrenching and disgusting that it made you want to turn your head and throw up, but you just couldn't stop watching?

Maybe I am just the queasy type, but Saw VI started out just that way. A little guy cutting into his gut, GROSS, and the winner of the VH1 show "Scream Queens" chopping off her arm.

Starting in 2004, John Kramer, otherwise known as Jigsaw, started his journey to teach those who take life for granted a

lesson by testing them with a game: Who is this old guy to decide who lives and who doesn't? I get it if he had cancer and he would do anything to continue to live, but that doesn't give you the right to test someone else, it's really not his place. I do have to say though, you don't think about that because his tests are pretty beastly.

I know we all think that's right, but the best part of it is that his work isn't done, and is still being continued even though he died three movies ago. He has to be an evil genius to keep doing what he did after all this time. As he got older and weaker he needed more help. His accomplice Amanda, played by , is someone that he tested in the very first movie.

She worked closely with Jigsaw's wife to help recover from her previous drug addiction. After proving herself, she, along with Detective Hoffman, accompanied Jigsaw in his journey for life.

Where to start with this movie, I don't even know. Since

his death we found out that detective Hoffman has been carrying out his game, but why? Why should he be the one just randomly picked to help Jigsaw without being tested himself? Whatever the reason may be, detective Hoffman gets really cocky with his game until the agency he works for is on to him and to cover it up they blame a co-worker, detective Stohrn. Only problem is Stohrn is dead.

Hoffman doesn't seem to be phased by anything that is going on. Before Jigsaw died he gave his wife six envelopes to finish the rest of Jigsaw's game. Hoffman demands the envelopes and control of his game. So his wife gives him five envelopes, and lets him believe that he has total control.

The main game of the movie is for Jigsaw's insurance guy, William, played by Peter Outerbridge. He bases who gets coverage on how old and healthy they are. Doesn't sound right if they are healthy then they aren't in as much need of the health care as those who are sick. He has a backwards perception on who deserves coverage and Jigsaw is going to face him with challenges that are forced to put him in situations that he faces every day.

What he doesn't notice is that the pain that he is going through he has put many of families through for years by denying their loved ones coverage.

Does he make it through the end of his game or does he die.

GAME OVER. Or is it?

MOVIE REVIEW



"Saw VI"
Tobin Bell

Kings of Leon reign over industry

BY EMMA MINCER



With their new hit album, "Only By The Night," the alternative rock band, Kings of Leon, reign high over the music industry with their

catchy musical numbers.

Hailing from Nashville, Tennessee, the four band members formed the Kings of Leon (KOL) in 1999. The band consists of brothers, Anthony "Caleb" Followill, Ivan "Nathan" Followill, Michael "Jared" Followill, and their cousin, Cameron "Matthew" Followill, who are all known by their middle name.

In the beginning of their career, the band's upbeat blend of music consisted of southern rock and blues influences, but they then gradually expanded their style to include other genres. Some fans, usually the earlier fans, are disappointed, but others appreciate the change.

My initial impression was the difference of their music compared to others. The lead singer, Caleb Followill, has a voice that is distinct to the KOL. They incorporate a good use of musical knowledge to create an upbeat tune that is catchy. All the songs in the album stay with the same basic sound, but vary to fashion each song individually. Thus, you do not feel as if you are slamming into a new wall each time the song changes.

After a thorough listening, I began to take a better interest in not just the tune, but the actual words themselves. They flow together nicely, which alerts the listener that they were not just "thrown together."

One detail that listeners may find strange is the way Caleb sings the verses. When he sings, Caleb pauses in an abrupt way, almost like he cuts off from what he was just singing. However, after listening to the album, I found that the strange pauses work well with the songs, giving KOL a unique sound. The way the songs' lyrics and tunes mesh together, the listener is simultaneously aware of the vocals as well as the instrumental, and can appreciate them either separate or as one whole.

"Only By The Night" was released Sept. 23, 2008. The highlights of the album include the intensely rich beat of "Sex on Fire," the throbbing momentum of "Crawl," to the passionate sweeping "Use Somebody." Then the soaring uplift of "Manhattan" and the rebellious song "Notion" all tie together and complete the masterpiece.

KOL was nominated for three Grammys and won their first for "Best Rock Performance by a Duo or Group With Vocals" for "Sex On Fire," which was #1 on Billboard magazine's Modern Rock chart for nine weeks in a row. As of the week of Oct. 31, the hit song, "Use Somebody" is at the #13 at the Billboard Top 100. Then, it is #4 at the Billboard Top 40 Radio songs.

Most listeners will enjoy the CD with its catchy tunes and memorable lyrics. However, the earlier fans may complain about the bands change in style. Still, "Only By The Night," allows the listeners to hear the hard work that was put into the CD, which is a definite buy.

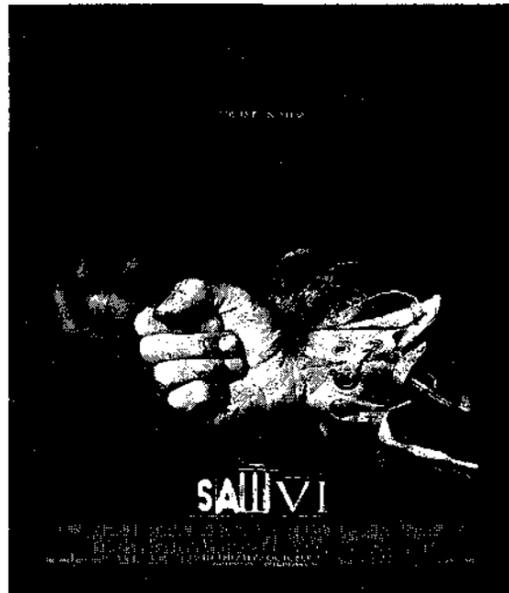


PHOTO COURTESY OF HORROWMOVIE.CA

MOVIE REVIEW

MOVIE REVIEW

"New Moon"
Starring: Robert Pattinson &
Kristen Stewart

"New Moon"
Starring: Robert Pattinson &
Kristen Stewart

New Moon: Sequel to Twilight

In the cliché, yet heart wrenching movie "New Moon," Bella, Edward and Jacob portray a classical love triangle. The Register's staff sounds off on the movie.

BY CHELSEA THOMAS

BY MATTHEW VONDRASEK

What's that sound you hear? Could it be the sound of one million girls screaming at pubescent boys with wash-board abs? Allow me to introduce you to "New Moon." The sequel to the hit "Twilight" includes more heartbreak, more werewolves, and more length.

Do you remember the first person you ever dropped an "L-O-V-E" bombshell on? The guy or girl who had made you feel annoyed, miserable, over-excited, and thought after all at once?

That's the vibe of "New Moon," the undying theme of just love mined for maximum effect. The helplessness and desperation that comes with caring about someone more than you could possibly care about yourself displayed well on the big screen.

Director Chris Weitz has tapped into that incident here, and he balances well the feelings of suffocation and happiness that come with the understanding put together with the awful dread of losing it.

When Bella is supposed to look miserable, she does, when Jasper is in a scene he doesn't just scrunch his face up for unplanned amusing effect. The film moves along well, and there are real moments of gorgeousness here too, showing off gorgeous visual spectacle there is a crow flying at a third the speed of a vampire lightning.

The plot involves an odd love triangle between Jacob (Taylor Lautner), Bella (Kristen Stewart), and Edward (Robert Pattinson). The location is again in Forks, Wash. The uncanny events take center stage with werewolves and vampires pushing it out for Bella supremacy.

Bella Swan and the crew are back; only this time they've clearly been given solid course and are up to the job. They're asked to carry a ton of emotional weight, and they generally come through. Little moments about this film stand out, and the interaction between Bella and Edward feels a little more subtle, a little more true.

There's a moment early on where Bella reacts to something Edward doesn't see a huge improvement from the vampire of the first film. The frustrated and seemingly unlimited first love of your teenage years feels very well thought out, even if it's with a vampire, even if you happen to run with a few werewolves.

Stewart's portrayal of Bella is remarkable. She isn't just going into a world that is full of sharp edges and painful experiences. Those who would reject the cheesiness do so at their own risk because the message and impressions presented are everywhere.

People (myself included) believe this story tells the lives of many (in some way or another) for a reason. Acting as though that reason isn't valid simply points to a universal shared hypocrisy, simply saying that it's fun and easy to taunt the romantic and naive. But I'm not so sure there's any honor or joy in doing so.

Now, I wouldn't be a good critic if I didn't mention the "not so good" things in the movie. There are points where the melodrama is a second too long. For minutes on end, things feel real, but there are a few cringe-worthy moments, too. You'll know them when you see them, the viewers that were around me in the theater giggled mindlessly a few times when things went a little over the top.

With that said if you've read the books then this truly is the film most of us envisioned in our minds.

The film speaks about earnest love in a sincere manner; it does the work to make the characters relatable and vibrant. The notion of how we hurt the people we care about is combined firmly with the supernatural. The werewolves look amazing, and the indescribable action clearly makes higher work itself.

What's that sound? It's the sound of millions of teenage girls drooling over Jacob Black (Taylor Lautner) and Edward Cullen (Robert Pattinson) in "Twilight's" sequel "New Moon." This movie combines the adrenaline from "Twilight" with a sense of generous intensity and attraction between the characters that creates a dramatic atmosphere.

You all know what I'm talking about: those serial stalker teenage girls that paper their posters of Robert Pattinson to their bedroom walls and collect every single item of movie memorabilia. You know, the girls that went and saw the movie eight times in theaters that caused shows to be cancelled for weeks on end. Only this time, Lautner has been added to the list of heroes.

"New Moon" throws in everything viewers loved about "Twilight," but on a new level with twice as many good-looking characters.

As if Pattinson's "wash board abs" weren't enough to satisfy you, Taylor Lautner playing young Jacob Black with his digitally enhanced abs and pecs takes a more dominant role in the series as he tries to become more than "just friends" with Bella.

The only complaints I have about the cast is Kristen Stewart who plays Bella. Has anyone besides me noticed that she is the most awful actor ever? She just looks unsure about everything she does and her style of acting is about as awkward as a three dollar bill.

So the creepy Edward kid breaks up with Bella because "it was never meant to be" and for the next four months Bella goes into a sad state of depression because she is "so alone" even though there is a super attractive guy trying to hook up with her.

Apparently I'm not the only one that noticed this because there are a lot of girls who hate Bella with a passion because she has access to Jacob Black and she won't go out with him even though most girls would sacrifice a limb to have a chance with this guy.

But apparently the movie cut multiple scenes from the book and more focus was put on the awkward, noisy love scenes. I mean really? Everyone could hear that make out scene at the beginning of the movie; it was really loud! Seriously! They were going "SMACK! SMOOCH! SMACK!" It really went on for a while too. And you could hear the wetness it was pretty unattractive. We do want to see the love but do we have to hear it that close up? There were several of these awkward scenes in the movie where the people around me started to look at each other. "New Moon" was also quite a bit longer than its predecessor. I really hate it when people complain about how long movies are, and this one wasn't extremely long, but some scenes were really dragged out, especially the ones where the characters are talking. So you're sitting there in the movie theatre and you just want to yell, "do something already! C'mon people I want to see some action. I don't want to hear about your precious little feelings."

One other thing I found irritating was that the entire movie was interrupted by girls screaming every time. Lautner appeared shirtless, which was basically the entire movie. One girl even started screaming NOOOO! when Edward left Bella. Now if she was the obsessed with these movies, wouldn't she have read the book?

"New Moon" defiantly left out some of the action from Stephanie Meyer's novel to appeal to the projected audience, but the movie is still a must see. The drawn out love/romance/depression aspect of the movie really kills some of the action and exciting parts of the film, but I would still recommend seeing it. If you haven't seen it eight times already.

Avatar is intriguing movie, lacks depth

BY ALEX TRAN

I had high expectations for the new film Avatar, as The New York Times' critic's pick and production costs rumored to be up to \$500 million. I was expecting the next Lord of the Rings or Star Trek, but instead, I received an extended high-tech hybrid of Fern Gully and Pocahontas.

Despite its lack of premise, I credit Avatar's advertising management for not misleading its audience. The previews played on the movie's extensive and expensive CGI. While the CGI looked extensive and expensive, Avatar's razor thin plot and lack of character depth make it an entertaining movie, but keeps it from the ranks of the best action movies ever.

The movie begins in the year 2154 on the newly discovered moon Pandora where the RDA Corporation, which funded this costly space expenditure, is mining for the fictional mineral unobtainium, which happens to be underneath the natives' homes. Protagonist Jake Sully, played by Sam Worthington, a misfit paraplegic marine, agrees to travel to Pandora to assume his deceased brother's job in the Avatar program, intended to improve relations with the native Na'vi. Sully, originally the stereotypical close-minded and ignorant human, undergoes a bildungsroman transformation after serendipitously being accepted into the Na'vi clan. He falls in love with Na'vi people, particularly Neytiri, the female Na'vi shaman-to-be, and ultimately turns on his own race to defend their homes from the mining RDA Corporation.

After my first time watching Avatar (I watched it twice), I immediately disliked Jake for being empty headed and insensitive towards the natives - he would be one of those Hummer driving, oil consumerists on Earth. The Na'vi people, on the other hand, were portrayed as

tree hugging environmentalists that communicate with nature and their nature deity, Eywa, through tendrils at the ends of their ponytails they can plug in to plants and animals. It's a cliché development: he only realizes that the Na'vi people are real people with feelings after he assimilates into the native's community and marries Neytiri.

Avatar does a mediocre job with creating three-dimensional characters, and the bad guys are particularly one-dimensional and single-minded. Parker Selfridge, RDA's CEO, and Colonel Miles Quaritch, the merciless security commander, are the primary antagonists who destroy the Na'vi people's home, killing many in the process. Even after the scientists show the CEO and commander that the Na'vi are sentient and capable of emotion, Selfridge's and Quaritch's only motivating factors are money.

But Avatar didn't break the record for biggest sixth weekend, formerly held by Titanic, for no reason. Its graphics are absolutely fascinating. Besides, who can turn down big eyed, blue people who can talk to plants and animals, fly on velociraptors and ride mutant centaurs - all while shooting arrows and doing crazy acrobatics. I'll admit though, it is odd that the male population is now in love with a six foot tall blue woman.

There have been complaints of Avatar referencing the age old fight between ignorant natives and technologically advanced white race, but I personally didn't see a deep connection between the two ideas.

I would recommend this movie to everyone. Girls will like the love story; guys will like the CGI fighting. I'll disclaimer, though, that while this movie might go down with the highest sales, it will not be a movie to remember decades later.

MOVIE REVIEW



"Avatar"
Starring: Sam Worthington

Avatar Statistics & Information

Released: December 18, 2009

Total US Gross: \$551,741,499

Total International Gross: \$1,288,000,000

Worldwide Gross: \$1,839,741,499

Production Budget: \$237,000,000

Total production & marketing costs: \$460,000,000

Producer: James Cameron, Jon Landau

Director: James Cameron

MPAA rating: PG-13, "For intense epic battle sequences and warfare, sensuality, language and some smoking"

Rotten Tomatoes Rating: 82% - Fresh

www.the-numbers.com

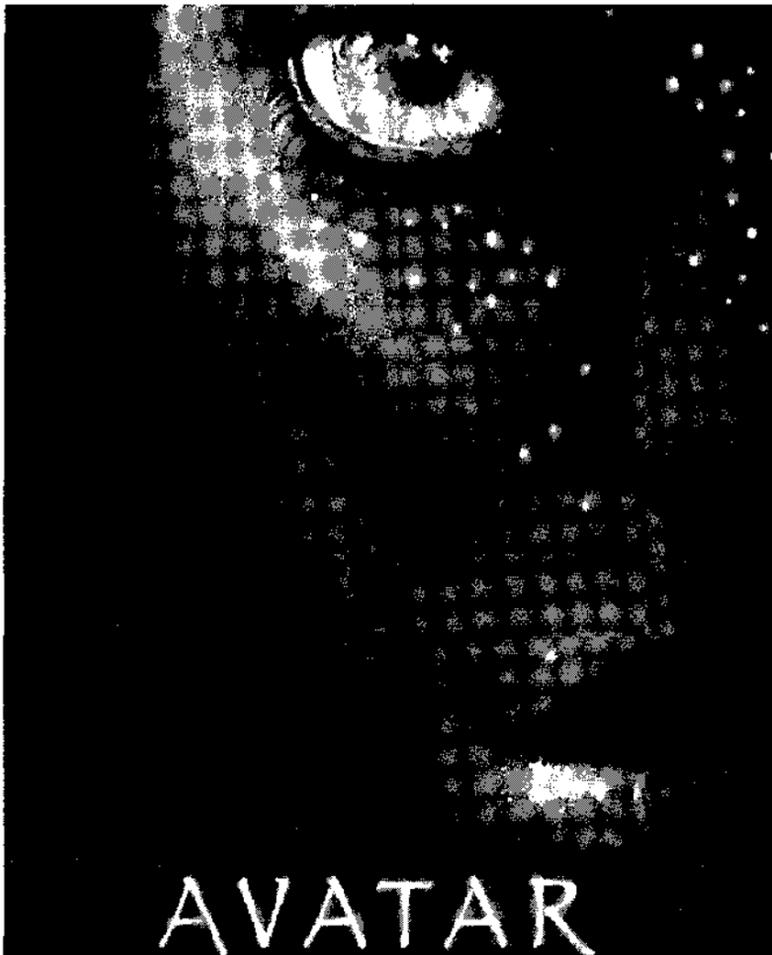
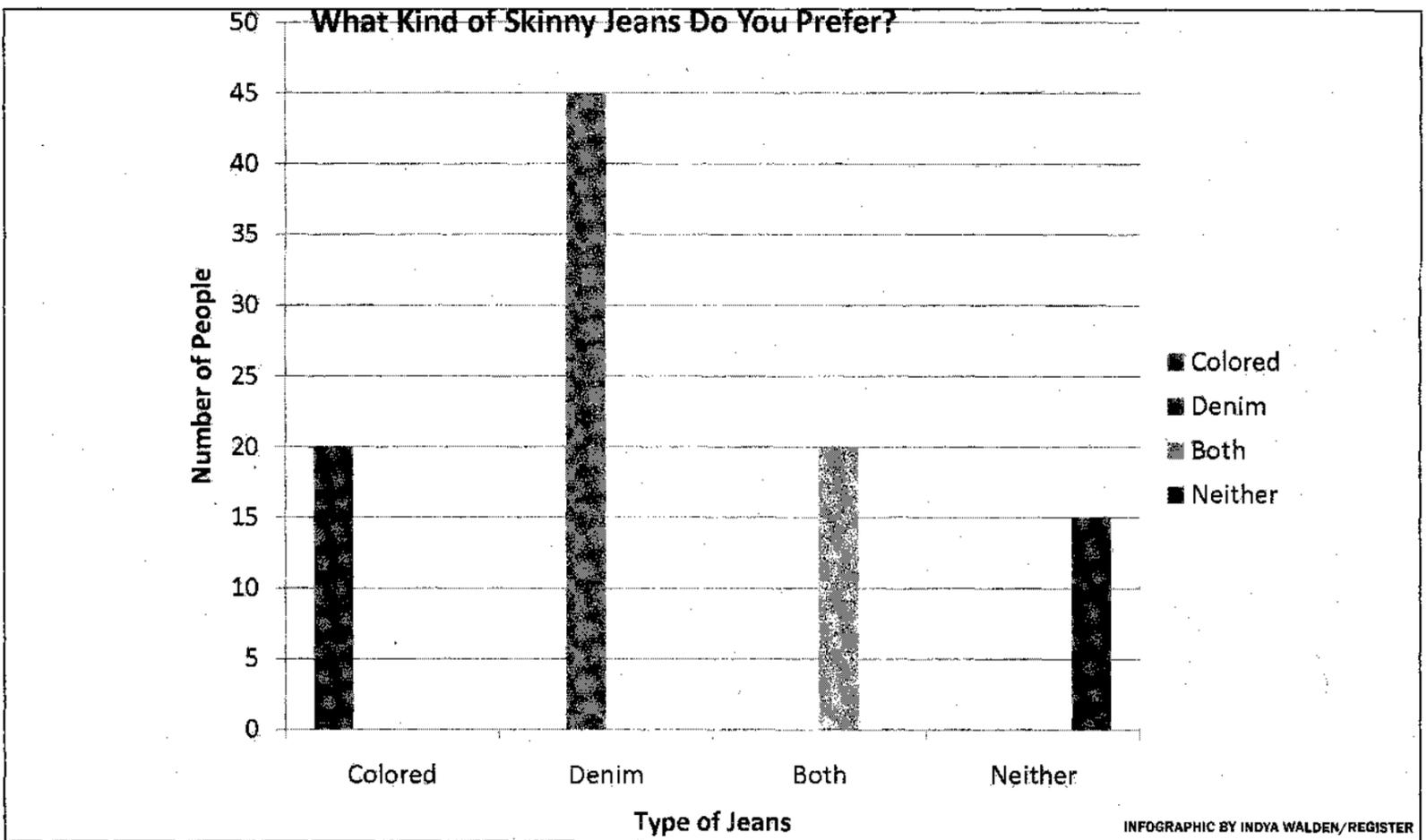


PHOTO COURTESY OF DAILY WORLD BUZZ

Skinny Jeans: New fad, Old Style



Skinny jeans: A brief history

BY INDYA WALDEN

Since the emergence of the rap duo New Boyz many young men have tried to adopt the "New Boy Swag" and make it their own. At first this new fad started off as a simple way for guys to be different.

At the waist, the jeans are made as any other pair of jeans, but as the pair is stitched together the width of the pant legs become smaller.

Now at first glance, some may find the fit of these jeans abnormal, especially since the wearer of the jeans most likely doesn't have a feminine figure, but now more and more boys are coming into this new fashion trend.

Along with the emergence of this new trend came a controversy about whether or not it is acceptable for young men to wear skinny jeans. It has become quite a divided subject in society traveling all the way to music lyrics of famed rapper Jay-Z.

Although skinny jeans are getting more wear now than ever, this isn't the first time they've been a fashion statement. "Skinnies," (as they have recently been termed by clothing stores and teens) have been around since the '50s.

These popular jeans first appeared in the early 1950's when teenagers were "finding themselves," and rebelling against the "norm" and what was to be expected of them. Sex symbols such as Marlon Brando and Elvis wore jeans slim straight.

Although most women didn't wear jeans during these decades, fashion rebels such as Audrey Hepburn and Marilyn Monroe wore the close fitting jeans in the 1960's.

Although the jeans were still growing in popularity, these tight fitting denim creations had their biggest introduction during the 80's. With the creation of "Flash Dance" and spandex, a new breed of jeans came about.

Had these 80's fashions surfaced during the 50's and 60's, wearers would have been considered an abomination to society to have been seen in such outlandish clothes for this era of time. Tight, stone washed, and distressed to the point that some might find them unwearable, this was the new fashion of jeans.

A band couldn't be seen without the proper digs. Celebrities such as Pat Benetar and The Rolling Stones were a few of the serious rockers who wore these ultra-fitted, skin-tight jeans.

It seemed as if the tapered-leg jeans had nowhere to go but up, but then the 90's rolled around and skinnies went back into exile. This was a time where punk and gothic looks really came about.

Soon skinny jeans were associated with the punk rock look as well as the dark feel of gothic. Even being attached to what seemed to be a negative connotation, this fashion trend would not give up.

When Y2K hit, so did the revenge of the skinny jeans. If you were anyone in the fashion scene or thought you had even the smallest shred of fashion sense in your blood you were wearing skinny jeans.

Women began wearing this style of jeans for every occasion from casual to even formal events. Once they slipped on their skinnies and the perfect pair of heels or boots they were ready to take on the world.

Teenage girls began wearing brightly colored jeans from neon green to hot pink. These bright colors can be seen in almost any high school hallway.

This fashion trend has now made its way to the boys. From teens to little first graders, it seems as if all young men are trying to make this style their own.

Whether they choose to go with a more relaxed and laid back fit or go all out and wear them as tight as the ladies, guys are making skinnies all about them.

For over half a century, skinny jeans have been taking the fashion scene by storm and making it fit to its inseams.

One can only imagine what is to come with all of the new technology and the future imaginative minds of fashion.

Rockin'

BY DARIA SEATON

Since the New Boyz came out with their first single "You're a Jerk", skinny jeans have been more popular than ever before.

Both women and men have been enjoying the different ways you can mix, and match outfits with a pair of skinnies. Since then other artist such as Lil Wayne, Chris Brown, and the "I don't wear skinny jeans cuz my knocks don't fit," anti-skinny jeans man himself Jay-Z.

Some may say that not all people can properly rock the skinny jeans style. Making skinny jeans work for you is not a long, drawn out process. With the right accessories, this style could be around for a while.

The most important aspect is the shoes. Skinny jeans do not cover up any girl, rips, or anything that may have occurred while wearing the shoes so make sure that the foot wear stays clean and intact at all times. It doesn't just have to be Jordan's and Air Forces. You can have a really cute outfit with a pair of heels, boots, or maybe even flats. Without the right footwork, the whole outfit could be thrown off.

Another thing for the ladies is to accessorize a little bit. Coordinate with the different colors you have in your outfit. Pick out a color that you wouldn't so much notice and make it pop with matching earrings or a necklace. The shirt doesn't really make or break the outfit. As long as the ensemble flows, your outfit will turn heads.

What not to do is a different story. I understand that guys like to sag and some girls may find that attractive. When sagging with skinny jeans on that does not mean that we should be able to see the cartoon characters that you have on your boxers. Also if you and the girl next to you look like you guys are sharing jeans, it is not attractive. Sometimes there is a thin line between fitted and way too tight. Some guys tend to leap over that line. Not trying to diss the guys and their skinny jeans, but if worn the right way it is a cute style for anyone.

PHOTO BY DARIA SEATON/REGISTER

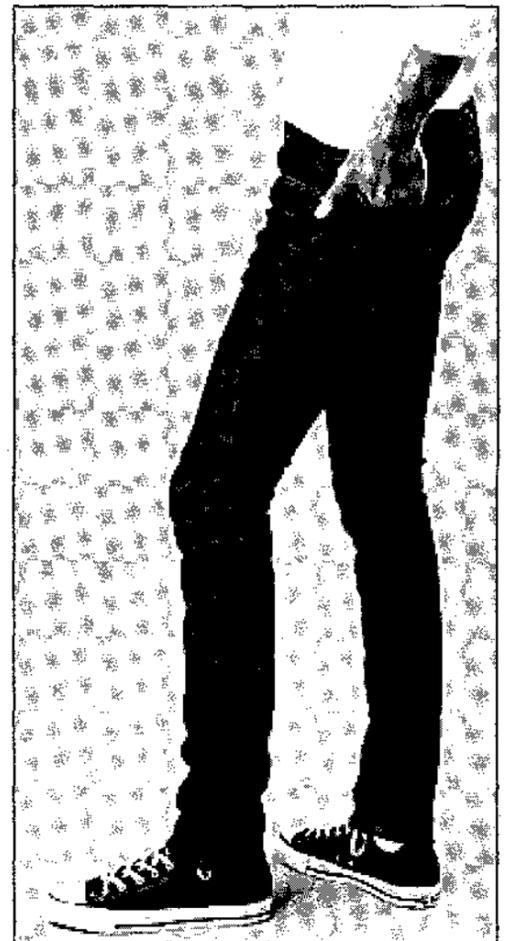


PHOTO COURTESY OF DENIMTHERAPY.COM

Colors of a New Age

BY INDYA WALDEN AND DARIA SEATON

Today people will do a lot to get noticed. Whether it is the way that they act or what they wear, no two people are ever the same. Some people like to be fashion forward, wearing bright leggings and ballet tutu's and some like to pull tacky stunts that make them look ridiculous but either way it goes they want to be noticed.

Lately, it seems like the new trend that people are using to stand out is coloring their hair. Not the usual black with brown streaks or a burgundy, but vibrant colors like green, blue, yellow and a multitude of other colors.

Not only do students do it, but also staff such as French teacher Natalee Minthorn who has the streak of purple in the front.

What is it that makes the staff and students do something that will definitely attract attention?

Freshman Treyton Ozuna likes to be the best at all the time, "It's the fun of it" and do different things.

As for Freshman Brittany Story, she has seen some wild hair and she wants to be like this.

"I wanted to change my hair up," Story said. "One of my idols is Nicki Minaj and her hair is like this." Story has been wearing red streaks for a while and just recently changed her hair color back to the natural black.

"I wanted to stand out and this is my favorite color," Story noted. Minaj, a new rap icon has captured a lot of people with her long straight hair, Chinese bangs, and bubble gum pink hair in the back.

Many young ladies have tried to copy the trend other than Story.

A person being able to dye their hair is one way of getting noticed, as well as doing something different or just expressing themselves in a different way.

Freshman Mercedes Buchholz dyed her hair pink in the seventh grade, not for anyone else's personal satisfaction, but because she felt like expressing herself.

Ever since then, the hot pink hair has stuck with her.

"I decided to dye my hair," she explained, "because I'm in the punk scene so pretty much everyone has dyed hair, mohawks and leather jackets."

Although they are just using a form of expression there are those who grow upon something that is different and don't take it as something different but something weird.

They don't get to know people. "They assume were freaks," but we are as normal as anybody else," said Ozuna.

For those who do decide to die their hair they don't care what other have to say and will continue to do what they chose.

"It's their own prerogative," said Buchholz.

PHOTO ILLUSTRATION BY DARIA SEATON/REGISTER



PHOTO BY INDYA WALDEN/REGISTER

Freshman Brittany Story shows a wild side with bright red streaks. She honors rapper Nicki Minaj as her inspiration for the color.

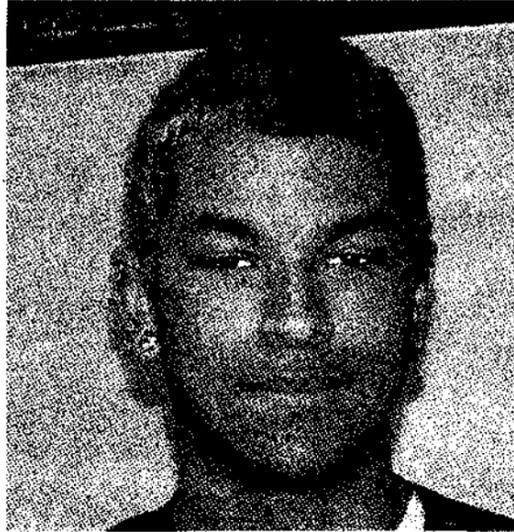


PHOTO BY CHELSEA THOMAS/REGISTER

Junior Aaron Schomaker showcases his green and striped hair. He colors his hair because of the kind of crowd he is in.



PHOTO BY DARIA SEATON/REGISTER

Freshman Treyton Ozuna shows her wild and crazy side. Her hair reflects her personality.

French teacher becomes fashion forward

BY INDYA WALDEN

"It takes courage to grow up and become who you really are," said new French teacher Natalee Minthorn.

She is a person that truly marches to the beat of her own drum. A teacher with plenty of style and attitude, Minthorn knows how to make herself known in a crowd of blending colors.

Although people all come into their own, when they reach adulthood, most of society tends to conform and blend together as a unit of sensible, hard-working adults. This teacher has chosen to do the opposite by dying her hair with purple streaks.

When asked what she thought of many of the students choosing to cut and dye their hair in eccentric ways she said, "I think it's really nice. It adds color into the world and keeps it colorful."

Minthorn took the New Year's resolution to new levels when she decided to color her hair over Winter

Break.

"I was just doing something different," said Minthorn. "My mom thought it was a good idea and told me to go for it."

That is exactly what she did. For some students as well as adults, that is not something that one expects to hear, but Minthorn's mom is all about letting her daughter express herself.

Now that she is sporting her new style it seems that more pep and flair has been added to her already vivacious personality.

Since her arrival at Central she has become a favorite with the students, and her "new do" only adds to her already large student popularity.

It is fair to say that Natalee Minthorn has truly come into her own person.

To her: "There's just one life for each of us to live: our own."



PHOTO BY DARIA SEATON/REGISTER

French teacher Natalee Minthorn rocks out with her new purple streaks. The teacher is no stranger to wearing eclectic attire.



Sudoku: Test your knowledge

Expand your intellect and problem solving skills with the following.

Central's enrichment math classes donated sudoku for the student body's entertainment.

1		3		8			5	
4		6		1	2			
					6	2	3	
	1		9		8	6		
				3			7	
	9	7			5	1		
				9		5	6	
		4	1			7	8	
9	7	8	5		4			

1				4	8	3		7
7		8		6				5
		4			3		1	
2			1		7		3	4
		7		2		1		
3	9							6
		3	5			8	4	
	1		6	3			9	
4		2	8					5

Independent Frisbee Team

Central students started an independent Frisbee Team that plays at Elmwood Park.

SPORTS PAGE 17

sports

11 TIME NSPA/JEA BEST-OF-SHOW WINNER A HIGH SCHOOL NEWSPAPER PRACTICING PROFESSIONAL JOURNALISM NATIONAL PACEMAKER AWARD WINNER

Varsity basketball wins Metro Holiday Tournament

In light of last year's near miss for state qualification, Central's Varsity basketball team inspires new hope after its recent victory over four schools to win the Metro Holiday Tournament championship.



PHOTO BY MATTHEW VONDRASEK/REGISTER

The Central Varsity Basketball team strategizes in a time-out during a home game against Skutt Catholic, its second match after winning the Metro Holiday Tournament. Central beat Skutt with a decisive 79 - 54.

BY ALEX TRAN

In 2008, Central students were proud to be able to say that their school had won the state basketball championship that year. And the year before. And the year before that.

When Central High's illustrious back-to-back-to-back champions lost their legacy by one point, Central students' dreams and aspirations were shattered.

Now, Central High can hope again.

In late December during Winter Break, while the average student was sleeping in, hanging out and vacationing, Central High's varsity basketball team was drilling for their next competition: the Metro Holiday Tournament held at the University of Nebraska at Omaha.

The competition was good. Central was better.

Central defeated four teams, Millard West, Omaha Bryan, Creighton Prep and Omaha

Benson, in the arduous 16 bracket competition.

Central High is improving at an exponential rate. Central High had played Millard West, winning 57-40, three days before the Holiday tournament. When the Eagles played Millard West a second time in the first bracket, they beat the Wildcats even more soundly with 58-34.

Central High continued its trend, beating Omaha Bryan 57-50, Creighton Prep 65-60 and defeating the other finalist, Omaha Benson, 79-70.

Formerly ranked second at the beginning of the season, the Eagles climbed to the top by winning the Metro Tournament.

Because of Central's unfortunate loss to Millard North, the school's rank has dropped to second. The season is already halfway through, and Districts are this month starting Feb. 27.

State is scheduled for March 11.

Central varsity basketball team benefits from pivotal new member

BY DARIA SEATON

Standing at 6'7" at only 14-years-old, freshman Akoy Agau is a force to be reckoned with as he makes his way onto Central basketball team as a center. Agau has wingspan of over six and a half feet, quite possibly making him one of the tallest, if not the tallest person in the school.

Sought after while at Norris middle school, Agau almost decides against central and chose Bryan.

"Two weeks before school started was when I decided to go to Central," said Agau.

With someone that height some may think that it was only fit for Agau to be a basketball player. In his case the situation is slightly different. Agau is from Sudan, Africa and there basketball is unknown. He actually played soccer and according to himself, Agau was pretty good. It wasn't until Agau came to the States at 9-years-old at he for the first time had ever seen basketball. For Agau, basketball was not love at first sight.

"When I first came here I didn't like it," said Agau.

It wasn't until someone told him that he should play. The rest is history. From there on he started to like it.

Now basketball is something that he hopes to take far.

"I want basketball to take me to college," and possibly get more some scholarships said Agau.

Agau is confident in himself and believes that he could be the starting center for Central's team.

Being tall does give Agau a bit of an advantage on the court, but it's not everything. Just being tall won't get someone far if they don't have the skill that comes along with the height.

He feels that he has both and will be a successful player. Although his height did help him get some of the attention that he has received thus far.

With success comes much determination and practice, and that is the same for whatever a person works for. Agau attends the Monday, Wednesday, Thursday, and Friday conditioning, while also attending the gym outside of school daily.

Some conditionings consist of weight lifting, running and open gym on Wednesdays at seven, said Behrens.

Many players have someone that inspires them and makes them try harder, whether the person is in the same field as them or not.

For Agau that person happens to be someone the many may consider the best player in the league, LeBron James.

"I like how hard he works and plays," said Agau. "I want basketball to take me to college, and possibly get more some scholarships."



PHOTO BY DARIA SEATON/REGISTER

Freshman Akoy Agau practices with the team as they run drills to prepare them for upcoming games. Agau is the only freshman playing varsity.

Varsity volleyball wins invitational

Central vs. North continues basketball rivalry

BY MATTHEW VONDRASEK

The anticipation was building the afternoon of Feb. 2, the day Central competed against long-time rival North.

The tip-off went to Central and the game began with Central scoring the first few points.

A foul was made against the Eagles and as the game went into play, Freshman Darian Barrientos-Jackson passed the ball to junior Dominique McKinzie who was not paying attention, and the ball fell out of bounds.

The first quarter continued with a series of minor fouls and the teams stayed neck and neck, most points being scored as lay-ups. The quarter ended with both teams tied at 14.

The second quarter started and the game quickly resumed as Barrientos-Jackson made a three-pointer. With 7:17 minutes left to go in the first half, North took its first time out.

As the game progressed, the Eagles made several turnovers due to bad passing. Suddenly, senior Deverell Biggs dunked the ball for two points and the crowd jumped up in applause.

The Eagles took over a 10 point lead, ending with a series of fouls and a score of 34 Eagles 22 Vikings.

The second half began with North in possession. Both teams made several turnovers due to more bad passes and multiple failed 3-point shots.

A North assistant coach then had to be told to sit down by a referee and was scolded for talking back.

The referee ended the conversation by saying "you don't have to have the last word, just do what I tell you."

The altercation led to several North Assistant coaches disputing with Central Head Coach Eric Behrens and at one point a North assistant coach told Behrens to "shut up."

The game quickly resumed with drives up and down the court by both teams.

An under the basket ally-oop was made by Central's Sean McGary, senior, and Biggs driving North to take a time out with 2:14 minutes left in the quarter.

Central turned over the ball three times because the ball kept going out of bounds, and the quarter ended with Central leading with 48, 20 points ahead of North.

The fourth quarter began with McKinzie making an under the basket lay-up. Both teams then made multiple lay-ups separated by minor fouls.

Within the last minute, foul after foul was made attempting to slow down the game. With 42 seconds left in the game Central took a time out.

The last seconds of the game central drained the clock by passing the ball back and forth.

The game ended with a final score of Central 62 and North 53.

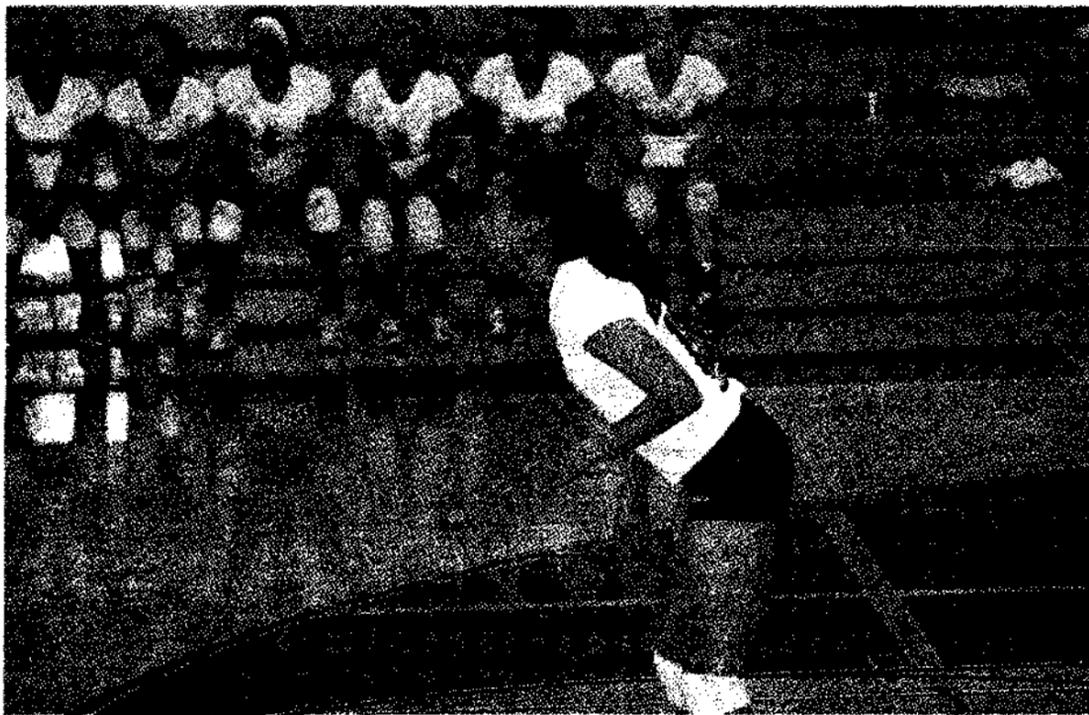


PHOTO COURTESY OF BLAIR EMSICK/YEARBOOK

Senior Celeste Robinson, a player on Central's varsity volleyball team, waits for the opposing team to serve the ball during an afterschool practice.

BY INDYA WALDEN

The Varsity Volleyball team, led by Coach Jodi Brown, won the South Volleyball Invitational on Oct. 17, after the girls went into the competition with a mindset of winning.

"We were confident that we were going to win," said Brown.

This was the team's third year winning the invitational tournament at South High School. The team had no problem breezing through the competition during this two-day tournament.

The only trouble the Eagles ran into was the Bryan Bears. They were the toughest team that the girls went up against, with Bryan winning the majority of their matches and placing first in the Mercy Invite in South Sioux City. The team really made Central fight for a three-peat win.

"Bryan challenged us in the tournament, but the girls were motivated to win," said Brown.

Once the team had finally pulled out the win, it was time for the team to choose its MVP.

Junior Brittany Prescott was chosen team MVP for the tournament. As a setter on the team, she always had to be alert and ready to make the perfect set so that her teammate could score.

"Brittany worked very hard and the team felt that she deserved it," said Brown.

Most students would expect one of the seniors to be chosen

for MVP since it would be their last year playing, but Prescott left it all out on the court and played her hardest, which caused her to earn the title of MVP.

"We had already won the tournament for the past two years," said Prescott. "We wanted to go for a third." Prescott also said that they had a good chance of winning throughout the whole tournament.

Though Bryan was a tough team, the Eagles pulled it off. Even though it has been a few months since the tournament, Prescott is still in disbelief that she was chosen as the team MVP.

"I was really surprised to be chosen since I'm not a senior," said Prescott, with a look of astonishment on her face. "I thought one of the other girls would get it."

Though a junior, Prescott exemplified what her team thought was the true character of the most valuable player.

"Overall, I think the tournament went really well and the team pulled together for a great win," said Prescott.

With the school year halfway over, seniors are preparing to leave the team and possibly continue playing in college.

"We're losing four seniors at the end of this year," said Prescott. "It will be a lot harder, but if we stick together, the team will still have a good chance next season."

“Overall I think the tournament went really well and the team pulled together for a great win.”

Brittany Prescott

JV boy's basketball team places second in North Holiday tourney

BY BARIA SFARON

Central's JV boys basketball tried to follow in the footsteps of the Varsity team, who placed first in their tournament.

Central played three games in the holiday tournament facing up against Omaha North, Omaha Benson, and Omaha Bryan. They defeated their first opponents, Omaha North, with a 50-47 win.

Freshman Tra-deon Hollings gained 18 points and seven steals coming off the bench. They also beat their second opponents, Omaha Benson. This game proved to be a hard earned win as the previous two games Benson beat their opponents by more than 30 points each.

Hollings scored the winning point, winning the game for Central 63-62.

The last game of the tournament, Central was up the whole first half and up by four by halftime.

Junior Calvin McCoy shot four three pointers in the first game alone. After that, the team went on to a disappointing loss, losing 63-48, to Omaha Bryan.

Coach Ben Hollings attributed the loss to the team being run down in the middle of the

game.

"Second half I think we were just out of gas," said Hollings.

The team had some struggles throughout the tournament. They had to play three games in four days with no practices previous to what they had all ready.

The coach felt the team needed to make some adjustments to get better.

In order to improve, the team needs to work on listening and being unselfish, said Hollings.

They also had to compete in the tournament the same time and place that the varsity teams were competing in their tournament.

Even though there were some struggles, their defense was solid along with a good rebounding streak.

Central was not able to take first in the tournament like the varsity team, but they did come a long way to finish out their tournament. They did in fact get revenge on Omaha Bryan when they took what they already knew about the team and beat them by 18 points, a 33 point gain over Omaha Bryan, said Hollings.

For some of the players, the tournament prepared them for the next year if they plan to play varsity.

Sports Q & A

As the winter season ends and spring season starts, take a look at coaches' new aspirations and expectations.

Q: What kind of things do you do to encourage your players before a game or during tryouts?

A: "[I] accentuate the positive things that happen in practice. Point out previous successes and tell players to play their own game of tennis, not their opponents."

-Coach Bob Tucker



Q: What is your plan for success during the season?

A: "We're going to work as hard as we can and get as many players qualified for districts as possible."

-Coach Trent Lodge



A: "My plan for success this season is to make sure that all of my girls are going as hard as they can, playing like a team and never forgetting to have fun."

-Coach Alexis Grenfell



A: "By being in better condition than the other teams we're playing."

-Coach Matt Hamill



Senior misses out on year of sports because leg injury



Senior James Kuzelka looks at his knee during a Central home basketball game against Skutt Catholic. Because of his injury, he won't be able to play with his team for the duration of his senior year.

BY ALEX TRAN

Senior Jimmy Kuzelka expected his last fall football season to be his best season yet, but was unexpectedly benched after suffering a serious leg injury.

During the first half of the Millard West football game on Oct. 9, 2009, Kuzelka hyper extended his left knee while tackling a player on the opposing team.

Kuzelka immediately called Brent, Central football's official team trainer.

"I dislocated my patella sophomore year, so I thought I just did that again," he said. "I didn't think it was anything serious."

Although Kuzelka said this was not the worst pain he had ever experienced, it was one of the worse.

Kuzelka did not know the extent of the injury until after he visited his physician. On Friday, Oct. 16, Kuzelka received a magnetic resonance imaging test, or MRI, to assess the extent of his injury.

While tackling, Kuzelka's two leg bones had been pushed towards each other. After colliding, they creaked, and then the ligaments in his leg pulled his bones back into place.

Kuzelka learned that his meniscus, the tough cartilage that helps distribute weight across the knee joint, needed to be stitched together and he would need a new anterior cruciate ligament, or ACL. The process of receiving a new ACL will involve taking tendon

from his hamstring and threading it through his tibia.

Kuzelka's surgery Nov. 25.

Kuzelka's surgery and physical therapy will last six months, and he will not be able to play any sports for the next year. As he recuperates, he will need to wear a brace.

"I faced the facts," he said. "It was more hurtful when the doctor said I couldn't play any sports my senior year. Shocked."

Kuzelka had planned to play basketball this winter and baseball next spring.

His teammates were sympathetic.

"They felt bad for me," he said, "because I was a senior and everything. [My coach] just tells me to hang in there."

Despite this setback, Kuzelka still has plans to play sports after he has fully healed.

"I'm going to try to walk-on for football at UNO," Kuzelka said. Kuzelka doesn't plan to play basketball or baseball in college.

Kuzelka had a competitive high school football career. He made the freshman team his first year. By his sophomore year, Kuzelka had made varsity football, participating on Central's state winning team two years ago.

The big difference between his first and second years, he said, was his size.

"I was a tiny person, and I gained like 30 pounds during my freshman and sophomore year," the player said.

Kuzelka attributes much of his success to his football coaches, who have helped him become a better player.

2009 Winter Sports Key Players

	<p>Sport: Basketball Name: Deverell Biggs Grade: Senior Coach: Eric Behrens Position: Point Guard Other Key Player: Senior Sean McGary</p>
	<p>Sport: Swimming Name: Elizabeth DeLaitre Grade: Junior Coach: Mike McGuire, Ashley Barna Strokes: Freestyle, Butterfly Other Key Player: Junior Claire Ferguson</p>
	<p>Sport: Wrestling Name: JJ Baratta Grade: Junior Coach: Jimmie Foster Weight Class: 125 lbs. Other Key Player: Sophomore Keygan Foster</p>

PHOTOS BY DARIA SEATON/REGISTER

Skylar Galloway leads wrestling team

BY EMMA MINCER

Senior Skylar Galloway not only what it takes to be a wrestling captain but also has the dedication to be a successful student.

School work is tough, but being a captain also adds to the work load. He said his responsibility involve starting practice, keeping his teammates in line during practice and coaching warm-ups.

His coach, Jimmie Foster, added, "He sets an example; at the tournament he makes sure they are in the right position, makes sure they are ready to weigh in, makes sure everyone has all of their equipment. He does everything."

Galloway provides much of the leadership that Foster does.

"He is basically like having a student coach," said Foster.

According to Foster, Galloway earned a GPA of 4.3 and has placed at State three times.

"The hardest part," said Galloway, "[is that] I can't slack off, you know? I always have to make sure that I'm in line so I can set an example for everyone else."

Galloway was recently ranked No. 1 for State but is only slightly optimistic.

"I've been ranked No. 1 before but I didn't win state. It's just a ranking so it doesn't matter to me," he said.

Galloway decided on wrestling as a school sport not only because it is a family tradition, but because he thinks basketball is stupid and claims he can't swim.



PHOTO BY EMMA MINCER/REGISTER
Both senior Skylar Galloway and coach Jimmie Foster have what it takes to be a team and lead the wrestling team to victory.

Wrestling has its pros and cons. To be a good wrestler, Foster and Galloway both say that it can be challenging and requires a lot of sacrifice. Not only do they have dedication and endurance to build stamina, but wrestlers also have to watch what they eat at all times.

Galloway managed this all by being organized.

"Time management," said Galloway, "is hard at first. But then you get into a routine and it just becomes natural."

SPORTS CALENDAR

February

6 Varsity Basketball Away Game vs. Omaha Benson

12 Varsity Basketball Home Game vs. Westside

18 State Wrestling

25 State Swimming

March

1 NSAA's Official Start of Spring Sports

1 Boy's District Basketball

4 Girl's State Basketball

9 Winter Athletic Banquet

11 Boy's State Basketball

MIDWEST PHOTO PRO

4314 Leavenworth St
315-4349



Students form independent frisbee team

BY ALEX TRAN

Throughout the summer and early fall, seniors Andy Woolard and Brooke Talbot regularly called friends from Central High and other schools to get together and play pick up Frisbee at Elmwood Park.

Frisbee, formerly a purely recreational sport, has increased in popularity exponentially over the last couple of years. Central High students have established a Frisbee club, and the sport is offered at the majority of colleges which organize and coordinate to compete with other schools.

Some students who regularly attend Frisbee at Elmwood are seniors Samuel Philip, Brian Tyrey, Josh Dewitt, Eric Jizba and Daniel Alston, junior Elizabeth deLaittre and freshman Ross Harding. Jesse Harding, Ross's older brother and senior at Creighton Preparatory High School, also plays regularly.

The group usually plays for three hours at a time, once or twice a week. Although the group does not have a pre-planned schedule, they generally play from early summer, when the weather is less inclement, to early winter, when it begins to snow.

"We've tried playing in the snow," senior Daniel Alston said, "but it doesn't work really well."

Alston says Frisbee is a very fun activity and was first invited by Jesse.

"I've gotten a lot stronger physically," he said. "It makes me feel good."

He credits Philip for teaching him how to play. Alston says players have an advantage if they are tall and have good endurance, attributes he naturally has. However, especially in college, these natural advantages can be tempered with tactics and strategy.

There are no rules for the Frisbee group, so captains are usually chosen at random, and players are picked by the captains.

"We don't leave anyone out," said Alston.

The games are never too serious. End zones are outlined by trees, and touchdowns are generally eyeballed. Alston says the Frisbee get-togethers are to learn team building and have fun.

The group is not exclusive and is open to all students.

Talbot, in an informal interview, said everyone is invited.

Ultimate Frisbee is the name coined for the scored game which has rules similar to those of football: end zones and lots of running.

According to the New York Times, Ultimate Frisbee has been the world's fastest growing sport for the last ten years. It is currently played in over 42 countries. Ultimate Frisbee has attracted athletes from other popular sports, which elevated the game's popularity.

The Ultimate Player's Association is the governing body for Ultimate Frisbee in the United States.

"I've gotten a lot stronger physically. It makes me feel good."

Daniel Alston



PHOTOS BY ALEX TRAN/REGISTER
Seniors, from left to right, Eric Jizba, Qianli Wang, Daniel Alston and Andy Woolard wait in the end zone in hopes of scoring a touchdown (top). During a brief break, seniors Josh Dewitt and Melanie Crisman mingle while preparing for their next game (bottom left). Seniors Andy Woolard (left) and Brooke Talbot (right) are the founders of this independent Frisbee team (bottom right).

Swim team acquire pivotal new coach

BY ALEX TRAN

While the swim team was expected to suffer greatly after losing many seniors last year, it has managed to pull itself together with the help from several new freshmen, improved upperclassmen and a new assistant coach, Ashley Barna.

Junior Claire Ferguson, who has swum for Central High for the past three years, thinks Barna has helped the team get better.

"She's got a lot of experience," she said.

Ferguson said that Barna, unlike the former assistant coach, comes into the waters occasionally and coaches.

She also attends morning practices at the local YMCA in addition to afternoon practices.

"She's got a lot of good stroke technique," Claire Ferguson said.

Barna graduated from the University of Nebraska at Omaha last year and placed third in a national swim competition during college. She was also one of UNO's 2008 All-American athletes.

Barna has left a lasting mark for UNO's swim team. She has set record times for UNO in three performance areas. She holds third place in the 500 Freestyle with 5:13.08, second place in the 1000 Freestyle with 10:44.70 and third place in the 1650 Freestyle with 17:58:18.

Ferguson, junior Nora Cobb, freshman Mackenzie Anderson and junior Kimmon Smutz comprise a relay team that has almost broken state qualifying time.

The swim team's head coach is Mike McGuire.

Fall sports banquet recognizes athletes

BY MATTHEW VONDRASEK

The Fall Sports Banquet, held on November 10, wrapped up the fall sports season for all the players, coaches and families.

Athletic Director Darin Williams, along with assistants Paul Nielson and Mark Smith, congratulated athletes for their hard work during the season and thanked them for representing Central in NSAA competition. Lettered athletes were recognized as well as Nominees for Athletes of the Season.

Food was provided and catered by The Greek Islands and served by the Athletic Booster Club.

Dieudonne Manirakiza evaluates next season

BY ALEX TRAN

Senior Dieudonne Manirakiza has been playing on Central High's varsity soccer team since his freshman year but is now considering taking a break this season.

"It's not what it used to be since freshman year," he said. "It's changed."

Central's soccer team lost some key seniors last spring, and Manirakiza does not feel as comfortable playing this year. According to Manirakiza, varsity soccer coach Peter Pham feels he should still try out.

"I think I'll try out to just check out the team," Manirakiza said.

Manirakiza has made a large contribution to the soccer team the last several years. During his freshman year, he scored 19 goals in one season, one behind the top score in Nebraska set by Westside.

When asked who taught him how to play, Manirakiza said no one.

"I grew up playing it," he said, "and I played it for my middle school."

Manirakiza emigrated from Tanzania to the United States the summer of '06. He was originally born in Burundi.

"I came over my second year in high school [from Africa]," he said, "and I was playing for my middle school as well."

He arrived in August and was forced to wait several months before his paperwork processed, and he could be eligible for high school. During his wait, he met several soccer players at a local park and played with them.

"I lived by the park, so I used to play soccer," Manirakiza said. "These people, I didn't even know they went to Central."

His soccer friends didn't realize he was attending Central until after he was enrolled. They introduced him to Central's soccer coach.

Manirakiza is still undergoing the process of becoming a U.S. citizen and has several years to go before he reaches the five year mark required by government regulations.

Next year, he plans to attend Iowa Western University, where he hopes to train for soccer. Once he establishes a solid educational foundation, he wants transfer to his dream college, Creighton University.

He plays pickup games with a Creighton soccer player, who says Manirakiza has a decent amount of skill. Manirakiza feels he has a good chance of making Central's team.

Although Manirakiza also plays volleyball, he says soccer is his favorite sport.

"I grew up playing soccer, and that was just the main sport since I was a kid," Manirakiza said. "That's the only game I grew up seeing, watching, playing."



PHOTO COURTESY OF CENTRAL HIGH SOCCER
Senior Dieudonne Manirakiza scrimmages during an after school practice last season.

Football beat Westside to qualify for state playoffs

BY MATTHEW VONDRASEK

As the regular season was coming to a close, everyone was thinking about that one game, Central vs. Westside.

This game would determine if Central made it to the playoffs. In the 2007-2008 season, Central qualified for State and won the State championship title. Last year's season was unexpectedly disappointing, when Central only won a handful of games.

As the game began, excitement was in the air. The game, held at Norfolk's home memorial stadium in Norfolk, Neb., started off with a slew of fouls and penalties. Flags were being thrown like it was going out of style.

The Central coaches began to get angry as the team made a series of avoidable mental errors. As the game went on, the team began to rally together and put some points on the board, eventually resulting in a 19-10 win.

In the end, one could tell from the players' faces that they knew they had secured their spot for the playoffs.

Senior Randall Owens expressed enthusiasm for upcoming games saying, "Everybody get ready for three more weeks."

One week later, many Central fans made the long drive to Norfolk on October 3rd to see Central play the Norfolk Panthers in the Eagles' first playoff game of the season.

The Eagles had worked hard through the season to earn their spot in the state playoffs.

The game was played at Norfolk's downtown Veterans Memorial stadium.

As the playoff game began, both teams' offenses failed to make a drive downfield, resulting in a back and forth possession of the ball for most of the first quarter.

As the first half went, on the Eagle offense gained control and made several long drives downfield but failed to score. Poor organization didn't help the situation and allowed the Panthers to make two touchdowns and field goal.

In the second half, a dispute occurred when a Norfolk player was thrown off during pile-up. Words were exchanged between several Norfolk and Central players.

The dispute resulted in technical fouls against both teams but the game quickly resumed.

Near the end of the game, the Norfolk Panthers drove the ball for two touchdowns after receiving multiple first downs, resulting in a 28-0 score to end the game.

After the game, while the players were congratulating each other, one of Central's football players made an inappropriate comment to a Norfolk player, according to witnesses. Head coach Jay Ball scolded the player on the field.

Once the players left the field, Central fans solemnly returned to their cars to make the long drive back to Omaha.

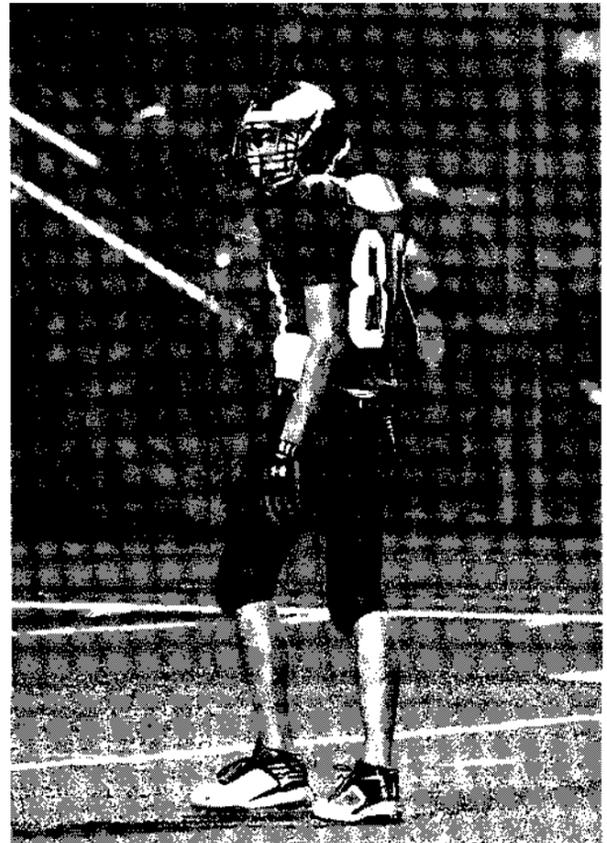


PHOTO BY MATTHEW VONDRASEK/REGISTER
Central High football player prepares for kick-off during a match against the Grand Island Islanders.

Monday morning Principal Greg Emmel congratulated Central High's football coaches and the varsity players for making it to state playoffs. He also thanked them for all the hard work they had done all season long.

Although the Eagles did not win state, several players made names for themselves.

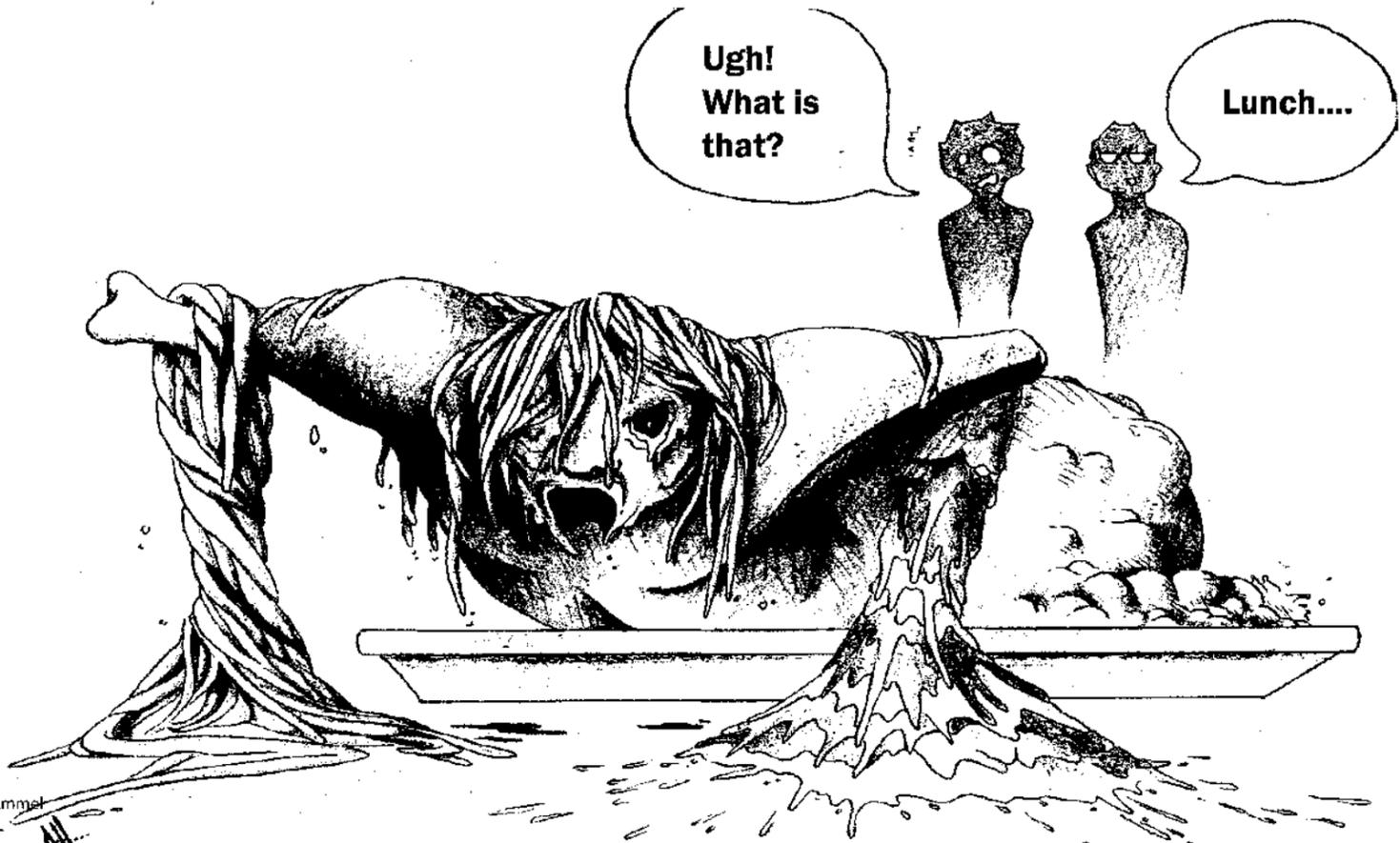
Senior Chris Reed signed with the University of Minnesota Wednesday, Feb. 3.

OPINION

"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 of the right of the people to peaceably assemble, and to petition the government for a redress of grievances."

First Amendment of the United States, ratified Dec. 15, 1791

11 TIME NSPA/JEA BEST-OF-SHOW WINNER A HIGH SCHOOL NEWSPAPER PRACTICING PROFESSIONAL JOURNALISM NATIONAL PACEMAKER AWARD WINNER



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SCHOOL LUNCHES

BY CHELSEA THOMAS

BY MATTHEW VONDRASK

From the school board to government politics, the food served at school has been the focus on debated issues.

From the dry taters tots to the oil saturated pasta, school lunches do not have the most appealing choices. School nutrition budgets hinder schools from buying healthier food.

"The school has very poor quality lunches," said junior Amber Mickonis. "Sometimes I even wonder what exactly is in the school lunch."

Some of the students that were interviewed even wondered whether or not the "Chicken Pattie" actually consisted of anything remotely close to the poultry family.

Statistics say that one out of every five U.S. children is overweight. Children have begun to develop type 2 diabetes, an illness formerly only a problem for adults.

"The lunches are somewhat satisfactory for most nutritional purposes," said junior Florentino Diaz, "but in my opinion, it feels like I'm eating cardboard"

Cleanliness is something that is virtually ignored in the school cafeteria. The tables are usually wiped after the last lunch period of the day, not between periods.

I don't know about some people, but I would choose an "extra super double whopper" over the scrawny patty we're served at lunch.

A lot of kids think that school lunches are gross, but others think they're great. Some people don't like them because they think that they're fattening, there is rubber in them or they are too greasy and unhealthy.

Some people choose to eat school lunches because it's more convenient. They don't have the time to pack their lunches in the morning, or they don't know what they should eat.

School hot lunches aren't allowed to have more than 30% of their calories from fat per week. The amount of saturated fat has to be less than 10% of the calories per week according to Library Think Quest.

But it's still time to change school lunches, according to a recent report mentioned on WHEC TV news. The dietary standards for school lunches are outdated by 14 years. The suggestions include more low fat and low carb foods, more fruits and more vegetables.

Kids complain about their food choices and many now want to bring the lunches to school again.

"Oh my gosh! That is just disgusting!"

Have you ever heard a fellow classmate say this about a school lunch? I know I have, and too many times to count. The food they serve us is just downright horrible. They think they can serve us food with preservatives? What has the world come to? And on top of that, we actually have to stand in line for five minutes!

Come on people, get real. The food is, comparatively, not terrible. The menu is always announced a day in advance in the morning announcements and if you go on line, you can see it a week in advance. So when your homeroom teacher is reading the morning announcements, that's the heads up to actually listen and bring a lunch if you don't like what's being served.

There are always salads available, and there are more than five drinks to choose from. If the regular lunch doesn't satisfy you, there are always the twenty plus different kinds of extras. If you're still craving for something sweet, go to the vending machine after lunch.

Yes, I know the school lunches aren't Olive Garden or The French Café, but no one ever died from eating processed cheese or a chicken patty. We should be thankful that we have food offered to eat.

In fact when you think about it, what does everyone do on the way home from school anyway? They swing through burger king and get an extra super double whopper with cheese, or they stop at the gas station and get a bag of chips and pop.

It's a fact: we're not experts on healthy eating. After that we all go home and sit on the couch and fry our brains of what's left in them. In fact, some of should probably need to stop whining about food and start thinking about a little exercise.

In my gym class, half of the students can't even do ten pushups. Or they don't even try. They graze like cows all day, and then go home and play XBOX or get on Facebook.

If you ask me, the only thing that needs to be changed about school lunches is how many they give out.

If someone has that big of a problem with school lunches they can bring their own. Or we could all just go old school and have no school lunch at all.

The risks people are willing to take for 15 minutes of fame

BY CHELSEA THOMAS

Becoming a celebrity is like being bitten by a vampire. Once the victim is bitten, he or she develops an uncontrollable need and desire for blood or, in this case, fame. And, the prey begins to act more like the predator.

In a world of reality TV and the internet, social networking sites are giving everyone, everywhere their 15 minutes of fame.

Falcon Heene, in Fort Collins, Colo., was thought to be aboard a directionless handcrafted helium balloon. About two hours after leaving the ground, the hot-aired balloon carefully swayed to the ground.

One of Falcon's older brothers had spoken to authorities claiming that his brother had, in fact, climbed into the basket attached to the gigantic fire powered balloon.

During Falcon's interview on CNN, he had told the nation that he had heard his family calling his name.

His father, in complete shock, asked, "Why did not you come out?"

Falcon replied "You had said that we did this for a show."

Now most people know that there is a time and place for certain things to be said and done, especially when the one doing the talking is someone close to you.

As Andy Warhol said, "In the future, everyone will be world-famous for 15 minutes."

Warhol's prophecy has proven to be true over for generations and generations. Fame and fortune are said to be good only if it is achieved without harming themselves oneself or others to capture it.

Falcon's situation raised many people's eyebrows. How far will a person go to receive their 15 minutes of stardom?

Let's take a look at the celebrity lifestyle. In particular, Lindsey Lohan has been in the tabloids for years. Whether it is her constant in and out of drug rehabilitation centers or her latest romance scandal, she is consistently creating news for herself.

From "Fashionistas" to the "Average Joes," many have wanted to achieve that spotlight and to see their name in

flashing lights. Many would give their right leg to keep the sound of fans screaming and cheering their names.

Social websites are not helping. YouTube, and other similar sites, have attempted to give people a medium in which they can accomplish their stardom. While many people have succeeded at becoming famous, many others have failed.

And the problem is not YouTube. It is the types of videos people watch and use as a way to get them noticed. It documents how stupid we've become.

For example, there was a video posted on YouTube of teenage girls in an altercation with one of their "friends" that resulted in a brutally violent outcome. The victimized girl later appeared on Oprah.

There are many good achievements in society as a whole that we have accomplished, but it seems as though the media of today is based more on less important issues that our affecting many lives today. It encourages people, especially the youth, to do the things they see.

It's monkey see monkey do.

09-10 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 a 10-time Best-in-Show

winner for large newspapers at the JEA/NSPA national conventions in Philadelphia, San Francisco, Boston, Phoenix, Dallas, Washington, D.C., Seattle and Chicago.

The Register staff was also responsible for the publication of the EDGE feature magazine, which also 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.

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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.register@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.

Misrepresentation of fact will not be considered. Advertising information is available by calling (402) 557-3357.

If there is no one available, please leave a message. A staff member will call you back as soon as possible.

Lockdowns are poorly planned, do not help students

A few Weeks ago, Central High practiced a lock down. I don't know about the rest of the students, but I didn't feel safe at all at during that lockdown.

For all it's worth, the lockdown we had was a sham.

The week before the lockdown, one of my teachers told the entire class, "Oh yeah, there's going to be a lockdown next week."

What kind of a drill is it if you have an entire week's heads up? Sure enough the next day Principal Emmel started to discuss procedure for a lock down. After that, I really didn't think much of it.

The next week came along and as I was sitting in homeroom on Monday, our teacher mentioned to us again, "Oh by the way the lock down is eighth hour today."

I couldn't believe it, A faculty member gave out confidential information about a lock down. Could she not keep a secret?

Eighth hour came along and to my amazement my eighth hour teacher told all of us at the beginning of class to expect a lockdown.

As I began to think about how poorly done the lockdown was run, I realized something. Our teacher had never locked the door. When I asked

him why he had failed to lock the door he told me he couldn't: he was a substitute and he had no keys.

In my opinion Central had no lockdown; the administration just wasted ten minutes of everyone's time. If there ever was to be a real threat in the building there might not be time to ask another teacher to lock a door for you.

Another problem that Central High faces is that there are rooms that either doesn't lock or can't be secured properly. For example, junior Grace Farrell said that in her study hall, all they did during the lock down drill was stand in a big group in the middle of the cafeteria.

How would a group of students disperse during lunch in the courtyard? These issues need to be addressed and there needs to be a realistic lockdown drill.

During a real lockdown, no one is going to give you a heads up, and an intruder is not going to schedule around lunch and passing periods. People may say they don't want chaos during a lockdown because it was done with no future notice or students came into their classrooms from the courtyard.

While having a real lockdown with realistic circumstances may be inconvenient, when the real deal comes along and the school isn't prepared



YES, I'M SERIOUS.
A column by Matt Vondrasek

The need to give is now



UM, EXCUSE ME?

A column by Emma Mincer

You know when you see the man dressed up as Santa Clause, usually in December, standing outside the grocery store for the Salvation Army and you want to help by giving your spare change? I always get a euphoric feeling when I hear those coins clink as they hit the other coins that already lay on the bottom of the red pail.

The time of giving is usually thought to be in December, near Christmas time. But why must you give during that month, and not the others?

I have been pondering this question since last year, when I saw a commercial on television about donating your warm winter clothes to the poor. While winter clothes are a much needed item, people don't always use long sleeve shirts and jeans in the summer. Shorts and tee-shirts are just as important during the summer time when donation boxes are not advertised as well.

I then asked myself, why do I feel compelled to give gifts only when it seems to be the season of giving? Shouldn't everyday be a day of giving?

Some people say that they give so much during the holiday season, giving to people in other months is not needed. I disagree.

Once you give Jack a new pair of shoes every year, you feel like you should not have to buy him comfortable pants that fit him, even though he is growing out of his jeans. That is simply wrong. Jack needs new pants as well as shoes. He is a growing boy.

Also, just because you want to give your old ratty tee-shirt that has holes in it and smells forever of baby barf to charity does not mean you should. If you will not wear the shirt, what makes you think other people will?

In truth, charities will not give away clothing items that they themselves will not wear or put on their families. So, it is rather pointless if you ask me to give it away. You would be better off in burning it. Goodbye baby barf.

Giving does not always mean going through your closet or handing out spare change. There are other gifts that are just as kind and thoughtful. My advice is to give to people during times when it is least expected, when a person is in need of something nice. A simple smile or even a get well card is a perfect gift that is both appreciated and inexpensive.

Now, when I walk downtown and hear musicians play on the streets, I always donate a dollar or two because I feel that the musicians have guts to play in front of everyone. It is a way of thanking them for gifting me with their musical talent.

As Anne Frank once said, "No one has ever become poor by giving."

Health care reform bill is pro-Democrat

BY CHIESEA THOMAS

For years presidents and members of Congress have fought to create a wide-ranging system of health insurance. President Obama has stated that his main focus is on improving the health system.

The latest scandal has erupted regarding the health care issues. As of Nov. 7, the health care bill (also known as the Ten Year Plan) passed the house vote, meaning the government is now able to obtain citizens' votes.

The bill is said to be 230 pages long. Contrary to popular belief, the bill does not require citizens to purchase insurance. In addition, it does not ban against insurance companies denying coverage to people with pre-existing medical conditions.

"We have been praying that our leaders in

Washington put aside partisan politics and work together to make health care more affordable for their families," said Rev. Frederick McCullough of St. John African Methodist Episcopal.

Anti-abortion Democrats believed that the country should strengthen prevention in the bill against federal funding of abortion.

"You know as well as I, ladies and gentlemen, that killing human babies by abortion is not health care," said Congressman Chris Smith of New Jersey, the chairman of the House's Pro-life committee.

This is a bit harsh but anyone who has read anything that Smith has to say knows that he means business at any cost.

Currently, the bill requires that people qualifying for financial assistance would have to use their own money to get abortions. However,

legislators are considering a straight forward approach against the use of federal funding for abortion.

Smith said that barring federal funding of abortion has been the status quo for the Medicaid programs. Some people just don't understand that we shouldn't be putting people on trial for their actions.

The Capps Amendment, proposed as a "compromise", does three key things: allows abortion-covering insurance plans to receive government financial assistance, establishes a government-run insurance plan that must cover abortion and requires all U.S. regions to offer at least one abortion-covering health plan.

The bill does not address whether illegal immigrants would be allowed to shop for insurance within a new purchasing exchange.

Predictor elections

BY MATT VONDRASEK

Last Nov. 3 were the first national elections since 2008. The only major seats open were several congressional and two governors' offices. Although not many seats were up for possible changes, the elections were considered important because they reflected the popularity of the recently elected president. His popularity will be needed to help pass reform in Congress and the nation.

The two major seats that were up for grabs were the governor's offices of Virginia and New Jersey. In Virginia, Republican Bob McDonnell won the election with 58.61% of the popular vote against Democrat Craig Deeds.

Although the outcome only affected the state of Virginia, the vote reflects the changing popularity of the newly elected president quite poorly because in 2008 the state voted for Obama, a Democrat.

In New Jersey, Republican Chris Christie defeated incumbent Jon Corzine by carrying 48.5% of the popular vote, compared to Corzine's 44.9%.

Many Democrats argue that this race cannot be considered a victory for Republicans because Independent candidate Chris

Daggett split Corzine's vote. Republicans disagree with this, saying that Daggett stood on a conservative platform.

In Maine, voters rejected a proposal to make gay marriage legal in the state. This came as one of the first big rejections for gay and lesbian groups.

Many Democrats are saying that conservatives are putting too much emphasis on these elections. They also say that these elections don't reflect the president's popularity as much as Republicans say they do.

This may be a valid argument, but the president Obama's approval ratings have slumped from what they were earlier this year.

According to Gallup Polling, the president's approval rating currently sits at 49%, down 20% from this past January.

In comparison with other recently elected presidents, this rating only one year into his presidency is quite low.

A year after George Bush was elected President, his approval rating was at 86%. Reasons for the slide in President Obama's approval rating include the war in Afghanistan, the economy and the ongoing healthcare debate.

Plastic trash cans

BY MATT VONDRASEK

When I arrived at school Monday morning, I was greeted by a new face. Don't worry, Central doesn't have any new students. It was a trash can.

Now you may be thinking, does this guy seriously have an opinion on trash cans?

Well yes, I seriously do. If you haven't noticed yet, Central has all new trash cans in the hallways. Now I don't know about all the other students, but why did the school get new trash cans? Was there something wrong with the old ones? They looked just fine to me. The old ones also matched the building. The new ones just stand out like big black blobs against the tan walls.

Junior JJ Barrata commented on the new trash cans, saying, "I like the fact that you can throw stuff in from any side."

Now, all this really does not matter to me. What bothers me is

the school bought new trash cans when there were perfectly good old ones. Couldn't the school have spent that money on something more useful?

Most of the social studies classrooms still do not have projectors mounted to the ceilings. The school could purchased and installed projectors and saved teachers the hassle of tripping over cords and adjusting the projector to fit the screen every class period.

The school could have used that money for new computers, smart boards or white boards. There are many more educational aids that the school could have bought which would have helped the teachers, students and the student's learning.

Now it might not be that big of a deal to some people but if the school wastes money on new trash cans, what else is the school spending money on that students do not hear about?



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Homeroom should be taken out of daily schedule

BY EMMA MINCER

A few years ago, homeroom was separate from first hour class at Central. The fifteen minutes before class was homeroom; teachers used that time to give the class time to wake up, finish any homework, and read the daily announcements. Now, homeroom is an unproductive six minutes added to the end of first hour.

In most homeroom classes, the teacher hardly ever has a chance to read the announcements. Six minutes is just too short when you have to hear the intercom announcements and recite the pledge. Most of the time, I feel very uneducated about what was going on in the school.

Many students are very bright but with first hour coming before homeroom, their minds tend to not be fully awake and have trouble focusing. This leads to suffering grades and

unhappy parents. If homeroom were to be added before first hour for 10 to 15 minutes, students who are not morning people would not be so tired for class. They could be more awake and attendance would be more accountable.

"Well you have the students miss valuable teaching time," said Jimmie Foster, a geography teacher at Central. "I would rather have them miss announcements than valuable teaching time."

Homeroom was moved because students were missing homeroom (as if that is a bigger deal than missing part of first hour). However, the people who changed homeroom to the end of first hour for six minutes did do something beneficial. Switching the time of day that homeroom was added helps some students.

Some people prefer homeroom right where it is because

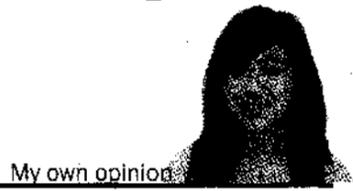
it gives them a few extra minutes to finish up any last minute questions on a test or finish writing the last sentence or two to a paper. I see the logic, but if one is busy at another task, then he or she is not informed about the activities that are going on.

"[Having homeroom] at the very beginning of the day means you can focus on getting to know the students and not worry about your class work," said Foster.

Others may argue that teachers will get to know their students as the year progresses, but I think that teachers get to know their students better from his or her personality rather than the work that he or she must put forth.

If one had the opportunity to have a homeroom in the beginning of the day, the students as a whole body would be better focused on school and less on the desire to sleep the class away.

H1N1 flu pandemic over exaggerated, free vaccines still beneficial



My own opinion

A column by Mckenzie Kerr

In June 2009, the H1N1 flu was declared a global pandemic by the World Health Organization. Everyone seemed to be freaking out. I for one, was not so concerned.

Originally called the swine flu, the virus was renamed H1N1 flu because of bad association with pigs.

The symptoms of the flu are similar to an ordinary case of the flu. Infected people have a fever, cough, sore throat, diarrhea and vomiting.

The one main difference is that the H1N1 virus spreads extremely quickly and easily. It also carries a higher death rate than other seasonal flu.

An influenza virus was first recognized in the Spring of 2009, which was later identified as the H1N1 flu.

People became curious if there would be some sort of vaccine to prevent this "horrid" thing from attacking its victims. Soon enough, wah! A vaccine was offered for just that.

The Metro Area's first flu clinics were only for high-risk patients, such as pregnant women, infants, childcare workers and people with chronic health problems. I definitely feel that it was a good decision to have the shots limited to high-risk patients. Who needs to be more protected than someone with a higher chance of casualty? That's right, no one.

The Metro Area's high schools got clinics as well. Central High School was one of those schools. I completely agree with the decision to give the shots at high schools. Not only were these places local to neighborhoods, but the students got the shot for free.

At first I was a skeptical of the shot. I figured I did not want to get the shot until after the rush for them died down. Then after Central got a clinic, it seemed reasonable to just go ahead and get one. My list of pros was a lot longer than my cons. A few of my top pros would include no ridiculous wait, nothing coming out of my pocket and a quick and overall painless procedure.

When the shot originally came out, I was appalled that some had to wait in line for up to three hours. Although it made sense for high-risk patients rushing to get the shot, the wait was definitely not worth it. I mean, in all honesty, the shot was helpful and preventative, but not good enough to waste precious time in a line.

Since the students in high schools were able to come in

during the school day and get the shot, they did not have to worry about wait. Although I am pretty sure that some students received the vaccine to avoid class for a half a period.

The nurses giving the shots all seemed friendly and got the students quickly through the line. The shot itself was pretty fast and at first painless. After a little wait, my arm did become a little bit sore. Do not let the potential half hour of pain hold you back from getting the shot though!

The last advantage from the shot is that the shot was given on the school campus during school hours. Parents only had to give their consent and not their time. If the shot was before or after school hours, I feel that the amount of kids getting shots would have gone down. The students were pulled out of class for about a maximum of 15 minutes.

I was curious as to the amount of students the nurse had seen. She told me that it actually differed from school to school. Some schools took more advantage while others did not. I was surprised. I expected to hear that most of the nurses were swarmed by students at all high schools. Apparently, that was not the case.

Overall, the shots being available in high schools are a great opportunity to get one. I would definitely give a thumbs up to taking it. I mean, who does not like the word free? It's a good preventative measure, and I wouldn't let indifference stop me from getting the shot.

LETTERS, E-MAILS, FAXES, POLLS, CARTOONS

Is it fair for schools to extend the school year because of snow days?

Winter break is long enough

Dear Editor,

I think that winter break is definitely long enough. Two weeks is plenty of time to celebrate the holidays and have a break from school. I think if the break were any longer, it would just be more difficult to go back to school.

Celeste Robinson (12)

Extra days won't help curriculum

Dear Editor,

I do not believe [extending school] is right because we go to school for more than half a year. What is a few days going to do to the curriculum?

Venice Washington (12)

Longer break is a must

Dear Editor,

I think Central should have a longer winter break because we have had a very big test and need a break from everything, get some rest and start back fresh.

LaVona Morrison (9)

School year shouldn't be extended

Dear Editor,

I don't think the school year should be extended. The weather is something that's out of our control and we should have a school year schedule that accommodates that.

Danyelle Pechar (12)

Perfect amount of time off

Dear Editor,

I believe Central has a perfect break. It is not too long or not too short. It gives people (students) time to travel with their families for the holidays.

Sarah Wright (12)

Extension is waste of time

Dear Editor,

Extending the school year to me would be a waste of time. It's not the students nor the teachers fault that it snowed so we shouldn't have to suffer.

Jaidin Ross (9)

Dear Editor,

Yes, I think it is fair because the days they add on are just days that we took earlier. The winter snow may give us a day off, but that day was just one from our summer break.

Mykal Ramsey (10)

Dear Editor,

I do not think the issue is fair. Extending the year deals with having and interfering with students summer plans and vacations.

Matthew Koehler (12)

Dear Editor,

I think it is not fair. I feel this way because we go to school a certain amount of time, and we get our breaks a certain amount of time. Just because the weather gets in the way of school days doesn't mean that we can't still get our work done before our breaks. So in my opinion, it's not fair to extend school days into break days.

Jasmine Godbolt (10)

LETTERS TO THE EDITOR WANTED

Letters to the editor are gladly accepted in room 029, via e-mail to Central.Journalism@ops.org or can be placed in Ms. Parker'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.

Central is a safe environment

Dear Editor,

I do feel safe at Central. I have no enemies, I'm friends with a lot of people, and my bubbly personality draws in more.

Jazmyn Burbine (12)

Students shouldn't miss vacation

Dear Editor,

Extending the school year just isn't fair. People have trips and stuff planned after the last day of school. I know I do. If they extend it, that ruins plans I have for sure.

Ashley Buckman (10)

Fights are small and controlled

Dear Editor,

I feel pretty safe. Fights aren't that big and are usually controlled.

Tania Abundis (10)

Extension depends on amount

Dear Editor,

I suppose [an extension] really depends on how many extra days they add on. If it were like three or four days, I wouldn't mind, so it's fair.

Justyce Payne (11)

Slightly longer winter break needed

Dear Editor,

I feel O.P.S. should add another day to the winter break by getting rid of the Friday [during] finals week because it is unnecessary.

Tyler Hamilton (10)

Extensions are unfair

Dear Editor,

I believe that it is incredibly unfair to extend the school year because of a large amount of snow days occurred. Some students have other obligations in the summertime, such as work. It is not the student's fault that the weather cancelled school.

Molly Anderson (12)

Security helps Central feel safe

Dear Editor,

Of course I feel safe at Central. Our security is great and people pay attention to any uprising of bad behavior so that it's controlled and doesn't turn tragic.

Olivia Trummer (11)



Alex Tran
Editor-in-Chief



Emma Mincer
Executive Editor



Indya Walden
News



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