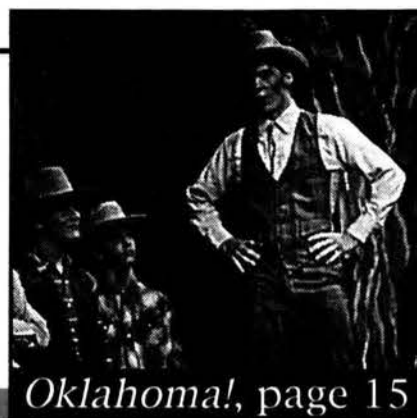


Volume 110
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the Register



The oldest school paper west of the Mississippi. est. 1886

Vietnam commemoration Speaker inspires audience during Central's memorial dedication

Central's dedication of its new Vietnam memorial was attended by various people. They included Central graduates of the past, retired teachers and prominent figures in the community.

By Josh Cohen

Once again tears flowed and families mourned in remembrance of those who laid down their lives in battle during the Vietnam War as Central High School dedicated its very own Vietnam War Memorial on Sunday, Nov. 10, 1996.

Congressional Medal of Honor recipient and distinguished Marine Paul W. Bucha gave a very stirring speech during the dedication. He reminded Americans that veterans day should be everyday, not just once a year.

He said that he hoped this memorial would serve as a reminder everyday to the students and staff of Central that we owe our everyday normal lives to veterans who defended our way of life so many times.

"We are the only nation in the world that has never gone to war to take more land," Bucha said in his speech. "Whenever we have gone to war in the past it has been primarily to protect our way of life from those who threaten it."

Bucha's speech was so moving and inspirational that he drew the crowd in the auditorium to its feet for a tremendous round of applause.

Bucha said that this memorial will remind

everyone who sees it how lucky we are we have people like this serving our country.

Mrs. Sherry Williams, the sister of Private First Class James W. Fous, Central graduate in 1964, was in attendance to read the citation her brother received from the president of the United States and to display his Congressional Medal of Honor.

The new memorial was donated by Central graduate of the class of 1964, Mr. Jack Kidwiler. The memorial is located on the west porch of Central.

Dr. Gary Thompson, principal of Central, said, "The memorial dedication was for anyone who wished to attend. Members of the families whose relatives are on the memorial were invited by invitation, and the rest heard by word of mouth."

The dedication began with a reception between 1 p.m. and 1:30 p.m., followed immediately by a dedication service in Central's auditorium.

Mr. Rusty Crossman, president of P.E.P., parents, educators and pupils, was one of the strongest supporters and organizers of this event.

"We wanted to do something for the families who had lost someone in the war," Crossman said.

Kidwiler, the donator of the memorial, said, "Central played a very important role in my life, and now I can give something back to the school that gave me so much."

Today, Kidwiler is a successful businessman in San Clemente, Calif.

Others that were in attendance were former mayor Gene Leahy, and many of the relatives of the Central graduates who had fallen in Vietnam.

Here a Dole, there a Dole,



Lei Brown

Everywhere a Dole, Dole: Republican Presidential candidate Bob Dole was in Omaha to rally his Republican support in a last minute "96-hour marathon to victory" tour which drew great support in Nebraska, though failing to get the support needed in other states. See story on page 4.

Asarco closes, leaves land for city use

By Carolyn Bullard

With the closing of the Asarco plant at 500 Douglas St. many issues have risen concerning the future of the property.

"What is Asarco?" many citizens ask. Though the issue is talked about, not everyone is aware of the circumstances.

Asarco is a plant that has been

functioning in downtown Omaha for the past 100 years, refining minerals imported from Montana. But in the process of refining the rocks to obtain gold and silver, something was happening to the area around Asarco.

Donna Rhee, Environmental Chemist and advocate for Omaha's Autobon Society, said it was proven in a report from the Department of Environmental Quality that lead and arsenic levels are present in unhealthy amounts in areas around the Asarco plant. Rhee said that these toxins could be found in the air, soil, and in the Missouri River as a result of the processes of the plant and the burying of lead waste on the Asarco property.

"In that area, these toxins are everywhere," Rhee said.

Though there has been Clean Air and Water Acts since 1972, it wasn't until the past year that Nebraska has taken action on the Asarco plant.

The area around Asarco is on compliance with the Clean Air Act, and now the Asarco plant is shutting down.

Brian McManus, spokesperson for the Nebraska Department of Environmental Quality said that part of the reason this is just now happening is because of the two different standards for air pollution.

"Rules have changed over the years and have become more stringent," McManus said.

McManus said that over the past several years the Department of Environmental Quality has been testing the air around the Asarco plant to determine the amount of lead contamination. The standards used in this testing are called Ambient Air Standards.

"Asarco has been in violation of these air standards for the past ten years," Rhee said.

What has now happened is that in January, with the passing of a document called the "State Implementation Plan," it will be law that all areas in Nebraska must be in

compliance with the Clean Air Act, and now the Asarco plant is shutting down.

McManus said that from testing the air in downtown Omaha near the plant, it was evident that the levels of lead were unhealthy. Though this area doesn't include Central, it is too early to know if the Asarco plant will have a direct effect on the Central premises.

Rhee said that there are two levels of environmental testing that have been done on the site but said that she feels that the studies have been insufficient.

"The investigation of the current plan should be modified to include a more detailed determination of the source of the elevated lead levels in the river," Environmental Protection Agency said in a report concerning the Asarco plant.

Brinker Harding, Assistant for the Mayor of Omaha, said that Asarco will submit a plan for the cleaning of the area to the Nebraska

Dept. of Environmental Quality.

"We are very supportive of the project and will be comfortable with the remediation plan that Asarco and the Department of Environmental Quality have come up with," Harding said.

Environmentalists say that Asarco should not be turned into a public park until all pollution could be done away with. There are worries that if the area is not thoroughly cleaned up, there will be even more serious repercussions in the future that could be even more expensive to clean up than would presently be.

McManus said the current plan does not entail the total clean up of the pollution of the areas.

According to the air testing done by the Department of Environmental Quality, Central is not included in the area in violation of the Ambient Air Standards, which reaches only as far as 11th St.

"Such violations will not occur after January," McManus said.

What's inside?

- Three-year plan...page 4
- All-State...page 5
- Excercise...pgs 10-11
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- New Field?...page 20

Parents held accountable for children's wrongdoing

Seven Grand Island Nebraskans may face jail time or fines for their children missing too much school this year. Nebraska's Compulsory Education Law provides that parents of children ages seven to sixteen who have unexcused absences and are habitually truant from school can be charged with violations of this law. Violations of this law are Class III misdemeanors, and if convicted, parents may face a maximum of a \$500 fine and three months in jail. This law is a wrongful removal of responsibility from the offenders to their guardians.

This law may teach a good lesson to the parents about the necessity and importance of their children attending school, but unfortunately, it relieves the children of any sort of responsibility for their own actions. The children involved are from the ages of nine to fifteen, and have reportedly missed at least half of the school days through mid-October. This referral of punishment from the offender to the parent is ridiculous, and not a viable solution to the problem of truancy in schools. It only reinforces the children's freedom to do as they wish because it is only their parents who will suffer consequences for the actions.

Admittedly, parents have certain responsibilities, and their children's education is one of them. However, if a child is old enough to make the conscious decision to leave school without the permission of the parent or an administrator, that child is old enough to take the responsibility for his actions, and should be expected to do so.

Sending a parent to jail for the actions of their child is a step backward in the rehabilitation of a child's wrong actions. Not only are they shown that they are not held responsible for their actions, but the parent's influence on the child, which is the most crucial aspect of the child's development, is removed for a period of time from the child.

This trend of holding a parent responsible for the actions of a child is increasing more and more throughout the years. As "bad childhoods" become excuses for criminal actions, parents fall under more and more scrutiny and criticism for their child-rearing styles. Not only are parents being criticized for their parenting, they are being held legally responsible for their failure to produce perfect children. Parents have always been monetarily responsible for any damages their children have done, because most minors do not have a source of income that can be relied upon to repay any damage they do.

There are movements to try to extend the legal responsibility of parents to other areas, mostly dealing with curfew laws. A parent should not be forced to pay a fine or serve jail time because their child has made the choice to stay out beyond the city's established curfew. If the city has deemed an appropriate time for minors to be inside their homes, the minor who chooses to violate this law should be held responsible for his or her actions, not the parent.

Simply put, those who do the crime should pay the time. Any other method of punishment is thoroughly illogical and has no place in the justice system.

Generous spirit needed beyond holiday season

With holidays creeping closer, and the onset of winter months, people experience an annual recollection. The same remembrance which people seem to suffer on a yearly basis. Somewhere between the airing of *It's a Wonderful Life* on cable and the arrival of relatives, the populace suddenly remembers. Some people don't have a home.

For the other 10 months not marked specifically by goodwill to mankind and turkeys, the homeless are for the most part overlooked. It is almost as if humans think that people are only homeless during November and December. That aside from those two thirty day spans, everyone has a place to stay.

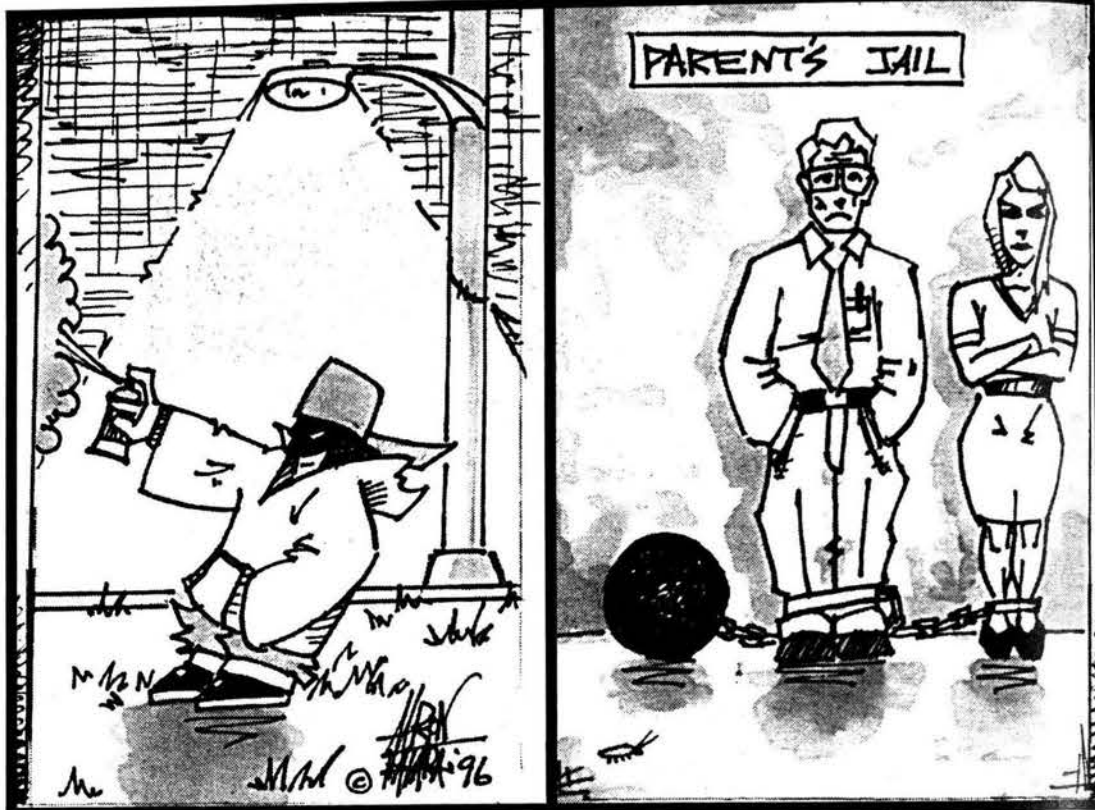
October. No ringing charity bells in front of stores. But November comes and one has suddenly entered a period which recognizes destitution.

For as long as Santa Claus adorns the windows of homes and super markets, many U.S. citizens become self-appointed homeless advocates. People find within their hearts and pockets the desire to contribute to those less fortunate. Many organizations hold canned food drives. For two months, society gives out the impression that these people are not alone. But as soon as the tree comes down, the compassionate attitude which has aided so many ends too.

The calendar should not be the deciding factor of when to help the needy. The issue should not even entail the when. Assisting others is not an operation which is to be primarily confined to certain dates.

If it is to be that there is only one time a year when people can spare to help the homeless, let it be the months which include Thanksgiving, Hannukah and Christmas. These are cold and brutal times for those who do not have shelter. But do not think that these are the only trials which the homeless face. These people are still hungry in the spring, and in need of clothing in the summer. Just because generosity from most people declines, that does not mean the other obstacles of homeless life do the same.

Homelessness is a year round problem. When did humanity become seasonal?

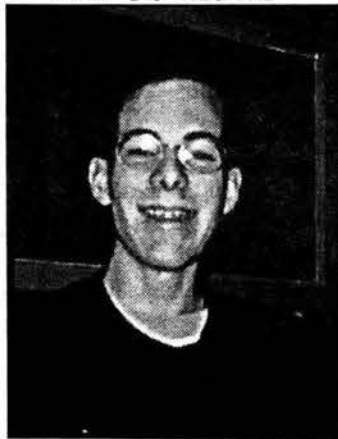


REGISTER YOUR OPINIONS

"Register Your Opinions" is a sampling of student opinion. It is not meant to represent the views of the entire student body or the staff of *the Register*.

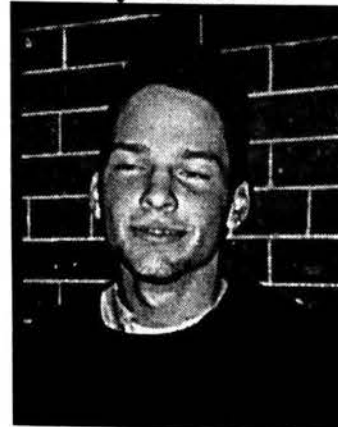
Are there certain works of literature that should be censored from high school students because of their adult nature?

Bill Gentle 11



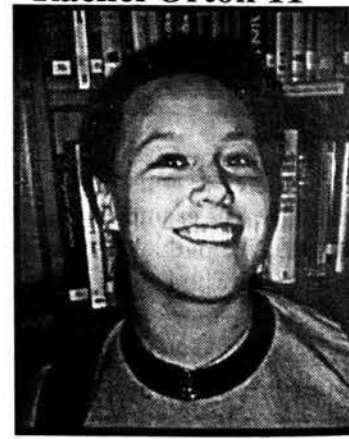
I think censorship is fundamentally unfair because people are not allowed to express themselves.

Kory Bladt 11



Yes. A good majority of students don't have the kind of maturity to handle the racier books.

Rachel Orton 11



No, because students should be considered mature enough to make their own literary choices.

Sasha Tissot 10



No, because literature is one person's point of view. They shouldn't be hidden from anyone.

In Remembrance of...

A very special person is missing from the halls of CHS. Kelly Allen, senior, passed away on Wednesday, Nov. 6, 1996.

The Register would like to give its heart felt condolences to her family and friends.

She was a friend to many of us, and we hope that her memory will live on in the hearts and prayers of the student body at Central. She was not only a classmate, but a friend to many on The Register's staff, and her absence is deeply felt by all of us.

Kelly, we love you, we miss



you and we will remember you always. Thank you for being one of the sweetest girls we have ever known.

Through My Eyes

By Erin Beal



First impressions

"Hi. I'm here to talk to someone or, I mean, be interviewed for that recent job opening."

No name. No handshake. No confidence. Next candidate please.

Our society works just like those job interviews that we all adore. We tend to hold people at a distance and judge from afar their personality, character and everything that they are as a person and are likely to become. These decisions are usually unconsciously made during the first few minutes of contact with a stranger.

It's the minor details which indicate a person's personality. For example, one's attitude can show his or her outlook on life. Also, no one likes a person who is really unhappy all of the time. Even though a first impression should not set in stone the opinion of another,

it can be very influential.

Many things in our society depend on first impressions. For example, job interviews are totally based on an employers' immediate opinions. In cases when two people are equally qualified, a decision between the two is often based on appearance and mannerisms.

At times these judgments are necessary simply because of the way our society works. However, in other cases, people tend to judge out of habit.

Oh, of course we all like to consider ourselves very tolerant and open-minded. Naturally, these characteristics are things that most of us strive for. However, take care when criticizing people that you don't simultaneously take a few steps away from achieving this goal.

While it's only human nature to stress first impressions, it's important to remember to take these encounters with a grain of salt. In tending toward moderate opinions about people you have just met, you will truly become more open-minded.

Another ingredient which contributes to society's quick judgments is prejudice. Yet one more of those 'human nature' quirks: people tend to over-generalize.

If, say, a person gets cheated when buying a car, he or she may view the entire auto industry as just out to get money from whichever hapless victim stumbles into the trap next.

Although this example is rather simplistic, prejudice can have profound effects on society at large. After all, prejudice is the deep-rooted evil at the base of racial tension, hate crimes and unlawful discrimination.

The appearance of a person may also play a part in the judging process. The phrase "don't judge a book by its cover" obviously holds no sway in a society that classifies people even by the way that they dress. We tend to go to extremes with labels and forget reality in which most people fall somewhere in the middle.

Even the media gets involved with stereotypes. The way that they perceive the world often becomes the way everyone else does. In addition, in the recent political campaigns, the media chose, consciously or not, which issues to emphasize and which to "down play."

The point of all my ramblings is just this, before being so quick to judge, take a step back and view the world through the eyes of the person who you are about to judge. Things may look different from the other side.

LETTERS TO THE EDITOR

A READER OPINION FORUM

Dear Editor,

On behalf of the Central cheerleaders, we were very offended by the editorial "Eagle spirit low at CHS." It portrayed the cheerleaders as being unspirited and lazy. We do a lot more than we are given credit for. We do not deserve to be criticized, ridiculed or put down.

In regards to Spirit Week, we equally participated in the organization of this event. We have every year and will continue to do so. The locker decorations that were displayed during Spirit Week were not only the responsibility of the cheerleaders but also that of everyone who helped decorate. This year more people participated in Spirit Week than have done so in the past few years. We were very pleased with the participation level of the student body. We would like to thank all the students and staff members who supported their school.

The cartoon next to the editorials was also quite offensive. It displayed a girl in a spirit uniform applying make-up. Portraying us as sitting in the stands doing nothing but looking in a mirror is not a true representation.

The cheerleaders are not perfect and we appreciate constructive criticism, but instead, a few people continue to make us look bad. We would like to improve on certain things, but we need support from our school. We only promote school spirit, we can't make people participate in it. In conclusion, the cheerleaders have been working very hard this year to support CHS. We can only hope that we can attain some appreciation and recognition for our efforts.

Amanda Backora and Nicole Dubas, juniors, representing the CHS cheerleaders.

Dear Editor,

We are writing to complain about the voting process for homecoming royalty candidates. We feel that holding the elections before school does not give ample opportunity for people to vote.

In several of the zero hour classes, people did not receive ballots. Also, due to different arrival times of buses and vans, people were unable to make it to the courtyard, stand in line, get a ballot, vote, go to their lockers and get to their homerooms before the bell.

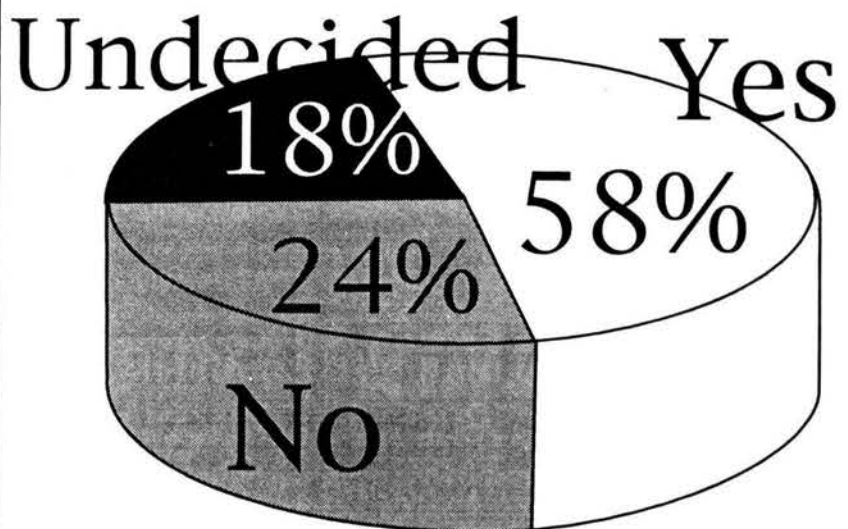
We do not understand why the ballots could not have been distributed in homerooms. This would have guaranteed everyone the opportunity to vote. We hope that this suggestion will be taken into consideration for prom candidates.

Jennifer Phillips and Emily Broom, seniors

WHERE TO FIND US

Send all letters of opinion to room 315 or find the box on the two side of the courtyard. It is the policy of the Register not to print unsigned letters.

CENTRAL STANDARDS



As a citizen of the United States, with full rights and priveleges of an American, do you have an obligation to participate in the election of our country's leaders?

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NEWS IN BRIEF

Madrigal dinner brings support for CHS

As the holiday season approaches, Central High students join in the festivities and support their school by putting on the third annual madrigal dinner.

"The madrigal feast itself is based on an Elizabethan Christmas festival," Mrs. Lynn Bouma, vocal music teacher, said.

This year will be the first year the music department will present a full meal. In the past, they have only served hors d'oeuvres.

CHS Singers and Bel Canto, two selective choral groups, will be singing.

The evening will begin with the grand procession in which the singers come out and escort the guest of honor. This year, Dr. Gary Thompson will be presiding over festivities.

Each separate section of the program will be announced by a trumpet fanfare.

The madrigal dinner will occur at Central High on Dec. 14 at 5:30 p.m. Tickets cost \$15 and are available through Central High vocal students or the school store.

Proceeds from the feast will fund a trip to a competition (as yet undetermined) for the A Cappella choir.

Workshop eliminates hate

Nine Central juniors learned about different types of prejudices at the Prejudice Elimination Workshop, held at the Jewish Community Center on Nov. 6, 1996.

The workshop began with large group work and speakers lecturing on the importance of ending discriminations. Participants were encouraged to meet people from other schools and discuss their ideas on prejudice.

Over 300 students representing nearly 30 schools in the Metro area participated in the workshop sponsored by the Anti-Defamation League and the Jewish Community Center.

Students broke up into small groups to discuss personal experiences of discrimination and possible solutions. At the end of the workshop participants received pledge cards and buttons, as well as a chance to voice their opinions to the whole group.

Dole's "96-hour marathon to victory" draws support in Omaha

By John Gaskins

Republican presidential nominee Bob Dole came to Omaha on Saturday, Nov. 2 to make a special appearance before 4,000 screaming Republican supporters at Sky Harbor Airport.

The appearance was part of a pre-election rally organized by the Nebraska Republican Party, and was part of Dole's last minute, 96-hour "non-stop marathon" of campaign speeches throughout the country leading up to the Nov. 5 elections, where he lost to incumbent President Bill Clinton.

The former Kansas senator and Senate Majority Leader spoke for about 15 minutes, trying to boost Republican morale and responding to his trailing status in recent polls three days before the election.

His speech contained much emotional intensity and was successful in firing up the large crowd of enthusiastic supporters.

"There's a lot of enthusiasm around here. We are gaining momentum. I smell victory in the air," Dole said. "Come Tuesday, President Clinton will be the most surprised man in America!"

Dr. Richard E. Shugrue, a professor at the Creighton University School of Law and WOV-TV political analyst, said that while Dole's vigorous campaigning was a well-intended attempt at gaining last minute votes, it was obviously unsuccessful in winning Dole the election.

"Dole was trying to demonstrate his vitality and stamina and prove that he wasn't just 'Old Man Dole,'" Dr. Shugrue said. "However, the American people decided to send the message that he was the wrong man for the time and his time was up."

However, Dr. Shugrue said the "marathon" stop in Omaha was very significant to his campaign and successful in gaining the votes of Nebraskans.

Behind Dole's home state of Kansas and Utah, Nebraska had the third largest margin of victory for Dole.

Before Dole spoke, the rally featured appearances and speeches by Republican Omaha and Nebraska Republican politicians and

candidates.

Speakers included Nebraska attorney general and former senatorial candidate Don Stenberg and all three house representatives from Nebraska - Jon Christensen, second district; Doug Beureuter, first district; and Bill Barrett, third district. All three congressmen won their election decisively.

The rally was also an important campaigning event for Chuck Hagel, who, tied in the polls with Gov. Ben Nelson, was trying to become Nebraska's first Republican Senator in 24 years.

Hagel defeated Nelson decisively in the election, which was considered by many an upset considering the governor's early lead in the polls and his popularity.

However, Dr. Shugrue said, Hagel's better orchestrated campaign and Nelson's failure to respond to Hagel's attacks on his credibility cost him the election.

Dr. Shugrue said Hagel was already gaining momentum.

After speech, Hagel gave Dole a compelling introduction, and the presidential hopeful took center stage.

Among the issues Dole addressed were protecting the flag, voluntary prayer in school, restoring military strength, partial birth abortion, and his support for Heartland farmers.

One of Dole's major campaign promises for his was a 15 percent cut in all taxes.

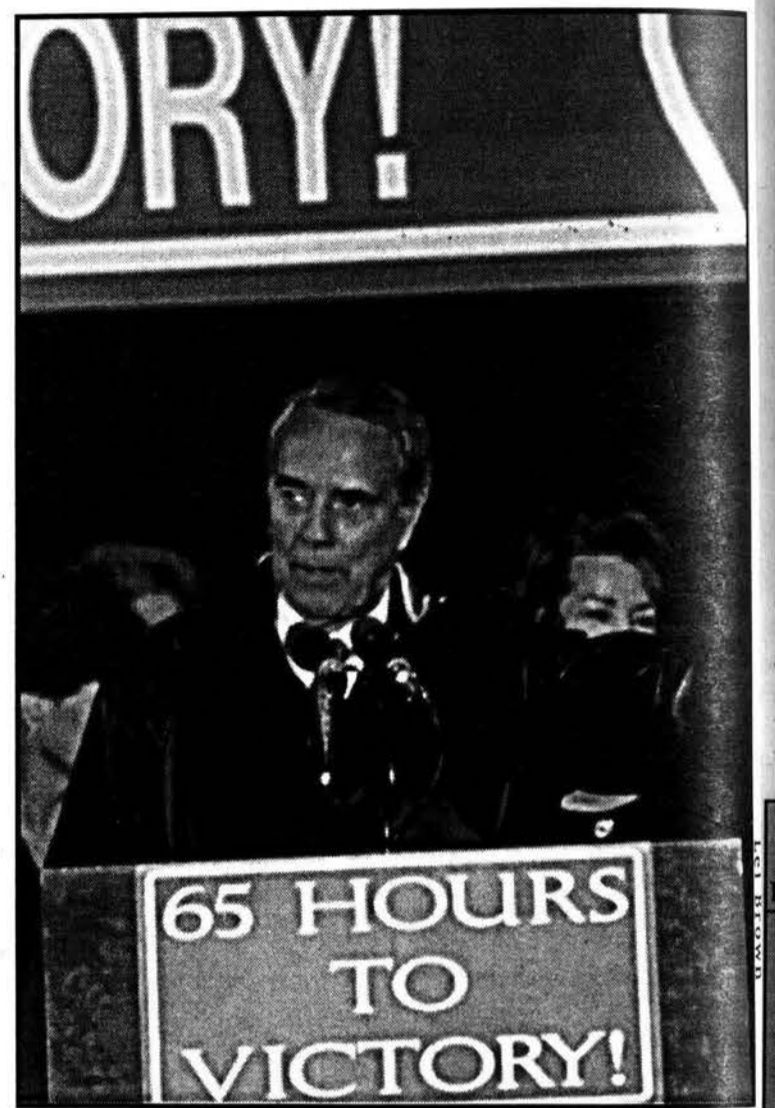
Many ralliers held up signs that simply read "15%!" Shugrue said that the tax theme was ineffective and that American voters simply did not believe he could accomplish such a cut if he were elected.

"Dole just never had a clear message in his campaign and the best thing he could come up with was this tax cut," Dr. Shugrue said. "In the minds of the American people, it was a bunch of malarky."

Dole mentioned youth only twice in the speech.

He encouraged young people to not do drugs and asked the voters to consider America's youth and the future when casting their votes.

The speech also focused on Dole's opposition to and criticism of the of the Clinton Administration.



Dole had only 65 hours of his "96-hour marathon to victory" when he stopped in Omaha. Dole was defeated by incumbent President Bill Clinton in the 1996 elections.

He criticized the administration's failure to cut taxes as promised, the failed government health care plan, recent scandals involving Clinton aides, and Clinton's honesty.

"Clinton's a smooth talker - don't be fooled. He said he would do this and this and this, and he didn't," Dole said. "I'm not a smooth talker, but just like Truman, I'm going to give 'em Hell!"

Dole concluded the speech by telling ralliers and all voters that the difference between him and Clinton is ethical character, integrity, and decency, and assuring them that he is the more honest man.

"Character does count in America. I will look you in the eye and keep my promises. I will keep my word!" Dole cried.

After Dole finished his speech he shook hands with dozens of ralliers and boarded the plane, giving one last wave to Nebraskans.

Nebraska Republican Party Chairman C.W. "Chuck" Sigerson, who organized the event and served as master of ceremony, said he was pleased with the rally and confident about the elections.

He said the atmosphere was exciting and the rally was instrumental in raising the confidence of the Republican Party in Nebraska.

"If you could feel the unity and the energy in that full room tonight you can tell that Tuesday will be very special day," Sigerson said.

Sigerson said Dole's appearance was one of the most exciting events in Omaha's election history.

Students choose to graduate in three years, not four

By Tim Hakanson

For the vast majority of high school students, four years constitutes a high school career, but for a few, only three years of high school are taken to graduate.

Very few students take high school in three years. Those who do so do it because of extenuating circumstances, Mrs. Sharon Cipperley, guidance director, said. She said that the standard philosophy is that four or even five years of high school is the most beneficial for students. High school is meant to be a time of growth. She said that situations causing students to complete high school in three years may include students in this country on a visa, students that must support a family, or other types of circumstances.

Lauren Paley, senior, wants to be in an environment with other religious Jewish girls.

"I am one of a few religious Jewish kids in Omaha," Lauren said.

Lauren, who is in her third year of high school, will be graduating this spring with the

class of 1997 and will be going to a Jewish women's seminary in Israel next year. She thinks that she is ready to move on from high school. She is also pleased that she will be able to attend the Jewish women's seminary and return in time to start college with the class of 1998.

Lauren took two classes for two credits at Westside High School this past summer. She got credit for one semester of senior English and one semester of American history. She is currently taking the other semester of American history at Central and an independent English class through the University of Nebraska at Lincoln.

Students cannot take summer and night

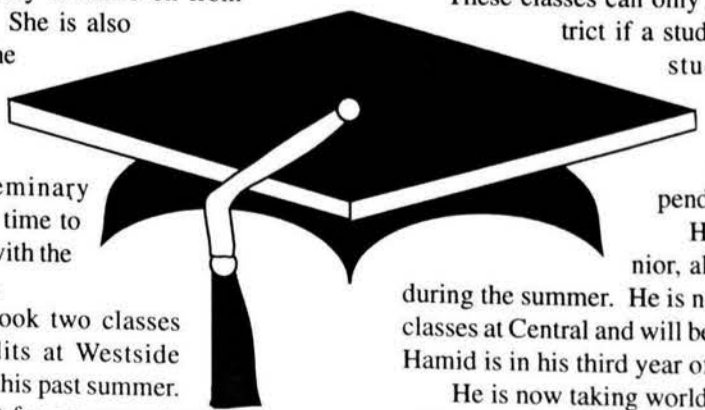
school classes in Omaha Public Schools for the purpose of graduating early, Cipperley said.

These classes can only be taken in the district if a student fails a class, students wishing to graduate early must go elsewhere or take independent studies.

Hamid Roustai, senior, also took two classes during the summer. He is now enrolled in two classes at Central and will be graduating in July. Hamid is in his third year of high school.

He is now taking world history and the rest of his English credits, along with all the other classes that he needs to graduate. Next semester, he will be taking the second semester of American history.

"I like to work at my own pace. I like to take as many classes as I can, and I like to take the hardest classes I can," Hamid said.



Life after High School

Graduates meet new adventure in college

By Sam Achelpohl

College life can be a whole different adventure compared to high school, and for a few Central graduates, it has become just that.

Going away to college can be a big step in the life of a young adult. Endless factors can go into choosing a university. From student loans to student life, population to athletic program, all can play an important role in choosing where to go to college. One main focus of seniors was how far they wanted to be from family and home.

Charles Deboer, a graduate of last year's senior class who now attends Occidental College in Los Angeles, California, was quite nervous about moving so far away to attend school.

"Anybody could guess that I was really nervous. I had no idea what I was going to expect being on

the other side of the country in a city four times as large as Omaha," he said. "The entire summer I was hyped up about going, but as it got closer and closer for me to leave, the tension just got worse and worse."

Although he had his doubts before he left, Charles said that he's having a great time and meeting a lot of new people.

"The first day I was here I met a bunch of new people who were in the same boat as me, really nervous and having no idea what to expect. We hit it off great. I'm

meeting people almost everyday," he said.

Minda Smith, a graduate of the class of 1995, has taken advantage of a few different universities since she graduated from Central two years ago. She has attended three Nebraska schools, Wayne State, University of Nebraska at Omaha, and currently attends the University of Nebraska at Lincoln.

"I never got used to going to college in Wayne, it was too small and it didn't fit my personality. I came

to UNO for awhile, and now I'm having a blast going to school in Lincoln. I've met more people there than at Wayne State and UNO combined. I always have something to do down here," Minda said.

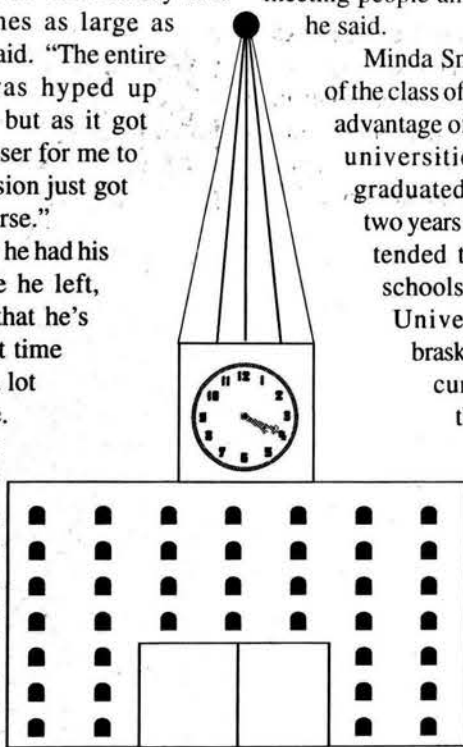
While at UNO, she was closer to home and her friends but had a few problems with school.

"When I was going to UNO, I was really close to my friends and didn't concentrate as much on my studies.

Up here I can get all my work done and still be able to go out," she said.

Although some of last year's graduates chose to attend college out of state, most have chosen to stay in and around Nebraska.

Out of 253 seniors that chose to attend college, 179 are attending college in Nebraska. Another 36 graduates attend college in surrounding states.



College Fair brings students and colleges together

By Emily Martin

Several Central students visited with college representatives at the 22nd annual Greater Omaha College Fair held at Aksarben on Sunday, Nov. 3, 1996.

"Students get a chance to have a short conversation with college representatives from all over the United States," Rebecca Yokley, Financial Aid Specialist at the Educational Planning Center, said. They are able to gather literature and make initial contacts."

Around 200 colleges and universities from across the nation sent representatives to the fair, including a large congregation of Nebraska schools. They were vis-

ited by thousands of students from around the metro area. Dozens of Central students were in attendance.

Sally Otis, junior, said, "The College Fair is good to start people off in the right direction and to get basic information about different colleges."

For students who did not know what questions to ask representatives, a sheet with possible questions was available at the door. Upon entering the fair students also received a map of the fair, a list of all the colleges in attendance and a bag to place any information they gathered in.

With so many colleges present, students had the ability to talk to many representatives. Some people

said there was not enough time to really learn about the colleges though.

"You get a chance to ask questions, but it is better to visit a school you are interested in to talk one-on-one," Sally said, "That way you are not as rushed and time isn't such a factor."

"It is not a good time to have deep conversations about an institute," Yokley said.

For many students, the college fair is one of the first times they are exposed to different colleges. Here they are able to reduce their list of prospective schools.

"The fair is a good starting place for juniors, by this time seniors already have a good idea of

their plans," Yokley said.

Kim Schulte, junior, said she had no idea what she was looking for in a college and felt completely lost at first. During the fair she was able to visit with many representatives.

Along with college representatives, students also had a chance to visit with people from the Educational Planning Center and Packers Nebraska Bank and Trust Company, both of which are sponsors of the college fair along with Nebraska school counselors and Greater Omaha high schools.

Financial aid seminars, presented by the Educational Planning Center, were available to anyone at the College Fair.

Drug Tests may become requirement for driving

Emily Martin

"Teenagers will have to take a drug test before they receive their drivers' license and will be turned down if they test positive," Miss Tricia Manning at the Nebraska Democratic Party said.

The previous statement describes President Clinton's proposal to require states to give drug tests to teenagers before they receive their drivers' licenses in an effort to curtail teenage drug

The administration's Director of Drug Policy and the Secretary of Transportation will report back to President Clinton in January with their plans to initiate the proposal and make the drug test standard throughout all of the United States.

All teenagers applying for drivers' licenses will be subjected to drug testing.

Some critics say this would lead to drug users undermining the test by clearing

their systems of drugs before they are tested.

"It's too easy to beat the test," Mrs. Susie Dugan, executive director of Pride Omaha, said. "Mandatory drug testing is just not a viable solution, a random test would be more effective."

Studies released this past August show the number of teenage drug users has more than doubled in the past four years. After the release of these findings many concerned people began pressuring authorities to find a solution.

"It's admirable that society is trying to do something about the drug crisis," Dugan said, "But let's not jump at the first thing that comes around, there are more proven methods."

One way to combat teenage drug use would be to temporarily revoke the licenses of those who are caught under the influence of alcohol, Dugan said.

The Nebraska Youth Risk Survey of 1995 reports that 24 percent of high school students in

Nebraska have used marijuana, four percent have used cocaine and ten percent of students have used all other drugs, including methanphetamines, PCP and LSD.

"High school students in Nebraska tend to have lower drug use than the national average...until recently," Dugan said.

Dugan said she believes the increase in drug use for teenagers locally is due to the glorification of drugs in the entertainment industry as well as the drug culture reporting that marijuana is medicine and hemp is good for the environment.

"I just hope the country keeps interest in this topic after the elections," Dugan said.

Last year President Clinton supported Congress in passing a zero tolerance for drinking and driving by under aged drinkers. This law makes it illegal for anyone under 21 to drive with any alcohol in their blood.

Central voices sing out at All-State Concert

Erin Beal

Central High has a total of 24 students performing in this in the 56 All-State Concert. Seventeen of these students are in the All-State Choir. There are more vocal students at Central going to All-State than at any of the other OPS high schools combined.

All-State is a concert given by students from across Ne-

braska. In order to participate, students must audition at one of many possible sites.

The concert will be held on Nov. 23 at 5 p.m. at University of Nebraska at Kearney in the sports center. Tickets will be sold at the door and will cost \$6.

Besides the vocal students who are participating, Central has two students in the All-State Band and five students in the All-State Orchestra.

"All-State is one of the most memorable experiences for high school students as well as being a lot of fun," Mrs. Lyn Bouma, vocal music teacher, said.

Mrs. Bouma said the hardest thing about All-State is the audition.

"Once you are in, you can go and have a good time," she said.

At All-State, students have the opportunity to "experience a new conductor and grow as a musician."

All-State musicians will have

a total of six intense rehearsals during the days before the final concert.

Dale Grotenhuis will be conducting the All-State Choir. Grotenhuis also composed *Song of Triumph*, one of the pieces which will be sung at the concert. Richard L. Floyd will conduct the All-State Band, Robert Baca will conduct the All-State Jazz Band and Kate Tamarkin will conduct the All-State Orchestra.

NEWS IN BRIEF

Students advise principal on issues

The Central principal advisory group starts back up at Central this year on Nov. 21 to discuss school related issues.

The group consists of students who are interested in voicing their opinions on school issues.

The board meets about four times during the year by grade level and is primarily focused on the interest and concerns of Central students. It gives them a chance to give direct feedback to the school administration.

The issues are selected from lists the board members present when they apply for membership. The issues up for discussion range from lunch time procedures to school spirit.

The whole group is made of about 200 students. All of those students who applied were accepted.

"I thought it was a great opportunity to represent my class concerns in the school," Niki Gibson, senior, said.

Administration assigns snow days for students

A cold blast of icy air shoes that the year is now nearing the time of snow, cold and ice. A celebration for students who can use an extra day of studying or recreation. The question slowly surfaces of where and why the snow days actually comes.

The decision itself is made by the superintendent of Omaha Public Schools. The decision is based on several factors and a look at each situation is individual and different.

One factor is the amount of precipitation on the ground and expected to fall. Of course, no amount is specifically set.

The school also sends out a team of drivers who test various roads. They gauge the amount of difficulty that the buses and students will have getting to school.

The National Weather Service advises the district on the upcoming forecast and if they feel school should be called off.

The concern is ultimately one of safety.

"The decision is whether students are in danger", said Stacie Thomas Hammel, of O.P.S.

The decision itself is made by 6 o'clock in the morning. It is then announced on all available forms of media. This includes radio and television stations so all of them can be used to inform students about any cancellations or delays.



By Caroline Foley

- School: Washington University
- Where? St. Louis, Missouri
- Percent male and female: 53 and 47 percent
- Number of applicants: 8,330
- Percent accepted: 65 percent
- Mean SAT: 520-620 verbal and 600-700 math
- Estimated tuition (including room and board): \$24,000
- Students involved in fraternities and sororities: 65 percent
- Most popular major: engineering

Miscellaneous information: Washington University is made up of five undergraduate schools and several graduate and professional schools.

The five undergraduate colleges are the School of Arts and Sciences, the School of Architecture, the School of Business and the School of Engineering.

Most students major in science-related fields. The Wash U library contains over two million volumes, one of the largest in the country.

Most science lectures enroll over 100 students, but all senior classes are kept small, between 15 and 20 students.

A lot of Wash U students go into St. Louis for a change of pace, especially the Loop, a district of clubs, shops and restaurants.

The Washington University Bears usually finish poorly in every conference, however most students participate in intramural sports.

All information taken from *Insider's Guide to the Colleges*.

Honors classes now offered in the fine arts classes, raise GPA

By Tim Hakanson

Music, art, and journalism classes can now be taken for honors credit at Central High School.

Students can now receive honors credit for classes that two years ago, never offered it. There are different reasons why students would take these classes for honors credit.

"One would like to think that it is intended for academic reasons," Dr. Gary Thompson said.

Each of these classes require much extra work outside of class that is above and beyond the requirements for a non-honors class.

Another possible reason that students might take these classes is for the honors credit, that is, the greater effect it has on a student's grade point average.

When a student receives a "one" in a regular class, "4.00" is averaged into that student's GPA. In honors classes, if a student receives a "one", a "5.00" is averaged into the GPA.

Therefore, there have been students in the past who have been reluctant

to take these classes for regular credit because it is more likely to lower their GPA, Dr. Thompson said.

If a student's GPA was higher than "4.00", a regular music, art, or journalism class could only lower that student's GPA. There has been pressure from students and parents to offer honors credit in these classes for as long as Dr. Thompson remembers.

Students who wanted to be challenged more in these classes pushed for the offering of honors credit. This new wave of honors courses began with the music program last year.

Honors credit has been offered to A Cappella Choir, Junior Choir, Wind Ensemble, Concert Band, Orchestra, CHS Singers, Bel Canto

Singers, and Jazz Band students for the last two years, Mrs. Lyn Bouma said. Students sign a contract that says that they will meet the requirements both for the class and for the honors credit.

Mrs. Bouma said that Central started offering honors credit for music classes after many other schools in OPS, starting with Northwest High School, started offering it, giving those schools a recruiting advantage.

There was also the concern among students about the regular music classes lowering their GPA.

The students taking these classes for honors credit must do playing tests, concert reviews, and a research paper, among other requirements to meet their expectations.

This year, the art and journalism department joined the music department in offering optional honors credit. Studio Art, taught by Mr. Larry Andrews and Mrs. Margaret Quinn, is now an honors class.

This class is offered to juniors and seniors. Studio Art has always been a lot of work, Andrews said.

This year, extra requirements have been added to the class. Students must attend community art activities, do a research paper, and attend school art functions.

Students must apply and be invited to take part in that class, as well as taking two years of art, including advanced drawing, pottery, or design. Once they are in the class, they automatically get honors credit.

"Central has a reputation for excellent art students," Andrews said. He said that the class is a good way to prepare students for going on in art, so students should get the extra boost of credit.

Honors credit is offered to students on the *Register* and *O-Book* staffs.

One would like to think that it is intended for academic reasons.
--Dr. Gary Thompson, principal

History gets new twist

By John Gaskins

This year, the world of teaching is totally different for social studies teacher Mrs. Vicki Deniston-Reed.

Deniston-Reed taught seventh and eighth grade social studies six-and-a-half years at Lewis and Clark Junior High School. Last spring she accepted an offer to teach junior Advanced Placement world history at Central, which has significantly higher demands than her former school.

The A.P. world history teacher must not only cover 5,000 years of history leading up to the present, but must also prepare students for Advanced Placement European history exam, which takes place in May.

"Being an A.P. teacher requires a lot more background reading, research, and preparation, and the challenge of teaching is greater," Deniston-Reed said, "but I like the extra work because it makes the class more interesting."

Deniston-Reed replaced Mrs. Carol Valdrighi, who retired after teaching the course for over twenty-five years. Valdrighi was one of the most respected teachers at Central. Many of her students from last year, including Andy Ochsner, senior, considered her class the toughest they had taken.

"We had a lot of work to do, and although it was tough, Mrs. Valdrighi did an exceptional job preparing us for the A.P. exam," Ochsner said. "I'm sure the new teacher will do the same, because it is a quality class."

Deniston-Reed said she realizes Valdrighi's concern and devoted to teaching the class, and hopes to have those same qualities. She said she is "lucky and honored" to be teaching a class that is rich in prestige, success, and high teaching standards.

The new teacher will focus on covering less ancient European and Asian history and more on modern times in preparation for the A.P. exam. Her students have noticed that although tests are more frequent than they were in Valdrighi's classes, homework is less prevalent.

"We are covering a lot of history already, but we are not up to date in homework like Valdrighi's students told me they were," Ben Tomlinson, a Deniston-Reed student, said. "Her classes are in-depth yet manageable and that is a good compromise."

One of the best parts about coming to Central has been seeing students she taught at Lewis and Clark, Deniston-Reed said. She also said that some of those students are enrolled in her class.

"I guess you can say I came here with some of my students, which is exciting," Deniston-Reed said. Deniston-Reed said she is optimistic as she embarks on her newest teaching adventure.



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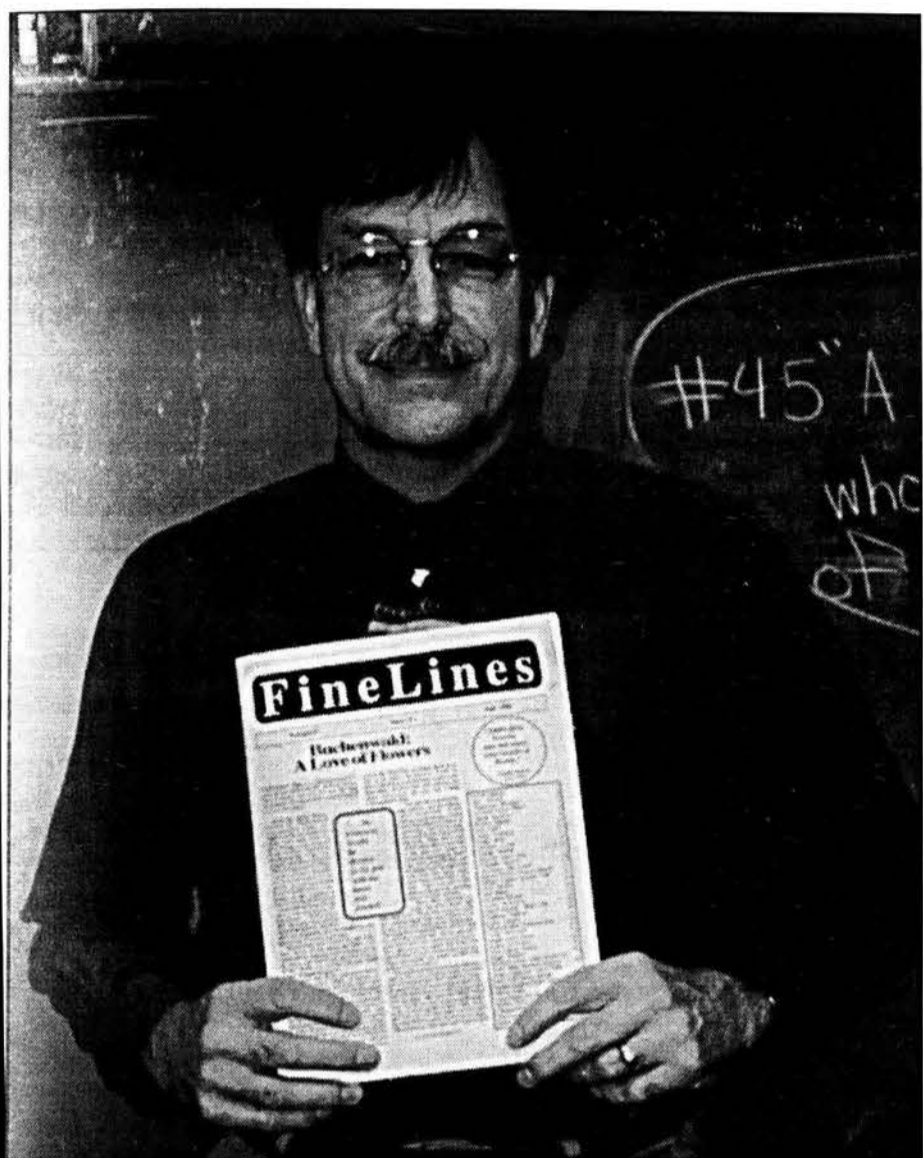
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English teacher publishes *Fine Lines* from home



Lei Brown

Ta Dah! Mr. David Martin proudly displays his publication *Fine Lines*. The process of creating this newsletter takes a long time. Martin said that he usually stops counting after spending fifty hours on it. Martin finances the publication himself and has not yet broken even. He gives away as many copies as he sells to students who can not afford to buy them.

By Tim Hakanson

In just half a decade, a four-page literary newsletter started by a high school English teacher has turned into a 48-page quarterly publication read across the country.

Mr. David Martin, Central English teacher and part time English instructor at UNO, started *Fine Lines* five years ago as a class project.

"It was a four-page, anemic, skinny newsletter," Martin said.

Today, *Fine Lines*, publishes the work of Central students, UNO students, and other high school, junior high, college students as well as professors and many other people. *Fine Lines* readership is over 500 people in 16 states, and it is continuing to grow, Martin said.

In 1991, Martin had what he would call the "perfect" sophomore English class. They were hard workers who were humble, open, wanted to learn, and yearned to improve their writing, Martin said. Many of them were average students, but he said that they realized the power that they had when they wrote well.

He decided that he wanted to reward students who tried hard by printing their work. Martin then went out and bought the computer hardware and software necessary for desktop publishing.

After the first few publications, people outside of Central, including many UNO students, started wanting work published in *Fine Lines*. *Fine Lines* began to grow to the 48-page magazine that it is today.

Martin receives submissions for the magazine from many parts of the country and even the world. Recently, he received submissions from New York and Costa Rica from people that he has never met. He said that he also still receives submissions from former students who write to him to tell him how they are doing in life and include submissions for

Fine Lines.

Brandon Clogston, senior, had a piece of writing, "Play Your Part," published in last summer's issue. He said that he wrote the piece in Martin's English class, and Martin wanted to put it in *Fine Lines*. Brandon was pleased that he could get his writing published.

Fine Lines is about 75 percent prose and 25 percent poetry. Miss Peggy Wheeler, English teacher, edits poetry, Mrs. Kathy Maloney, English teacher, writes book reviews and Martin edits the prose himself. Martin always has and still does the layout. The journal contains short stories, fiction, non-fiction, essays, and even research papers.

Contained in the journal's mission statement is, "The pen, the typewriter and the computer are our swords; words are our shields; we go forward in search of a quest that will bring meaning to our message. Writing of life's experiences brings order to chaos, beauty to existence, and celebration to the mysterious."

In this quarterly publication, we share poetry and prose by writers of all ages in an attempt to rid the world of our dragons. Support is provided through individual subscriptions and private donations. Double spaced submissions are encouraged by all members of the community... Join us in the fun of creating the lives we desire through writing."

Fine Lines truly shares poetry and prose from writers of all ages. Last issue, Martin received submissions from an eight-year old and an 83-year old. He said the journal tries to publish the work of all developing writers. He now receives more submissions than he knows what to do with.

As for the dramatic growth of the journal, Martin said, "I am the most surprised person of all."

Time for healing necessary after suffering a major loss

By Erin Beal

"Grief is an emotional, physical, intellectual and spiritual response to loss," Judy Dierkhising, Ph.D., said in her article "Surviving Loss: When Will We Get Back to Normal?"

Mrs. Kerry Timm, counselor, said grieving can occur because of a major change or loss. For example, a parents' divorce, changing schools, the death of a loved one, or even going to college can result in grief.

"Everybody handles [grief] a little differently," Timm said. "It's important that each person handles it in a way that's appropriate for them."

There are two general ways in which people handle grief. That's not to say, however, that all people must fall completely into one of these two categories said Timm.

"Thinkers' tend to think through their grief logically," Timm said. "Feelers' openly show their emotions." Timm said that problems can occur when people don't understand the way that others grieve.

"There's not a right or wrong way [to grieve]. It's important to respect other people and the way

they deal with it and not expect them to react the same way as you," Timm said.

Timm said it is important for people who have recently suffered a loss to allow themselves time to grieve and not deny their feelings. This helps them to accept things much better.

Kids learn how to handle loss by watching the example of others.

The way families have dealt with similar situations in the past is a model for teaching us how we should deal with loss, Timm said.

"The grieving process takes a long time," she said.

During this time, as people struggle with their emotions, support from family and friends is welcome.

Ms. Sharon Crawford and Timm have organized a support group for students who have experienced the death of someone that was close to them.

In order to join this group, students should fill out a counselor appointment form and talk to a counselor about it.

Also, pamphlets and other information on this subject are available in the counseling center.

Police Ride-Along educates civilians

By Erika Wulff

"Do I get a gun?" I sarcastically asked Sergeant Dennis Stecki as I stepped into car 360. He gave me a sarcastic smile and a simple "No," told me to buckle up and we were off.

I had never participated in the Ride-Along program before and was eager to see what goes on behind the tinted glass and on the crime scene. Sergeant Stecki has been a member of the Omaha Police Force for 25 years.

He is a man who knows the routine well. The area we were about to patrol extended from 13th to 30th and Farnam north and from 13 to 30th and N south.

The officers call their designated area their turf. Their job is to keep their turf clean.

It was a fairly calm Tuesday night, and the radio was pretty quiet. The first call we received was for back-up at an apartment at 22nd and Jones.

Apparently there was a man who was assaulting another tenant in the building with a knife. The scene was calm, there was already an undercover officer along with another patrol car on the scene. After the ordeal was cleared, we were off to cruise the rest of the turf.

Looking out of the window I noticed how people react to the car. Many stare, some briskly walk away, while others scoff and joke. "That's part of the job," Stecki said. "You have to let it run off you. Police discipline and correct people when they do something wrong."

Nobody likes to be disciplined and told that they are wrong and most people don't like authority, so I

can see where they are coming from.

While conversing about gang violence, I was distracted by a call over the radio.

It was a call from the station asking for officer assistance to a house where a lady was reportedly beating her children, ages three and five.

This call made me cringe and caused me to think of the emotional consequences of the job.

"When I come to work I do law enforcement, when I leave I don't take it home with me," Stecki said.

We received another call around 9 o'clock to a residence near 18th and N St., where apparently two men stole porch furniture and drove away with it only to throw the furniture out onto the street.

The woman who owned the furniture didn't even know the furniture was missing. An interesting case, but not much

action. Our turf remained calm for the remainder of my ride-along.

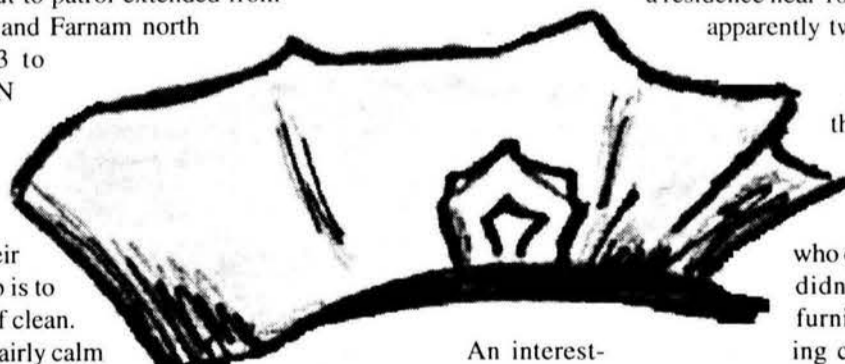
I hoped to see more action, but I guess it's a good thing that not much illegal activity was occurring.

We continued cruising the turf and chatting about Stecki's experiences.

"When I was a boy I was taught that there is right and wrong and nothing in between. An officer's duty is to serve, and protect, and to apprehend any offender of the law and make sure they pay through the court system," Stecki said.

I now have a new respect for police officers, and learned that they are not here to punish but to protect.

If you are interested in the Ride-Along program, contact your local police headquarters for information.



Museum sheds light on African-American history

By Emily Martin

The Great Plains Black Museum has for the past twenty years preserved African-American heritage for the people of Omaha.

Established in 1976, the Great Plains Black Museum houses artifacts relating to the African-American life from the Homestead era to the present time.

"One of the most popular exhibits at the museum is the music room," Mrs. Bertha Calloway, head of the museum, said.

The music room contains many instruments and music from African-American musicians. Some of the main attractions of the music display are also photographs of popular musicians. Guides are also available at the museum to explain to people the vast affect music plays in culture.

"The sports room is very interesting to people, to young men in particular," Calloway said.

An array of items are located in the sports room. Bob Boozer's golden Olympic glove is on display there. There are also many other items from African-American sports stars like Bob Gibson, one of the greatest pitchers in baseball history.

Some of the oldest pieces in the museum come from old Homesteads and Harriet Green's home in Brownville, Nebraska.

Along with many moveable exhibits such as the exhibit on African-American Cowboys, the museum houses an extensive collection of old African-American run newspapers. These papers are from more than a dozen cities and date from the present all the way back to the 1800's.

The part of the museum that houses the old papers is also used as a research center for people inter-

ested in African-American history.

"People are surprised to find out there is so much to collect on African-American history," Calloway said.

For years, Calloway and members of the African American Historical Society collected items, but had no place to display them. They were able to rescue an abandoned building by making it into a museum to hold pieces of history.

Volunteers mainly run the museum, which has several rooms. Many of these volunteers are also members of the African American Historical Society. There is only one full time employee stationed at the museum from the Nebraska Office on African American History.

"It is hard to find people who have enough time to be full time volunteers," Calloway said.

While it may be difficult to find people to help run the museum, many people contribute to its stock. People have things in their homes that they often donate to the museum, Calloway said.

The museum survives on the donations it receives from entrance fees as well as small grants from places like the Nebraska Arts Council.

"I'm hoping funds will become greater for us, the same as for other museums," Calloway said.

An increase in funds would allow the museum to renovate the interior of the building, hire a staff and become more computerized, Calloway said.

Presently, a list of all books and magazines at the museum are on a computer.

Every year a larger part of the community venture into the museum. Professors bring students, teachers bring classes and interested people visit on their own.

"People aren't as hesitant as they were at one time to visit," Calloway said.



Caroline Foley

The Great Plains Black Museum, located on 2213 Lake St., provides those interested in African-American history with artifacts, information and insight into the past.

Central deems midterms invaluable

By Lea Platz

Central is one of the only schools in the Omaha Public School district which uses midterms as a standard part of the curriculum.

Because of this, students like Elizabeth Monaghan, senior, have often wondered why this is so.

"I just think at the midterm time, for CHS students, it is frustrating to see other high school students do not have to take them," Elizabeth said.

But the idea that many other students do not take midterms is not exactly accurate.

For instance, South High School Counselor John Moore said that though there is no definite regulation, many teachers do use some type of mid quarter exam.

"It is not a policy it is a practice," Moore said.

Moore said a large issue is just not made out of midterm exams.

Northwest High School's Guidance Counselor Leon Yelinek, said that it really all comes down to terminology.

"We just do not use midterm as a descriptive term," Yelinek said. "It must be taken into account that a Chapter or Unit test could fall at the end of the quarter."

In response to this, Dan Daly Central English teacher said that midterms should be midterms. According to him their purpose is to check-up on what everyone has learned.

"Not having midterms is one way of not having a regimented system," Daly said.

Burke Counselor Rachel Wise, counselor, attributed whether or not classes used midterms to the teacher's discretion.

"Burke uses a semester concept," Wise said. "The final is what really determines the grade."

Daly said a system which uses midterms has more value.

Daly also said that generally midterm examinations can be beneficial to students, and is often a way of rewarding them.

Often times they help students grades become higher.

It all goes back to having a college preparatory curriculum," Dr. Gary Thompson, CHS principal, said.

Dr. Thompson also said that midterms add academic rigor associated with Central's academic reputation.

Outside of just acting as a cushion to students' grades, Dr. Thompson said that since it makes students review the quarter, it will be helpful at the semester.

Counselors aid students in search of scholarships

By Josh Priluck

Paying for college is a problem that many students face. One way to relieve the burden of college expenses is to get scholarships from private organizations, the college itself or the government.

One important function of the counseling center is to help students get into college and also to pay for it. The center is located in room 129. It is always available for students and offers several file cabinets full of scholarships which students can research. They are divided up into the topics of schools.

The department would like to be able to help each student by picking the scholarships that are available to each one, but their just isn't enough time to spend on the staff's part. It is up to the students to be motivated and come in for themselves.

Some students have trouble finding scholarships in the center. It all has to do with effort.

"It takes a lot of time, but when you find a good scholarship it really pays off!" said Omar Nazem, senior, said.

Another source for students looking for scholarships is a flyer distributed to seniors by Ms. Matney, college counselor, called *College Chat*. This flyer tells of various national and state scholarships being offered and the due date for applications.

Many colleges and universities offer scholarships to students who have been accepted for admission. Talking with these schools specifically about what scholarships they offer is important.

The guidance department also offers a program called ExPAN in the business department which lets students research different colleges and their scholarships. In the upcoming future they also plan to add a new search program for scholarships only. That search base will be sponsored by Coca-Cola.

A final source for students is the companies they work for or their own employers. Many of whom offer specific scholarships to their student employees.

Rodents plague hallways

Mice scurry along side Central students and staff

By Josh Priluck

The mice are making their annual migration to Central. This comes just in time since last month, October, was National Rodent Prevention Month. Teachers and students are finding the little scurry of feet disturbing.

The question is why are these mice coming. The problem is increasing as cold weather forces the mice to seek shelter.

"There is a lot of hallow space in Central for mice to hide and they can eat just about anything", said Mrs. Daryl Bayer, Head of Foreign Language at Central.

"Of course, they might just be seeking a better education," said Mr. Harry Gaylor, Marketing Instructor.

There are several reasons to be concerned about mice at school.

For many the sight of a mouse can be terrifying. The mice also spread disease, they are known to carry over 40 different types. In addition, they are messy and multiply. Finally, what is probably the worst effect of mice, is the food and supplies that they manage to eat.

Central has the best way of dealing with the problem. When a staff member finds a

mouse problem they can request mouse traps to be set.

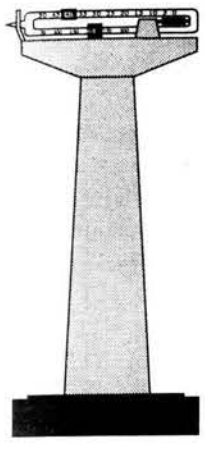
The two basic traps at Central are the sticky trap and the standard mouse trap.

The sticky trap works by luring the mouse onto some powerful gluey surface while the mouse struggles it either dies or becomes seriously stuck. The other trap snaps down on the mouse when it pulls at the bait.

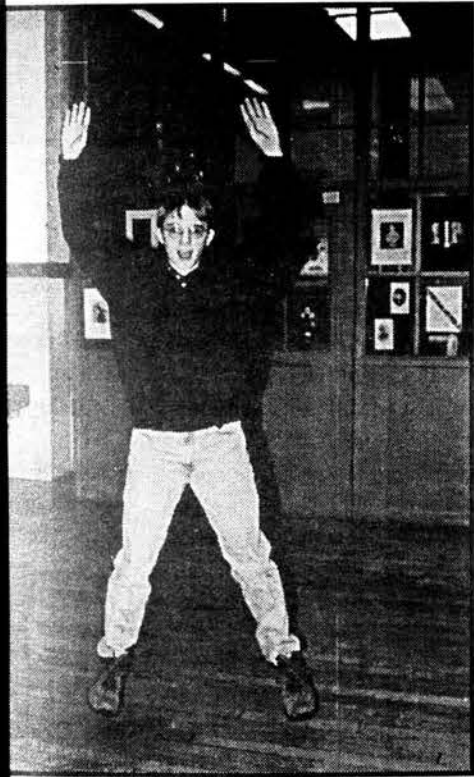
Meanwhile the mice seem to stay less active during the day when students are around although some have been seen scurrying down the hall and along the outside of

windows. Many teachers seem to be plagued with the problems. Some find them on the desks nibbling at sandwiches and others come across a little trail of mouse droppings.

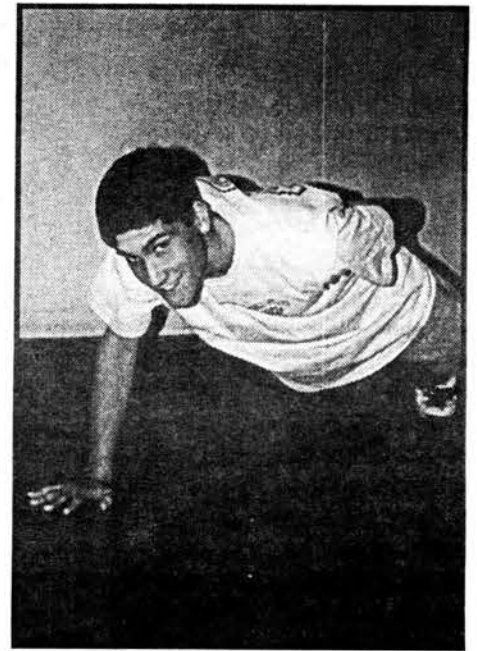
Ms. Lois Koehn, data secretary, comments that the real problem is that the mice are too smart. Over the summer a mouse came in to the front office and right in front of her eyes took the bait of peanut butter off a trap. It realized that some of the trap was sticky and cautiously used bent over the sticky part taking the tasty treat. The perpetrator was later caught and dealt with.



To your Health!



*An apple a day keeps the doctor away.
-Anonymous*



Happiness lies first of all in health.

-G.W. Curtis

*Early to bed,
early to rise
makes a man
healthy,
wealthy and
wise.*

-Benjamin Franklin



Photos...

Clockwise from top left: 1. Allen Budette, senior, stays fit doing jumping jacks in Central's halls. 2. Mary Beth Stryker, senior, eats her big and mostly nutritional lunch. 3. Zach Girthoffer, senior, shows off his one armed push-ups. 4. Zach does sit-ups while Allen lends a helping hand, holding his feet. (Photos: Caroline Foley)



Inside...

- Exercising
- Depression
- Eating
- Sleeping

Central Focus
by

Caroline Foley, Tim Hakanson, Josh Priluck, Rachel Slosburg, Erika Wulff

Health

Exercise keeps students healthy

By Rachel Slosburg

It is necessary for students to learn the importance of exercise at an early age because maintaining a physically healthy body later in life becomes more and more difficult," Central High Aerobics teacher Mrs. Jo Dusatko said.

Physical fitness and regular exercise is an essential piece to a healthy person's puzzle, Dusatko said.

Many statistics prove Dusatko's message to be correct: according to Dr. Ronald Klatz and Dr. Robert Goldman, authors of *Stopping the Clock*, exercise should be done for several reasons.

Exercise reduces the risk of several types of cancer, helps alleviate depression, improves body posture, helps one lose weight and increases muscle strength and overall quality of life.

According to, *Stopping the Clock*, in the United States at least 250,000 deaths per year are attributed in part to a lack of regular physical activity.

The Center for Disease Control and the American College of Sports Medicine recommend 30 minutes a day of exercise in addition to one's normal daily activities for a longer life expectancy. However, twenty minutes of sustained aerobic exercise that increase one's heart rate three times a week will improve the physical fitness and quality of a person's life.

Exercise breaks down into six aspects of physical fitness. The categories include endurance and cardiorespiratory function, strength and muscle development, speed and reaction time, coordination and balance, flexibility and neuromuscular relaxation.

Walking, running and bicycling all fit under the endurance and cardiorespiratory category. These activities deal with aerobic exercise and building up the heart rate.

The strength and muscular development category includes the activities of weight training, rowing and basketball. A person increases his/her muscle strength because of participation in these activities.

Football and handball are classified in the speed and reaction time category. One needs quickness and alertness to perform well in these activities.

The category of coordination and balance relates to activities which require agility and patience including skating, gymnastics and sailing.

Meditation and stretching are two of the main activities classified under the category of flexibility.

The category of neuromuscular relaxation includes the activities of gardening, golfing and frisbee throwing. Neuromuscular relaxation involves the body becoming completely carefree and stress relieved.

Several Central students already understand the importance of staying in shape.

Senior Andrea Friedman said she lifts weights five times a week. She said she also plays tennis five times a week with sprints following every workout.

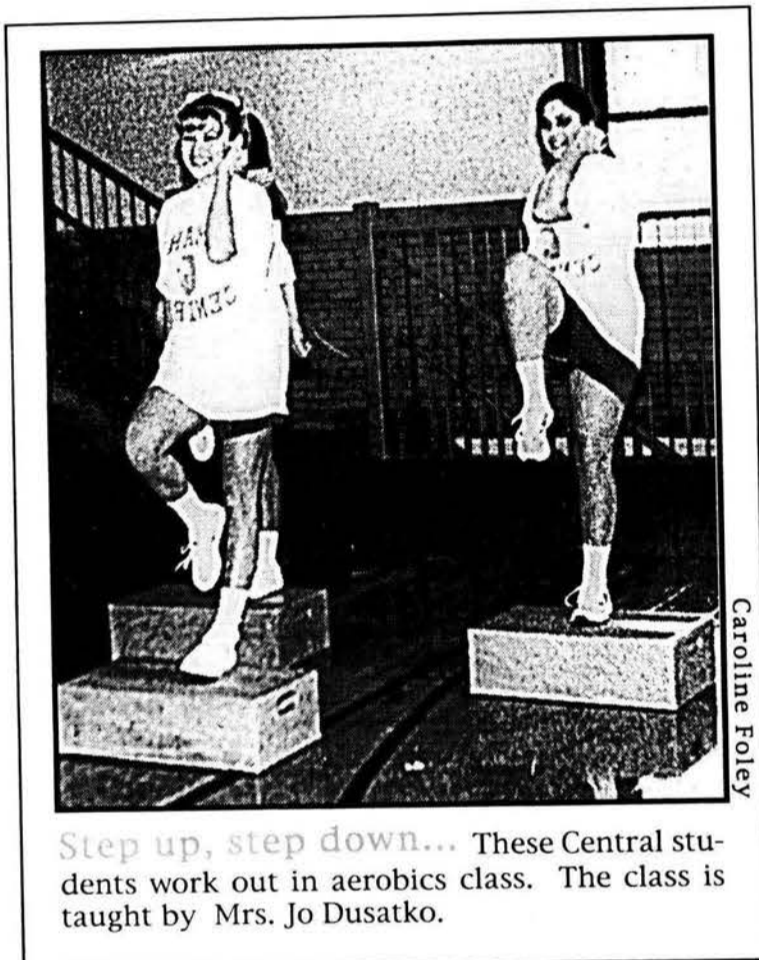
"My weight training in Mr. Georgeson's class is very inspirational and I have a phat workout schedule," Andrea said.

She said she feels good about working out on a regular basis.

"It is important for me to exercise because I am an athlete," Andrea said. "Right now it is the best thing I have going for me to live a successful life in this crazy world."

Senior Steve Gottschalk said he also exercises on a regular basis. Steve said he runs at least three miles on his treadmill every week, uses the EZ crunch three times a week and uses a sit-up bar.

"Exercise is good for the mind, body and soul," Steve said.



Step up, step down... These Central students work out in aerobics class. The class is taught by Mrs. Jo Dusatko.

Depression affects students' lives

By Rachel Slosburg

Teenagers may suffer not only from physical unhealthiness but mental illness. Depression is a serious mental condition that affects different people for a variety of reasons.

Central guidance counselor Sharon Crawford said stress, grief and peer pressure are three major causes of depression.

"Learning how to manage stress and deal with problems that arise often result in teenage depression," Crawford said.

She said that, as a guidance counselor, she is aware of several signs which indicate mental depression.

Serious signs of depression include weight loss, a change in appetite and sleeping problems. Teenagers who have mental depression have a difficult time with their family and social relationships.

"A student experiencing severe depression should have some extensive testing evaluation by a psychologist to determine the exact causes of the student's unhappiness," Crawford said.

Crawford said she or the other personal/social guidance counselor, Kerry Timm, often call students down to talk if signs of depression are apparent in the student's attitude.

"If I am concerned about a student or receive a note from a worried teacher, I will send the student down and talk to them about their recent change in behavior," Crawford said.

Crawford said she and Timm are planning a workshop which will discuss how to manage stress. She said the grief program, which was started last year, will continue this winter and spring.

"It is important for students to learn how to keep everything in balance because one little prob-

lem can force everything to be out of sync."

Karen Allen, a staff nurse with a RNBSN (registered nurse with a bachelor and science degree) at Health Touch One for Richard Young Hospital, said depression may show similar symptoms in different people.

"Depression is not specific to a child or an adult," Allen said. "Symptoms are very similar for everyone."

According to a Richard Young pamphlet, depression affects the way a person thinks. A depressed person may show feelings of negativism, a lack of energy and a short attention span.

The emotions of a depressed person also change to feelings of hopelessness, helplessness and a loss of self confidence.

Richard Young divides depression into three separate categories. The mildest case

of depression, according to

called reactive depression. Reactive depression is a depression which all people experience several times in their lives. Grief is a reactive depression category.

A more severe case of depression is called gradual depression which develops over a general year period. People who have several sad days a week fall into this category.

The third and most severe case of depression is called a major depression. People who have weeks of unhappiness and depressive symptoms.

No matter the level of depression, Crawford said it is important to get help before the mental condition gets worse.

Living

■ Healthy eating

Students, teachers react to nutrition

By Erika Wulff

Physicians encourage healthy eating be practiced at an early age. Yet the majority of Americans who practice healthy eating are between the ages of 30 and 65 according to the Chicago Medical Journal. However, at Central, eating healthy is an issue among a minority of students.

"I admit I eat a lot of junk food," senior Matt Hayduska said.

Matt said that among his favorite foods are oatmeal, creme pies and Doritos to be washed down with "lots of pop". He said that the only real nutrition he gets is when he eats dinner at home where his mother prepares a meat and potatoes meal and he cannot leave the table until he eats all his vegetables.

Breakfast does not happen for Matt. In lieu of Wheaties he "just has a smoke" for his morning meal.

"I'm not worried about the kind of food I eat, I lose weight easily. Besides I'm a teenager, I can do anything," Matt said.

Teachers, on the other hand, tend to be more cautious about what they put in their mouth. Mr. Tim Shipman, head cross country coach, said he keeps his fat intake limited.

"I eat a lot of chicken and vegetables. I try to make sure I get in all of the food groups," Shipman said.

Mr. Shipman combines his healthy lifestyle with plenty of exercise, as he runs approximately 20 miles a week. Shipman said he believes that most students do not get

enough exercise to maintain a healthy lifestyle.

Mr. Richard Bode, science teacher, agrees with Shipman.

"Students are eating too many meals at McDonalds," Bode said.

Mr. Bode said he runs approximately 10 to 15 miles a week. Bode also said that he stays away from sweets and junk food.

"I try to get in plenty of carbohydrates and stay with food that is generally healthy, but I'm not a health nut," Bode said.

Mrs. Peggy Wheeler, English and Creative Writing teacher said that her diet is relatively healthy.

She said her diet consists of lots of vegetables, some red meat, grains, and as much cheese as possible.

Mrs. Wheeler recently had a check up where she was praised for her low cholesterol at 180. Wheeler said she eats the school lunch every day.

"There are healthy options the school offers, however most students don't choose them," Wheeler said.

Wheeler is making a point of cooking with reduced sodium and fat. She says she is looking to her mother for an example.

Sophomore Rosalind Rhodes said that she makes it a point to eat healthy.

"I don't eat nearly as much junk food as my friends," Rosalind said.

Rosalind said her diet consists of fruit, salad and bread products, such as bagels and muffins.

She said that breakfast is a part of her everyday routine.

Last October, the *Omaha World*

Herald reported an article from the Associated Press about a study done on the benefits of eating breakfast before school. The study revealed that students who ate breakfast one hour before school, opposed to those who did not, had more energy and were more apt to participate in their class studies.

Taz Chism, junior, said she does not eat breakfast because she does not have enough time in the morning and that she simply isn't hungry.

"Even if I had the time to eat breakfast, I wouldn't," Taz said.

Although Rosalind and Taz don't agree on the breakfast issue, they both agree on the school lunch.

"It looks bad, it smells bad and it tastes bad," Taz said.

"Our school lunch, healthy? It's so greasy," Rosalind said.

Rosalind said she always brings her own lunch to school because the food is too greasy for her liking.

"I feel better when I know exactly what I'm eating," Rosalind said.

All of the people interviewed agree that students at Central do not put enough emphasis on their health.

"Some students may focus on their health due to athletics, for medical reasons such as diabetes, or for moral or religious reasons," Wheeler said.

Never the less, students at Central on the whole have neglected to give nutrition much precedence.

Students' sleeping patterns vary

By Tim Hakanson

Sleep is one of the necessities of life, yet many high school students do not get enough of it.

Ms. Sharon Crawford, personal/social counselor, said that during high school, it is difficult to keep in a healthy sleeping pattern.

Junior Lauren Coatsworth said that she gets about six hours of sleep on the average school night.

She said that she would rather get around ten hours of sleep a night.

The amount of hours of sleep that a student needs varies from person to person, Crawford said.

Jeremy Stutzka, sophomore, said that he gets an average of nine hours of sleep on school nights.

He also is not satisfied with the amount of hours of sleep that he gets.

He said he would rather get around 12 to 13 hours of sleep a night.

Michael Wenberg, senior, said that he is getting a sufficient amount of sleep at an average of six or less hours.

"I get more sleep now than I did when I had zero hour band," Michael said.

He said that he would still rather get closer to seven hours of sleep a night.

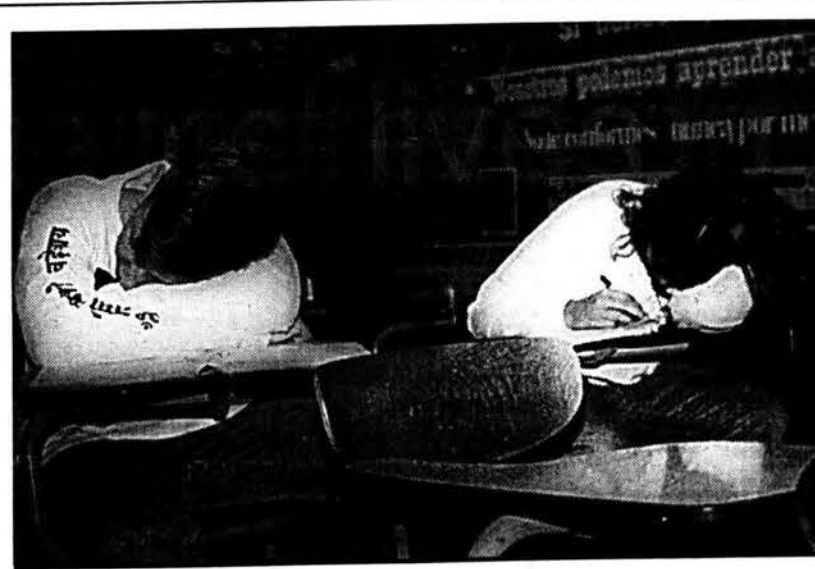
Students often think that they can "catch up" on sleep by sleeping a lot on the weekends.

Aaron Rich, freshmen, said that he gets about six hours of sleep a night during the week.

Many activities during high school often cause lack of sleep.

Aaron said that his lack of sleep is due primarily to homework.

Lauren said that homework, along with her extra-curricular activities cause



Seniors Rachel Roberts and Jeff Evans pass the time in study hall by sleeping. Students often fall asleep on their desks in Central's study halls.

her to get less sleep than she would like to get.

School and his job are the reasons Michael gives for not getting as much sleep as he would like.

"There are too many good things on TV," Jeremy said, explaining why he does not get as much sleep as he would like.

Crawford said that trying to make

up for lost sleep over the weekend is not effective.

She said that staying in a consistent pattern of sleep during the week and on the weekend is the most effective way to maintain healthy sleeping habits.

Lack of sleep can have negative effects on health and performance.

In school, lack of sleep can cause students to be inattentive in classes.

Both Lauren and Aaron said that they have fallen asleep during class due to lack of sleep.

Lauren said that it could affect grades if a student fell asleep in class too often.

There are other negative effects of little sleep.

Changing sleeping habits also can be an indicator of depression, Crawford said.

Caroline Foley



12 Entertainment

November 20, 1996

Swing into winter with Indoor baseball

By Sam Achelpohl

A new indoor baseball and softball hitting center has given Omaha area ball players, young and old alike, an opportunity to work out and practice during the cold winter months that are soon approaching.

The Strike Zone, located at 108th and Center in Rockbrook Village, is an indoor hitting and fielding center. It has taken all of major parts of a baseball and softball game and placed them in an 8,600 square foot building.

With an assortment of activities to do at The Strike Zone, it is difficult to find yourself bored. Seven machine-pitch batting cages and two more individual pitch batting cages make hitting one of the main focuses of the center. Both baseball and softball hitting are available whether it be fast or slow pitch. An 8,000 square foot fielding area gives players a chance to work on both throwing and catching as well.

The colorful atmosphere at the center also adds to the excitement. Grassy green and brown colors are abundant throughout the building. Scenes of grandstands, scoreboards and American flags adorn the walls. A large section above the pro shop has even been centered around Major League hall of famers and their statistics.

The Strike Zone pro shop offers a wide assortment of baseball and softball apparel including bats, gloves and clothing items.

O.J. Mathewson, manager of The Strike Zone, said that there was mainly one reason



The Strike Zone offers a variety of activities for both baseball and softball fanatics. It is located at 108th and Center in Rockbrook Village.

to open up an indoor baseball and softball center. We wanted to give kids a chance to train all year around, he said.

leagues and we've got kids who play in little leagues, Mathewson said. We even get some guys who play for Creighton and The Uni-

When the winter months arrive, baseball and softball are mainly restricted to practice in gymnasiums with fields being frozen or covered with snow.

There isn't a major hitting and fielding facility that people can go to during the cold season, so The Strike Zone is ideal, Mathewson said.

Although the center was focused on the activities of the younger generation of ball players, people of all ages can enjoy what the center has to offer.

We've got men who play in thirty and over

versity of Nebraska-Lincoln as well as a few Minor Leaguers.

Group instruction for all skills and aspects of baseball are provided by a variety of state and national coaches as well as players.

Jack Dahm, head baseball coach at Creighton, and UNL baseball coach John Sanders, are some of the area baseball coaches teaching clinics. Creighton Softball coach Brent Vigness and Creighton softball coach Mary Yori are just a few college level coaches who contribute their time to the center as well. Omaha native and Houston Astros Gregg Olson and hall of famer Bob Gibson donate their time as well to teach aspiring players.

The center also features year-round lessons and clinics for all ages. Many college and high school coaches work with the center of people from little leaguers to high school players. The Strike Zone offers a variety of choices as to times and dates of the lessons and run throughout the winter season.

With clinics and lessons available for all ages, the center has also set up contests for high school students.

We bring in four-man teams from different schools and they compete in hitting tests for points and prizes, Mathewson said.

Depending on what your pleasure may be, baseball or softball, you will find a great opportunity and atmosphere to train, practice or just have a good time at The Strike Zone.

If you would like any more information call The Strike Zone at 398-1238.

Take a trip through the entire galaxy

By Rebecca Starr

The Hitchhiker's Guide to the Galaxy is an unappreciated classic and this humorous tale deserves to be judged by its cover.

I dove headfirst into this book late one night because of a spell of insomnia and was quickly drawn into the easy reading style of the author, Douglas Adams, and was broken up over his bizarre sense of humor.

The introduction to the book sets a mood for the reader by describing humans as mean and miserable, even the ones with digital watches.

His knack for taking our, as humans, daily lives and turning them around to make us look like idiots is the major humor point of the book.

The *Guide* begins with the destruction of the earth so that the Vogrons, a disgruntle group of aliens, could make room for the intergalactic highway which laid directly in the path of the earth. Coincidentally, this is the same day that Arthur Dent, our protagonist, is laying in mud in front

of bulldozers to prevent his house from being torn down.

The story is the journey of Arthur, otherwise known as monkey man, as he is swept off of planet earth by his best alien friend, Ford Perfect, just as it was about to explode.

Ford wound up on earth after receiving a job writing for the electronic book, *Hitchhiker's Guide to the Galaxy*.

He was stuck on earth after finding it difficult to hitch a ride with alien spacecraft.

The adventure begins when they are picked up by Zaphod Beeblebrox, the two headed president of the galaxy and coincidentally Ford's cousin, and Trillian, Zaphod's girlfriend and coincidentally one of the many women that Arthur had been rejected by in a bar. Strangely enough, when this took place, was exactly when they were near death and floating around space. The book wraps up all the strange coincidences and explains every other questions you may have about the galaxy.

Tori Amos plays to fans

By Carolyn Bullard

Hordes of fans flocked to the Orpheum Theater Thursday, Nov. 7, awaiting the performance of performer Tori Amos.

Josh Clayton Felt opened up the show with his solo voice and self-accompanied guitar. The crowd was a little dead at first, but after Felt began to play his own version of "She's a Brick House" the audience began to respond. From that point on the concert was very lively.

After an hour of the opening act, and 45 minutes of waiting between performers, the house lights began to dim, and restless fans ran for their seats.

The colored lights danced across the stage and as Amos appeared, the theater swelled with applause. Amos took her place at her Boesendorfer grand piano, and the real show began.

The first two tracks off of Amos's latest album, "Boys for Pele," were the first two to be per-

formed. It was absolutely excellent. As her voice filled the Orpheum, emotion was everywhere.

Songs from all three of her albums were performed; however, several classics such as "Mother", "Winter" and "Space Dog" were omitted. Three songs, "Daisy Dead Petals," "Smells Like Teen Spirit" and "Honey," were several b-sides of Amos's performance.

Songs such as "Cornflake Girl," "Little Earth Quakes," and Little Amsterdam," were all even better live than they were.

Not only was the audience entertained by Amos's wonderful talent, they were also constantly amused by her witty sense of humor and interaction with the crowd.

Amos silenced the crowd completely with her a cappella "Me and a Gun."

"Tori Amos added her own unique style to her already emotional music," Karen Kazor, Central senior, and concert attendant said.

The only noted complaint was that there wasn't enough of it. There

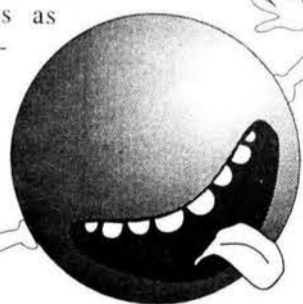
are so many incredible songs that were not done. Karen also said that she was sort of disappointed by the concert's brevity.

"She didn't even do 'Winter,'" Liz Micek, Central student said. "Still, I am so happy I had the chance to go to this concert!"

Unfortunately, if she were to do all of her good songs, which excludes very few, the concert could have lasted for days. Proceeding the concert, voices could be heard saying, "I wish she'd played..." or "Why didn't she play...?"

Following the concert, fans met at the back stage door of the Orpheum to see Amos as she left the building. After a 50 min wait she appeared from inside the theater. Amos, interacting with her fans with great composure and genuine kindness, made the night even more interesting for some.

The concert overall was excellent, if not the best ever. Hopefully Amos will choose to return to Omaha in the future.



Sometimes Dazed and Usually Confused

By John Gaskins



Commercial flying: No joy ride

Flying. Sounds like a fun thing. When I was a little tike, flying was the ultimate thrill in the sky, flying through the clouds. Well, that was then and this is now.

Unfortunately, most people fly commercial passenger airlines and the great flying experience is totally ruined by the rat fink airline industry. For those of you who have never flown before and have always dreamed of flying on an airplane, don't lose your head in the clouds. Not only is flying on a commercial airline no dream ride, it is about as fun and enjoyable as riding a MAT bus.

For starters, going through the airport and checking in is no delight. You go to your particular airline counter and wait until you have grown a ZZ Top beard and have cob webs hanging from your body. Finally, you reach the front of the line and are greeted by Lou, the soon-to-be-retired, schizophrenic, bitter because-he-is-working-in-an-airport baggage checker.

The way Lous talks, you wonder if he has said a polite thing since M*A*S*H was canceled. He takes your bags, which may contain valuable or fragile items, and hurls them ruthlessly onto a ramp that leads to Timbuktu, and that's probably where your bags will end up. Do you think he cares? Uh, nope.

Following a few more crude insults, Lou takes approximately eight light years to book you a seat on the plane, and finally forks over your ticket assigning you lucky ol' Seat #31, 478 Y.

Happy to have that over with, but cringing over the thought of your bags being handled by a bunch of Lou, Jr.s. on the flight crews, you walk toward your terminal and up to the metal scanners, which I consider the greatest test of dignity a human can persevere. If you are beeped, may you be shunned from society.

With chills going up your spine, you walk through hear the beep and feel about as humiliated as a guy on the girls' flag team prancing around a football field (i.e. Millard West game - you had to be there). Anyway, the unconquerable airport security guard, who might be Rusty the Bailiff (who seems to be everywhere) escorts you back and personally scans you with some electronic device that Captain Spock may have used to comb his hair, and eventually you move on to your terminal and board the plane.

The walk down the airplane aisle is long enough, but worse is the fact that it is so narrow, Ghandi couldn't fit through. The other passengers look at you as if you are either a

terrorist or a flat-out moron.

You find Seat #31,478 Y and are delighted to learn you will be sitting in between a sweaty, hairy beast of a man who has a striking resemblance to the lead singer of Blues Traveler and a petite, aged lady wearing a jogging suit too bright for Liza Manelli to wear. During the flight, you are wedged in between Bigfoot, who proceeds to snore louder than Ed Asner on morphine, and little miss coughing motormouth, who can't seem to stop harping in your ear about how keen her grandchildren are. And, no, Helen, I don't want to see pictures.

Before the plane takes off, the lovely flight attendants guide you through the emergency safety procedures, explaining how if the plane crashes in a body of water, your seat will be used as a floatation device. What? So if I'm in the Pacific with no land in sight, all I need is this dinky seat and I can just paddle a couple thousand miles back to shore? I don't think so!

And how 'bout those joke seats you sit in. First of all they are adequately equipped for the average 40 lb. kindergartner and are more uncomfortable than a prison bed. Second, they have a catchy button that allows the seat to "lay back" in case you want to attempt to sleep. Yeah, lay back about a millimeter, that makes a difference! The amazing thing is - the bozo in front of you manages to catapult his seat one millimeter back directly into your lap.

After a while, your restlessness is interrupted by a washed up, former beauty queen, cranky stewardess who rudely asks what you would like to drink. It's as if this crisis-driven nag is about to have a nervous breakdown right there and tell you to take your Diet Shasta and shove it! Her stomping down the aisles and knocking people in the head with her hammer hips doesn't help the cause either. Remember when service was supposed to be friendly? Pardon me, Zsa Zsa, calm

down, hun, you're working on a plane here!

After hastily giving you your dixie cup of Coke, she hands you the flight snack, peanuts. Ah, just what I want first thing in the morning, five tiny dry-dusted peanuts caked in salt...yummy. I think I'd rather shovel sand down my throat.

The rest of the flight doesn't get any better and it seems as though you will be up there for an eternity. The two seven-year-olds in front of you are having spaz attacks that score about a 20 on the Richter Scale, which doesn't help your already massive headache. You can't sleep. You can't eat. Jumping off the plane seems like a refreshing option at this point.

Eventually, the glorious voice of your distinguished captain tells you that the plane is now descending and you can get on with your life. The plane bangs to the ground and taxis on the runway for a millennium for no apparent reason, other than to torture you even more, and comes to a stop.

Finally, you are allowed to get up from your seat, every bone cracked and every muscle pulled to an oblivion and sweat dripping from every orifice of your body. You think this whole thing is over, but the first 31,477 rows must dismiss, and they do slower than Forrest Gump trying to tie his shoes on the moon.

When you reach the front of the plane, jubilant at the relief of getting off of this Hellcraft, Old Cranky gives you one last robotic and "B-bye," which translates to "Get off my plane you scum-sucking, peanut-eating, Diet Shasta-drinking jerk!"

Oh, well, at least it is over. The point (and I do have one), is that if you ever fly and have one precious second to look out your mousepad-sized window and see the lovely blue sky and white clouds, relish it. Chances are anything else about the airline flying experience will make you want to go Greyhound the next time you travel.

Gyros offer tasty option

By Rebecca Starr

The bright yellow exterior with the fluorescent green palm trees and the massive Kong running towards you with gyro and a Coke can give you the wrong impression of this fast food place.

Once inside, you question the continuity of the outside to the inside. The interior, by far, the nicest of any fast food restaurant that I have ever been to.

The smell of the gyros was overtaking the entire restaurant and I wandered toward

Nick, the gyro man. I ordered a gyro and a coke and I was pleasantly suprised to see that the total was less than \$5 dollars.

It only took about five minutes for my food to get done and after one taste, I knew that this was the best gyro I've ever had.

The only way to described it, was that it was good. I had no complaints about any of the food. I finished off my meal as one of my companions got up to buy a piece of baklava. I'm not even a fan of baklava and this baklava was good.

Good food adds to groovy atmosphere

By John Gaskins

Some restaurants are just groovier than others. Sgt. Pepper's Italian just might be the grooviest!

Sgt. Pepper's, located at 1501 N. Saddle Creek Rd., is the ideal spot to get away from the traditional, fancy, suit-and-tie dining experience. It is an excellent place for people who enjoy great food, a unique atmosphere, and The Beatles.

The Beatles? Yes, the Beatles.

Mr. Tim Pepper, restaurant owner, decided to give his restaurant a Beatles theme when he established it in 1988. He implemented his name into the title to the 1966 Beatles album and song, "Sgt. Pepper's Lonely Hearts Club Band."

The walls are decorated with several posters of the band members and albums. Also, customers will almost always hear one of the Beatles' many classic tunes in the background.

In addition to the Beatles nostalgia, Sgt. Pepper's has an Italian atmosphere. The restaurant is decorated with red, green and white (Italy's flag colors) all over the place, and

posters of the Italian map and the Italian cities decorate the walls.

Also, the restaurant is decorated with many miscellaneous items such as posters of sea life, a guitar, and a piece of garlic hanging from the ceiling. The non-smoking dining section, which sports these odd fixtures, is called the "Octopus' Garden." All of these items add to the weird, yet interesting and festive atmosphere of Sgt. Pepper's.

The restaurant is located in a modest yet suitable Benson-North Saddle Creek area. It is a small yet cozy building that will make you feel right at home.

Oh, yeah - and the food is great. Sgt. Pepper's offers a wide variety of delicious Italian cuisines. In the reporter's case, pizza was ordered and was outstanding. It is quality pizza that is well made and can compete with any national or higher-profile pizza chain. Other customers have raved about its excellent pasta. You'll find everything you want in an Italian restaurant at Sgt. Pepper's.

For great food, a refreshing atmosphere, and an unforgettable dining experience, go to Sgt. Pepper's sometime. It is far out, man!

M.C. Hammer's Best Hits: Don't touch this

By Carolyn Bullard

He's been around the world..... from London to the Bay....and now he's back. With the release of "M.C. Hammers Greatest Hits", the question is, "what hits?"

Think back to fifth grade, or maybe sixth grade depending on your age. The "New Kids on the Block" had come and gone, and now there was someone different monopolizing every pop station in America. It was a time when the "Running Man" was a suitable form of self-expression. It was Hammer Time.

As you listen to M.C. Hammer's new collection of songs reminiscent of these times, there is only one guarantee, complete embarrassment. Embarrassment for yourself, because you used to think he was cool, and embarrassment for M.C. Hammer, because he obviously still thinks he's cool.

The CD starts out with the most popular of Hammer's little dittys: U Can't Touch This, and after about ten seconds of it, you'll wish you hadn't. Most of the songs on the CD sound more or less the same. It makes sense, considering nearly every other song contains the word "Hammer" in the title. Other greatest hits included, are "Pray," "Have You Seen Her," "Turn that Mutha Out" and "Too legit to Quit."

The only way to know if you could tolerate the painful memories invoked by this music is this: first, imagine M.C. Hammer. Next imagine a shiny blue pair of "Hammer Pants" to that picture. Finally, imagine the two above as M.C. hammer religiously does a large quantity of pelvic thrusts, and sings/raps/talks about nothing other than himself. If you have a hard time handling that, this CD is definitely not for you.

Come to think of it, "M.C. Hammer's Greatest Hits" aren't really for anybody. If you are lucky enough not to have one of Hammer's works of art lining the back of your music collection, there is no reason to add it now. If you are already blessed by one of his CD's then there is, again, no need for for this CD. One is enough.

What use would this CD possibly have? Hopefully none of you are going to bust out the "Too Legit to Quit" at your next social function. Then again, it would be interesting to see who would. There is always the chance that this CD is so embarrassing and outrageous that people would actually listen to it, as a kind of joke. It could happen.

It appears that the reason for this little unnecessary compilation of tunes was money. Seems like like maybe M.C. Hammer's Funds are running low.

This CD is lacking in quality. Yes, the music was considered good at one time, but any music that should be included in a "greatest hits" album should be music that is timeless. It should have value and be enjoyable to listen to regardless of the current era or style. The styles of and times of M.C. Hammer have passed, and though it is true that history repeats itself, four or five years is not enough time to for history to have run its course. Nice try anyway M.C. Hammer.

Sparks are flying for two eagles

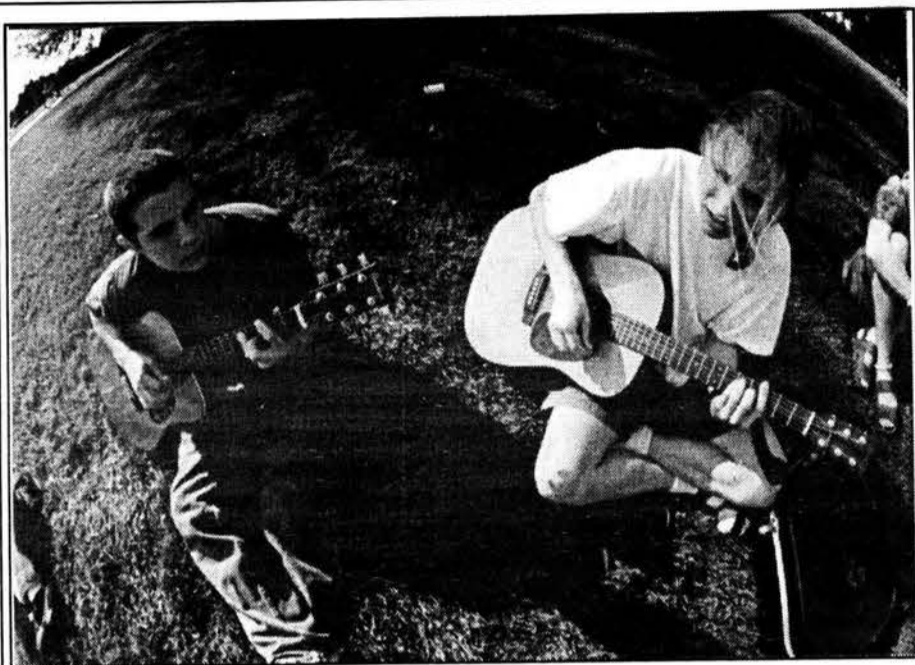
By Rebecca Starr

Truman Sparks takes the stage and breaks into song as the dancers get up to free form. The rest of the crowd taps their toes along to the rock and roll, funk and blues five piece.

The shows are getting increasingly longer with the writing of new songs and the repetition of the bands classic first few. With a growing crowd, more opportunities to play, and a soon to be released first tape, the band is looking toward a bright future.

The band began playing shows a year ago, after being built from an acoustic duo with Chris Nilsson and Matt McLarney, senior. They recruited Nick Holum, Ben Wieduwilts, senior, Andy Kammerer, Central alumnus and started Truman Sparks.

"We don't mind playing for



Angie Cammarata

Truman Sparks pride themselves on local Earth Day events in which they participate.

free if there is a worthy cause," Matt said in description of the year round Earth Day Benefits.

Truman Sparks first few shows were in support of Earth Day, during which the band got the opportunity to play the benefit at Elmwood as well as many other shows.

The styling of Truman Sparks has changed even in the short year that they have been together. The

combination of rock and roll, funk, and blues creates a highly stylized sound that is a rarity among highschool bands.

The new tape that the band is releasing "soon" contains seven tracks of both new and old material, the same material you can hear at their shows.

If you want to check out Truman Sparks, head down to Sokol Hall at 13th and Martha on November 29.

Romeo and Juliet Classic proves time to be irrelevant

By Rebecca Starr

I went into this movie with few expectations of it except for the fact that it has a great soundtrack and I left with a whole new interpretation to the original script of *Romeo and Juliet*.

The mixture of both the present day setting and hundreds of years old words set the movie goer up for a strange and surprising movie.

When it first started, it was a *Natural Born Killers* sort of deal with different frames popping up every second and repetitive mumblings in the background. Once it got rolling though, it turned into one of the more hilarious interpretations of the script by doing things like putting the Montagues and Capulets in G'd out cars and personalized license plates.

One of the more ironic themes through the entire movie was the god factor. On the gun's handle the of majority of the

characters there was picture of the Virgin Mary and a cross hanging from the bottom as a charm sort of thing.

This nontraditional style the scriptwriter took to this story further exemplified by the scene in which Romeo's best friend Mercutio, posing as a drag queen, doses himself with acid before sending him off to the costume party.

The party scene is an excellent interpretation that left me with a mental image of the entire book. The tragic Juliet (Claire Danes) and the valiant Romeo (Leonardo

Dicaprio) fall for each other through an aquarium and the set.

The romance that is to follow is one of the most picture perfect descriptions of happiness I've ever seen and leaves everyone with a smile on their face.

With little surprise to anyone familiar with the story, the tragedy is taken and everything falls apart.

I would recommend this movie to anyone and everyone looking for an adventure, a romance, or a comedy. This is an excellent movie.



Sun Volt electrifies Ranch Bowl

By Mike Kelly

Sun Volt came to the Ranch Bowl on November 8 and mesmerized the sellout crowd of 474 with a mixture of old Uncle Tupelo songs and numbers from their debut album *Trace*.

Sun Volt was spawned by the break-up of Uncle Tupelo, a country-punk band from Bellville Illinois that earned a cult following with albums like *No Depression* and *Anodyne*.

Lead singer Jay Farrar opened with "Route", the fourth track off *Trace*. Sun Volt ripped through songs like "Loose String" with a passion for well controlled noise. It was like Hank Williams being the lead singer for Pearl Jam.

After about 30 minutes of punk, Sun Volt switched to an

acoustic country sound, bring out such instruments as a banjo and a lap steel. Farrar's passionate country voice blended so eloquently with the instruments to make his songs of lost love and traveling down the highway on a road trip even more poignant.

On "Windfall" the band had wished crowd "May the wind take your troubles away" and brooded "St. Genevieve can hold back the water, but the saints don't bother with a tear-stained eye" on their song "Tear Stained Eye."

Around midnight Sun Volt put down the banjo and broke right into their radio hit "Drown". Max Caldwell, the lead guitarist, provided a brilliant harmony to complement Farrar's baritone sound. Caldwell's voice was never stron-

ger than on "Drown."

When the song was finished, Farrar slammed his beer and left the stage, leaving the audience screaming for more.

Sun Volt obliged the crowd by putting together a three song encore that was the highlight of the show. "Too Early", a quiet song about not taking life for granted was followed by a new song called "Honky Tonk Blues" that talked of an ex-girlfriend who chose alcohol and drugs over Farrar. Sun Volt then ended the show with an old Uncle Tupelo song called "Chickamauga" that was a fitting end to a show that went through many moods and emotions.

Farrar's mastery of emotions during the show is what made Sun Volt a show to remember.

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Oklahoma! rides into Central

By Brian Joseph

Fantastic sets and stand-out acting made *Oklahoma!*, Central's latest musical, an all around good performance.

As the curtain rose, the audience was greeted by a quaint farmhouse. Immediately, I knew *Oklahoma!* would be something special.

The play begins with three very talented actors, seniors Damien Thompson, Courtney Worrell and Anna Jane Kerns. Damien, playing Curly, the male lead, does a great job. This role fit him like a glove. Courtney and Anna Jane, playing Aunt Eller and Laurey, also set the mood with their hilarious accents.

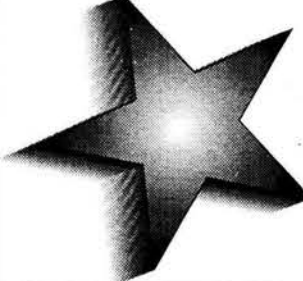
Two particularly great performances were given by junior Rachel Shukert, as Ado Annie Carnes, and sophomore Shaun Kiel, as Jud Fry. Rachel's rendition of "Can't Say No" was superb with playful actions. Her facial expressions added to the whole act. She pulled off her character very well.

Shaun's character stood out from the rest of the cast with his dark, moody rendition of Jud Fry. Shaun was able to capture the air of mystery surrounding his character. He was also able to clearly show the two sides of Fry, the innocent, lonely and the angry, obsessed man.

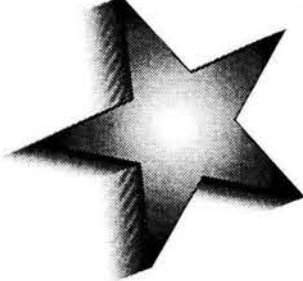
Oklahoma! also featured other memorable per-



Allison Jessing



Left, Rachel Shukert played the part of Ado Annie Carnes in Central High's fall musical *Oklahoma!* Right, Anna Jane Kerns was the lead in *Oklahoma!* She played Laurey. The Fall musical was a success thanks to both staff and students.



formances. Senior Chirs Darst played the dim-witted Will Parker perfectly as did sophomore Emilie Parrott as the annoying Gertie Carnes. Ali Harkim, played by senior Jeff Ludwig, was also an enjoyable part of the cast.

Another nice addition to the performance was the dancing numbers. Choreographer Mrs. Krystal Mayberry did a good job arranging the dancers.

Director, Mrs. Pegi Georgeson, did a sensational job putting this show together, despite many set backs. *Oklahoma!*'s acting is a reflection of her instruction.

But, *Oklahoma!* was not without its flaws. While the accents the actors used did help set the mood, they also

caused the actors speech to become inaudible. Also, most of the actors did not announce. I sat in the back of the auditorium, and missed much of the speech on stage. I became lost at some points throughout the play. For instance, when dancers were used to substitute Damien and Anna Jane, I was completely lost, as were the people around me. Only after reading the program did I realize that the dancers represented the main characters.

Another downside to *Oklahoma!* was that it lagged in some points throughout the performance. While the characters were interesting and complex, the plot was not. A large portion of the story consisted of various characters talking about their love for each other. While, at first, this can be found amusing, it became very redundant. Obviously, a good portion of any musical is going to consist of speech, and audience interest has to be maintained.

Despite its drawbacks, *Oklahoma!* was a success. The cast and crew should be proud to know they did a job well done.



Good Tacos, Great Price

By Rebecca Starr

Great food at affordable prices are some of the things that make California Tacos and More a good value.

I walk into the restaurant completely famished and wander on up to the counter happy that there was no line. I checked out the menu and checked out my cash flow. I discovered that I had \$2.00 and a few dimes floating around my pockets, so I started looking for things under \$2.00 and to my surprise, all the food was relatively cheap.

I ordered a taco and was quite happy to see it ring up at just over \$2.00, they took my name and I headed for a booth.

The taco's were excellent. The thick totillas and abundance of vegetables make for a great meal.

The hearty portions and the low prices make California Tacos (32nd and California Street) the best taco value.

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Capricorn Dec. 22-Jan. 19

Stressful times lay ahead. Don't bail out because it will only make matters worse. Select a quiet time to think and reflect on all that is currently going on.

Aquarius Jan. 20-Feb. 18

Do yourself a favor...be easy on yourself. No one can be perfect. Accept yourself for who you are and happiness will follow.

Pisces Feb. 19-Mar. 20

You will read something and be completely enchanted by its mysterious content. An unexpected turn in your favor will make this month a pleasure.

Aries Mar. 21-Apr. 19

Over the past month you have been enjoying the luxury of a happy, care-free life. Be prepared for what is to come. Don't hesitate to ask others for help when help is really needed. They will be more than willing to be of some service.

Taurus Apr. 20-May 20

While looking in the back of your closet, you will discover a long lost object. This object will bring you great wealth and prosperity.

Gemini May 21-Jun. 21

A certain visitor will overstay his/her welcome. Be direct. If they need to go, let them know. If they are offended by this, they will forgive you because they miss your friendship.

Cancer Jun. 22-Jul. 22

Stop being so gullible and get some common sense. Not everything you hear is the whole truth. This can get you into a heap of trouble if you don't wise up.

Leo Jul. 23-Aug. 22

This month is looking very promising for you in financial matters. Use this to your advantage. Save instead of spend, and you will benefit in the future.

Virgo Aug. 23-Sept. 22

Sleep deprivation can lead to some pretty serious attitude problems. This can come in between both academics and social relationships. You will encounter a tough decision on a moral issue. Follow your intuition.

Libra Sept. 23-Oct. 23

Yell at someone this month. It will do you a lot of good to get this out of your system (it has been bothering you for the last three weeks). Then, afterwards, don't apologize.

Scorpio Oct. 24-Nov. 22

Your honesty will be appreciated this month. Listen to the advice given by a fellow classmate. It may be more effective than it may seem.

Sagittarius Nov. 23-Dec. 21

You will learn something about yourself that you would rather not know. Listen and remember that every joke is a half truth. Deal with it and move on. Happy Birthday!

Happenings

- 20 Primitive Radio Gods
- 22 Jars of Clay
- 24 Descendents
- 1 Dave Matthews (Civic)
- 11 Deftones
- Orange 9mm

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Winter Sports Preview '96-'97

#1
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EAGLES

Men's bowling attempts to roll for third State title

By Les Anich

Central Men's Bowling team defends their second consecutive State title this season. Junior Chad Powell said they have the attitude of winning another championship title.

"There's no question about it, there will be a threepeat," Chad said.

Chad said he is not overconfident, but he is positive of winning another title.

Senior Doug Cap had the number three shaved in the back of his head in the beginning of the school year.

He said it was to hype up the other team members.

"We have an opportunity to win a third consecutive title," Doug said. "We have a lot of talent on the team. We have the opportunity to be the greatest team in school history or in Nebraska."

Seniors Ryan Henkle, Jason Michalack, Ralph Blank and Chad and Doug will try to win an unprecedented third title for Central, a feat never accomplished in any school sport history.

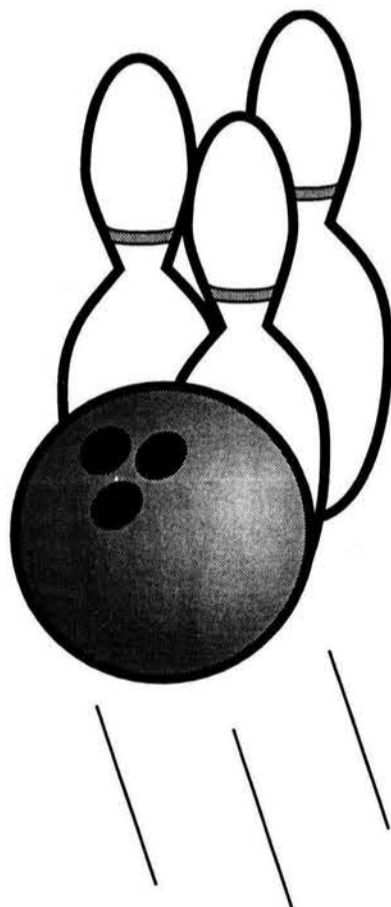
Ralph is the only non-returning starter from last year. It is his first year bowling for Central.

He replaced graduate Dominic Holmes from last year.

"I'm sure I can help the team win another title," Ralph said.

Chad said their toughest competition should come from Omaha Burke, Lincoln and Omaha Gross who finished fourth, second and third respectively.

"Gross is definitely going to be the toughest school this year, we only beat them by six pins," Chad said. "Bellevue West could also give us some competition."



Last year, the Eagles beat Gross by six pins to match themselves up with Lincoln in the championship tournament which they won by thirty pins.

Everything seems to be in order for winning a third consecutive title for Central, but there is one thing missing.

"There's kind of a controversy," Chad said. "Metro Sports sponsored us last year, but they're not going to sponsor us this year. That is wrong."

Doug said he is upset of the lack of cooperation and sponsorship of the team.

"We have conquered an incredible feat despite the lack of recognition we've received from our school," Doug said. "They [Metro Sports] should keep on supporting us because we are on the hunt for a third title."

Experience; a key to success for Men's Basketball

By Mike Kelly

The Central High Men's basketball team, looks to avenge last year's loss in the district finals and go to the state tournament for the first time in four years.

"It will take a great deal of hard work and team play to make it to state this year," senior guard Ryan Behrens said. "If we do all these things we could win state as well."

The Eagles return all five starters from last year's squad that finished 9th in the state and was a game away from the state tournament.

In the backcourt along with Ryan will be seniors Galen Morrison and Kenny McMorris. Galen averaged almost 20 points per game last year as a junior. Flanking the posts will be 6'8 senior Robert Jefferson and 6'5 senior Brandon Myers.

All five senior starters have played on the varsity team since their sophomore year so there is no lack of experience with the Eagles this year.

"I think we've played long enough together to know each others strengths and weaknesses," Brandon said. "We know where the other players are going to be during the course of the game, so that should help us win a lot of games."

Head coach Rick Behrens said that Central has the athletes to compete physically with any team in the state.

"I think we have one of the best starting lineups in the Metro and that the bench

will be solid as well," Coach Behrens said.

Coming off the bench for the Eagles this year will be senior guard Ralph Blank, senior forward Luke Denney and junior forward Djuan Johnson, all of whom saw substantial playing time last year for the Eagles.

Denney said the Eagles look to build on a positive season last year and be even better this season.

Last year Ryan was among the Metro leaders in three point shooting and free throw percentage. Kenny was a Metro leader in assists and free-throw percentage and Galen was among the leaders in scoring.

The Eagles lost only three seniors from last year's squad so the expectations are high for the varsity Eagles. Many expect the Eagles to be rated highly when the preseason ratings come out the first weekend in December. The Eagles are not concerning themselves with preseason ratings however.

"No matter what we are rated, we have to show up ready to play every single game, Ryan said. "It will take a consistent effort to put together a strong season."

Expected to challenge the Eagles for Metro supremacy this year should be Omaha South and Omaha North. Along with Central, South returns all five starters and North returns four.

The Central Eagles opens up it's season Dec. 6 against Northwest and Benson on Dec. 7.

Lady Eagles hope to rebound from last year's four win season

By Mike Kelly

A positive future is near for Central's women's basketball.

Under the leadership of Head Coach Dave Felici, the Eagles look to rebound from a season that only produced four wins.

Seniors Emily Broom and Quiana Mitchem provide the Eagles with an outstanding mix of skill on the court and leadership off the court.

Emily, plays forward for the Eagles. Standing at 5'7" Broom averaged close to 10 points per game last year and is an excellent defensive player as well.

The main rebounding force for the Eagles is 6'0 senior Quiana Mitchem. Quiana has been the leading rebounder in the Metro the past two years.

"Quiana plays with excellent force on the boards," Felici said. "Her aggressiveness is one of a kind."

Rounding out the starting five for the Eagles will be junior LaVonda McClinton at guard, senior Danielle Weiczorek at guard and Cassandra Lathan, a junior point guard who is battling back from an injury and won't be ready to play when the season starts Dec. 6.

The Eagles participated in the Creighton Summer Team Camp. They practiced team concepts extensively and then showcased themselves at a series of games at the conclusion of the tournament. The players said that the winning record of the team in the camp showed how much the Eagles had improved since last year. The Eagles won no games

last year at the team camp.

"I think the team camp gave us confidence that we can take into the season," Emily said. "We have improved a great deal since last season."

Felici expects solid contributions off the bench from junior guard Joey Davis so the loss of Cassandra will not hurt the Eagles too much.

The Eagles hope to contend with the Metro's best this season. Perennial powerhouses such as Millard North, Millard South and Omaha Burke stand in the way of the Lady Eagle's state tournament bid.

"If we put it all together, we can beat the best teams", Joey said.

The Lady Eagles play Northwest on Dec. 6

CHS wrestling looks to pin season

By Les Anich

"The team is even smaller than last year, but we have very strong individual standouts," senior wrestler Vito Agosta said.

There are three returning State wrestling qualifiers, seniors Ladarius Murray, 185 lbs., Vito, 119 lbs. and junior Josh Buckles, 103 lbs.

Vito had a 29-6 record last wrestling season and placed fourth at the State Tournament.

Vito said that this year could be the year he wins his first title.

"It's now or never," Vito said. "The only person that can beat me is myself."

The first tournament is the first weekend of Dec. when Vito wrestles junior Grant Sader of Millard North. Grant is the two-time defending State champion in Vito's weight class.

Grant only has two losses in his career, but one came against Vito.

"If I can beat him once, I can beat him again," Vito said. "It is in my favor to win a title. I just have to stay focused and train even harder."

To prepare for the season, the team went on a low fat, high carbohydrate diet.

Vito said that the easiest and safest way to lose weight for wrestling is to eat less and exercise more.

"That's how I've been doing for all these years," Vito said. "This is what most wrestles do to lose weight."

They also have an extensive running schedule during the season and off season.

"I've been training hard during the off season," Josh said. "But we all need to lose some weight, maybe a couple pounds or so."

Other varsity team members include senior Emeldo Martinez, heavy weight, juniors Joe Wojtkiewicz, 171 lbs. and Randy Ward, 189 lbs.

Turf Talk

By Les Anich



CHS football ends on good note, 8-3

The buzzer sounds that signals the end of the game and also the end of the season. A cheer from the crowd is heard throughout the field and also a chant of praise for a great and superb season.

"Good game guys, win state" are passed during shaking hands.

The ride back to school was even longer than the drive there. Heads were down and prayers were said.

On the way back, there was silence. Heads were down and tears were flowing. No words spoken except for the bus driver.

"Thanks for giving me the opportunity to drive such a fine team to the games," she said.

It was an unexpected finish to end the season by being shutout in the quarterfinals of the playoffs.

History would have been made if the Eagles gave the Monarchs their first loss of the season. They had the opportunity to upset Papio. Instead, Papio took the hype from the media that they were going to beat the Eagles. The media didn't even give the Eagles a chance.

The Eagles had the power to beat the Monarchs. It just didn't go their way. Papio was too good of a team for Central to handle.

But you can't forget that this was the best finish since 1989, when Calvin Jones was here, but the only difference is that they didn't beat Creighton Prep.

It is quite an accomplishment for this year's squad to be the only team in Central history to beat the Bluejays in a regular season game in at least a twelve year period.

The long and winding road of high school football is done for this year. The Eagles had hoped that it didn't come to a jolting halt in the earlier rounds of the playoffs and also hoped it would end with an addition to the Central trophy case.

The team has been fairly consistent throughout the regular season. The two losses could easily have been two more wins. They could have been 9-0 and ranked No. 1.

The first game was simply a let

up and the third game was lost because the starting quarterback received a concussion before half-time.

The Eagles were the team to beat in the playoffs. This was rumored around the top-rated teams in the metro.

The Eagles were the team to beat and the number one team did just that. Papio routed them. They are headed for their second State championship in the nineties.

There aren't any shortcuts toward winning a State title. It is a very difficult path. They might as well have lost now to the number one team than lose to someone else in the Championship game. That would have been a lot more devastating to the players.

"We had to take it one game at a time," coach McMenamin said. "One game at a time is the right attitude and also the best path."

Of course everyone can see that the team I am referring to is our very own Central Eagles. I'd like to say congrats on our great season, I was happy to be a part of it.

The regular season record didn't matter coming into the playoffs. It was just a label. Something for Stu Pop-sickle to judge us on.

Coming into the playoffs, the Eagles were starting from scratch. The opponents had their share of wins and losses as the Eagles' did. Every team will raise it up a notch or two, even three.

The State Playoffs. One loss and it's all over. This is where most dreams come true, but on the other hand it is also where dreams fall apart. It could shatter in front of their eyes in one single play.

There is no room for mistakes. One letup during a series, either on offense or defense, can ruin everything.

The Eagles' dreams fade away.

One loss and we turn the pads in. It almost felt like the Eagles' time was up earlier after that disappointing defensive effort against Norfolk in the first

round of the State playoffs.

Good thing the offense was on a roll. It seemed like they scored everytime they had the ball. The offensive unit helped the defense out by scoring 40 amazing points. It was a scoring frenzy for both teams.

The Eagles scored, they scored, Eagles scored, they scored and they blocked points after touchdown. That's also another reason why they were still in the game at the last seconds of the game.

The Eagles can't expect to win a title with that kind of defense. They were out of sink. They let Norfolk's quarterback pass for over 300-yards. Norfolk could of spoiled it for the Eagles in the last seconds of the game, but senior Joe Girthoffer made a fantastic interception to seal the first round game for the Central Eagles.

Congratulations to the Central Eagles for a star-studded season.



You can't catch me: Junior Deante Grixby runs behind his wall, senior Robert Jefferson, during Central's quarterfinal loss to the Monarchs. The Eagles ended the season at 8-3, the most wins since 1989.

Central swim team dives into a promising season

By Mike Kelly

"The Central High varsity swim team shows a great deal of promise, coming off a gallant run at the State Tournament," junior Eddie Piatt said.

The women's team is led by returning State qualifiers senior Abby Denin, senior Cari Cain, junior Erin Quinlan and sophomore Jody Baines.

The four competitors in State qualified in the 400 meter freestyle relay and hope to have more swimmers qualify for state this year. Expected to step in and contribute for the women are senior Jessi Cerney, sophomore Jane Swirzinski and senior Nicole Duffy.

In addition to the relay team Abby Denin looks to qualify in the freestyle event.

"I feel confident in the team's ability to do a good job this year," Jody said. "We all believe in each other and try extremely hard to push each other in practice. That will work out in the long run."

With seven returning seniors, the women's team will have the experience that was lacked in years past.

"Last year we only had one senior so most of our team was young," Cari said. "Now we will have strong leadership for the younger members. I know I will try hard because it is my senior year."

Another new addition to the Central Swimming program will be some girls from Mercy.

Mercy does not have a team of it's own so under

NSAA rules, they are allowed to compete for a school that has a team.

"I think the addition of Mercy to the team will have an outstanding effect on the team," Erin said. "It should help us out a lot."

One Mercy swimmer has been the center of controversy before the season even started. She is not allowed to swim for an OPS school because she lives in District 66. She is looking for a ruling from the athletic board that will allow her to swim for a school team.

On the Men's side the Eagles are led by returning State qualifiers senior Zack Johnson, sophomore Nathan Bullington, senior Karl Richstatter and junior Eddie Piatt.

The men qualified in the 200 meter medley relay. Nathan also qualified in the 50 meter butterfly. Karl is a two-year state qualifier.

The Central men's swim team had only nine members last season so a state championship will be hard to attain.

"Both teams should be good this year, senior

D a r s t said. "It should be an exciting season."

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Central hockey star strives to fulfill dreams

By Mike Kelly

Omaha Central senior Jed Ortmeyer is striving for his third consecutive state championship in the Iowa High School Hockey League.

Ortmeyer, a captain for the Omaha Junior Lancer Hockey Club, said he is very focused on winning state and furthering his hockey career.

"I would definitely like playing hockey in college or in junior hockey," Jed said. "But right now I am focused on having a good year and winning the state tournament again."

The Junior Lancers play in the Iowa High School League since hockey is not a sanctioned high school sport in Nebraska. The Junior Lancers travel all over the state of Iowa on weekends as well as playing teams from St. Joseph and Kansas City, Mo. The league schedule consists of a 26 game regular season and a State Tournament at the end of the year.

In addition to league play the Junior Lancers also participate in numerous other tournaments around the country in such places as Minnesota, Colorado and Wisconsin.

"The drives sometimes get long but there is nothing I'd rather do in the winter than play hockey," Jed said.

Jed has encountered some bad weather during his 10 years of traveling to hockey tournaments. Jed said that one time on the way back from Colorado Springs, the snow was so bad that the 10 hour drive turned into an all-nighter including a two hour delay in Ogallala Neb.

"We were at a Flying J truck stop with a bunch of derailed truckers. They started singing 'The Devil Went Down to Georgia', Jed said. "We all had cabin fever so bad that

even my Dad joined in the chorus."

The Junior Lancers are on the road for at least six school days throughout the years. Jed said he tries not to fall behind in his classes. He maintains a 3.3 grade point average but hopes his teachers will understand if he misses an occasional day of school.

"Academics are an important part of my life as well," Jed said. "I know that I can't play hockey forever so I will need something to fall back on."

On a more personal level Jed has attained a level of excellence that has come from years of hard work and many hours on the ice practicing.

"Ever since I was a little kid all I wanted to do was play hockey," Jed said. "My brother Jake and I would shoot pucks for hours and hours. We would go out into the street and pretend we were Wayne Gretsky. Having Jake around helped me out a lot."

Jed's brother Jake is now in his first year with the Danville Wings, a junior A hockey team that has the same level of play as the Omaha Lancers.

All of Jed's hard work is starting to materialize now in his senior year in high school. Jed has been invited to try out for Junior A hockey teams in such places as Rochester, Minnesota Lincoln and even for the Omaha Lancers.

Junior A hockey is a bridge between high school hockey and college hockey. The best college prospects usually spend a year

or two in Junior hockey before they are offered a Division I scholarship. Junior hockey provides scouts with an ample opportunity to watch prospective players and for players to find a place to play hockey in college.

Jed has been one of the best players in the ISHL for he past two years. Last year as a junior, Jed led his team to a

state championship while being one of the league leaders in scoring, and receiving All-State honors. Jed also participated in the All-Star game both as a sophomore and a junior.

Besides scoring goals another one of Jed's duties is to be a leader on the team.

"Jed really does a nice job as captain because he always tries hard in practice," sophomore JV player Neal Duffy said. "He provides someone for us to look up to."

Jed said he tries to lead by example and tries to say the right things when he thinks it is the right time to do so.

"In hockey, team play is the most important," said Jed. "We have to stick together as a unit."

The Junior Lancers play 13 home games every year at the Tranquility Ice Complex, located on 122 and Maple.

The Lancers started the defense of their title Nov. 8 against the Omaha Gladiators.

Ever since I was a little kid all I wanted to do was play hockey, senior Jed Ortemeyer said.

Young runners learn from State

Two cross country runners qualified 7th and 8th at the District Meet in Norfolk on Oct. 16, to qualify for the State Tournament on Oct. 25, in Kearney.

Women's Varsity Head Coach Tim Shipman said that freshman Danielle Jamorczy and sophomore Anaka Carlson were the only qualifiers for the State Tournament.

Coach Shipman said that for the most part, the State Tournament was mostly a learning experience for Danielle and Anaka.

"They did all right at the State Tournament," coach Shipman said. "They had to go against some tough runners from other schools in the state. They didn't do that well, but they have a couple more years to improve."

Anaka said that the race was a step forward in her running career at Central, and she was a bit nervous at the beginning of the race at State.

"It was my first State Tournament. I am happy the way the season turned out for me," Anaka said.



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SPORTS



We Cover Eagle Territory

Eagles soar into playoffs; lose to Papio in quarterfinals

By Mike Kelly

The Central varsity football team ended its gallant run at the state championship with a 38-0 loss at the hands of Papillion-LaVista on Nov. 11.

The Monarchs dominated the Eagles on both sides of the ball outgaining the Eagles 360 to 145.

The loss ended Central's seven game winning streak, which was tied for the longest in Class A.

On offense the Eagles were held to 4 first downs in the first half and 10 for the game. Junior running back Deante Grixby who had gained 100 yards in each of the last three games was held to 74 yards on 24 carries.

"It was a tough loss to take because we had worked so hard this season and its just tough to end like this," co-captain Josh Norcutt said.

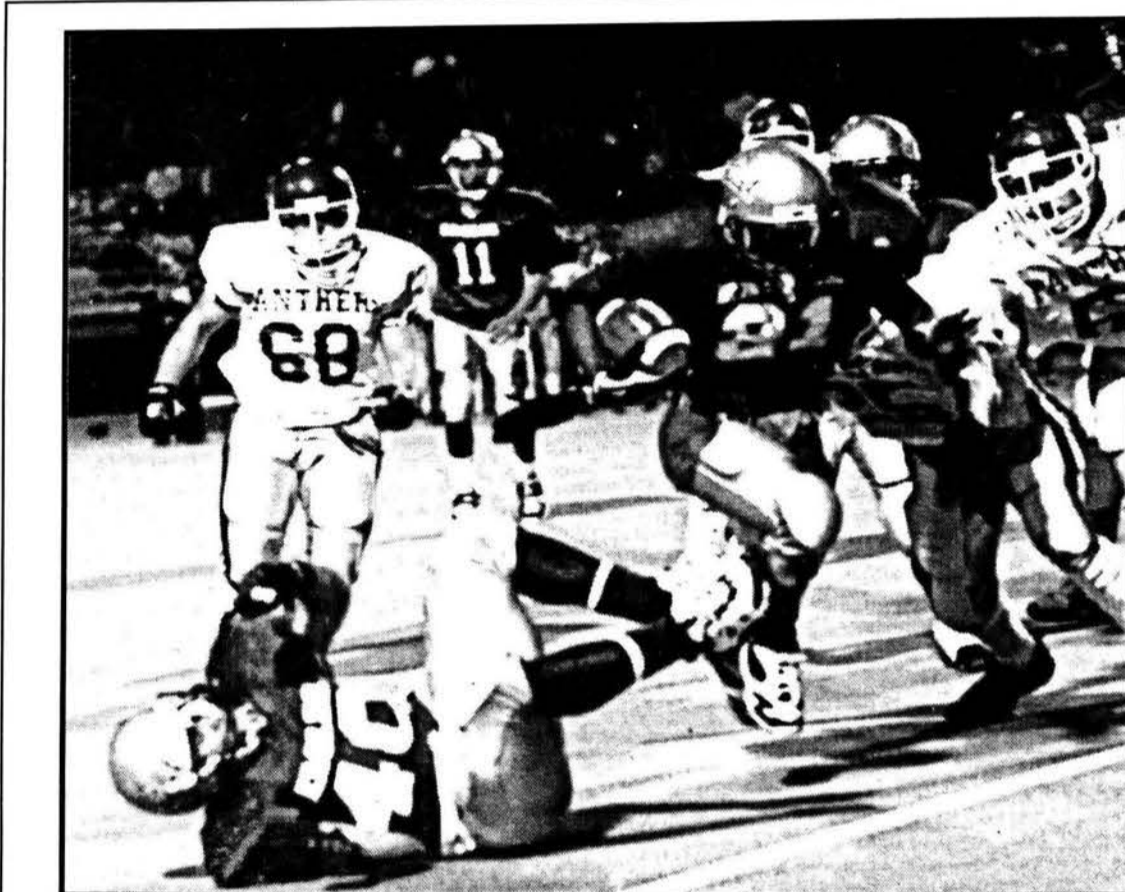
On a chilly November night the Eagle offense was not the same as the one that had set numerous playoff records just five days ago.

"The offense just did not click tonight," senior defensive back Kyle Thomas said. "Papillion's defense deserves a great deal of credit though, their linebackers were really quick and they got through the line in a hurry."

The week before the Eagles had continued its seven game winning streak with a 40-32 victory against Norfolk Nov. 5 in the first round of the State Playoffs.

The Eagles amassed 555 yards on a Norfolk defense that had been giving up an average of less than 300 total yards per game.

Deante ran 26 times for a game high 204 yards against the fifth rated defense in Class A. Senior Damion Sayers added 147 yards and a touchdown to lead the Eagles into a second



Lei Brown

Look out: Senior Damion Sayers cleared the way for junior Lawrence Butler before he was knocked down by a Norfolk defender. Lawrence was attempting to evade a Norfolk tackler. Lawrence led the Eagles with 10 rushing touchdowns this season. Central went on to beat Norfolk 40-32 before falling to the Papillion Monarchs 38-0 in the quarterfinals on Nov. 11.

round game with Papillion-Lavista.

"It was a fierce offensive struggle" Josh said. "We played with so much emotion in the game that we just refused to be stopped."

The offensive line of the Eagles dominated

the under-sized Norfolk defense. Even without injured starting tackle, senior Erik Claussen, the Eagles dominated on offense with stellar blocking coming from Robert Jefferson(12), Brandon Clogston(12), Scott

themselves.

"We knew that we could be one of the best teams in the state," Allner said. "We just needed to put it all together and we did a decent job of that."

Dall (12), Josh Cohen(12) and Jason Galaska(11).

"Not only did our offensive line play well, but our wide receivers did a nice job blocking as well," Damion said. "That was a key to this game."

Several offensive records were set in the game including most yards passing, (Norfolk's Troy Longe had 302) total offense (Central's 555) and most combined first downs, (the teams combined for 43).

The loss to Papillion ended the season for the Eagles. The Eagles finished the season 8-3 and ended one of the most successful seasons in recent school history.

"We tried as hard as we could all year long," senior Luke Denney said. "I think we did a great job."

Assistant Coach Mark Allner said that the 8-3 record was something that was not expected by anyone except

Eagle baseball hits homerun with new practice field

By Mike Kelly

The Central baseball program may finally have its own practice field.

After years of wandering from city field to city field, plans are in the works to make Lunch Baseball Complex the practice home of the Eagles.

In the past, the Eagles have battled field permits and Little Leagues for the rights to use such city parks as Hitchcock, Brown and Christie Heights.

The plan for Lynch includes putting in a new batting cage, improving the drainage systems, building a new pitcher's mound and installing agrilime dirt.

Agrilime is a fairly new type of dirt that absorbs moisture well and dries the playing field more quickly than average soil.

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Lynch's infield is presently m a r r e d with large dirt clods, rocks, and broken glass that m a k e fielding

ground balls a hazard for unsuspecting infielders.

"I would be very happy if the new field went through," senior shortstop Ryan Behrens said. "Then I would not have to worry about ground balls taking bad hops and hitting me in the face."

The project will cost approximately twenty thousand dollars. The Eagles plan to raise this money with the help of the Central High Sports Booster Club, the city and the over-30 Men's Baseball League.

The project is being coordinated by Booster Club President. Bill Houston and Central Baseball parent representative Bill Kelly.

Kelly expects agrilime to cost eleven thousand dollars, the batting cage to cost eight thousand dollars and extra drainage to cost one thousand dollars.

He said that the city will provide the labor if someone comes up with the money.

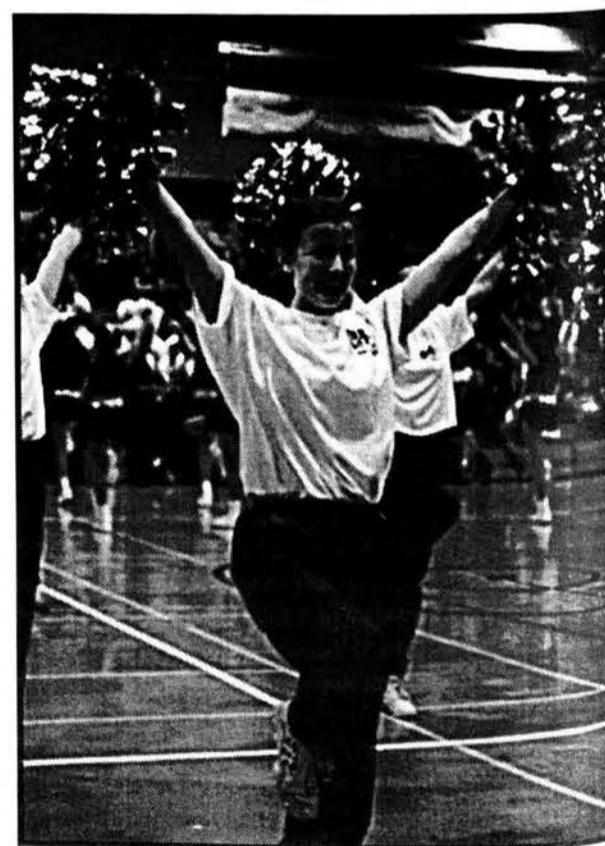
Another improvement the committee hopes to make is the addition of a new pitcher's mound.

The group may try to get Omaha Royals groundskeeper Jesse Cuevas to build a mound at Lynch. Cuevas built Omaha Burke's mound three years ago.

"Burke's mound is the best in the whole state," senior pitcher Jimmy O'Connor said. "I'd love to have a mound like that."

Central coach Steve Eubanks said the makeover of the field is the first step in making Central baseball a first class program.

"We are on our way to being one of the better programs in the state," coach Eubanks said. "What we need is the facilities to stay competitive."



I say Eagles! Brooke Ponec (11) cheers in the second Pep Rally of the year. This rally was held on Nov. 8 to support the 1996 varsity football squad who were heading into the quarterfinal game against top rated Papio. The Eagles thrashed Norfolk 40-32, to move into the quarterfinals.