

Central High Register

Student's mother a former classmate of Hillary Clinton

By Kelly Roberts

"My experiences with Hillary Clinton are truly meaningful and I am sure that she is one college mate I will never forget."

Lindsey Miller-Lerman, mother of Jeremy Lerman, senior, and judge on the Nebraska Court of Appeals, attended college with Mrs. Clinton and has maintained a friendship with her ever since.

Ms. Lerman-Miller and Mrs. Clinton attended college at Wellesley College in Wellesley, Mass. They met because they were both political science majors and shared several classes together. Ms. Lerman-Miller graduated in 1968, a year ahead of the first lady.

"Hillary was an extremely brilliant student," said Ms. Lerman-Miller. "In contrast, she had to work very hard. She just seemed to have a true ability for the law."

The next time their paths crossed was in 1985 at a conference held in Little Rock. Hillary told me about her

marriage to Bill and about Chelsea, and I told her about Hannah and Jeremy, my two children. This conference really gave us a chance to renew our friendship, since we really hadn't talked since college at Wellesley," said Ms. Miller-Lerman.

In 1988, Mrs. Clinton was heading up a committee for the American Bar Association. Mrs. Clinton asked Ms. Miller-Lerman to speak before the committee.

Three years later in August, 1991, Ms. Miller-Lerman was reunited with her friend again, at the 8th Circuit Judicial Conference. This conference gave a chance for Mrs. Clinton and Ms. Miller-Lerman to meet the other's children. Mrs. Clinton brought 11-year-old Chelsea and Ms. Miller-Lerman brought her older daughter Hannah and Jeremy Lerman. The Lermans and Clintons had brunch together and discussed what was going on in each other's lives.

"I think I would have been more intimidated, sitting next to

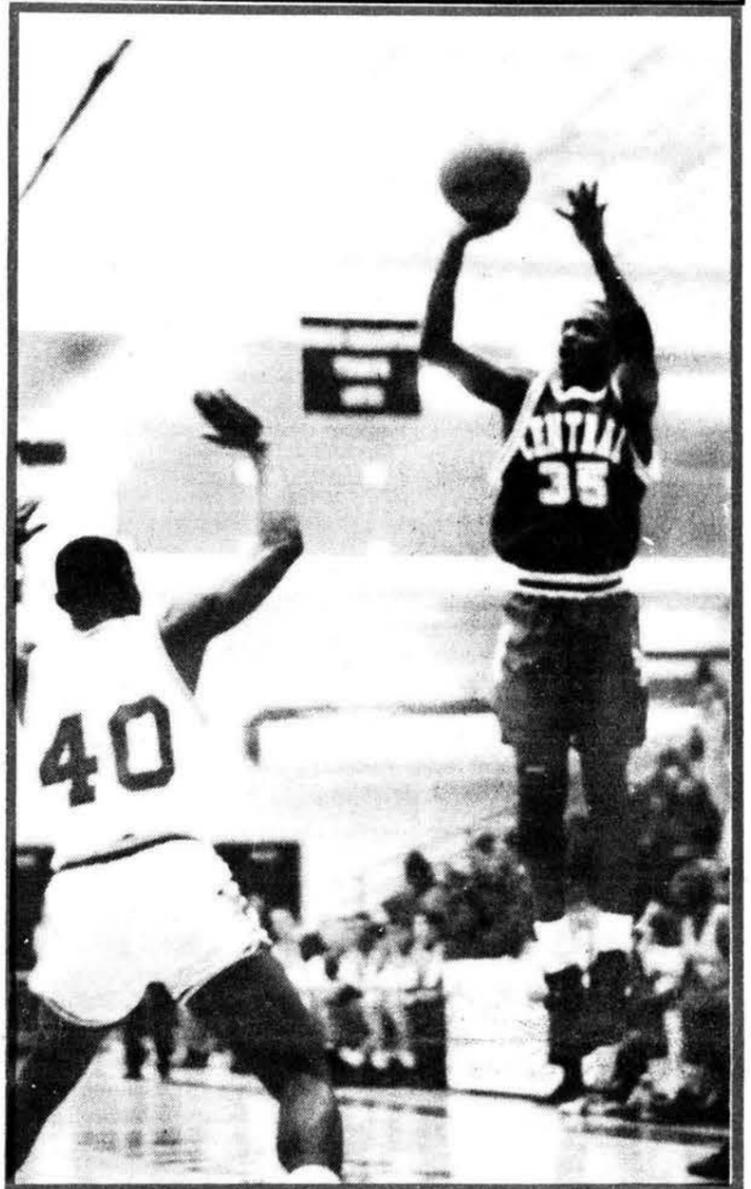
Mrs. Clinton, if they had been more nationally recognized. But at that time they were only politically known throughout Arkansas, and Bill hadn't declared his nomination for the 1993 presidential election," said Jeremy.

"Both Chelsea and Mrs. Clinton were extremely friendly. Chelsea seemed to be your average 'pre-teen,' and didn't boast that she was the first child of Arkansas, let alone to be the first child of the White House," said Jeremy.

The next time that Ms. Miller-Lerman met up with the Clintons was during the Inauguration week.

I thought it was funny because when I gave her [Hillary] a hug to commend her on their status, the secret service men went ballistic," said Ms. Miller-Lerman.

"I really think that she is a fantastic woman. She is extremely strong-willed and knows exactly what she wants and how to get the job done," said Ms. Miller-Lerman.



Lift off: Eddie Smith, junior, soars to make a three pointer at the game against North February 19. The Eagles finished their season with a 10-8 record with the win. Photo by Tim James.

Central conquers at competitions

Decathlon achieves second at state

By Cy Zauner

On Saturday, February 20, the Central Academic Decathlon team competed in a state competition at the University of Nebraska at Omaha. The team finished second in the overall competition with many individual medal winners.

"We were a little disappointed that we didn't win state, but overall the team was really pleased with our performance," said Mary Campbell, senior. Central came in second to Papillion-La Vista, which won state last year. "They (Papillion) are really tough, but we competed well with them," said Mary.

The team competed in 11 different categories: essay, social studies, economics, math, science, fine arts, language and literature, two divisions of science, humanities, interview, and speech. The teams are divided into three levels based on grade point average.

The team ended up with 31 individual medals including six gold medals, ten silver, and fifteen bronze. Michael Rolfeigh, senior, who won four medals, including a medal for the overall scholastic

division, said, "I was a little disappointed in my interview score, but very pleased overall. I was a little upset we didn't get to go to nationals because now we don't get to go to Pheonix."

Junior Brandon Steenson won a bronze and a silver medal in each of the science categories. He said, "I could have done better if I would have worked more." Brandon placed third overall in his division.

Mrs. Dee Kovaric, team sponsor, was pleased with the team's performance. She said, "We went up against a very tough group of teams, and to place second is excellent."

Other gold medal winners were Mary Campbell in speech, Sarah Rennard, senior, in humanities. Silver medal winners were Kristen Perry, junior, Sydney Foster, senior, Mary Campbell, Vanessa Strazdas, senior, and Kristy Kune, senior. Bronze medalists were Mindy Drake, senior, Sydney Foster, Matt Pattison, senior, Kristen Perry, Michael Rolfeigh, Sarah Moss, senior, and Sarah Rennard, Vanessa Strazdas, Brandon Steenson and Mindy Drake.

Art department takes most Scholastic awards in state

By Judy Engler

"This is the seventh year in a row that Central students have received the most awards in the state at Scholastic art awards," said Mr. Larry Andrews, art department head.

Out of all the entrants from Central, 12 portfolios and 19 gold keys were sent to New York to compete. 12 silver keys were also chosen for state competition. According to Shannon Malone, senior, Central received 13% of all keys awarded in the state.

The competition is set up into four divisions. The portfolio entries must include at least eight different pieces, but they may also be entered for keys. The winning entries are then sent to compete in New York. The gold key is a very high honor and the pieces are sent to compete in New York. The silver key is also a high honor and the winners compete locally in the state competition. There are also people awarded honorable mentions. All pieces

will be shown from the eighth to the eighteenth of February in Lincoln.

The portfolios that were chosen for art are: Shannon Malone, Erin Morris, Marcie Langfeldt, Melissa Chambers, Tye Thomas, Monica Brasile, Genisa Zaremski, Juanita Barajas and Karen Williams, seniors.

Out of all the gold key art winners, Shannon Malone was the only one to receive two gold keys.

It is very seldom that freshmen are chosen to receive a key. Two freshmen from Central were selected: Victor Mora and Sarah DeWitt. Although they are entered in a separate level, the junior high level, very few are chosen. Sarah won two silver medals and her art will be displayed in Lincoln.

In photography, Central took most of the awards. Three students' portfolios were chosen to be sent to New York: which are Kristy Kun, Chris Becerra, and Andrea Davis, seniors. Seven gold keys and five silver keys were awarded.

Inside

Wrestlers Jason Brilz, senior, and Demetrius Richards, senior, win first and second place in their weight classes, respectively, at State Wrestling. See page 15.

Students cope with eating disorders. See page 7.

Unsigned articles are the opinion of the Register staff

Discussion of abortion, homosexuality crucial to Human Growth class

In 1986, several community and religious leaders met with local educators and parents to combat the rising problems associated with youth sexuality by creating a curriculum for sex education in the Omaha Public Schools. While this task force successfully devised a thorough and meaningful curriculum to deal with the pressing issues of teens pregnancy, sexually transmitted disease, AIDS, general human sexuality and substance abuse, it undermined itself by neglecting to address the more controversial issues of homosexuality and abortion.

Declaring that these issues were too sensitive for treatment in public schools, the task force prohibited teachers from mentioning them in class, unless introduced for discussion by a student. Indeed, discussion of these issues is almost inevitably complex and difficult, but they are issues that are too important to ignore.

For two decades, Americans have tried to ignore the moral and social questions associated with these two issues. Today, however, the time to face these issues head-on has come. More and more, Americans have been forced to deal with the reality of homosexuality since the rise of the AIDS crisis and the active gay rights movement.

As modern scientific evidence proves that homosexuality is, in large part, natural and genetic, rather than a disease or mental illness, the nation must begin to discuss it openly to encourage toleration toward homosexuals and their lifestyles. Moreover, Human Growth

and Development classes ought to attempt to teach about homosexuality in class so that gay students can also benefit from the knowledge that the class provides.

The issue of abortion, also, is too important to be left out of a meaningful discussion of sexuality and birth control. Much of the nation is absorbed in the abortion debate — a debate that can only be resolved with rational and tolerant discussion.

The Omaha Public School's Human Growth curriculum relies heavily on free and open discussion of sexual matters. The gag rule restrains this exchange and destroys the curriculum's success.



Energy tax necessary for deficit reduction

Bill Clinton has settled into the White House and is beginning plans for reform of the United States budget for the next four years. One of the top items on his list seems to be the yearly deficit. Among the latest proposals he has given for the reduction of the deficit is an energy tax.

The energy tax includes five different plans: a gasoline tax, oil import fee, carbon tax, sales tax, and a Btu tax. All of these may be approved for use throughout the United States, but individual taxes from the five main ones may be selected. It is not a necessity that they all are used. Congress and Senate may approve any or all of these. Any one of the taxes could produce a 10 billion dollar revenue per

year to reduce the 350 billion dollar plus yearly deficit.

We at the Register support the Btu tax in particular. This tax is a measurement in British thermal units that would be levied on the nation's fuel producers. A 12 cent per million Btu would generate a \$10 billion increase in the nation's revenue. This breaks down to \$2.3 billion from natural gas, \$4.1 billion from oil and \$1.1 billion from nuclear energy and hydroelectric energy.

The deficit is a large problem that will have to be faced by young adults in the next few years. It is already at a ludicrous level, and soon the deficits will be too large to ever pay back. It is necessary that our

generation starts taking steps to reduce the danger the debt poses.

The Btu tax could add somewhere around 10 billion dollars per year to government's revenue. This would include taxing gasoline under the oil section of tax. This would allow us to start taking responsibility for a debt that could be drastically out of hand.

We believe this is a wise approach to reducing the deficit. We give President Clinton support on this issue and encourage the passing of this proposal in the House and Senate. We recommend the Btu tax for its goal to reduce the deficit. It is our responsibility to accept the burden of this tax for future success.

Should Human Growth and Development classes include discussion of homosexuality and abortion?

YES - 67%

NO - 16%

UNDECIDED - 17%

108 STUDENTS POLLED



"Yes, kids should know all of this. They don't know about the dangers and the facts of homosexuality."

-Olivia Armenta, Freshman



"No, it's morally wrong."

-Scott Abboud, Sophomore



"Abortion should be because it's a type of birth control. The teachers are there to relay information, not to give opinions."

-Michelle Queen, Junior



"No, it's too personal for school. It should be discussed with family."

-Jason Hastert, Senior



"Yes, because it is a way of life. It's a part of society that we need to talk about."

-Charles Williams, Security Aid



"Yes, it's a part of life, just like multicultural education is an important part of life."

-Mr. Galus, Teacher

Scholarships, jobs and questions of equality

By Mike Watkins

By Kelly Roberts

If you're anti-affirmative action then think up a better plan to make America equal. Reverse-discrimination should be your last argument against affirmative action. Comparing discrimination to reverse-discrimination is like comparing a great white shark to a guppy. They're both still fish, but one is a slightly bigger problem than the other.

Once had a teacher tell me, "You can 'what if'... from now till eternity and only two things will happen. You'll get old. And you'll still be 'what if-ing.'"

What if we lived in the ideal society?

Our educational system wouldn't be selectively focused from a European perspective. The Good Ole Boys wouldn't be running America. We could all feel safe in our homes. Everyone would feel included as a part of American society. Racism and prejudice wouldn't exist, and affirmative action programs wouldn't be necessary.

I remember hearing a speaker say, "You advance yourself despite racism." These are words every minority or woman had better take to heart.

Jane Bolton wrote in *A Plan for White Men*, "There has been an affirmative action plan for white men in this country for 200-plus years, and look where it got [America]."

The average middle class black family is still poorer than the average middle class white family. Affirmative action plans made the black middle class possible.

Without affirmative action, a pool of skilled and talented minorities and women could be passed over because of their race or gender.

Women and minorities that have acquired positions through affirmative action have proven beneficial to their families, communities, and country.

Minorities and women have climbed and scrambled over giant barriers placed in their way by society and the Good Ole Boys.

Affirmative action isn't just a handout to some underprivileged, underqualified individuals. Those individuals have to work twice as hard as white men to prove themselves. America may no longer be legally separate, but it sure isn't equal.

What would the ideal society owe women and minorities? The answer would have to be nothing.

What does today's unequal society owe women and minorities? How about the chance to work twice as hard to prove they earned the position they received.

From the inception of this country, America has always striven to establish unlimited freedom and endless equality for all.

Despite its numerous mistakes in the past, America has always attempted to progress in the future. Since its dawning, Affirmative Action has hindered the dream of equality.

I believe that originally the intent of Affirmative action was to help end discrimination against minorities in the job force and higher education.

This is to be commended, because who can deny the amount of prejudice that lingers in America.

However, I strongly feel that people should be judged based upon their ability and potential as a human being, not as a member of a particular race.

The problem with Affirmative Action is that sometimes it excludes highly qualified individuals simply because they are not a minority.

There are several situations where Affirmative Action defeats its purpose and actually discriminates against other races.

Many times, Affirmative Action lessens the credibility and self esteem of minorities because it assumes that jobs and scholarships are given on the basis of skin color instead of the individual's ability.

It is high time that America stops setting different standards for different people.

If we ever hope to succeed as a united nation, we must allow blacks, whites, Asians, Hispanics and every other religious and ethnic people to have equal opportunities, in every sense of the word.

After 200 years it is imperative that every man, woman and child get past seeing the race, sex, or religion of another, and judge on the basis of the character of that person.

Realistically, it is understandable that laws like Affirmative Action are needed to protect the rights of minorities.

But idealistically, America will never cross this bridge unless we take a stand as a people, for our people and then maybe:

"Here on the pulse of this new day
You may have the grace to look up and out
And into your sister's eyes and into
Your brother's face, your country
And say simply, Very simply
With Hope

Good Morning."

-Maya Angelou

forum

Absolute Uncertainties

by
Thad Domina



The nation's Money God demands significant and painful sacrifice

For centuries, the term sacrifice struck fear into the hearts of many. I conjured up images of virgins tossed into volcanos in dramatic ritual to appease powerful and angry gods. Today, Americans are being called upon to participate in a new sacrifice ritual, in a desperate attempt to satisfy the only truly American divinity — the Money God.

For the last decade, the Money God has vented its anger at the U.S. A small, manageable national debt has become the Monstrous Deficit, scaring frightened consumers away from the marketplace. It has stolen jobs and inflated prices as it continually punishes Americans from their selfish ignorance of its great power. The Money God has become so angered that it threatens to destroy American prosperity and upset the lifestyle that the U.S. has long enjoyed.

Obviously, this oppressive god must be pacified. Pure ritual will not solve the problem, however. The election of a new high priest, Bill Clinton, makes little difference to the Money God. Likewise, simple changes and

symbolic reforms will do little to stop its reign of terror. The Money God demands sacrifice from all Americans. It will not be appeased until Americans stop constantly working to help themselves and start expending effort for the common good.

“ Americans are being called upon to participate in a new sacrifice ritual in a desperate attempt to satisfy the only truly American divinity — the Money God. ”

Americans must be willing to sacrifice to abate the Money God's anger. Those in government must no longer surround themselves in excessive luxury. The wealthy must stop dodging their responsibility by abusing tax loopholes. The middle class needs to begin to accept higher taxes. Those who are poor must no longer live off government programs. Together, we all must welcome fundamental economic

reform. When we make these sacrifices to the Money God, we need to understand that it is not the only god that will demand satisfaction. The fact of the matter is that we have come a long way from the human torture and animal sacrifice practices of ancient civilizations, but we still have not outgrown the need for sacrifice.

We still have to appease gods of race, morality, apathy, poverty, and violence. In fact, as long as we remain in society, the need for these minor sacrifices will continue. Today's sacrifice is as painful and as necessary as sacrifice has ever been. Society relies on this selfless offering as heavily as primitive societies relied upon their ritual offerings. This exchange of lesser values and freedoms for the more fundamental values and freedoms guaranteed by social order is essential to society.

Humankind always has been forced to sacrifice to make society possible. We probably always will. Today's necessary sacrifice, to appease the Money God, may be more painful than most but it is, at the same time, more important than most.

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Send letters to the Register, room 315

news BRIEFS

Teacher encourages environmental letters

Mr. Gary Kubik, Central biology teacher, has changed from the age-old practice of having students write term papers. He has his honors biology students write letters to top political figures.

Mr. Kubik requires his students to send a letter to the president, a congressman or a senator stating their opinions about a current ecological issue.

"I got the idea from the various organizations I belong to," said Mr. Kubik. "These groups send me newsletters telling me of ecological crises. I urge my students to help prevent them."

New student council members elected

Freshman and Sophomore students voted for candidates to the Central High Student Council on February 2.

The winners receive a spot on student council, which meets seventh hour with sponsor Mrs. Judy Storm.

New freshman members to student council are Olivia Armenta, Nadia Blazevich, Jeff Driscoll and Tanya Watzke.

New sophomore members to student council are Amanda Ondrick, Jill Petersen, Kyle Small, Cate Townley, Esperonsa Riveria, Cindy Halley, Tamika Mills, LaToya Prince and Cindy Rivera.

Students picked for piano competition

April Hartman, senior, Nick Kammerer, senior, Andy Kammerer, sophomore, and Robert Teply, sophomore, were invited by their teachers to participate in the annual Young Artist Scholarship Competition sponsored by the Omaha Music Teachers Association, February 13, at UNO.

Students participate in this special event by invitation only. Students are chosen to participate on the basis of their demonstrated excellence in performance on their instruments.

"We played a piece in front of a judge and the judge picked the best. Unfortunately, none of us were the best," Robert Teply said.

Senior takes part in annual Honor Choir

On Saturday, February 6, April Hartman, senior, took part in the annual Hastings Honor Choir. The choir includes a chorus, band and orchestra. April was the only person to be accepted this year. "Only two students auditioned this year. I really enjoy it and I wish more people would audition because it is a really great experience," April said.

The choir consists of 100 participants, the band has 100 and the orchestra has 25. It is a three-day event that April said is "extremely fun."

By Judy Engler, Daniel Franck, and Wendy Revers

Central 'not liable' for students' items

By Alex Cooper

"I went to my locker before 10th hour and made sure I closed my locker," said Sarah Moss. "When I came back, my ski coat was stolen and my bag looked as though someone had gone through it."

Sarah's father talked to Mr. Paul Semrad, Central administrator, but he said that there was nothing the school could do. Mr. Semrad also said that the police could not do anything about it. After talking to her administrator twice, Sarah had her locker combination changed.

Sarah said, "I won't wear a nice jacket to school again." She recommended that people not put anything valuable in their locker. Sarah wonders what the school is liable for and why they do not report such incidents to the police.

"The school can't be responsible for items stolen out of lockers or classrooms. If we were, where would the requests for restitution end?" said Dr. G.E. Moller, Central principal. He said that Central would probably run into dishonest people who would claim that something of theirs was stolen when really it was not.

Dr. Moller said that the locks are kept in good shape and Central has a security system. "We still have theft; it is a chance we all must share," said Dr. Moller.

Sarah Bowen, junior, is another student who had something stolen from her at school. She said that she was standing up at a lab table in chemistry and looked over towards her desk and heard a girl drop change into her pocket that she had taken out of Sarah's purse.

Sarah looked in her purse later and saw that everything had been rearranged. Sarah said, "I didn't care because it was only fifty cents or so." Sarah told her teacher, but she is not sure if he ever did anything about it. Sarah is more careful with her belongings in class now.

Debbie Spencer, senior, had her wallet stolen from her locker. She had placed her purse in her locker during play practice and went down to her locker the next day and saw all of her purse contents spread over the floor. Her wallet was gone.

Debbie talked to Mrs. Georgeson, drama teacher, and Mr. Hausman, art teacher, but they said nothing could be done about it. Debbie talked to the cast and asked for her wallet to be returned, but nobody ever did. "I don't carry my wallet in my purse anymore," said Debbie. She said that people should keep their belongings with them because they do not know what could happen.

Many other people have had items stolen from them at school. Fran Anania thought that she had just lost her purse, but then one of her friends saw someone else with it and returned it to her.

Sara Egger, junior, had her wallet stolen from her during class. Someone told her who did it so Sara told the teacher. The girl returned Sara's wallet back in without the 30 dollars it had contained.

Midterm Schedule:

Mon., March 15: English, Reading, Drama, Drafting, Business

Tue., March 16: Science, Art, Home Economics, Math

Wed., March 17: Social Studies, Music, ROTC, P.E., Foreign Language

Black culture brought to Bennington school

By Jacob Slosburg

On January 18, Martin Luther King, Jr. Day, eight African-American Central students travelled to Bennington High School in Bennington, Nebraska, to inform the all-white high school of their black heritage.

Seniors Tristaine Dawson, Rachael Newsome, Yolanda Smith, Damien Falkner, Stephanie Moore and DDA Taylor, along with junior Leondra Middleton and sophomore Khareth Bartee attended the event.

Mrs. Nita Merrigan-Potthoff, English teacher, arranged for the program, along with Bennington's administration.

The racial makeup of Bennington High is more than 99 per cent white. The high school has approximately 250 students of whom the only minorities consist of two Hispanics.

The principal, Mr. Ron Boner, commented, "The decision to hold school on Martin Luther King, Jr. Day was decided by a committee which I was a member of. We decided that students would not really celebrate in the true spirit of Martin Luther King, Jr. We figured students would just go to the malls or do something they enjoyed. So instead, we gave the students an extra day off during spring break."

Many topics came up during the discussion. Tristaine Dawson said that she commented on interracial relationships. Leondra Middleton said she asked if any of the students had been to areas heavily populated by blacks.

Leondra also said that one Bennington student asked her how she felt about attending a school with so many different races. Leondra responded, "It doesn't bother me at all. In fact, it is important for people to understand other races."

Rachael Newsome said that some of the students had stereotyped blacks as being good athletes, though she as well as Tristaine confessed of stereotyping Bennington residents herself. Tristaine said, "Before the assembly I thought of them [Bennington students] as hicks or

farmers."

Mr. Boner thought that the event went really well. "Students felt real good about it [Martin Luther King Day assembly]. They were nervous at first and couldn't understand why we were bringing black students to our school."

Kristin Boe, a senior at Bennington High School, said she had reservations before the event. "I thought the whole day would make us look naive," she said. After the event she stated, "I really like it. It contradicts my opinion, but it turns out really nice."

Jesse Laible, also a Bennington student, had some concerns prior to the event. He said, "I went better than expected it to, but I think it makes the black-white issue even more of an issue."

Central students also thought the event was a success. Damien's initial reaction was positive one. "They were

pleased to see us. I was nervous for a little bit, going to an all-white high school. They [Bennington students] asked some decent questions. They wanted to know how we felt about discrimination and cared about how we lived."

"At first I just went as a spectator. I was a little nervous at first, but the students engaged in a lot of conversation. They communicated really well and it turned out to be a good experience," Leondra said.

The assembly ran from 8:15 to 10:00 a.m., and from 1:00 to 3:15 p.m. The day's agenda was composed of the activities: a speech on the importance of multicultural education by Mr. Galt Sather, a Bennington social studies teacher, a dramatic presentation of prejudice by Brian Bopp, a speech by Eddie Staton, co-founder of MAD DADS, a discussion between Central's African-American students and Bennington white students, and a history of the African-American heritage sung by the UNO Gospel Choir.

Mr. Boner said he plans to continue emphasizing multicultural education at Bennington High School. "Next year we would like to do it on a broader scale. We would like to include more minorities and hope to host an additional workshop on the Hispanic heritage."



OPS bans prayer at graduation

By Kelly Grace

On Wednesday, February 10, the OPS school board and the Omaha District Legal Council decided against all forms of prayer during high school graduation ceremonies. According to the new policy, which will take effect this year, prayer, invocations and benedictions will not be allowed during any school sponsored graduation ceremonies.

"Towards the end of the year last year, a lawsuit was filed by someone who took great offense at a prayer offered up at one Omaha Public School's graduation ceremonies, and we would like to avoid that happening again," said assistant superintendent of OPS Dr. Gary Bennett. According to Dr. Bennett, the school board has received very little reaction

from people about the recent controversy. "Anyone who would like to provide input into the situation can write a letter to the secretary of the board of education," said Dr. Bennett.

"I have no strong beliefs about prayer at graduation. I believe in the separation of church and state and that it's really an individual matter to be taken care of individually," said Central teacher Dan Eck.

Many students disagree with the new graduation policy. "Where do you draw the line? Pretty soon the word 'God' will be considered profane. We've had assemblies this year where religion and God have been brought up and no one complained. I just feel that this policy is an infringement on the students' rights," said senior Buffy Hooper.

"Pretty soon the word 'God' will be considered profane. -Buffy Hooper"

Locked doors cause problems

By Anna Thomas

The first girls' soccer practice of the year for seniors Jaimie Luckritz and Lisa H... were faced with a problem that many students never want to be associated with.

They were locked inside school. This was a result of the administration's attempt to take more security measures after school hours. After 4:30, certain doors are locked in order to maintain safety. This includes the doors connecting the north and south sides of the buildings.

Although specific doorways are supposed to remain open, Jaimie and Lisa found themselves locked in the hallway by the loading dock on the north side of the building.

The two girls said they watched a custodian lock all the doors, not thinking they would not be able to leave. Luckily, while they were contemplating escape through a loading dock window, a teacher arrived and rescued them with a key.

This is not the only problem that students have had. During a boys' soccer conditioning session, a few team members were running outside. They stayed out

too late and were not able to get back in for their clothes or bags. They were let in when a fellow student happened to see them outside the west entrance.

Craig Lee, senior, often has to come up after school hours for various activities. "When I want to come in after school, I

“**When I want to come in after school, I have trouble finding an unlocked door.**”
-Craig Lee, senior

have trouble finding an unlocked door,” he said.

Craig said that once when he left his physics book at school, he had to try almost every door in order to retrieve it. Craig doesn't disagree with the new procedure, but he says it is "inconsistent" because the same doors are not always locked.

"They should designate which doors are going to be unlocked and keep them unlocked," he said.

Charles Williams, security aide, said the main reason for this new procedure is "just to tighten up security."

Mr. Williams thinks that the positive aspects of the locked doors outweigh the complaints. "It [the locked doors] creates a safer environment for the students and faculty," he said.

Dr. G.E. Moller, principal, had a similar opinion. "It's going to inconvenience some people... but sometimes things like that have to be done to protect people and property," he said.

Dr. Moller stated various reasons for the new procedure. "We just have too many unsupervised young people in the building... when they do not belong [at school]," he said. "We have vandalism periodically and theft periodically, and we're trying to reduce these concerns." Dr. Moller also mentioned that occasionally a couple is found behaving promiscuously after school hours.

As for solving the problem, Dr. Moller said, "It's an experiment. I don't think it will solve the problems, but I hope it will lessen the problems."

Marketing takes DECA districts

By Matt Truesdell

Central High DECA members took top honors at the All-Metro DECA District competition held January 23 at Southroads Mall.

The team of Tommy Huey, Meghan Stanek, Megan Burnett and Jason Hui, all seniors, won first place in the quiz bowl competition.

Seniors Karen Williams, Hope Nguyen, Carrie Howard and Jeremy Mincks also made it to the quiz bowl finals.

Mrs. Alice Bunz, business head, said that judges at the contest told her that the competition was stiffer this year than in the past.

For this reason, Mrs. Bunz is exceptionally proud of the students.

13 Central students won their individual competitions.

The individual rounds covered topics such as advertising, hospitality and tourism, and petroleum marketing.

Two written tests and a role playing event that deals with problem solving determine the individual winners.

Students winning first place medals in the individual competitions were seniors Hope Nguyen, Meghan Stanek, Meg Allen, Jason Hui, Jon McDonald, Nicole Goldenstein and Tommy Huey, and junior Jennifer Cunningham.

Second and third place medals went to seniors Mary reilly and Jerad Miller, and juniors Briana Hooi, Anna Thomas and Cassi Otto.

Briana, who won second in the General Marketing, Master Employee Level competition, said she was proud because, "we work really hard to prepare and when we win, it makes it all worth it."

Mrs. Bunz is optimistic about the state DECA competition this spring. She said that 600 students compete at the district level and only 900 compete at state.

This means that most of the people who compete in state compete in district also.

For this reason Mrs. Bunz feels that district is a good indicator of the team's ability.

Junior Jennifer Cunningham, who won first place in General Marketing, Master Employee Level said, "Winning my division gave me the confidence in myself I'll need for the state level."



Photo by Mike Buckley.

"We cannot forget what we are celebrating today, just because the month ends." This statement was made to Central students by Dr. Maurice Tate, principal of Flanagan High, at the black history program.

The Central High Black History Program was held on February 10. The program showcased the achievements of African-Americans throughout the years.

The Central High Gospel Choir performed gospels and other works written

By Daniel Franck

by African-Americans. Other highlights included a dance routine and a dramatic performance.

Dr. Tate was the keynote speaker for the assembly. His speech told of the history of African-American and the struggles they are faced with in today's world.

Karen Williams, senior and one of the student coordinators, said that she "liked the speaker" although she was backstage and missed most of the speech.

news BRIEFS

Foreign language and art teamed up to present fair

On January 28, the foreign language and art departments teamed up to present the Foreign Language/Art Fair. 450 parents and students attended.

"We had 'living pictures' by the Latin and Spanish students and elementary teaching by French, Spanish, German, Russian and Japanese students. There were historical characters roaming through the crowds and singing and dancing in foreign languages.

Foods from several different countries were made by students and parents," said Miss Rita Ryan, Latin teacher.

"[The fair] was a huge success. It is getting bigger and bigger every year. I was pleased with the interaction between my students and Mr. Hausman's art students," said Miss Ryan.

Debate trips hurt by bad weather

Over the past month the Central High debate team has been experiencing weather difficulties. The storms which affected the Mid-west have also put a major hamper on the plans of the Central forensics team.

Two tournaments have been cancelled due to adverse weather conditions. One of these was a "major engagement" in Watertown, SD said Chris Raffensperger, junior and debate team vice-president. "We were disappointed, but we hope the money we saved can be used for some future tournaments," Chris said.

The debate team traveled to Hastings, Norfolk and Fremont this year. In addition to traveling the Eagle debate team held a tournament at Central over the weekend of February 5.

Honor Society sponsored potluck

National Honor Society's potluck dinner was held February 9. "We invite National Honor Society groups from other Omaha schools," said Mr. Bob McMeen, director of guidance and NHS sponsor.

Ralston High School attended the potluck, but no other schools did.

Band Boosters to hold pre-Road Show dinners

Band Boosters plans on having two dinners before Road Show. They will be held March 5 and 6 from 5:30 to 7 o'clock. Adult price is \$3.00 and children under 10 are \$2.00 for tickets, which can be purchased from band students, said Mrs. Linda Pederson, president of the Band Boosters.

By Laura M. Dunham and Cy Zauner

Successful fundraising helps band achieve goals

By Katie Cleary

For the last couple of years, band has been actively fundraising for many purposes. They are doing seven fundraisers this year in order to reach their goals.

From May 7-9, 75 band members will go to Colorado Springs to compete in the Cavalcade Competition, which is a regional band competition. This is the first trip that the band has taken since 1977, sixteen years ago, said Mr. Peter Wilger, band teacher. This trip is one of the fundraising purposes.

Every year, band fundraises to pay the salary of additional marching band staff. Since last fall, marching band has had a percussion specialist, a flag corps coordinator and a rehearsal assistant.

Band hires this extra staff because of the size of the band, Mr. Wilger said. The band has 105 members and so it is "pretty hard to get it done the way it needs to be done" with one teacher, he said.

Fundraising also helps to purchase music, percussion instruments, musical equipment and other supplies that the OPS budget does not allow for.

Fundraisers done so far this year

include five bake sales at the basketball games, t-shirt sales, steak, pizza, mylar balloon and gift check sales. Band parents help fundraise by running a concessions booth at Lancer and Racers games at Aksarben. Gift checks are books of coupons, similar to a Pleasure Pac.

Band Boosters is a group of parents that helps organize these fundraisers and run the concession booth. Band Boosters is the "reason why we are able to do a lot of fundraising," said Mr. Wilger.

The purpose of Band Boosters is "to support students in the band; to bring unity to band students," said Linda Pedersen, president of Band Boosters, along with her husband, Larry.

Mr. Wilger said that the only way the band is able to go on the trip is because of the Band Boosters. They do "the behind the scenes work," he said.

Band Boosters runs the general fund account for the band and handles all money involved with the fundraisers, said Mr. Wilger.

Ideas for fundraisers come from the Band Boosters, said Mr. Wilger. Mrs.

Pedersen said that they have "brainstorming meetings" to come up with ideas.

Jill Pedersen, junior and band member, came up with the idea to sell mylar balloons for Valentine's Day. "The school I went to in junior high sold balloons so I thought we could do it here," Jill said.

To run the concession stand at Aksarben, Mrs. Pedersen said that she tells parents that "it's a lot of fun" to "get to know a lot of parents" while running the stand.

The concession stand needs 10-12 parents for Lancer games and 8-10 people for Racers games. She said that they receive 10 percent of the total profits made from the concessions, plus tips. She said that earnings vary, but some nights they make \$200.

Mrs. Pedersen said that right now Band Boosters is trying to "get more parents involved" by "getting the word out to parents." She said that they have a newsletter that informs parents of what is going on in band.

Mrs. Pedersen said that Band Boosters are "building the foundation" right now. She said that eventually she wants Band Boosters to have enough people involved so that it isn't time consuming for anyone.

Before a couple of years ago, Band Boosters "had gotten to the point where they were pretty inactive," said Mr. Pedersen.

"I think the important thing is the Band Boosters are involved more than the past," Mr. Wilger said.

Mr. Wilger added that Band Boosters have "increased the amount of money in the band account."

He said that he had "recognized the benefits of having parents involved" with band, from his last school. He said that when he came, Band Boosters was "very involved, but they "wanted to be organized" to help with fundraisers.

"I wanted to see it happen... it worked out," Mr. Wilger said.

Mrs. Pedersen said that they have "great parents that work with us."

Mrs. Pedersen said that one reason why she is so involved in Band Boosters is because her daughter is in band. "The student puts...time and energy into band [he/she] should get something out of it. We feel our kids gave enough to school that, as parents, if we get behind then we could really get this thing [Band Boosters] going," she said.

Newsweek features OPS policy

By Jacob Slosburg

OPS high schools were recognized in the February 15, 1993, issue of *Newsweek* magazine. The article titled, "Be Careful What You Ask For—In Omaha's schools you get what you choose" informed students of the district's successful school-recruitment plan. Dr. G.E. Moller, Central High principal, was quoted in the article along with principals from other area high schools.

Dr. Moller was surprised when Mrs. Winnie Callahan, district spokesperson, called to tell him that Todd Barrett, reporter and author of the *Newsweek* article, was coming over to interview him.

Dr. Moller also said, "I talked with him [Mr. Barrett] for about an hour. He wanted to know some history and asked me if the desegregation plan was working well. I told him it is a necessary feature of urban schools."

Dr. Moller was quoted twice in the article. Once as saying, "This is not like what I was told in teacher's college. We went to school to be educators, not salesman."

Dr. Moller went on to say, "I would rather like it [school recruitment] not to exist and would prefer for students to attend neighborhood schools. However, I do believe that integrated schools are well-worth what we have



Dr. Moller reads *Newsweek*

had to go through in school recruitment."

In the story, Michael Casserly who is with The Council of the Great City Schools referred to Omaha as "urban education's gem in the middle of the prairie." He was also quoted as saying, "Omaha is now the stop for most people looking around for new ideas. They're known as one of the nation's top-drawer urban public school systems."

Overall, Dr. Moller said he was very pleased with the article. "It was an opportunity to sell and endorse the desegregation/integration program."

Schedule changes affected by many different factors

By Rachel Kozol

Mr. Bob McMeen, Central guidance head, said that varying class procedures to drop classes depend upon the teacher, the course's significance, the student's present standing in that class and counselor and parent advice.

Mrs. DeeDee Kovarik, Central math instructor, said students can easily be misplaced within the different mathematical levels. "Placing students can be very tricky." She added that student transfers complicate this.

"I have no difficulty dropping students who were clearly misplaced," Mrs. Kovarik said. She also recommended that students stay consistent in their math and foreign language classes due to their consecutive teaching format.

Mr. Dan Daly, English department head, said that Central's size benefits the dropping and adding procedure. "We have such a large enrollment so there isn't usually too much trouble with switching students." His A.P. English class is the one course that does not switch its students at semester since the curriculum schedule differs from the other senior English classes.

But Mrs. Kovarik said that she sometimes requires her passing students to talk to either her, their counselor and

parents, or math department head, Mr. John Waterman, before dropping. The process depends on the student's situation in her class. "A parent note is the first say," she said.

Mr. Daly agreed with this procedure. "We want to get misplaced students out as soon as possible, but we also want to consult with them," he said.

Carey Ishii, senior, was unable to drop A.P. calculus after her situation was discussed between Mrs. Kovarik and her mother. "The process is very frustrating," she said.

Petra Eccarius, junior, encountered no difficulties in dropping A.P. world history and changing to the regular class. But she said that the curriculums differ greatly. "A.P. is a lot more challenging and demands a lot more of your life," she said. "I virtually had no free time if I did all my assignments."

The process, though, can be more difficult for students who change from regular to honors classes. Mr. McMeen said that the student's grades must be qualifying and that the teacher and department head's permission must be given.

"This usually works out," Mr. McMeen said, "because the process can be rather difficult and the student must put forth a lot of effort."

Central, Burke call possible 'truce' over fights

By Kristen Perry

Rivalries between students from different schools are nothing new. Neither are the fights that spring up. But lately, many Central students have found themselves in fights with students from Burke High.

Joe (names have been changed), a senior, said that, for him, the fights were a "personal issue." He said his ex-girlfriend, with whom he is still good friends, attends Burke. He said her new boyfriend treated her badly, and Joe talked to him "kind of nastily."

However, Mike, also a senior, said that he fought because he was carrying on the legacy of a former Central student. He said the former student "hated Burke 'punks'."

At the Burke/Central basketball game this year, Joe said that "a lot of taunting"

was going on from both sides. Joe and his friends were thrown out of the game. After the game ended, several Burke students threatened Joe and his friends with baseball bats.

Mike said that he and his friends were sledding at Memorial Park when several Burke students showed up. Mike said he felt the students were infringing on "Central's territory." He said he wanted to start a fight. The Central students fought with the Burke students, and the Burke students left.

Another fight occurred at a local Subway. Some Central students, including Joe, walked into Subway and found some Burke students eating there. "We started fighting right there in the restaurant," Joe said.

The manager asked them to leave, and the students went outside. "We were still fighting, so the Subway people called

the cops. We left," said Joe.

"The police never came," said Joe. However, Mrs. Bernice Nared, Central administrator, did call Joe to her office after the incident at the basketball game. She told Joe that the fighting and threats needed to be stopped.

Joe said that nothing has happened between Burke and Central students "for about a month. We pretty much called a truce," he said.

He thinks the fights are "pretty much over." However, he did say that the students "might bump heads if we meet at a party or something."

Mike said he probably would fight the students again if he "wasn't going to get caught but not if I wouldn't get away with it."

"I'm not going to provoke it anymore," said Joe. "It's just not worth it... it's dumb," he said.

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Students cope with eating disorders

By Julie DeWitt

They strike dancers and gymnasts. Wrestlers and jockeys. Models, cheerleaders and those who have the uncontrollable desire to be thin through whatever sacrifice—even death.

Eating disorders have become yet another disease some people have to worry about. Like alcoholism, eating disorders begin as just a habit that worsens over time and can eventually become life-threatening.

Ms. Sherrie Jorgensen, guidance counselor, attended a seminar in Lincoln about eating disorders, led by Mary B. Pipher, Ph.D. She learned about the signs and treatment of several of the most common eating disorders.

Compulsive overeating

One type of fairly common eating disorder is compulsive overeating. Ms. Jorgensen described the compulsive overeater as "out of control." A compulsive overeater will consume large quantities of food usually in private. "Typically the problem is due to issues they're dealing with in their personal life. It's a way of coping," she said.

Ms. Jorgensen said that overeating becomes a problem when "that's all you think about. When you think to yourself 'What can I eat when I get home?', when you become obsessed, you know there's a problem," she said.

Anorexia

Another eating disorder that is often serious is anorexia. Anorexia is typically a female disease. It is an intense fear of gaining weight," Ms. Jorgensen

said. Some effects of being anorexic include having no appetite, having a fine hair growth on the skin called lanugo and having a body weight so low that the body's defense against losing heat is almost nonexistent.

Potentially fatal

There is a very high fatality rate with anorexics because the body burns muscle before fat. Anorexics usually die from cardiac arrest. "Anorexia runs in families," Ms. Jorgensen said.

Of all of the eating disorders, anorexia is hardest to treat. Anorexics will usually have to be hospitalized for physical as well as mental problems. The typical anorexic has a very competitive personality. "They are usually perfectionists and their parents are perfectionists," Ms. Jorgensen said. Anorexics bring up weight and food all of the time in conversation.

Bulimia

Bulimia is another type of eating disorder that can be a part of or result of anorexia. "Bulimia is similar to alcoholism," Ms. Jorgensen said. Ms. Jorgensen said bulimics binge and then get rid of the food by vomiting, taking laxatives or exercising compulsively. She said that when bingeing, bulimics will "shovel" food into their mouths. They will later develop a noticeable line down the back of their throat from pushing their fingers down their throat to make themselves vomit.

Ms. Jorgensen said that bulimics don't look skinny. "They look like you and me. That's why they're so hard to detect," she said. "You may not know that your friends go home and do this

unless they tell you."

Jennifer (all names have been changed), junior, used to be bulimic. "It got to the point where I was throwing up after every single meal," she said. Jennifer said that her doctor discovered that she was bulimic during a visit where she was being tested for mononucleosis. "He asked me if I was on a diet and I told him I was. Then he told me I had lost more weight than was normal—a lot more than was normal."

After noticing other signs of bulimia, Jennifer's doctor recommended a psychologist whom she began seeing shortly after her visit. "She made me realize what I was doing to myself—physically and mentally," she said.

After-effects

Jennifer is no longer bulimic but has had a few after-effects. "I had to wear a retainer for awhile because my teeth were pushed forward from throwing up. Also, my stomach is really sensitive to spicy foods now, so I can't eat them," she said.

Mr. Gary Kubik, wrestling coach at Central, said that eating disorders are "common in a number of wrestlers." He said that they are not necessarily common in Central wrestlers.

"I will confess that there are wrestlers here who try the quick-fix methods," he said. Wrestlers tend to dehydrate themselves or do "bulimic things."

Ty Sievers, junior, wrestles for Central. "I don't eat the day before I wrestle. I dehydrate myself," he said.

If a person has an eating disorder, he or she should seek help as soon as possible.

Numbers to call if you or someone you know has an eating disorder:

UNMC..... 559-5524

Eppley Treatment Center/Lutheran Medical Center 536-6800

Lutheran Family Services.... 342-7007

Overeaters Anonymous 341-7716

Better Body Shop-Children's Hospital... 390-5616

Operation Bridge.... 346-7100 or 496-4777

Women's Health Connection..... 390-5555

Twins alike, yet different

By Michelle Chandler

When many people hear the word "twins," they envision two people who look, act and talk alike. However, the real lives of most twins are nothing like they appear on television.

According to senior Seth Noseworthy, he and his identical twin brother, Nels, are far from being the best of friends. Seth said that when he and Nels were younger, they enjoyed each other's company, and that they "used to get in trouble together." Now their relationship has changed and they do not get along as well.

Marla and Corrie Suverkrubbe, juniors, both said that having a twin has many advantages and disadvantages. They both said that one big advantage is that they always have someone to talk to.

Marla said that she shares things with Corrie that she may not always want to tell her parents. Corrie said that she and Marla both go through experiences at the same time because they are the same age, and that they can not only share problems that may occur at school or with friends, but also problems within their family.

Marla and Corrie both said that, while they are best friends, they argue a lot, but always about "stupid stuff." Corrie said that she and Marla are often mistaken for good friends, rather than sisters, because they look so much different from one another.

Juniors Kelly and Cathy Moyer said that there are many advantages to having a twin sister. Kelly said that she and Cathy are best friends and that they do nearly everything together, including work. Both are employed at Baker's supermarket.

Kelly said that, every once in a while, she and Cathy go to work dressed alike and wear each other's name tags, just to see what kind of reaction they receive. Cathy said that she and her sister have traded classes with one another. She said that she has gone to Kelly's class, and Kelly will go to hers, and usually most of the students know that they have switched but the teacher does not notice until the end of the class.

Kelly and Cathy said that one disadvantage to having a twin is that people tend to think that they want to be together all the time, and they invite both Kelly and Cathy to things, as if they "were a package."

Charles Muffly-Cunningham, junior, has a fraternal twin brother, Nicholas, who goes to North High School. Charles said that he and his brother share many interests, such as playing the cello. They also share the same tastes in music.

Charles said that he and Nick have gone to separate schools since they were in the sixth grade. Charles' mother encourages him and his brother each to be his own separate person, which is part of the reason that she wanted them to go to different schools. Charles believes that attending different schools has helped his relationship.

Bel Canto brings 'beautiful singing' to Central

By Matthew Truesdell

The halls are alive with the sound of music. And if it is fourth hour, the music is probably coming from the Bel Canto Singers.

Central's newest music group, Bel Canto, is a different type of choir. For one, the group is only open to girls.

Mr. David Finch, Bel Canto instructor, believes that this makes the group unique in the Omaha area.

He says that Ralston High and some other schools have all girls swing choirs but that he knows of no other school with a girls-only

singing group like Bel Canto.

"Having an all girls choir is special," said senior and member of Bel Canto Shani Brantley.

for beautiful singing, has 14 members from all four grade levels. Singers won a place in the choir by auditioning. This is the

first year it has been offered.

Mr. Finch says that Bel Canto is experimental, but that "it's working pretty well." He says the singers do a good job and called them a "fun group" to direct.

Singers in the group agreed.



No guys: Bel Canto members practice. Photo by Mike Buckley.

Bel Canto, which is Italian Shani said that Bel Canto is more

fun than other singing arrangements. She also complimented the instruction in Bel Canto.

Junior Monica James said, "I think the group's good because we work well together."

The variety of music performed also makes Bel Canto different. According to Mr. Finch, the choir sings many different types of music. Popular and classical music is sung in the class. This is part of the appeal to the singers.

"Bel Canto is music we like. Our voices blend," says Monica. She says that music in A Cappella Choir is mainly chorus music and that Bel Canto is attractive because of its variety.

The singers in Bel Canto also would like to do more concerts. The choir has performed twice, once at the winter concert and once at Jefferson Elementary School.

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From annoying to disgusting; students have variety of habits

By Anna Thomas

What is something that almost all people have, but many people won't admit to? Bad habits! Luckily, the Register staff found a few bold people willing to share their bad habits, as gross and disgusting as they may be, with the rest of the school.

The habits that many Centralites have range from the annoying to the really disgusting. Stefanie Huff, junior, has a habit that is common among students and people everywhere, but she is not ashamed.

"I bite my nails and I'm proud of it," Stefanie said. Stefanie said that the reason she does this is because she participates in several sports and gets nervous. She says she has tried to stop by painting her nails, but that nothing really works.

Molly Tworek, sophomore, has another habit that is a

little less common. "I talk in my sleep," she said.

Although it doesn't directly affect her, she said it bothers her sister because they share a room.

Molly said that the worst problem that she has to deal with is that she will answer any question her sister decides to ask her while she is asleep, and this can get her in trouble. Another difficulty is that there is really nothing she can do to stop it.

Brian Kiel, junior, says that he frequently steals peoples' lunches. He said he does this "because I am hungry." Brian said he only does this to friends, and that "they forgive me eventually." He has no plans to try and correct this habit.

Aaron Tye, junior, has a habit that is slightly more dangerous. "I drive recklessly," he said. "The speed limits are really dumb, so I feel like I'm going too

slow," he said.

Aaron said it bothers his parents because he is on their insurance. "The object of driving is to take your life in your hands," he said.

As the interviews continued, the habits ranged from the everyday to the disgusting.

Dave Rayer, a junior, has a bad temper and considers this a bad habit. "I punch the walls," he said. Dave said he does this "to let out pressure so I don't hurt anyone." Although this doesn't bother Dave, he says it upsets his parents "because of the cost of repair."

Senior Jessie Lawrence's habit is belching, although she doesn't consider this habit to be a bad one. "I belch because it's natural . . . it makes me feel better."

Buffye Hooper, senior, commented on Jessie's burping. She said it wasn't that bad, "but she could be a little quieter."

Quality of students' homework

By Alex Cooper

Homework is an important part of high school, but many students procrastinate when it comes to doing it.

Libby Broekemeier, sophomore, is one Central student who procrastinates when it comes to doing her homework.

"I have other things to do," said Libby. She said that she sleeps instead of doing homework and that she often waits to do her homework in study hall.

Libby said, "I always get it done at the last minute. I know that I will

get a bad grade if I do not do it."

Libby said that her parents expect her to get good grades because they know she can do it. "I get bad grades sometimes because I do my homework so quickly," said Libby.

Brian Wilson, junior, said that he procrastinates when doing homework most of the time. He said that he often works late and doesn't always have time to do his homework. He eventually does his homework even if it means turning it in a day late.

Brian said that doing his homework early would allow him

Bad

Some students see cheating as

By Alex Cooper

Students introduced with only a first name have had their names changed to protect their anonymity.

Some students will do anything to get a good grade. Students at Central have different reasons for cheating and different ways of doing it.

"Everybody does it," said Jeff, a student at Central who cheats.

"I cheat because I'm too lazy to study for the test or because I don't understand the material," said Jeff. He was caught cheating once and given a zero on the test, but this has not stopped him.

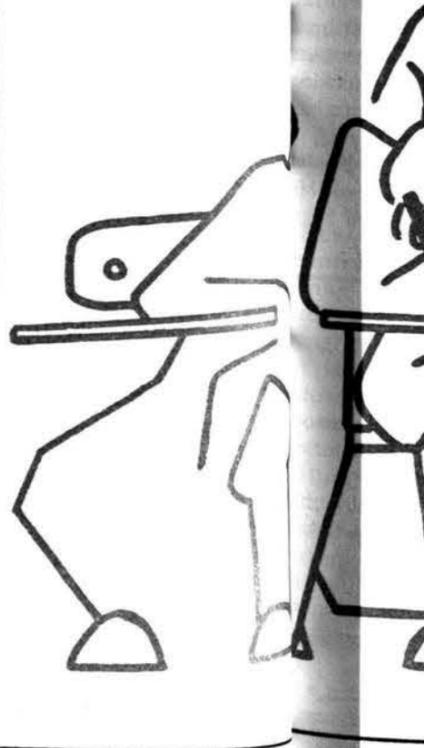
"I cheat in every class. I feel guilty about cheating when I cheat on a big test," said Jeff. He uses several methods of cheating. He writes answers on the desk, makes cheat sheets and has even gone so far as to steal an important test from a teacher.

Jeff added that he never writes on his hand as other students do. He said, "I'd get a lecture from my parents if they found out, but they wouldn't care."

Alex Yale, sophomore, has not cheated since his teacher caught him with a cheat sheet in eighth grade. He said, "The teacher came up to me and said, 'What's that between your legs?'" "It was so dramatic and that's why I never cheated again," said Alex.

Alex said he did it because he did not feel that the teacher had given the class a fair chance to study for the test, so he felt he had to do something. He said that he does not feel guilty about what he did.

Ralph, senior said that whether he cheats or not depends on the class. "I study for more important subjects and don't have



time for the others," said Ralph. He said that he does not understand math and so he sometimes has no choice but to cheat. Ralph feels no guilt when he cheats.

Ralph got caught cheating in first grade. He said that the teacher embarrassed him by telling the class that they had caught a cheater and that it was him. The last time Ralph got caught cheating was in eighth grade.

Ben, Central sophomore, cheats a lot of different ways. He said, "I write under my watch on my hand and then I partially wipe it off so in case the teacher asks what it is, I can say that it's from yesterday."

Ben said that he usually does not even look at what he

Students voice reasons for drug, alcohol use; others are drug-free

By Anna Thomas

Students introduced with only a first name have had their names changed to protect their anonymity.

Everyone has seen the statistics and the after school specials. Everyone knows that drugs and alcohol are bad for your health and are potentially fatal. So why do many high school students continue to engage in these activities?

Students drink alcohol for many reasons. Sue, sophomore, said "It's a way to have a good time . . . I tried not drinking one weekend and it was boring." Sue said she drinks at her friends' houses and gets alcohol from older friends.

Molly, sophomore, said she drinks every weekend "for a little more excitement." She said she gets most of her alcohol from her older brother.

Although many students drink frequently, many are also

involved with drugs. According to interviews, the most popular drug that Central students use is marijuana. LSD was second, and several other drugs, such as speed, heroine and cocaine have been experimented with.

Most of the students interviewed strongly disagree with the negative image that drugs have. John, junior, has done research on drugs and their affect on people.

"They're safe if you know how to use them and stay away from the hard stuff," he said. John smokes pot about once a week and has dropped acid.

In John's opinion, "Alcohol is a lot worse." He said that marijuana "is too often confused with the harder drugs that do real damage . . . marijuana and LSD have been used medically."

William, senior, said, "Today's fascist society creates too many problems with which my young mind is too unprepared to deal with, so I

drink beer and smoke buds weekly." William also defended marijuana by saying "nicotine is more addictive."

Christopher, junior, said, "I do pot and acid, and I've tried cocaine once." He said, "I think drugs expand your mind more than school . . . you can learn more spiritually in one trip than one year at school."

Chris said he doesn't drink very often because he's heard of "more bad experiences with alcohol than drugs."

Junior Ian Barnes does not drink or do drugs. "I don't do drugs because it is against my religion . . . but personally, I just don't like it," he said.

Danielle Eames, junior, said, "I just wasn't brought up that way." She refuses to drink alcohol or use drugs because "I don't want to ruin my life."

Danielle said that her morals were set before many schools and television programs came out with their anti-drug and alcohol messages.

mark suffers from procrastination

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n looks at the book. "I

could do better, but I never will," said Scott.

Donald Dodge, Central freshman, said, "I procrastinate big time. I put [my homework] off so far that I usually race to get it done right before it's due, but the teacher usually catches me," said Donald. He said that his dad tells him to do the best he can and that he wants him to get a good education. Donald said he sometimes does his homework in classes that he likes, such as ROTC, ahead of time.

Dr. Shawver, Central English teacher, said, "A fair number of

students tend to procrastinate." He said that some students won't turn in their assignment one day, but will bring two assignments the next.

Dr. Shawver said that some reasons students procrastinate might include not having enough time due to work, extra-curricular activities or doing other more important subjects first. He also said that some students just "don't feel like doing it."

Dr. Shawver said he has become less "procrastination prone" over the years. He believes that a teacher must be organized.

Tobacco users ignore the consequences of the habit

By Julie DeWitt

Students introduced with only a first name have had their names changed to protect their anonymity

"I picked up the habit in little league," said Chris, junior, about his habit of chewing tobacco. "It was peer pressure," he said.

"At first I was always against it," said Joe Armetta, senior, about his habit of smoking. "I was always stressed out and my friend would say 'Here, have a cigarette.' It brought me back down," he said.

Chris said he chews tobacco "eight times a day—in the morning, before school, after school, in my spare time and when I'm just plain bored." Chris said that he is not worried about getting cancer as a result of his habit, but "it's come across my mind a couple of times."

Joe said that his habit did not start out that way. "When I bought my first pack, it lasted me two or three weeks. It gradually went up to a pack a week, then a pack a day. Now it's about a half of a pack a day," he said.

Some Central students have their own opinion on their classmates who smoke. "I hate walking through the smokers in the morning. They must be really desperate," said Jessie Lawrence, senior. "It doesn't bother me (when people smoke), if they're not in a twenty mile range," said Fran Anania, junior.

"I would like to commend Charles for moving the smokers across the street," said Jared Miller, senior.

Gary, senior, said that he began chewing tobacco when "a friend

of mine offered me some and I tried it." Gary said that he only chews tobacco "every once in a while" so he is not concerned about getting mouth cancer. "If I did it regularly, I would be," he said.

Carl, senior, said that he started chewing tobacco "on a debate trip." Carl currently does it "two to three times a week." He is not worried about cancer either. "If I did it every night I would be," he said. Tim, also a senior, said that he picked up the habit from a friend as well. Tim is not concerned about getting cancer. "You only live once," he said.

Ann, junior, is a smoker, but she is trying to quit. "I've been smoking since I was a freshman. All of my friends smoke now, too," she said. "Now I want to quit, but I can't." Ann said that her parents know she smokes and that they have "kind of gotten used to it, but they want me to quit, too."

Kelly, senior, says she only smokes "when she drinks, which is kind of a lot." Kelly said that she is "not hooked on it." Kelly said she is not worried about cancer right now.

Many students admit to having tried cigarettes, but a lot do not smoke regularly. Most said that they do not smoke in school but will have a cigarette before or after school. Central prohibits the use of cigarettes and tobacco products on school grounds, but according to some students that does not discourage the habit.

"The bathrooms always smell so bad," said Jenny, a sophomore. "I don't think the school is doing enough to keep smokers under control," she said.

Habits

ing as easy way out



formulas." She makes a cheat sheet and hides it in her calculator. "I feel guilty every once in awhile when I do really well on a test," said Julie.

Julie said that she does just as well as others when she cheats, not better. "I don't make it a habit," said Julie, "my mom would ground me if she found out."

"I've cheated on geography and once in French," said Kelly, freshman. He does it because he doesn't study for the tests.

Kelly said, "Most of the time I feel guilty after cheating on tests." He made a cheat sheet for French and looks at other people's tests in geography.

Kelly got caught cheating in first grade and got a zero on the test. He said that

his mom would "kill" him if she found out. "I haven't cheated in awhile. It feels good when you do it on your own and you know that you know it."

"I think most students are honest," said Mary Wilmoth, business teacher. She believes that peer pressure and some parental pressure cause some students to cheat. However, Mrs. Wilmoth said, "Students know that cheating is wrong."

"I think they shouldn't get credit for their work [if they cheat]," said Mrs. Wilmoth. When Mrs. Wilmoth catches someone cheating on a test, she gives him or her a zero for that test. She feels that everyone can make a mistake that they regret afterwards.

When it comes to nutrition, many Centralites choose junk, not health

By Julie DeWitt

Many teens do not eat a well-balanced diet. A lot of them either skip meals, eat too much junk food or just eat too much, period.

Dani Kennedy, junior, admits to not eating a good diet. She doesn't eat breakfast, but she can cook "simple stuff." Dani said that she believes the school provides adequate meals because "they usually have the four food groups."

Tim Langan, sophomore, said that his main reason for not eating right is a lack of time. Tim said that he doesn't have much time for breakfast. "I just eat a granola bar," he said. He says there are few foods he doesn't like and that he "can actually cook" but that he never does.

Tim said that he eats out about four times a week on average. He likes Taco Bell "because it's cheap," and he prefers Burger King over most other fast food restaurants.

Marni Speck, senior, said that she eats well "for the most part." Marni likes to cook food such as lasagna and spaghetti. "I don't eat that much red meat because I don't like it," she said. Taco Bell is also her favorite as far as fast food restaurants go.

"Of course I do," said Cassie Swisher, senior, about eating a good diet. "I don't eat very much

meat because I was raised vegetarian," she said. Cassie doesn't drink pop either, but prefers "water or mineral water." Cassie said that she did not always eat enough. "I'm very health-conscious now. I realize that you feel better when you eat," she said.

"I can't do anything unless I eat breakfast," said Monique Peterson, sophomore. Monique said that she eats all meals and that she can cook. "If you give me the recipe, I can cook it," she said. Monique said that the only real problem with her diet is that "I eat too much junk food."

Herb Hartman, sophomore, said that he does not eat what he considers a well-balanced diet because he would rather eat at McDonald's.

Ric Fenton, senior, adds vitamins to his diet in order to get the nutrients and minerals he doesn't get from his food. Ric eats at Subway because he feels it "has the four food groups." Ric eats breakfast if he has time because "I used to never eat breakfast, but then I would feel tired and hungry by midday, which prevented me from reaching my full potential," he said. Ric's cooking ability is limited to the microwave in which he can cook "French toast and pizza."

Sara Gilbert, freshman, said that her diet is actually pretty healthful. "I always have fruit and crackers

and cheese (for lunch) and I don't like pop," she said. "At home I eat vegetables all of the time." Sara doesn't go to fast food restaurants all that often. "Once in a while I'll go to Wendy's for their salad bar," she said. Sara feels that her cooking abilities are also very limited. "If you give me a box that says 'Macaroni and Cheese', I can cook it for you," she said.

Ian Barnes, junior, said that he doesn't eat enough. He feels his diet is nutritional though because "my mom makes all of my food," he said. As far as eating fast food goes, Ian prefers Little King because it's the "most balanced meal."

Tommy Huey, senior, said that his diet is lacking because he doesn't have the time to eat right. "I don't eat breakfast or lunch," he said. "I've lost five pounds this year." Tommy likes to eat out and bases his selection of restaurants on "wherever I am, whatever's convenient at the time," he said. Tommy said that he cooks "minimally" because "I'm too lazy." One reason he doesn't cook is "I don't want to clean up," he said.

"I eat anything. There are no restrictions on my diet," Tommy said. "I eat too much junk food and sometimes I don't get enough from each of the four food groups, but I'm still in great shape. I'm still functioning well," he said.

in his hand or elsewhere. that he memorizes most of writing it. Ben cheats in talking to the person who to him, even though he the second seat from the

Jerry said he cheats on k and tests. He said, "I why I cheat." He said, are and I don't feel guilty." eats by looking on other tests.

senior, has never been cheating but if he was and found out he thinks mad.

Julie, Central junior, only one particular class. "I cheat in trigonometry I can't remember all the

Students deprive selves of sleep

By Katie Cleary

"Last night I got an hour of sleep, tops." This statement is not an unusual one for teenagers. A poll of 106 Central students found that on the average, 56 percent of all students polled get five to seven hours of sleep on the weeknights. 48 percent of polled students go to bed between 10 and 11 p.m. It takes polled students anywhere from five minutes to one to three hours to fall asleep.

"Most teens require in the neighborhood of seven to 12 hours of sleep a night," said Darrell Conrad, coordinator of the Sleep Disorder Center at University of Nebraska Medical Center.

Sleep Deprivation

However, Mr. Conrad said that most teens do not get this much sleep because a great number of teens "sleep-deprive themselves" by staying up late. Mr. Conrad said that it is okay for your body to be sleep-deprived for a while, but then it will start catching up to you.

Boz Hicks, senior, said that he does not get enough sleep. "I think I need more sleep. It doesn't work... on four hours a night of sleep," he said.

Todd Coniglio, senior, agreed. Todd said that he does not get enough sleep because he has "too much in my schedule. I'm too busy [to sleep]."

Mr. Conrad said that the best way to help yourself get enough sleep is to experiment around to find out the needed "amount of sleep at night that allows you to not fall asleep during the day."

Then, he said, you should pick out a bed time and a waking time and "adjust your schedule accordingly."

"A simple way to gauge" if a person gets enough sleep is if the alarm clock is needed every day to wake up, said Mr. Conrad. If you need the alarm clock, then you "probably don't sleep enough," he said.

Mr. Conrad said that he goes to bed at nine o'clock every night and wakes at six. He said that if he stays on this schedule,

he does not need his alarm clock. When he alters his cycle, he needs his alarm clock.

Weekend Syndrome

"It's usually Sunday nights that I can't go to sleep. With my busy schedule during the week I don't sleep so I catch up on the weekends and then I'm not tired Sunday night," said Tracy Norfleet, senior.

A routine in which students "go through the week on a regular schedule, stay up late on Friday, sleep in on Saturday, stay up late on Saturday, sleep in on Sunday" is something that Mr. Conrad calls the Weekend Syndrome. On Sunday night,

Conrad said. This is what makes it difficult to fall asleep at 10 on Sunday night.

Mr. Conrad said that when a person is young, the cycle can be changed fairly flexibly, but the older one gets, the less flexible the cycle is and changing the cycle becomes more difficult.

Sleeping problems

Some teenagers not only deal with lack of enough sleep, but also with insomnia. Mr. Conrad said that insomnia is really a cause of another problem, such as stress, anxiety or tensions. He said that when a person begins thinking, he/she has a

nights."

She said that the best thing is to get down and relax. You're still tired, but it will help you go to school the next day, she said.

To try to go to sleep, Alicia said she lies down on her bed and looks up at the ceiling and also reads. "I go through about an hour of sleep a night," she said.

Napping

Taking naps is "not good for you," said Mr. Conrad. He said that anything you take a nap, it "changes the normal nighttime sleep cycle."

Tracy said that she does not take naps because she cannot go to sleep again at night.

Libby Broeker, sophomore, said that she thinks she gets enough sleep. "I sleep afternoons when I'm home from school and on weekends during the day," she said.

When you nap, you feel "groggy" because you have passed time when the body is "normally awake," said Mr. Conrad.

Instead of napping, students sleep during

Boz said that he sleeps in school, he agreed, saying that she "sometimes naps in study hall."

Other students do not sleep in class. "I never sleep in class," said Veronica Echevarria, senior.

Effects of lost sleep

Mr. Conrad said that after a period of sleep deprivation "can lower the immune defense system and can make you more susceptible to colds and the flu."

"Eventually it's going to catch up to you," he said. He said that the deprived person could have a car accident or make a poor decision because of lost sleep.

Getting the right amount of sleep is a matter of lifestyle adjustment, said Mr. Conrad. "You can't teach yourself to sleep less," he said.



Mr. Conrad said, the student "will experience a difficult time going to bed at the regular time."

Generally, people are dragged out on Monday because they do not get enough sleep, Mr. Conrad said. As the week goes on, their routine will normalize and by Friday they will "feel great," he said. Then they will go out and do it all over again, he said.

Mr. Conrad said that the Weekend Syndrome "shifts the sleeping/waking cycle out of sync. It may be fine to sleep from 12 to 8, but the sleeping time is pushed around the clock," Mr. Conrad said.

The sleeping time is then advanced by two hours, so you are awake two more hours, he said. If you do it again, then it is ingrained into the system more, Mr.

hard time falling asleep.

He said that if you start thinking, then you "shouldn't stay in bed." He said that you should "leave the room until you are sleepy and then go back to bed." Don't try to fall asleep, Mr. Conrad said.

Also, if sleeplessness is a problem, the insomniac needs to get up at the same time because otherwise the "sleep cycle will be out of whack," Mr. Conrad said.

He said that getting less sleep will make the insomniac more apt to fall asleep the next night.

Boz said that he only has "normal sleeping habits one week out of the month at the most." The rest of the time, "I won't be able to sleep; it doesn't matter if I'm tired or not," he added.

Alicia said that she has sleeping problems "probably once a week for two

MACESA promotes future minority engineers

By Kelly Roberts

MACESA, Mid-America Consortium for Engineering and Science Achievement, is a growing club at Central.

MACESA is comprised of minority students that intend to pursue engineering related careers in the future.

Currently there are 24 students enrolled in the club; four to five are Hispanic and the rest are African-American.

In order to qualify for the club, members have to maintain a 2.5 GPA or above and be currently enrolled in a math and science class.

"MACESA helps to spark an interest at the high school level to hopefully promote engineering careers in the future," said Mrs. Jane Els, MACESA sponsor and math teacher.

MACESA members meet once every two weeks in room 318 with Mrs. Salita Arroyo, math teacher, and Mrs. Els. Here they discuss upcoming events such as speakers, field trips and scholarship opportunities.

"MACESA's district coordinator, Carol Batt, helps to organize many of the field trips and guest speakers that students participate in," said Mrs. Arroyo.

She also said that MACESA gives minority students a chance to learn first hand about career opportunities and scholarships for the future.

Kyilia Clark, junior and secretary of MACESA, has been a member for two years. She said that MACESA really helps to bring minorities more in touch with colleges.

"For instance, I want to be a pediatrician, and on February 18, we are going to visit University of Kansas. Field trips like this help to expose us to what we can expect after Central," said Kyilia.

MACESA has also visited the Pepsi-Cola Plant, the TAC building and the Union Pacific Dispatch center.

Crystall Travis, freshman is also a member of MACESA and like Kyilia she would some day like to be a pediatrician.

She found out about MACESA through a recruitment letter and also the experience of her two older sisters.

Initially, Mr. Jim Harrington, math teacher, sponsored MACESA for the first 4-5 years.

"It really was a lot of fun seeing that young students were interested in carrying out the fields of math and science," said

Mr. Harrington.

Since then, Mrs. Arroyo and Mrs. Els have also found that MACESA promotes or encourages young minds to further their education in engineering.

At the end of the school year, MACESA holds a banquet, where members are recognized

for their participation with t-shirts and certificates. Graduating seniors are highlighted and also recognized for any scholarships they have received as well.

Dawn Willis, senior and president of MACESA, said, "It's a lot of fun and anyone is always welcome to join."

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Centralite works with Steve Martin in movie

By Ben Fenner

"He was very nice," said Ms. Stommes, "I wished him a happy birthday and we talked for a few minutes." She went on to say that in real life, Steve Martin seemed rather "quiet and reserved, like he was saving up his energy for the cameras."



Befriending the stars: Holly Stommes spent two weeks on the set of *Leap of Faith*.

After recently working on a Bob Hope special in Texas and on *Leap of Faith*, Ms. Stommes feels that she wants to go on to act on stage. "Working on a movie is very tedious," said Ms. Stommes.

"It can take all day to shoot a three minute scene."

Holly Stommes' mother is Central High drama teacher Pegi Georgeson. "My mom helps me out a lot and is a great influence on me," said Ms. Stommes. "I did go through the phase in high school of wanting to find my own niche and not follow in my mother's footsteps." After living the college life and exploring new areas, however, Ms. Stommes realized that her true loves are dancing and singing. She now knows that she wants to be a performer.

Play increases awareness

By Jenny Priesman

The Magic Theatre, located at 325 South 16th Street, presented The Plucky and Spunky Show, a special presentation geared towards raising handicapped awareness, on Fridays and Saturdays in February.

Jo Ann Schmidman, artistic director of the Magic Theatre, said that "the show is very funny, witty and touching. It has allowed entrance into a whole different world—the world of the handicapped." She said the

Theatre wanted to be the first in the Omaha area to produce the production, said Ms. Schmidman.

"We looked everywhere for the cast," Ms. Schmidman said. The Magic Theatre contacted area high schools, universities, agencies and corporations to inform potential actors. "We were looking for disabled people to perform, but they didn't necessarily have to have theatrical experience," she said. The cast is full of disabled people, she said.

Audience response was "great, just terrific," she said. The company and the theater are very proud of the show, she said.

"This is the kind of theater we do at the Magic Theatre," Ms. Schmidman said. "We are different. We do plays because they are important and fun. We won't do a play if it doesn't mean something. But our work is still funny and outrageous," she said.

The Plucky and Spunky Show is special because it shows that "handicaps are a part of life, which is the whole point of the show," she said. "It makes audiences think," she said. "If you like to think and think thinking is fun, come to the Magic Theatre."



Corner O' Reviews



Your friends on the Entertainment Staff rate and review hot new flicks and now, a bonus in this issue, we bring you the best pizza and desserts in Omaha

Movie View

Sarandon shines in *Lorenzo's Oil*

By Jenny Priesman

Lorenzo's Oil, an emotional masterpiece starring Susan Sarandon and Nick Nolte, tells the story of a couple's love for their dying son.

Sarandon and Nolte play concerned parents who refuse to listen to the advice of supposed medical experts. After their son Lorenzo is diagnosed with a fatal brain disease, experts tell them that Lorenzo will die within two years. They decide to research the disease on their own and try to understand it so they can help Lorenzo by finding

a cure. The film moves quickly. Although most of the scenes are short and somewhat choppy, the messages and emotions portrayed in them are powerful.

Sarandon delivers another captivating performance in *Lorenzo's Oil*. Her scenes are heartbreaking as she watches her son deteriorate into an immobile, deaf and mute child.

Nolte's portrayal of the brilliant yet simple father is one of his best performances to date. His Italian accent, although consistent throughout the entire

film, gets annoying.

The movie raises questions involving science and medicine. Viewers leave the film debating medical responsibility and caution with experimental cures. Most consider Lorenzo to be a human vegetable that can not think or feel. His mother never gives up on him, though, and spends most of the movie attempting to fight for his rights and convince the medical world that Lorenzo can think.

Lorenzo's Oil is a gripping and intense film that will affect everyone who sees it.

Some Local Culinary Bests

Some cures for your sweet tooth

By Jenny Priesman

The Garden Cafe has the absolute best desserts in the Omaha area. The dessert list changes daily. A wide variety of selections are offered, including cheesecakes, cakes, tarts, pies, bread puddings and cookies. Everything is always fresh and consistently delicious.

The majority of these specialties are extremely rich and filling. Popular desserts include German chocolate cake, fresh raspberry pie, sour cream chocolate cake, tollhouse pie, zebra brownies, Kathryn

Hepburn torte and Oreo cheesecake.

My personal favorites are turtle fudge cake and caramel apple pie. The turtle fudge cake is three layers of chocolate cake with whipped cream, nuts and caramel in between and on top. The caramel apple pie is a delicious blend of sour apples and sweet caramel.

The Garden Cafe's dessert prices are moderate and the service is friendly. The restaurants are located in the Old Market, One Pacific Place, Rockbrook Village and Holiday Inn Central.

Coming in a close second is Fenwick's, located at 4922 Dodge. Fenwick's offers a full soda fountain and many ice cream specialties. The ice cream is the best in Omaha, especially Fenwick's special sundaes. The clown sundae, with chocolate and vanilla ice cream, marshmallow, nuts and chocolate sauce, is especially good. So is the chocolate shock shake, a must for chocoholics. The portions are generous and the ice cream is messy, which make eating at Fenwick's an entertaining experience.

Best pizza in Omaha

By Ben Fenner

Let's talk pizza. I feel that, when looking for the best piece of pizza in town, one should consider three things: taste, price, and how much all-around fun you have eating it. First, the taste. This was a tough one, but in the end I went with the ever-popular Zio's on 7924 Dodge. Now, a lot of you, myself included, may think this place is overrated, but we must face the facts. Zio's has good pizza. Let me share a little story with you.

I was recently eating at Zio's with some friends and one of them, we'll call her Phil, ordered two slices of artichoke and pineapple pizza with a side of ranch dressing. "Phil honey," I said, "you're out of your mind!" Then I tried it and was a changed man. I loved it. I myself had a slice of sausage which was good in its own right. So, whether you're feeling a bit spunky or are just hungry for good old pizza, Zio's has the best taste in town.

For a great low price on a good pizza, go to Home Team Pizza on 3025 Farnam. Let me tell you a little secret about our friends at Home Team. They use

only fresh meat as opposed to some of the competition who pre cook their meat and truck it in. This helps the over all taste experience. At Home Team you can get a large, one topping pizza for 10 dollars. Be warned though, they serve Scooby Doo pizza (the thin-crust kind that droops when you hold it), so be prepared to eat a lot. At these prices, though, you can afford to.

But how much fun can you truly have eating pizza at these places? That's why, in the fun category, I went with Chuck E. Cheese on 225 North 76th Street. Sure the pizza tastes like the frozen Party Pizzas in the grocery store, but the atmosphere more than makes up for it. I mean, you have Chuck up on stage singing to you, Frogger calling to you from the arcade, and a room full of plastic balls waiting for your after-dinner enjoyment.

So, if you want great taste, try Zio's (Phil and I recommend the artichoke and pineapple pizza with a side of ranch). If you're a little tight on cash, Home Team has got some great deals, and if you just want to act like a fool, Chuck E. Cheese is the perfect spot for you.

Interested in being a photographer for next year's O-Book or Register? If so, contact Mr. Gaherty in room 315 as soon as possible to help reserve your spot today!

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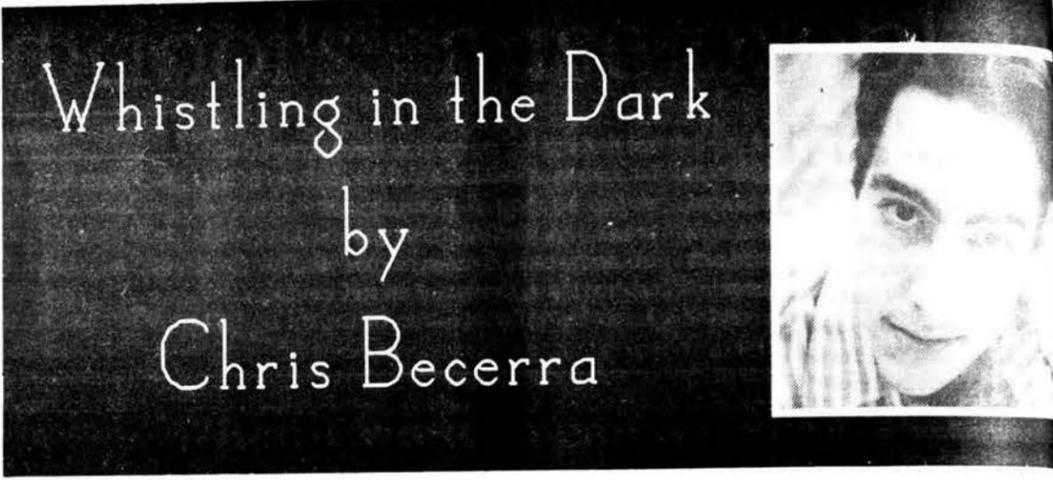
By Cy Zauner

Lunch hour is traditionally a time for students to eat lunch and enjoy conversation with their friends. However, many Central students go against this tradition and do many other things at lunch.

Students choose to play a variety of games at lunch. Chris Kunze, senior, says that he and his friends play "spoon hockey." He describes this game as "six people sitting around a table thwapping a milk carton with some spoons." This activity was banned by the staff, said Kunze. "They (the administration) said they are afraid we will start fights."

One popular activity, chair sliding, was banned by the administration. David Lawler, junior, self-proclaimed "ex-chair slider," says that now he and his friends simply slide around "without the chairs."

Not much goes on in the cafeteria, according to most people. Damien Falkner, senior, says that "the only time anything happens is when there's a fight." Michael Watkins, senior, says, "We can't do anything because Mr. Hausman is always oppressing us." Damien adds, "He's (Mr. Hausman) always trying to keep us in check."



Helpful hints for the non-cooperat

Do you ever find yourself in situations that seem to suddenly cast you as a juvenile delinquent, a slacker? It happens to me often enough that I have learned to even play upon my slacker qualities. I've also learned to not get caught doing the things that might make one think I'm a bad kid.

Or at least I try not to. For instance:

For the first time in my whole life, I was caught skipping. Well, let me rephrase that. For the first time in my whole life I went against the school administration's better judgement and left these here grounds without my ear tag. Now, I wouldn't usually risk my life trying to crawl underneath the electrified fencing surrounding the campus, but this situation called for immediate, non-school-sponsored, and some might say, irrational action.

But I did have a very legitimate

reason for taking my sudden leave: my sight. I mean my lens fell right out of my glasses right before homeroom, and I had to see. It's not such an outrageous thing to want — to not be blind. And no matter what some security aide or a certain administrator may think, I did have a perfectly practical reason for taking one of my very good friends along (we'll call her Andee). She had to be my eyes. I couldn't even see 'L' street. Besides, who was going to read the menu for me at the Taco Bell drive-thru?

The point I'd like to make in this column is how to make the best of a bad situation in which you are forced into the administrator's office (even though you explained your absence carefully and honestly to the Gestapo at the school entrance) and have to wait a good twenty minutes before your appointed disciplinarian can get to you while, in the meantime, he talks boys' basketball with every male teacher he can cram into his office.

Not that I hold a grudge. I did find out something very special about myself during that period of time between getting caught and learning my lesson from a certain administrator. I can be really fun, you know. Of course, I did have the hardy help of my very good friend, Andee.

We did all sorts of things while we watched that administrator's door open slightly, exude a few chuckles, close again; apparently, that's a really fun thing to do when you're about to bust some students — opening and closing the door to your office. It really gets their hopes up.

Mostly though, we daydreamed. How wonderful a

life outside of this waiting of anticipation would be if we didn't have to be watched, checked, stamped, tattooed or given in order to go somewhere, exaggerating? Maybe.

Some time had passed. Andee and I had the most idea. What we needed to show this school that students like would be under house-arrest is delat wrong, unacceptable

Quickly, we reviewed options: we could be skipping statistic and audio tape of daily or we could do what ideally driven students when about to be ques Practice non-cooperation

That's right. What better to practice what we preach for you first-time delin there, these are some good points, so listen up

Your first choice as your duty as an American to practice the right to identity yours. Now, when they're Jon or Jane D you can also get creative

idea is to maybe give your name of someone you ad hate. Or, in my case, a couple of rebels, you can the name of a famous team. Good ones are: Laur Hardy, Abbott and Costello

two of the Three Stooges Marx Brothers, (for hat revolutionaries), Fuller Martin, Amy Fisher and Buttafuoco.

In our case, we chose the We were able to keep a s face, (and a pretty good American accent, I might until they asked how to Buttafuoco. "B-U-T-T-u-

were discovered. I tried legitimize the story by them that Amy lured me from my school. "She kept me for my shirt. I'm serious! A Buttafuoco never lies!"

didn't buy it. Oh well. Maybe kids out there would choose a less notorious but it's a start. That is, you're interested in getting even further trouble impersonating criminals.

Well, I still believe that struggle is worth the effort have to stand up, even if you're right. It's like my Andee, er... Amy says. "He commit just about any too, if I could get Alyssa to play me in a made-

movie."

Concert Connection

Emerson, Lake and Palmer	
(Rock)	
March 2	
Music Hall	
<p>Michael W. Smith (Rock) March 4 Civic Auditorium</p>	<p>The Brave (Hard Christian) March 10 Ranch Bowl</p>
<p>Guns N' Roses (Hard Rock) April 10 Civic Auditorium</p>	<p>Richard Elliott (Jazz) April 21 Ranch Bowl</p>

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Strange pets romp, frolic, and run amuck throughout many Central students homes

By Wendy Revers

It's so special about someone having a pet can be a friend, confidante, a playmate. Taking care of them is a good responsibility lesson. The fact is that some Central students and their parents have what some may call, weird unusual pets.

Merrigan-Potthoff, English teacher, tells her story.

When we were growing up, my mother said that we should have any pet we wanted. I wanted goats because she hated them, so naturally I wanted a goat. When my family moved to Arlington, Virginia, she got me a small house-scented gift, two goats. Spike and Bruno. Sadly, Spike died of a heart attack. The other, Bruno, the killer goat lives in a cage out back."

Merrigan-Potthoff explains the difference between "normal" and "weird" pets.

It's just fun, she thinks that she is allowed to indulge her. We walk her on a leash and she also dances on her hind legs. My kids just love her." The only drawback of her pet, Mrs. Merrigan-Potthoff says, "she doesn't exactly live up to her killer goat status."

John Keenan, English teacher is a breeder of checkered giants. What is a checkered giant? A checkered giant is a prize-winning rabbit. Mr. Keenan's hobby is to breed rabbits strictly for show. "It's not as easy as some would think it to be," he said, "It is difficult to get prize-winning rabbits. It takes time, effort, and most of all, luck." Currently, Mr. Keenan has

about 15 rabbits. "Sometimes you get a litter with nothing you can show, so then you sell or give those away." Mr. Keenan explains what judges look for in a prize-winning rabbit, "There are three basic areas: markings, type, and general appearance. They are black and white with black spots underneath each

eye. The spine must be all black and the bone structure must be perfect. The rabbit should also move properly." Mr. Keenan has won several awards and has dozens of trophies at home. He has also traveled around the Midwest participating in shows.

Erin Morris, senior, has a chinchilla. A chinchilla is a very small rabbit-like animal, they have two kinds of fur which are soft and they have a bushy tail. They are the size of a small rabbit. "They have to bathe in dust because their skin is oily from the environment they are from, so, your room gets a little messy," Erin said.

Netta Shuput, junior, has an iguana, a Tockay gecko, and another small species of iguana. "The pets are for my family. I really only like the little iguana. No one likes the gecko because he bites and we can't handle him."

Charlie Yin, freshman, also has an iguana. "I call him Iggy. He's cool, but he keeps me up at night with scratching noises."

Gabe Jenison, sophomore, has lots of pets including a Tegu lizard. "We've had an alligator and two tarantulas and spiders. They were a little weird for us, but they just moved on."

Students help with Caravan Kids Day

By Jenny Priesman

Central drama students participated in Kids Day at the Playhouse, a special afternoon for elementary school children, on February 6 and 13. Christina Belford, sophomore, Christian Harding, junior, Jason Ellis, junior, Kate Ross, freshman, Anna Perilo, freshman, Megan Hovde, freshman, and Heather Hannaford, senior, were among the students involved.

The Nebraska Theatre Caravan held workshops each Saturday during its production of *JungalBook*. The Caravan contacted area high schools to find interested students, said Erik Stein, a Caravan actor. The students are "Safari Guides that help out" by taking care of the workshop groups, he said.

"It was a wonderful experience," Heather Hannaford said. "We helped take care of the kids and played games with them," she said. Four workshops were offered for the children, she said. "The kids liked the workshops," Heather said, especially the "acting ones." The Caravan employees conduct acting workshops, a costuming workshop and a technical workshop, she said. A zoo workshop from the Henry Doorly Zoo was also held, she said.

The Safari Guides worked from 11:30 a.m. to 4 p.m. The Caravan gave each guide one complimentary ticket for the evening performance of *Carnival* as a "thank you for their work," Mr. Stein said.

The children enjoyed the day, Heather said. "Our group responded well to both



Lunchtime, you crazy lettuce-eatin' lizard: Netta Shuput and her mother feed lettuce to Netta's pet iguana, Iggy. Photo by Mike Buckley

Local coffee house offers alternative dining experience to students

By Jenny Priesman

The Old Market houses several coffee shops. Downtown Grounds, located next to the Market Mall on Jones Street, is one of the best, offering a wide variety of coffee and lunches.

Several types of freshly brewed coffee and cappuccino are available. Hot chocolate, tea and other drinks are on the menu.

A small lunch menu is offered, including a ham and cheese sandwich, a turkey sandwich, and bread, pies, and cakes. Desserts and drinks are served for a price.

I ordered a cup of Wisconsin cheese soup, a cup of hot chocolate and a chocolate cookie. The soup was wonderful, rivaling the Golden Cafe's cheese soup, which has always been my favorite. The chocolate was also wonderful. It was incredibly rich. The cookie

equalled the excellence of the food and the cocoa. It was a perfect chocolate cookie.

My friends ordered a variety of other items, including the turkey noodle soup, a chicken salad sandwich, cappuccino and double cappuccino. All of the selections were delicious.

The atmosphere is comfortable and relaxing, with several checker boards, a giant chess board and sand meditation gardens available. Patrons are invited to spend the afternoon relaxing inside.

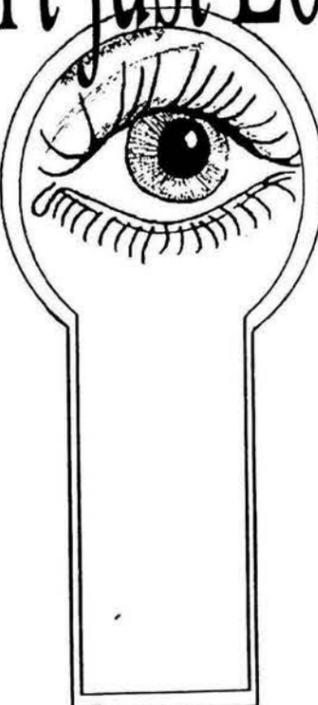
Downtown Grounds is an enjoyable place to spend a cold afternoon. The menu and the drinks are appetizing, and the atmosphere is inviting. If you are in the mood for delicious food and a relaxing afternoon, Downtown Grounds is the place for you.

Patrons are invited to spend the afternoon relaxing inside.

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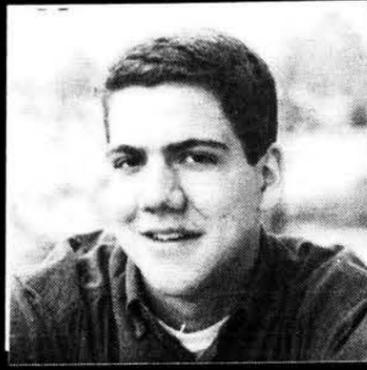


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Penalty Shots
by
Tim James



Letdowns and rip-off prices are a guarantee with pay-per-view

As the channel flips on from static, graphics fly across the screen introducing us to the fabulous world of WWF (World Wrestling Federation for those uninformed types out there). The pressure and tension rise to a climax, the announcer belts out that oh-so famous phrase, "Let's get ready to RUMBLE," and your cable company just charged you around 20 bucks. What a letdown.

Welcome to the world of pay-per-view, or PPV, where letdowns and rip-off prices are a guarantee. The worst scenario is when it's a "Royal Rumble," a boring no-name prize fight, or a game of 21 between two ex-kings of the NBA (Julius Irving and Kareem Abdul Jabbar, for example). Who would ever want to see 20 greased-up steroid-pumping "athletes" crammed into a cage and wrassling?

Over the past few months I've heard complaints about the Super Bowl advertisements and college football bowl game sponsorships. Some argue that the marketing of these products takes away from the game itself. I strongly disagree with this opinion for many reasons.

First of all, the viewer is able to see these games free of charge because the sponsor has paid in part for the telecast. If the corporations did not put out large sums of money, the viewing public would have to resort to paying outrageous PPV prices. I would much rather see some distracting or ugly advertisements and have it absolutely free rather than pay out of my wallet.

The television industry would be much better off without the threat of pay-per-view. Free television is becoming endangered by the existence of cable and PPV companies. I would not be surprised if 20 years from now all major events such as the World Series, NBA championships, Stanley Cup, and Super Bowl were only sold by pay-per-view packages.

Last year, NBC tried to take the amateur Summer Olympics and subject

it to the Triplecast PPV programming. Thankfully, they lost millions of dollars in the effort. I'm sure it probably would've been more successful if the profits were given to the U.S. Olympic Training Centers instead of lining the pockets of NBC executives.

TVKO has been the giant of PPV boxing events ever since Mike Tyson stepped onto the canvas. Charging around 50 dollars a view for 90 minutes of fighting is a rip-off, especially since a person could read about the fight in the newspaper the next day for a quarter.

Second, the companies that do pay money for their name to precede a bowl game or have their little 15 second spot during the Super Bowl do add money into the scholarship and athletic funds into the schools and universities. Corporations also give money to charities via Most Valuable Player awards or other awards during the games. They do

it to get some good extra p.r. points with the public.

Finally, if the businesses want to pay the enormous fees to advertise, let them. It improves the economy of struggling colleges and conferences in the NCAA.

The only complaint I have against the national networks is the example of NBC buying out the exclusive rights to Notre Dame. After a few weekends of nothing but the Irish beating up on patsy teams, I think everyone grows sick of green and yellow. Why should I watch a Notre Dame game when I know that there is a better untelevised game occurring at the same time?

So when a championship game of a sport comes up and you think the commercials or sound bites will never end, don't get too upset. Thank the corporations who bring you these events free instead of letting the greedy PPV companies take your money. If the viewing audience doesn't support the "disease" of hype and greed now, it won't become an acceptable reality in the future.

“Free television is becoming endangered by the existence of cable and PPV companies.”

Sports Briefs

Boys' Varsity Basketball

The varsity boys' basketball team is heading into district play with a 10-8 record, coming off a 72-65 victory over North on February 19. "We have really good momentum now and are preparing for our district," Coach Rick Behrens said.

Central is in a district tournament which includes Northwest, Papillion, Ralston and Bellevue East. Their first game is on Saturday, February 27, at 6:30 against Northwest at Omaha North.

This past Friday Central ended its regular season with a 72-65 victory at North. The Eagles finished the year with a three-game winning streak, a 10-8 record and a second place seed in the district.

In that game, sophomore Donnie Johnson hit his first five field goal attempts and ended the game with a team high 18 points and five blocks.

Junior Eddie Smith added 17 points in the victory with 3 for 6 (50%) shooting from the three-point range. Senior Turrane Dawson led the game with 14 rebounds and Berg added 14 free throws to cinch the victory in the closing minutes.

Nate Heimull, senior, said, "We need to cut down on our turnovers and take more game at a time to have a good shot at state."

"I'm glad we've been able to pull the last few games out in the final minutes," Coach Behrens said. "We showed a lot of poise and determination especially in the last few games."

If Central wins its first round district games against Northwest, the Eagles will play Papillion on Monday, March 1. "We would like another shot at Papillion," Coach Behrens said.

Boys' Junior Varsity, Reserve and Freshman Basketball

The boys' junior varsity basketball team finished their season with a hard fought loss against Bryan February 18 to end up at 4-12 on the season. Coach Steve Peterson said, "Our goal for every season is to just improve our players to hopefully move up (to the varsity level)." Coach Peterson's team did just that by suiting up four players for varsity games, one of which, Ryan Schoener, has had some "good varsity playing time" according to Peterson.

The team also played much better than their record would indicate, said Peterson. Of their 12 losses, only three had a point spread larger than ten and there were no overtime losses. Coach Peterson said, "Overall, I am very pleased with the effort of the team."

Central High's sophomore basketball team finished its season with a win against North on Saturday, 63-49. The team finished the season with a 7-7 record, including an undefeated home record, the team's best performance in three seasons. Coach Herbert said, "I was really happy with this group of kids. They played good, hard basketball. We really came together in the last game."

The freshman boys' basketball team ended its season with a record of 3-7. They lost its last game to North on February 12. Jim Galus coached the team and was assisted by 1988 Central graduate, Jim Kemp.

Team member and freshman Kahlil Eure said, "The season went well, but it could have been better if we had more players."

Rifle Team

The Central High Rifle Team won the Eighth Annual Omaha Public Schools Invitational Rifle Match in January. "Central is at the top of the pack," said Secretary Carey Jurgin. "We haven't lost a match."

They also took second at the Fifth Annual South High Rifle Competition, which included all of the Omaha Public High Schools.

The team consists of eight students, ranging from freshman to seniors. Only five of the five compete, depending on who is the best shot for that week. They compete every Tuesday evening in two-team matches.

Girls' Varsity and J.V. Basketball

The girls' varsity basketball team ended the regular season with a 31-50 loss on Friday at Omaha North. Since all but one of the players are underclassmen, the varsity team members have positions on the junior varsity squad.

According to Coach Stan Standifer, "This was a rebuilding year. All of the team will be returning next year except for senior Jade Turner, so we will definitely be improving. Most of the girls are playing in four to five games a week."

In the North game this past Friday, the Lady Eagles were led by Jade with 15 points and freshman Nikki Hollingsworth added 14 points in the loss.

Briefs by Tim James, Christy Shearer and Cy Zauner

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Central seniors sign athletic letters of intent for colleges

By Christy Shearer

February 3, National Letter Intent Day. Central's senior athletes had the opportunity to sign letters of intent to the colleges they plan to attend.

Football players, Demetrius Richards, Nate Heimuli and Matt Failla signed letters of intent to Wayne State, and Jason Sacks signed with Pepperdine.

Biggest Player

Matt Failla, two-year state lineman, was invited to play football at UNO. Matt said, "I had a year last year, and the word got out."

At 4, 310 pounds, Matt was the biggest player recruited by the team. He said that the team is excited about having him start next season.

Although he had a good season, Matt said that he had a few problems that kept teams from recruiting him. "I had a knee surgery which made teams think twice about giving a chance on me," Matt

said. The scholarship that Matt received will cover his tuition and living expenses.

Matt said, "UNO has a lot to offer me, and I think it will be a lot of fun."

sign with, the athletes took many aspects into consideration. Matt said that he accepted the scholarship to UNO because it was the only school that offered him money for tuition and living expenses.

Besides money, Demetrius said that he also considered UNO's academic program. He said, "The first thing I asked about was academics, and they seem to have a very good program."

California Bound

Jade signed a letter of intent to Pepperdine, earlier this year. She said, "It is a Christian college, the area is nice and I have family there [in California]." Jade was

contacted by Pepperdine, after participating in a tournament in Arizona this summer. Jade said that because she made the commitment early, she was not offered any scholarships from other schools.

Jade said about Pepperdine, "They seem to have a good basketball program, and I think that I will learn a lot and become a more developed player." She is

"I am truly happy; they [UNO] gave me the best scholarship that an athlete can get. -Demetrius Richards"

Jason Sacks was offered full-ride scholarships to Wayne State and UNO. Jason said that he accepted the scholarship to Wayne State because "the coaching staff is good, and they have the academics I want." In order to get recruited, Jason said, "I just played to the best of my ability."

Things To Consider

In deciding which college to



The scholarship recipients: Seniors (clockwise from top left) Matt Failla, Jade Turner, Jason Sacks, Nate Heimuli and Demetrius Richards were all awarded full ride athletic scholarships. Photo by Mike Buckley.

happy about her decision as she said, "Pepperdine...you can't get much better than that."

Coaches Help Out

The coaches at Central help the athletes get recruited. Matt said, "He [Coach Joe McMenamin] sent my name to major colleges and spread my name around." Jason said that the Central coaches helped him get in touch with college coaches.

UNO offered Nate a \$1000 scholarship to cover his tuition

next year. According to Nate, the amount of money will go up for the following year. He said, "I'm looking forward to it because I have a chance at a good amount of playing time my freshman year."

Demetrius was offered a full-ride football scholarship to UNO. Demetrius said, "I am truly happy; they [UNO] gave me the best scholarship that an athlete can get. I have nothing to complain about."

Central wrestler crowned champ

Central wrestlers triumph in tournament

By Christy Shearer

On Saturday, February 20, Jason Brilz, senior, became the 1993 state wrestling champion at 160 pounds. Demetrius Richards, senior, was the runner-up at 189 pounds, and Jeff Casady placed sixth at 103 pounds. Ron Lawrence, sophomore, also participated in the tournament at 119 pounds.

Jason Brilz defeated his opponent 6-2 in the championship match. "It was a hard match, but my final match was harder. After the match was over, I wouldn't believe it. No words can describe winning the championship," Jason Brilz said. Demetrius lost his championship match by one point (5-4), and Jeff Casady was pinned in the fifth-place match.

Jason Brilz said, "As far as I'm concerned, both Demetrius and I are state champions. Since I took first, I took first."

The state wrestling tournament took place February

18-20 at the Bob Devaney Sports Center in Lincoln. 832 wrestlers, representing Class A-Class D schools, participated in the tournament. Demetrius and Jason Brilz were two of the 102 wrestlers to advance to the final round of competition.

The four Central wrestlers accumulated a total score of 54, placing twelfth out of the 30 teams in Class A. According to Jason Brilz, the highlight of the state tournament was the "Parade of Champions." Jason said, "Both Demetrius and I were in the parade, and that was our goal."

The wrestlers qualified for the state tournament after placing in the top four in their weight class at the District Tournament. At the District Tournament, Demetrius placed first, Jason Brilz placed second, Jeff and Jason Lawrence placed fourth. The district tournament was February 13 at North High.

Demetrius said about the team, "We improved a lot as the year went on, and we started wrestling more as a team."

Swimming Brief

The Central swim team is coming to the close of its season. The team is looking toward the state meet on February 26 and 27 in Lincoln. The team is "tapering and really ready for state," said Todd Reiser, senior. He said that they are hoping to get their best times of the season at state. Gretchen Pfeiffer, junior, said, "Our 400 meter freestyle relay should do the best [at state]." The teams will take 6 boys and 10 girls to Lincoln to participate in the state meet.

The boys' team finished 10-3 on the season and scored 44 points at the Metro meet on February 12 and 13 at UNO. The team showed a "good performance at Metro," said Todd. Both of the boys' team's relays qualified for state and set two school records. Ryan Bayse, senior, said that he is expecting that "more school records will be broken" at state.

Todd placed 3rd in the back stroke and 7th in the 100 meter freestyle, and Jon Wendt, senior, placed 12th in the 500 meter freestyle at Metro.

Both girls' and boys' teams are led by Coach Mark Allner and practice at Norris Junior High School.

-By Leah Musselman

Winter conditioning shapes up spring sport athletes

baseball, track, soccer, softball and football teams head indoors

By Leah Musselman

Central sports continue all year round. Conditioning for spring, summer and fall sports busies Central athletes even in the wintertime. The athletes condition during their off-season to keep in shape and stay competitive in their sport.

One sport that is currently involved in winter conditioning is baseball. The pre-season baseball players have been lifting weights and running for several weeks and are getting in shape for their season, which officially starts on March 1.

The baseball players condition after school on Mondays, Wednesdays and Thursdays for about an hour, maybe longer depending on the workout.

Another team that is conditioning this winter is the track team. The track team

has been meeting Mondays and Thursdays until 3:45 to run stairs and laps inside the building. After 3:45 the members of the team have the option of going to lift weights.

Winter conditioning is also being practiced by the girls' soccer team at Central. The girls meet on Wednesdays for one hour to run laps inside the school for 25 minutes and run stairs for another 25 minutes, with the extra 10 minutes used for stretching occasionally led by junior Jeff Darst. The team will practice inside until March 1 when the team will run outside "rain or shine, but not if it's snowing," said Briana Hool, junior and soccer player.

The spring and summer sports are conditioning for their upcoming seasons while the football team is also conditioning for their season in the fall. The team members are lifting weights after school several days each week to keep in shape for next season.

These various sports are working to get in shape for their seasons and their team members are very positive about the effect of winter conditioning. Briana said that "if you're seriously committed to the team you'll come and condition."

Stefanie Huff, junior and track member said that conditioning "helps to build endurance and get the team in shape." Stefanie said that track "really helps people individually." She also said, "It hurts!"

Jono Bradford, sophomore, conditions for both baseball and football and said that "you don't have to go, but if you do you're better prepared." The players work out together and "get in good condition for the season," Jono said.

Members of the girls' softball team are also involved in conditioning for participating on summer teams. Rachel Muetting, Christy Shearer, Athena Hampton, Michelle Ferrin and Erin Anderson, juniors, have been practicing

for Omaha Finesse, an Omaha Softball Association (OSA) Class A 18 year-old-and-under softball team.

"We have to practice together to stay competitive," said Rachel. "We get used to playing with each other in addition to getting practice." The members of the team practice on Tuesdays in an empty warehouse. Their season starts in April; they've been conditioning since January. "I try to practice as much as I can because softball has become a very competitive sport," said Rachel.

Many of these sports include special conditioning for special positions. Rachel, the pitcher for the Omaha Finesse softball team, has pitching practice on Mondays at Sunny Slope Elementary School. The goal keepers for the soccer team have a special practice with Coach Grillo. When the track team practices, the short distance runners endure different drills than the long distance runners.

NordikTrack a healthy outlet for students' winter exercising blues

By Christy Shearer

"Using a NordikTrack is like cross-country skiing in your living room," Keli Ulrich, junior, said.

A NordikTrack is an exercise machine that involves the motions of cross-country skiing. Keli said, "Cross-country skiing is one of the best aerobic exercises you can do because it works all your muscles and your cardiovascular system."

The NordikTrack comes in a variety of models. The models range in price from \$299-\$1299. According to Keli, it is worth the money because it starts to pay off after awhile. She said, "I'm a lot more energetic, and it makes me feel better physically."

Keli said that she uses her NordikTrack everyday for a half hour. According to Keli, it has now become part of her daily routine. With this combination of a healthful diet and exercise, Keli said that she has lost weight and she feels healthier.

Jenny Priesman, senior, said, "I hate exercising, but the NordikTrack is an easy and convenient way to exercise." She also said that she tries to use her NordikTrack four times a week for about twenty minutes. According to Jenny, she likes to think about things while using her NordikTrack.

The operation manual for the NordikTrack says that the machine will help people achieve fitness goals such as permanent weight loss, improved muscle tone, reduced stress and



Sliding on track: Natalie Foster demonstrates how to use a NordikTrack model properly. Photo by Mike Buckley.

increased self confidence. Jenny said, "I feel fitter; I don't use it for weight loss, but I do use it for toning."

The NordikTrack takes awhile to get used to, according to Jenny. She said, "It's difficult at first, and you have to be coordinated." Keli said, "Once you get used to exercising, it doesn't take as much energy."

According to Jenny, not all of

her experiences with the NordikTrack have been good. She said that some inexperienced NordikTrack users tried to use it and they ended up falling on their faces.

"NordikTracks have become popular because people are concerned with health and fitness and they want the best exercise program. I think this is the best program you can get," Keli said.

Tennis players ballboy in Healthy Choice Challenge at Auditorium

By Jon McDonald

The third annual Healthy Choice Challenge took place Friday, February 5, at the Civic Auditorium before its largest crowd yet.

Two Central students were present, not merely to watch, but to participate in the event as ballboys. Seniors Jason Hui and Adam Yale were nominated by Central tennis coach John Waterman for the ballboy tryouts.

According to Adam, getting through the tryouts was not too hard. "Only ten of the nineteen who were supposed to show up turned out, so we all got to be ballboys," he said. Besides Adam and Jason, students from Burke, Millard South and Prep got to be ballboys.

There were three practice sessions for the ballboys before the match took place. "They taught us about tennis etiquette and how to throw, dress and stand. It was more hand-eye coordination in practice than any actual tennis skill," said Jason. Each practice was two hours long,

so six hours of preparation took place before the night of the match.

Ed Hubbs, the Creighton University tennis coach, and Steve Gerdes, a chair umpire from the U.S. Open, trained the ballboys.

The match took place between Michael Chang and Jim Courier. Pete Sampras, who was originally

Jason considered this as an "opportunity which could not be passed up." He said that "getting to meet professional tennis players was, to me, like getting to meet someone like Michael Jordan." Jason went on to say that he would be a ballboy again "in a second."

Adam said that he would like to do it again "if it was different players." Adam said that he also enjoyed watching the "incredible athletes play."

However, not all of Central's delegates to the Healthy Choice Challenge have enjoyed the experience as much as Adam and Jason.

In 1991, Owe Bellah, who was a senior in that year, and Central senior Megan Burnett were

the ballpeople.

Megan said, "I had a good time, and if I could do it again I would, but I'd just rather not do it again for Martina. She was not very nice."

The 1991 Healthy Choice Challenge took place between Martina Navratilova and Zina Garrison.

“ Getting to meet professional tennis players was, to me, like getting to meet someone like Michael Jordan. -Jason Hui ”

scheduled to play Courier, was injured and unable to play. Michael Chang won the match in three sets.

The duties of the ballboys, according to Adam, included picking up out-of-play balls, throwing them to the server when they were ready and "just not having your head in the sky."

Violations of policy

Reinstated cheerleading rule causes controversy

By Leah Musselman

A rule in the attendance policy for the varsity cheerleading squad has been causing some controversy between the cheerleaders and the administration. This rule states that a varsity cheerleader cannot attend a varsity basketball game unless she is cheering for that game. This rule applies to both boys' and girls' home and away game.

This rule has caused some members of the varsity squad to feel that the administration does not have the right to monitor their activities every night.

The cheerleaders had been practicing a policy that sent half the varsity squad to the boys' and girls' game each night of the weekend. The boys' varsity game follows the girls' varsity game on most occasions. Typically varsity game nights are one after another, so the 15 cheerleader squad would split their time; at least seven cheerleaders were to be present each game.

The problem that this rule was created for was the idea that cheerleaders sitting in the bleachers and not cheering looked bad. They were criticized for not doing their job as a cheerleader. New Athletic Director Paul Pennington believes that it is "common sense" for the cheerleaders to wear their uniforms and want to cheer.

Some of the cheerleaders have

been protesting this because, as one varsity member put it, "it's nice to be able to have a different view of the game. One cheerleader said, "It's crowded!" The cheerleaders stand at the southwest corner of the basketball court at North Junior High School. "Most people say we're in the way of their view, others say we block the doorway. We split the squad to lessen the hassles," said a varsity cheerleader.

Cheerleading sponsor Andy Stranglin said that the cheerleading constitution states this rule and that this rule was adjusted for the cheerleaders benefit until the cheerleaders abused the change. She said that they started showing up at the games not in their uniforms to just watch, and that it "looked bad" for them not to be cheering.

If members of the varsity cheerleading squad attend a basketball game and do not cheer, an absence is credited toward their 5 day absence policy. The cheerleaders are allowed 5 absences throughout the school year for the football, volleyball, and basketball seasons.

The reason, Ms. Stranglin said, that the rule was changed was to make it so that cheerleaders could have a couple extra nights off throughout the year. But it became a problem when not enough girls would show up to cheer at the games so the rules had to be changed.

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