



# The Central High School REGISTER

Since  
The Oldest School  
Newspaper West  
of the Mississippi  
1886

Volume 111 No. 7

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Omaha, Nebraska

## Central teachers strike gold

John Eubanks

How do you show them the money? This statement could easily be applied to two teachers who won a combined Nebraska Teacher Achievement Award, sponsored by the Kiewit Foundation, entitling them to a \$6,000 award for the Minority Scholars program.

Every year we recognize 20 teachers across the state who have demonstrated excellence in classroom teaching," Ms. Lynn Ziegenbein, the director of the Kiewit Foundation, said.

There is a panel of judges selected each year from all over Nebraska that review the nominations and select award recipients, Ziegenbein said. The application consists of a synopsis of no more than 75 words describing the program, Maloney said.

It was probably one of the hardest things I ever had to do," she said. The application also includes a description of the program, explaining why and how the program was developed, Saunders said.

"Minority Scholars is a voluntary organization developed to recognize minority students with high achievement (GPA)," Maloney said.

Finally, two letters of reference and a professional resume must be submitted, Saunders said.

"They had specific information and instructions to follow that they wanted," she said.

Any classroom teachers of grades kindergarten through twelfth in Nebraska are eligible to apply and receive \$6,000 worth of cash, Ziegenbein said.

The base award of \$3,000 is used to enhance the program's curriculum, \$2,000 is a supplemental award used to enhance their professional growth and the remaining \$1,000 is a merit award that they themselves may keep as a cash prize, Ziegenbein said.

Mrs. Maloney said that a large portion of the grant will go to buy more computers.

"We would like to be networked with the other computers in the school," she said.

Maloney said that with this students will be able to access files everywhere.

They will also build a Resource Media Center, Saunders said.

The center will include literature and films of minorities, she said.

"We want to make it easier for the kids by having technology available to them," she said.

Finally, a small amount of the grant will go to out of the building activities, Saunders said.

"I am gratified that our program was chosen," Maloney said. "It will help us achieve future goals of the program."

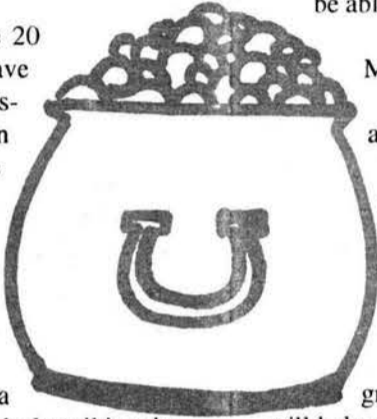
Minority Scholars scheduled days are Mondays and Wednesdays in which they have guest speakers, try to address issues concerning college and scholarships to seniors, criteria for recommendations and resumes, Maloney said.

"Minority Scholars is a great positive group that helps me to enhance my knowledge," junior Felecia Ellis, a Minority Scholars student, said.

Felecia said that the teachers are very supportive and involved in what students do.

Mrs. Saunders said that they are grateful to the Foundation because now they can expand on their program.

The Foundation is the largest private foundation that has a total of about \$450 million as a result of Peter Kiewit's personal wealth.



## Dancing Queens



Ally Jessing

I'm so excited and I just can't hide it... Seniors Rachel Shukert and Susie Hutfless (pictured left to right) shake their booties on Fri, March 6 at the Senior Dance. The '70s theme brought several seniors in disco or other wild attire. See page eight for details.

## Central curriculum expands for next semester

Brian Joseph

Our new computer technology courses and a new science course for seniors have been added to Central's curriculum for the 1998-1999 school year.

Ms. Jean Whitten, the science department chair, said that next year seniors have the option of taking Biology 3-4 instead of an advanced placement (AP) science course. While it is not an AP course, she said that it is worth honors credit.

Mr. Murray Fenn, the chair of the business, marketing and technology department, said that the new

computer courses to be offered next year include AP Computer Science, Multimedia 1-2, Visual Basic 1-2 and Pathways 21: Pathways to the 21st Century.

AP Computer Science, Visual Basic 1-2 and Multimedia 1-2 are elective courses available to sophomores, juniors and seniors while Pathways 21 is a mandatory class for next year's freshmen.

All of these new classes, Fenn said, stem from Central's Wings 21 grant.

Originally, he said that committees of teachers, business people and students were formed for each of the six pathways of the grant: business marketing, computer programming, electronic imaging and publishing, multimedia, computer aided design (CAD) and system administration.

These committees, he said, then went on to recommend the sort of classes Central should provide through the grant.

As for the classes themselves, Fenn said that Pathways 21 originally was going to be a class where freshmen were exposed to the six pathways of the Wings 21 grant.

However, he said that the class has since snow-balled into a course that will serve as a sort of "survival

guide for ninth graders at Central."

He said that the class will also cover such things as study skills, keyboarding assessment, Internet use, the history of Central and what to expect from the school itself.

He said that ninth grade teachers of other subjects have been asked to create special projects for their students to do in conjunction with Pathways 21.

Pathways 21 will be taught by current Creative Writing teacher Mrs. Peggy Wheeler and computer technology and marketing teachers Mr. Matt Shafer and Ms. Kathleen Laughlin as well as another yet undecided Central teacher.

Fenn said that AP Computer Science and Visual Basic 1-2 will be taught by Computer Programming teacher Mr. Drew Thyden.

He said that both classes will deal with computer programming languages.

AP Computer Science, Fenn said, will teach students about the C++ computer language while Visual Basic 1-2 will look at the Visual Basic language for Windows.

Also, according to Central's Course Catalog, Visual Basic 1-2 will feature lessons on animation and game programming.

Junior Paul Larsen, who will be taking AP Computer Science next year, said that he is looking forward to the class.

"It's just going to be a great class," he said.

Freshman Tim Hunter said that he will be taking Visual Basic 1-2 next year.

Tim said that he has found that Visual Basic is more graphics oriented than C++.

As for Multimedia 1-2, Fenn said that it will feature students making web pages and creating multimedia programs on compact discs (CD).

On the other hand, Whitten said that Biology 3-4 is for seniors who are interested in science but do not want to take as rigorous of a course as an AP science class.

Basically, she said that the science department is offering Biology 3-4 as a way to get as many students involved with science as possible.

As for the curriculum of the class, Whitten said that it focuses on human anatomy and physiology, subjects not covered in AP Biology.

She said that there is no conflict between the two courses; they deal with students with different needs.

"The kids who take them, take them for different reasons," she said.

Also, Whitten said that while Biology 3-4 is a one period class, it will be lab-based.

Mr. Paul Semrad, assistant principal who is in charge of implementing the courses into students' schedules, said that the new courses, particularly the computer-related ones, were added as a way to meet the needs of Central students in the best possible way.

In terms of how these new courses will affect recruiting, Semrad said that they will have some effect.

But, he said that students are drawn to Central because of the total package, not simply such things as its computers.

Fenn said that new courses have boosted Central up to the same level of such high schools known for their computers, such as North High School.

But, he said that in some ways, Central is surpassing North because while North simply has technology classes, Central integrates technology into its other courses.

Whatever the case, he said that the new technology classes are going to help Central.

**INSIDE**

- Editorials.....pages 2-3
- Chess champ.....page 4
- Learn & Serve.....page 7
- Breakdown...pages 10-11
- Happenings.....page 13





Teacher conduct

## Affairs with students unacceptable

Any type of misconduct within school districts should be dealt with according to a district's rules, and handled appropriately.

A Millard North High School teacher allegedly had an affair with a 16-year-old female student, causing an uproar by parents, teachers and students.

Recently, his teaching career came to an end because of his sexual relations with the student, which indicates that there is no toleration for any type of misconduct within school districts.

Even though the age of student determines if the affair is illegal or not, there should only be a teacher-student relationship and no other type.

However, most teachers are professionals and do not have affairs with their students. But even if one teacher does, it is one too many.

The only concern with this certain situation is that a teacher has the power and authority to manipulate a student. And for this reason, the teacher is responsible for any type of sexual episodes that occur with a student.

But whether a student says "yes" to an act as this is insignificant (because, generally the student would not receive a punishment).

One case that illustrates this sad situation occurred recently when a teacher in Washington State gave birth to a baby fathered by a former student when he was just 13.

Even though the sexual relationship was considered consensual, the teacher pleaded guilty to child rape and thereafter was sentenced to seven years in prison for not abiding a court order.

Even if the student initiated the affair, the real concern should be why would a teacher allow the situation to occur?

Is it possible that teachers who have affairs with students (possibly) have a deficiency in social and relationship skills?

A small portion of teachers has these problems within their peer group. Although this is a possibility, it is not a reason for teachers or any kind of school official to have sexual affairs with their students.

Even with this thought in mind, several sexual encounters have occurred between students and teachers, in both Nebraska and Iowa over the past seven years, according to the Nebraska State Board of Education and Iowa state officials.

Several teachers in both states have lost their teaching licenses because of having such relationships with students.

Teachers are supposed to be nurturers and protectors of their students. And because of this, these affairs that do occur bring about several concerns by parents, fellow teachers, administration and some branches of the government.

And with all of these controversial affairs that seem to be happening in the U.S., a question that people should draw to mind is "What type of education could my kids really be getting?"

College transcripts

## Certain items should be excluded

In these last few months of the year, one can walk through the halls and overhear numerous conversations among juniors (and even some seniors) about preparation for college applications.

So what better time to look at the main piece of information a typical student sends to each college he or she is applying to?

This vital piece of information is known as a transcript.

So what about the people who send their transcript to 15 different places? How serious can one seem about a certain college if seven other colleges are listed before that one?

Transcripts include all information one's high school has compiled about that student.

According to an "unofficial" transcript, which is only considered unofficial because it was given to a student and not mailed through the school, information included on the typical transcript is one's full name, address, date of birth, ACT and SAT scores, classes one attended, the grades received in those classes and tardies and absences.

Beyond those typical relays of information, one more thing is included on one's high school transcript.

The other thing is a list of every single place one's transcript was sent.

Every college, university and scholarship application is listed at the top of the transcript.

It does not seem necessary to give that information away to colleges without them specifically asking the student themselves.

The order of the sent transcripts may be due to certain deadlines, but any university admissions director may perceive the later sending date as a sign of unimportance.

This perception could cause the director and/or scholarship committee to give financial aid and scholarship money to an applicant who seems more interested in the university.

With the general assumption that money is a large part of a student's decision about where to attend college, this possible loss of money could influence one's life drastically.

Granted, the reason for this is most likely an attempt to stay organized and to keep track of what transcripts have been sent.

Still, this sort of list does not have to be printed directly on the transcript. It could just as easily be kept on separate sheet of paper in one's college folder.

Printing the list on the transcript is just the way it has always been done.

Even though Central prides itself on tradition, maybe this is one thing that could use changing. It could be beneficial to the lives and futures of our students.



# REGISTER YOUR OPINIONS

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

## Have some actions made by students during school matinees gotten out of hand?

Yes. They [students] were disrespectful to the performers and were disruptive to the audience.



Aleks Berzins, 9



LaVonda McClinton, 12

No. I paid \$20 for an S.A. ticket and I paid \$4 for the student matinee ticket. It [matinee] wasn't what I [or other people] expected it to be. It wasn't worth the money I paid.



Taylor Billotte, 10

Yes. The students who performed in the Road Show tried really hard [to please the audience]. The only thing that some audience members did was discourage others to try out for the next matinee.



Ryan Lowery, 11

No. People were upset because the atmosphere [lights] took away from the student performances. People had the right to be upset.



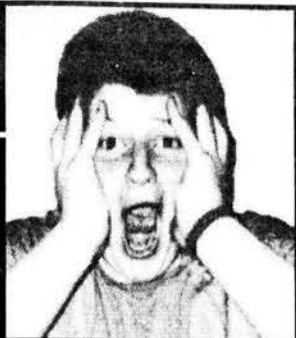
Mr. Dan Daly  
English dept.

No. During the time period that I attended [the school matinee] I didn't see anyone get out of hand.



## LET'S BE FRANK

By Alex Wolfson



### A necessary war or scandal disguise?

Soldiers dodging bullets, bombs dropping, total carnage! Is it real?

So, President Clinton gets elected to a second term and all is going well. Uh oh, allegedly he says he should NOT sleep with anyone other than his wife.

That can be a real bummer when you're trying to effectively run a nation.

What happens some night when he's in the heat of passion on the floor of the office and he says BOOM, BOOM, BOOM, World War III? Say goodbye Saddam. This is ridiculous.

One fact of the matter is that no one really cares who President Clinton is sleeping with.

We know this because his approval ratings are the highest we've ever been after this whole Lewinsky thing, so what's the cover-up about?

I mean, if Clinton had just addressed the country after this happened and just said, "I'm human, I made a mistake and had an affair. I still love my wife," the whole

country would have said to themselves, "WHO CARES?"

In the movie "Wag the Dog," the same thing happens. The president gets involved in a sex scandal, and a cover-up disguised as a war is unfolded.

Now, all of a sudden, we've got a war on our hands. Where did that come from?

After Operation Desert Storm, Saddam Hussein was given 30 days to hand over all of his weapons of mass destruction. Obviously he didn't. And we knew that. So why wait all this time to make it an issue?

Saddam Hussein is a big nutbar and we all know that. But we knew that three years ago too.

This whole Iraqi situation is a big fat cover-up for the Clinton affair.

Also, there are plenty of other countries manufacturing nuclear and biological weapons, so why are we pointing our fingers at the Iraqis? Because we can. That's the only reason.

We've got the whole Gulf War to back us up. "Well, the Iraqis bombed us then, so obviously they're plotting revenge." That's just a cop out. Clinton needs to pony up some courage and tell the truth.

I'm a democrat, but I really doubt the credibility of this guy after a scandal like this.

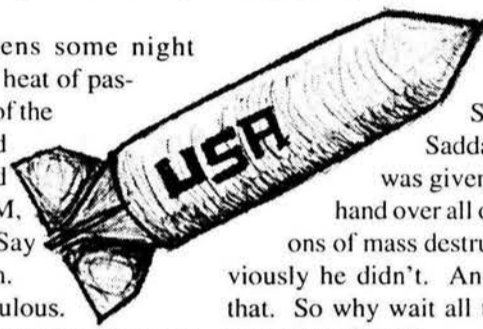
They really should rewrite the words to "Hail to the Chief." I like these a lot better: "Hail to the chief, he's the chief and an adulterer, he is the chief and he likes to sleep with other women...."

I really do think that the whole thing with Clinton is hilarious, though.

The way he's scrambling around all over the place, trying to prove that he never strayed from his loving wife.

It's so fun to look at pictures of him in Time and Newsweek magazine laughing and flirting with Lewinsky pretending that the relationship is "purely professional."

Let's be frank, Clinton should wise up and take some responsibility and stop all of the absurd cover-ups.



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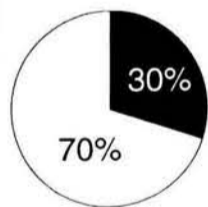
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- Entertainment Editor
- Associate Editor/Columnist
- Associate Editor
- Associate Editor/Cartoonist
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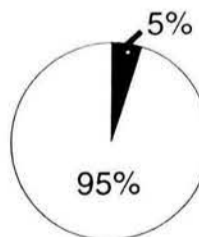
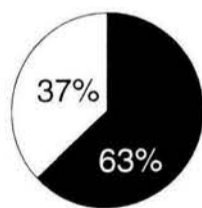
## CENTRAL STANDARDS

**NO** **YES** 145 students polled



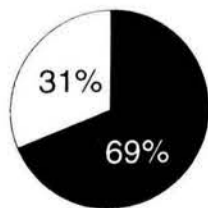
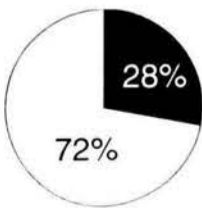
Have you or someone you know ever yelled or thrown food during a school matinee?

Do you think that the actions of some of the students at the matinees have gotten out of hand?



Do you think that the student matinees should be eliminated?

If the matinees were eliminated, would you attend a night performance?



Do you think that the possible elimination of matinees could lead to the elimination of pep rallies?

## LETTERS TO THE EDITOR

A READER OPINION FORUM



## Minority Scholars active year round

Dear Editor,

We would like to clarify several points which appeared in a story entitled "Central Celebrates Black History Month," in the Feb. 24 edition of *The Register*.

1. Rod Mullen is a minority intern/student teacher with the history department. His educational status is graduate student.

2. The story indicated that only one teacher was responsible for Black History month activities. The fact is that several teachers have been involved in a variety of activities. Among these are Carol Hipp (Social Studies), Pat Wellington (Science), Pam King (Science), as well as the two of us working as co-sponsors of the Minority Scholars program.

According to Ms. Hipp, the Social Studies department sponsored and paid for a team of minority students to enter the African-American Knowledge Bowl competition on Feb. 27 at Girls Incorporated. The Social studies department also sponsored a week of questions in the social studies classes with prizes for students who scored three correct answers each day. Questions were based upon African-American history.

Pat Wallington and Pam King sponsored a Soul Food potluck lunch on Feb. 24 for members of the MESA organization.

3. While the story indicated that few events were taking place, the reality is quite different. In addition to the previously mentioned activities, we assisted Faye Johnson (Counseling) in selecting the nine students who attended the Martin Luther King Day luncheon at the Doubletree Hotel.

Also, we met with Janette Matney and Faye Johnson (Counseling), as a committee to select underclass students to attend the CACE (Caring and Concerned Educators) Scholarship banquet on Feb. 28. Thirteen students were invited to attend the banquet. Five additional Central minority scholars were honored at this banquet with scholarships.

Furthermore, 14 minority students were recognized at the Feb. 22 African-American Achievement Awards luncheon at the Teacher Administration Center. Thirteen of the students are members of the Minority Scholars program. At least two administrators, a counselor, a student teacher and two other teachers were in attendance.

In addition, the Minority Scholars program scheduled four guest speakers in recognition of Black History Month. Also, on Fridays during the month of February, African-American students provided inter-com announcements celebrating African-American achievements in history.

The article gives the impression that Black concerns are addressed only one month per year. The reality is that community concerns, college information, speakers, movies and additional information is provided throughout the school year in the Minority Scholars program which approximately 70 students of all grade levels attend.

We feel that these are important factors in illustrating that Central High is attempting to reach the needs of African-American students not only during Black History Month but all year.

Sincerely,  
Kathy Maloney and Terrie Saunders  
Minority Scholars sponsors and  
Central High English teachers

## 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 Catch-Up

Scholarship auction to be held in April

The Annual Central Scholarship Auction is to be held April 3.

This event raises approximately \$25,000 annually to continue the tradition of academic excellence at Central, said Terry Price, president of the PEP board.

The proceeds from the auction will go to scholarships for 1998 graduating class, Central's scholarship endowment fund and grants to support academic programs, equipment and co-curricular activities.

This event enables 18 auction-funded and 27 endowment-funded scholarships to go to deserving Central students.

The auction items are donated by local businesses.

Refreshments, dinner and the silent auction begin at 6:00 pm, followed by the oral auction at 8:15.

CHS Hat Day raises money for ill children

Student Council sponsored Hat Day for the Make-A-Wish Foundation once again on Wed., March 18.

"Giving students the opportunity to wear hats, also gives terminally ill children the opportunity to have their wishes fulfilled," junior Student Council president, Jane Swirzinski, said. "The first hat day, which took place in October, helped to grant 75 wishes to the foundation's children," she said.

"Last year, the Omaha high schools raised over \$40,000 to help the Make-A-Wish Foundation," Jane said. "It's good to know that Central is among one of the contributors."

Hat Day allowed students to wear hats for the entire school day and tickets cost \$1.

PEP to hold Post-Prom

After Prom is over, don't forget about Post-Prom.

This year, like every year the Parents, Educators and Pupils (PEP) Board is sponsoring a post-prom for Central Students. Post-Prom is being held at the Ranch Bowl from 12 am to 4 am after Prom, which is on April 25. Tickets will cost \$5 for a single and \$8 for a couple. Ms. Terry Price, president of the PEP Board, said.

Once at the Ranch Bowl, students will be able to participate in many activities such as bowling and casino games, Price said.

Preparatory classes ready students for ACTs, SATs

By Morgan Denny

Preparatory classes and other various methods help to prepare students for taking the SAT (Scholastic Aptitude Test) and ACT (American College Test) tests.

Dr. Stan Maliszewski, supervisor of guidance and counseling and coordinator of preparatory classes, said that classes are offered to prepare students for the ACT, SAT, PSAT and the SATII.

"We have evidence that scores have improved (after attending a preparatory class) for those students who are not good test takers," Dr. Maliszewski said.

He said that the classes mainly teach test taking strategies and inform a student about what to expect on the test.

Ms. Rosalie Saltzman, honors program director at University of Nebraska at Omaha (UNO) and a member of the English Department, said that she teaches a preparatory class concerning the verbal and English section of these standardized tests.

"I think because of the number of community classes students spend money on, Omaha Public Schools (OPS) is trying to compete on common ground," Saltzman said.

She said that her class attempts to familiarize the student with the verbal section.

Saltzman said that part of this includes teaching students about analogies, what they are and how to recognize the correct answer, and sentence structure.

Todd Jacobson, a senior who has attended a preparatory class, said that one thing the classes teach a student is how the tests are built.

Todd said that the ACT, unlike

the SAT, reaches into the field of science, showing a students ability in a greater number of areas.

However, he also said that the ACT was the harder of the two tests due to the fact that the math on the ACT was tougher and included a large amount of trigonometry.

Another aspect of standardized tests that is looked at in preparatory classes is timing, Todd said. Students should be careful not to spend too long on one problem and should keep an eye on the amount of time remaining in a section.

"A key factor in taking these tests is reasoning," Todd said. "The classes emphasize the fact that all of the answers may be right, but you've got to look for the best one."

Dr. Maliszewski said that the best way to prepare for the ACT, SAT and SATII is to "do a good job everyday in class."

He also said that taking practice tests, such as the PSAT, can make you more comfortable with each one.

"The more you can relax during the actual test, the better you'll do," Dr. Maliszewski said.

He said that he suggests taking each standardized test twice, at the end of one's junior year and at the beginning of one's senior year.

Saltzman said that a student should take each test as many times as possible so that he can see trends in the errors made and figure out in what area he needs work.

Todd said that he took the SAT twice and the ACT three times.

He said that another way to study is to review old tests or to purchase a book created specifically for study purposes, such as *Cliff Notes Guide to Test Taking*.

I'm too sexy for my hat



On the catwalk... Central sophomore Katrina Kerns struts her stuff while modeling spring apparel from the GAP at One Pacific Place for the Salvation Army Fashion Show, held on Sat, March 7 at Happy Hollow Country Club. The fashion show, which took on a Peter Cottontail theme, was the Salvation Army's annual fundraiser. Proceeds from the show, totalling over \$10,000, will be used to send underprivileged children to camp.

Central's Chess Team takes State Title

By Josh Priluck

Central's Chess Team has repeated history by taking first place at the State Chess Meet for the second year in a row.

The team's victory at State came just after winning a first place in the Metro Districts.

The team is coached by Mr. Drew Thyden, computer programming teacher. He founded the Central's Chess Team when he came to Central last year.

The Chess Team consists of some of the top Central Chess Club members who are ranked early in the year. Since not all of the players can make it to every meet, many of the lower ranked players get opportunities to play for the team.



Josh Priluck

Pawn takes the knight...checkmate! Freshmen Tyler Yin and Dave Piskac, members of Central's State Championship Chess Team, practice during a Chess Club meeting. Tyler and Dave were two of the four freshmen on the State Championship Team.

Thyden said the team's success and margin of success came as a pleasant surprise and surpassed his expectations.

"Team members really put in the effort and time to win the State District competitions," Thyden said.

Thyden said that the team consisted of seven members. The team led by captain Cory Jensen, senior. The other team members were sophomores Joseph Zielinski and Phuoc Dam and freshmen Dave Farley, Yin, Dave Piskac and Noah Priluck.

The scores from the State reveal a large margin victory. Thyden said that the freshmen of the Chess Team would alone have tied for first in the state.

Central team members took home five out of the seven trophies at State, Thyden said.

The final Metro District competition came down to a single game. Central faced off against Millard West.

On Feb. 24, both teams met at Central. Each of the teams came to the meet undefeated in previous Metro Meets. In addition, every member of the Millard West team had individually never lost a game. In the end, the top five players of one team square off against the top five players of the other team.

The meet and the Metro District Championship came down to a single game featuring Central's top player, Joseph. At the end of the game, Joseph triumphed and so did Central.

Phuoc said that the season as a whole was impressive for the members. The underlying feeling of the season was team spirit and hard work.

"One of the reasons that we were able to do so well was the dedication of the coach and individual team members," he said.

Thyden said that one team member who will be leaving Central, Yin, has won 19 of the 20 games he has played during his career on the Chess Team.

The Chess Team has not stopped playing just because the season has ended. Playing on the team is just part of Chess Club which lasts all year long. The club meets after school every Wednesday and some of the members said they play whenever they have a little free time at school.



# OPS considers false accusations policy

an Joseph

protect its teachers and other members from false accusations. The Omaha Public Schools district is considering adding to the Student Code of Conduct prohibiting students from making false allegations.

Doug Bahle, the director of Student and Community Services Committee of OPS, said that the policy is being considered as a way to protect the reputations of members from false statements that may impair their ability to do jobs.

Bahle, who will be presenting the policy to the OPS School Board in the coming weeks, said that a teacher's job success can be affected by a ruined reputation.

If a teacher is falsely accused of something like sexual assault, he or she could be suspended and his or her reputation could be tarnished.

However, he said that the proposed policy will be applicable to not only teachers and administrators but also to other staff members such as security guards, janitors and cafeteria workers.

Basically, Dr. Bahle said that the policy is being proposed to provide assurance to OPS staff members that they will be able to work in an environment that is safe from serious, false allegations.

"I think it's a positive move," he said. While OPS has not experienced students making false accusations, Dr. Bahle said that the policy is being proposed as a way to prepare for such situations in case they ever happen.

"It's a proactive stance to get ahead of the curve before it occurs," he said.

Dr. John Langan, the OPS School Board president, said that the policy is being proposed because teachers feel that students can say whatever they please and get away with it.

He said that teachers feel like they have to prove themselves innocent.

Originally, Mrs. Nancy Kratky, School Board member, said that the policy showed up on the board's agenda for a Feb. 23 meeting.

Dr. Langan said that the bill then was passed into the Student and Community Services Committee to be voted on.

He said that it easily passed through committee and was up for a vote by the board on March 2.

However, he said that the School Board voted to send the policy back to committee because it was not specific.

"It's so broad for implementation," Dr. Langan said.

OPS parent Herbene Wax, who spoke against the policy at the March 2 meeting, said that it was because of her that the board did not pass the policy.

"I don't see any need for the policy," she said.

She said that if OPS is going to create a rule to protect teachers from false allegations, it needs to create a policy to protect students from them as well.

She said that the wording of the policy automatically decides if the student is guilty.

Wax said that by stating the word "false" in the policy, guilt has already been decided.

Thus, she said that the policy should simply state that

those who make allegations about any person are subject to penalty.

"That one word [allegations] says enough," she said.

Wax said that the policy is open to interpretation by each school in the district. Basically, she said that this policy is an issue of civil rights.

She said that before someone can penalize a student for making a

false accusation, one needs to know the style of the student and where he is coming from.

As for the School Board's opinion on the policy, Dr. Langan said that instead of passing the policy, the board should simply make a position statement that making false accusations about teachers is unacceptable.

Central math teacher Mrs. Dee Kovarik said that the policy may be a good, preventative thing, however it needs to be worded well.

She said that the bill should be worded so that the penalty is only for those accusations which are of a serious nature and were made to harm a teacher.

She said that when a serious false accusation is made, it can severely affect a teacher's job, family and students.

"That would cause a huge emotional burden on everybody," she said.

Freshman Tiana Hicks said that she likes the idea of students getting penalized for making false accusations about their teachers.

She said that students have no reason to be lying about their instructors.

She said that if someone made an accusation about her and it was untrue, she would like that person to be penalized.

"Everyone just looks at them as teachers," she said, "They're people, too."

On the other hand, Andrew Nelson, junior, said that he did not think that the policy is fair.

He said that the bill needs to be able to differentiate between a significant lie and a minor one.

**I t's a proactive stance ahead of the curve before it occurs.**  
**--Dr. Doug Bahle, director of the Student and Community Services Committee of OPS**

# Central students aided by prenatal care program

Mary Lynn Super

The new Prenatal and Early Childhood Visitation Program (PEACH) has helped several pregnant Central students both before the birth as well as after, one of the participants of the program said.

Alaina Padios, freshman, said she has been involved with the program for the past three or four months and feels it is a wonderful and beneficial program.

"The program is especially helpful for people who have no idea what they need (to care) for a baby," Alaina said. "It provides all the information I need and lets me talk about anything that is on my mind."

Mary Sue Wydeven, R.N., supervisor of PEACH, said that the program was developed with the hope of improving outcomes for high-risk pregnancies and the lives of the mothers.

"The program has seen a reduction in infant mortality, child abuse, neglect, school drop-out rate and drug addiction among its participants," Wydeven said. "It also tends to lengthen the time between the first pregnancy and the second."

PEACH is a replication of a nationally acclaimed program started in 1988 by Dr. David Olds, a researcher in Ithaca, New York.

When the original program became extremely successful, model programs were started throughout the nation using money from a federal grant, Wydeven said.

Health clinics involved in a collaborative effort throughout the Omaha area include Creighton University, University of Nebraska Medical Cen-

ter (UNMC), Visiting Nurses Association (VNA), Charles Drew Health Clinic, the Indo-Chicano clinic, Douglas County and the former Nebraska Indian Wellness Center, Zelia Lichtas, a VNA nurse, said.

The grant gives each of these clinics enough funding to allow 100 expecting mothers to participate. Each of four visiting nurses is given 25 clients, Lichtas said.

Lichtas stated that the strength of the program comes with the fact that it is a long term, intensive program. A nurse stays in contact with the clients from the prenatal stage until the child is almost two years of age.

Visits range from one visit of two to three hours per week in the early stages of pregnancy to once every two weeks until the birth of the child. After delivery, the nurse stays in close contact for the first six weeks. Following that the number of visits made by the nurse tapers off, Lichtas said.

"The purpose of the home visits is to discuss and observe the client's personal health, environment, social well-being, life development and long term goals," Lichtas said.

Beyond that, the nurses teach the expecting mothers what to expect during the delivery and after the baby is born, who to go to if they are in trouble and what resources are available to them in their community.

Preferably, participants should be no older than 19 and in their first trimester of pregnancy, Lichtas said.

"The earlier the girls get involved, the bet-

ter," she said.

This requirement is extremely difficult to achieve, Mrs. Kelli Priebe, Central teacher of Family and Consumer Sciences, said.

"Many girls deny the fact that they are pregnant until after the first trimester," Priebe said. "They usually don't admit it until they start showing."

Still, some exceptions have been made as far as the rule that the girl must be in the first trimester. Alaina said that she was in her sixth month of pregnancy when she joined the program.

"They accepted me because I am so young," she said.

Priebe also said that she is in high regard of the program and has been ever since she was told about it in mid-October.

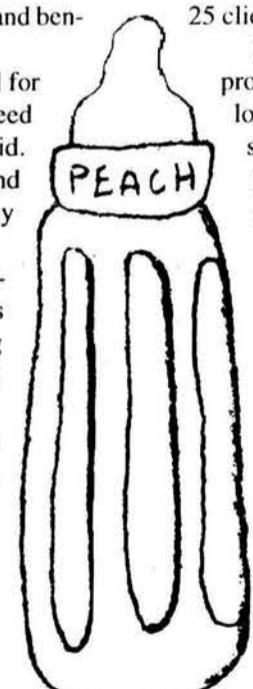
She said that this was part of the reason for her enthusiasm about the program when Lichtas came to speak to her Family Living classes on Feb. 25.

"The one-on-one experience given by the program provides the girls with much more support than I can give them in one-half hour per day," Priebe said.

Lichtas said that the grant for the program expires at approximately the end of 1999. She said that the majority of those currently involved with PEACH hope to expand the program so that it is not dependent upon federal money.

"We are trying to steer knowledge of the program into the community in hope that we will receive funding for continuation," Wydeven said.

She also said that she hopes there will be enough money given towards the program so as to increase the number of possible patients and extend the idea beyond Omaha into the rest of the state.



Central Catch-Up

## Computer programming club created

A new Computer Programming Club has started up at Central, a computer class teacher said.

Mr. Drew Thyden said that they meet on the third and fourth Monday of each month, and there are about six or seven students involved.

"The emphasis of the club is on game programming," Thyden said.

Thyden said that he gave the students a very simple form of a computer game, and then the students take the games home and change them in any way that they want.

"We get to write our own games, and that is really fun," Derek Vande Brake, a Central sophomore involved in the club, said.

Derek said that he likes to do interesting things to the games, and he likes changing the games in any way he wants to.

"The main purpose of the club is so that the students who pick up what is taught in class fast, can have an opportunity to go beyond what is taught in class," Thyden said.

Thyden said that the club plans to continue meeting next year, and he is anticipating the students doing so well that they can teach him.

## CHS students audition for spring play

Central students are gearing up for this year's spring play.

Pegi Georgeson, Central's drama teacher and play director, said that auditions for "The Matchmaker" were held on March 3-5 and call-backs were on the sixth. This is the play that the musical "Hello Dolly," was based off of.

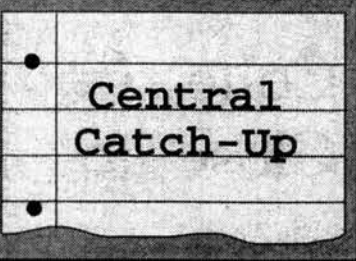
Georgeson said that the play is a farce. A farce, Georgeson said, is a play that involves the characters getting into trouble and spending the length of the play trying to get out of it.

The student matinee for this play will be on April 30, and the evening performances will be on May 1 and 2.

The story, Georgeson said, is about a wealthy merchant, Horace Vandergelder, who gets tricked into marrying the matchmaker originally hired to find him a wife, Dolly Levi.

Dolly Levi is being played by senior Rachel Shurkert and Horace Vandergelder is being played by junior Dave Rennard.





Central Catch-Up

Student leads charity board

Taking time out of a busy schedule to help others, is something that many of us never seem to think to do. Central senior Amy Revenaugh goes above and beyond taking time out of her busy schedule to help others.

Amy is the president of the Make-a-Wish teen board, a branch off of the Make-a-Wish Foundation. The Make-a-Wish Foundation grants wishes to children two and a half to eighteen years old who are suffering from a life threatening disease.

"The foundation is great," Amy said. "It gives the kids a chance to have one week or a few days of a financially unburdened, incredible experience."

Amy became involved in the organization through the Central Guidance Center. Mrs. Molyneaux, Central guidance counselor, mentioned the newly forming organization to Amy last March. Amy was automatically interested after her experience as co-chair person during the Make-a-Wish week, sponsored by the Nebraska Student Council. The Nebraska Student Council adopted Make-a-Wish for their charity.

The teen board meets once a month at the Red Cross to discuss upcoming activities.

The board does a lot of fundraising for the foundation.

Buffalo Bruce speaks science

An environmentalist speaker spoke to Central Honors Biology 1-2 students about the effects of logging on the Pine Ridge National Forest in western Nebraska on Feb. 23.

This environmentalist is Bruce McIntosh, otherwise known as Buffalo Bruce. He said he speaks to students throughout Nebraska.

Pine Ridge is the largest national forest in Nebraska and the only natural, national forest, Buffalo Bruce said.

Buffalo Bruce said he has been speaking to students about the ecosystem in the Pine Ridge National Forest area for about eight years.

The ecosystem is unique because of the amount of rainfall that comes across the badlands, Mrs. Jean Whitten, Central science teacher said.

His presentation included a slide show, along with statistics and a run down of some of the effects of altering the ecosystem, Whitten said.

He is an environmental activist and he gets involved in the political process, Whitten said.

"The United States is so far behind on environmental protection," Buffalo Bruce said.

Association educates on dangers of smoking

By John Eubanks

No matter what your contact with smoke is, you could be doomed to health problems and possibly death, the executive director of the American Lung Association said.

Mrs. Mary Peterson, the executive director, is taking another step to make families aware of the danger that secondhand smoke and other indoor air pollution can pose to children with asthma.

The American Lung Association received a grant for \$3,700 from the Environmental Protection Agency to provide a smoke free environment for children, Peterson said.

"With this grant we provide families with a packet of information and educational materials," she said.

The agency is working with the Women, Infants and Children (WIC) program, which is a nutrition education supplemental food program for low income mothers, Peterson said.

She said its goal is to reach up to 750 families by providing them with packets.

WIC is sponsored by the United National Agricultural program and it is for pregnant women and children up to the age of five, she said.

Staff members at metropolitan area WIC sites will talk with clients about how they can provide smoke-free environments for their infants and children, Peterson said.

"It is there that they receive the informational packets," she said.

Mrs. Marilyn Johnson, staff member at WIC, said that they have distributed approximately 350 packages since October.

The WIC women come in and have check-ups once a month where the nurses take their weight, height, blood, review their diet and also the proper formula to use, Johnson said.

"They also encourage them to stop smoking or to smoke outside away from their child to lessen their chances of getting asthma," she said.

Mothers also come in and receive a monthly check to help grocery items for their children, Johnson said.

"Every \$1 spent on WIC products, \$3 is saved on health care," she said.

These packets enable them to educate mothers about drink smoking.

It ables them to have (if pregnant) a full term and a healthy baby, Johnson said.

In the packet, mothers receive a pledge card where they are and promise to have a smoke free household, she said.

Central junior Nicole Howell, a WIC member and teen mother that she signed the pledge card and does not smoke around her child.

She said WIC has helped her by supplying guidance, juice, formula for her child.

"I wish though that some people would not take advantage of it," she said. "Then maybe we could get everything we need."

Nicole said that her son does not have asthma but she will do anything to prevent him from getting it.

Asthma is very important and deadly, she said. It has no proper education about it, Peterson said.

One of which being the Open Air Way project. It was a kit that taught kids to manage attacks on their own, Peterson said.

"It actually was a circular in all OPS elementary schools," she said. The Open Air Way project included inservices, trainings, warnings and actually what to do in case of an asthma attack, Peterson said.

Another movement was the loaning of nebulizers to schools, which provides air for asthma patients, to make it easier for students to get treatment, she said.

She said that the American Lung Association and the WIC members hope that through this and other projects that the number of asthma patients decrease.

CHS knowledge bowl team takes second first time around

By Rachel Slosburg

Why was the Civil War really fought? What did the 13th Amendment say?

These are only a few examples of the challenging questions asked at the Fourth Annual African American Knowledge Bowl Competition, held on Fri, Feb. 27 at Girls Incorporated and sponsored by the Omaha Alumnae Chapter of the Delta Sigma Theta Sorority.

For the first time, Central entered a team in the contest and went home with second place, Mrs. Carol Hipp, social studies department head and knowledge bowl team coordinator, said.

The team, consisting of seniors Netta Bailey, Kayleta Adams and Decia Harper along with junior Melody Dworak, competed against five other teams and lost only to St. John's AME Youth Group.

Central's team went three rounds, each lasting approximately 20 minutes with non-stop questions, Netta said.

"The first round we lost and scored only one point," Netta said. "The second round we were pretty even with the other team, but we went against them in the third round and they [St. John's AME Youth Group] won," she said.

Netta said that each team scored a point for every correct answer, but that no penalty was given to incorrect responses.

Netta said the knowledge bowl questions were taken from a variety of categories including art, music, history and current events.

"Most of the questions were pretty hard," Netta said.

Although it was challenging, Netta said she had fun contributing to Central's team.

"I learned a lot of facts about African history," Netta said.

Kayleta said she also thought the questions were somewhat difficult, but enjoyed her opportunity to participate in the knowledge bowl.

It was really competitive, but I was happy to see people make the effort," she said.

Kayleta said she thought the team worked together and performed well at the contest.

"Mrs. Hipp held half hour study sessions before and after school on Mondays and Wednesdays," Kayleta said. "They [study sessions] gave us a good idea of what to expect at the contest."

Hipp also said she was pleased with the team's results and overall experience.

"This team worked hard and I am very proud of them," she said. "I hope next year we will have another group ready to represent Central."

Central students explore life beyond the State

By Allison Pagan

Central is often a host school for exchange students from other countries, but this year, two students from Central are participating in programs abroad.

Erin Helland, junior, said she is staying with a host family in Magdeburg, Germany, and Stephanie Keeney, also a junior, said she is staying with the a host family in Nagasaki, Japan.

The main reason she had for wanting to spend the year in a different part of the world, Erin said, was that she simply wanted to try living in another country.

After studying German for several years at school, one of the first countries she looked at was Germany, she said.

Through a congressional exchange program, she has ended up in a small city in the former East German Republic.

Erin said that a few aspects of life in Germany are similar to those in Omaha, for example they drive in the same crazy manner that can be found on Nebraska roads.

Other than these similarities, though, not too much else is the same, she said.

To begin with, the tone of speaking is quite a bit different than what she learned in German class, she said.

Erin said the accents and slang of the German spoken in her area are a lot different than what she learned in classes at school in Omaha.

She also said that Magdeburg does not have a lot of the problems that Omaha has, like the gang problem.

She said, though, that there is a problem between "punks" and skinheads.

Another difference is the school system she is a part of, she said.

The Gymnasium, which Erin said she attends, is the regular/honor's school that serves the purpose of a college preparatory academy.

In her school are grades 5-13, which is the equivalent of the American 4-12 grades.

The other schools include the Hauptschule, which is a junior high that people go to before entering the work field and the Realschule, which is sort of an apprentice-ship high school, she said.

Two things Erin said she espe-

cially likes about her German high school are that the school day only lasts from 7:30 until 1:00 and that if a teacher is gone for some reason, they simply cancel class instead of scheduling a substitute.

At school, Erin said that she is taking a required "life safety skills" class that is pretty much like driver's education, even though the age limit

to drive in Germany isn't until 18.

Erin said that although life is different in Germany, she is really enjoying her time there and would like to

continue traveling after she has completed her exchange program.

Her only recommendation about foreign exchanges for other students, she said, was that they should "Mach!," which is German for "do it!"

Stephanie said she agreed with this philosophy, and said that her experience has exceeded her wildest expectations.

She said she changes host fami-

lies every three months, and is currently living in a Buddhist monastery with monks and all.

Her home is in downtown Sasevo, and the most convenient way to get to school and her club is by bus.

She said she goes to school about 7:30, stays into the afternoon and then leaves for "club," which is the activity that all students choose to participate in after school.

Stephanie said that "club" teaches Karate, which is Japanese style fighting.

When she returns to her home, she usually takes some time out for tea with her friends, she said.

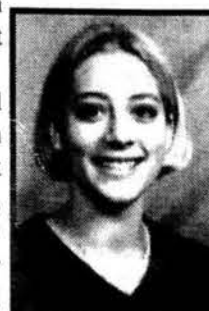
Her favorite part of her exchange, she said, is the group of people she is around.

Now that she has learned to speak Japanese competently, she is finding it difficult to talk to people in their native language, they are so enthusiastic about learning English.

Coincidentally, the English teacher at her school in Sasevo is a graduate of Central High



Stephanie Keeney



Erin Helland



# Virtual university offers distance learning courses

Joseph  
of the students going to  
city, the university can  
the students.  
in Governors University  
on-line university origi-  
ned by the governors of  
Nebraska and Utah, made  
course catalog available on  
in March.  
Roger Wess, a Chadron  
education professor and  
contact for Nebraska, said  
is a partnership of 17  
ies, the country of Guam  
universities and corpo-  
offer distance learning  
ugh the university.  
ly, he said that WGU  
front, or a common in-  
public, private and cor-  
ates involved with the  
arning courses.  
d that there is no main  
houses WGU and the  
e that work for the uni-  
its administrative staff.  
never to become its own  
" he said.  
avid Powers, a member  
stern Governors Univer-  
of Trustees and the ex-  
rector of the Nebraska  
ng Commission for Post-  
Education, said that cur-  
are 19 pilot institutions  
on-line course catalog,  
alled the Smart Catalog  
se 19 institutions, Wess  
ere are 17 universities  
f each of the sponsoring  
e private institution and  
ate institution.  
s said that Chadron State

is Nebraska's representative in  
WGU. He said that originally the  
University of Nebraska at Lincoln,  
Metropolitan Community College  
and Central Community College in  
Grand Island, Neb. were also rec-  
ommended to be among the first  
universities on the catalog.  
However, he said that IBM, the  
developer of the Smart Catalog Ad-  
visor software, decided that it  
wanted to put a limited amount of  
institutions on the catalog to begin  
with. He said that IBM wanted to  
make sure all of the glitches in the  
program were ironed-out before a large  
number of  
institutions  
were put on  
the catalog.  
Instead,  
Dr. Mary  
Wise, the  
vice presi-  
dent of Stu-  
dent and In-  
structional  
Services of  
Metropolitan  
Community  
College, said that their name and  
courses are listed under Chadron  
State in the Smart Catalog Advisor.  
As for the Smart Catalog Ad-  
visor itself, Wess said that it is a list-  
ing of the various universities and  
corporations and the courses they  
offer.  
"We're probably talking about  
a shopping mall of higher educa-  
tion," he said.  
Wess said that the listing of the  
courses include information on how  
the course will be taught and how it

will be graded. In fact, he said that  
the information presented in the  
Smart Catalog Advisor is more de-  
tailed than a course catalog found  
at a traditional university.  
As for how such a course is  
taught on the Internet, Powers said  
that there are basically three differ-  
ent models. The first of which, he  
said, involves two-way, audio and  
visual interaction. He said that this  
sort of distance learning class fea-  
tures students faxing their home-  
work to their professors.  
The second type of dis-  
tance learning  
courses, Pow-  
ers said, is  
that which  
features the  
students  
and profes-  
sors inter-  
acting  
through  
Internet  
chat rooms.  
Powers  
said that  
the third  
type of dis-  
tance learning  
study is that of indi-  
vidual course study done without a  
professor.  
As for the cost to students,  
Wess said that currently it is being  
considered that the charge will be  
150 percent of the normal out-of-  
state tuition for the classes plus a  
WGU fee.  
Initially, Wess said that he ex-  
pects the first students to enroll with  
WGU to be older and more mature  
people who could be place-bound  
or live in a geographic area that does

not offer such education. Or, he said  
that college students may take  
WGU's classes if they have sched-  
ule conflicts.  
In terms of how WGU is run,  
Powers said that it features many  
concepts that differ from traditional  
education.  
"It recognizes that learning  
counts," he said.  
He said that the classes of  
WGU are competency-based, mean-  
ing grades are given out based on if  
one knows the materials rather than  
if he has attended every class.  
He said that since the classes  
of WGU are not taught in a phys-  
ical classroom, the students who take  
the classes are forced to be disci-  
plined and have good study skills.  
Another aspect, he said, is that the  
classes can be taken at any given  
time. For example, he said that if a  
student wants to learn the material  
at 2 am, he can do so with WGU.  
Central sophomore Andrew  
Lieben said that he thought that  
WGU is a good idea because it al-  
lows students to learn in a comfort-  
able environment, his home.  
"It's convenient," he said.  
Andrew said that if he had a  
schedule conflict while in college,  
he'd consider WGU.  
"I'd take that option," he said.  
On the other hand, junior Dave  
Rennard said that he would not con-  
sider attending WGU.  
"I don't think it's the right  
learning environment for me," he  
said.  
Dave said that if he had the  
opportunity to take a class whenever  
he wanted to, he would simply put  
it off.



# Seniors 'learn and serve' at conference

el Slosburg  
Central seniors plan on traveling to Lincoln, Neb. during school  
March 24. However, the students, Siri Heese, Dan Danberg,  
obson, Aaron Moser and Joe Wojtkiewicz aren't sneaking out to  
usker's game and eat at the Rock n' Roll Runza.  
ad, these seniors said they are participating in Lincoln's Second  
earn and Serve Conference for students, sponsored by the Ne-  
partment of Education and held at Nebraska Wesleyan Univer-  
f these students said they are members of the Youth Leadership  
e (YLC), a group organized and supported by the United Way of  
nds. Siri said their advisor, United Way's Youth Services' Coordi-  
s. Rebecca Valdez, suggested the Learn and Serve Conference  
hly service project.  
do activities once a month which will benefit the community."  
"We all thought this  
e would be a great  
e."  
ez said that the Learn  
e Conference will  
ver 400 students  
ut Nebraska together  
s opportunities avail-  
enerate ideas for ser-  
ng.  
dez said service learning involves knowing about the project in  
oom before participating in the activity.  
e example of a learn and serve project could be with the elderly,"  
id. "The student would know about the elderly before visiting  
omes," she said.  
ez said she represented the United Way on the Learn and Serve  
e committee and thought the YLC students would be good con-  
to the conference.  
YLC group already does several learn and serve projects and I  
ey would be good role models for the others," Valdez said. "These  
C] represent a good mixture and can show that service learning  
d produces great results."  
ez said that as part of the Learn and Serve Conference, the YLC  
eilitating the roundtable discussions. She said the purpose of the  
e discussions is to get the students communicating about ways to

start future service projects and the need for community service.  
"We want the students to go back to their schools wanting to do com-  
munity service," Valdez said.  
The Nebraska Department of Education's Director of Learn and Serve,  
Mr. Merle Rudebusch, said that the conference will be held from 9 am to 3  
pm with three different stages. He said after the kickoff, which will in-  
clude a number of speakers such as Nebraska's first lady, Mrs. Diane Nelson,  
the roundtable sessions will begin.  
Valdez said that the YLC will be responsible for separating the stu-  
dents into about seven groups of 20 to 25 people before leading the discus-  
sions.  
Rudebusch said that following the roundtable discussions, the stu-  
dents will be served lunch and experience a service fair. He said 22 differ-  
ent programs will be set up for the students to visit.  
"We will encourage the students to split up so not all students go to  
one place and they can also  
cover more ideas," Rudebusch  
said. "We will have student  
projects as well as other orga-  
nizations such as the Red  
Cross or the Nebraska Lung  
Association putting on dis-  
plays," he said.  
Rudebusch said that there  
is no requirement other than  
the \$10 registration fee to attend the Nebraska Learn and Serve Confer-  
ence.  
"It's up to the students and the schools; if they have an interest, they  
are more than welcome to come," he said.  
Rudebusch said that students on the elementary, middle school, high  
school and college level will be attending the conference, and the only  
limitation is the space.  
"Facilities are the only limitations," he said. "We will try to start  
holding regional conferences so transportation is not so difficult for some  
students."  
Todd said he is looking forward to his day in Lincoln. He said he is  
excited to meet new people and hear their ideas on volunteering.  
"I think the YLC will come back with some new angles on how to  
address the same service activities," Todd said. "It should be pretty re-  
warding."

start future service projects and the need for community service.  
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are more than welcome to come," he said.  
Rudebusch said that students on the elementary, middle school, high  
school and college level will be attending the conference, and the only  
limitation is the space.  
"Facilities are the only limitations," he said. "We will try to start  
holding regional conferences so transportation is not so difficult for some  
students."  
Todd said he is looking forward to his day in Lincoln. He said he is  
excited to meet new people and hear their ideas on volunteering.  
"I think the YLC will come back with some new angles on how to  
address the same service activities," Todd said. "It should be pretty re-  
warding."



**College Close-up**

By Kate Alseth

**Evergreen State College**  
founded in 1967

**Location:** Olympia, WA

**Total Population:** 3,283 students

**Admissions:** 88 percent of applicants accepted

**Average SAT scores for freshman admissions:**  
50 percent of freshman scored between 510-640 verbal  
50 percent of freshman scored between 480-600 math

**Estimated cost:**  
Tuition-\$8,618  
Room and board-\$4,470

**Faculty:** 151 total

**Number of credit hours needed to graduate:** 180

**Greek system:** None

**Application deadlines:** No closing date for application; priority given to applications received by March 15. Applicants are notified on a rolling basis beginning on or about April 15.

**Application/Admission address and telephone numbers:**  
Wanda Curtis, Assistant to the Dean of Enrollment Services, Evergreen State College, Olympia, WA 98505.

**Telephone:** (360)866-6000

**Fax:** (360)866-6680

**E-mail:**  
admissions@elwha.evergreen.edu.

**Additional Information:**  
Evergreen State College is a four year public liberal arts college. It is set on a rural campus in a large town; six miles from downtown, 60 miles from Seattle. It is mainly a commuter campus. All dormitories are coed on campus. There is apartment housing available for upperclassman and guaranteed housing for freshmen.  
The college owns 3,000 feet of waterfront property on Puget Sound and 1,000 forested acres. Evergreen also has their own organic farm.  
At Evergreen, students participate in fully integrated programs that are team taught by faculty, rather than taking separate courses.  
Formal majors are not offered through this college. Each student, in collaboration with faculty, design an individually tailored academic concentration.



# Class of '98 is STARVIN' ABOVE



**Above:** Aaron Moser gives Jasmine Henderson his best impression of a cappucino machine while trying to be the one "singled out" during the seniors' rendition of the popular MTV game show.

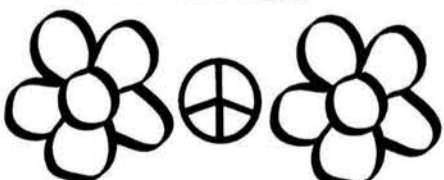
**Right:** John Franzese, left, and Eddie Piatt karaoke to the song "Bohemian Rhapsody" by the 70s rock band Queen.



**Above:** Lance Griffin and Christina Mancuso share a special moment together after she "singled" him out.



**Right:** "Get down, get down!" Teri Tuttle boogies to the funky tunes of the 70s, 80s AND 90s.



**Far Right:** Tia Robinson, Jasmine Henderson, Sarah Price and Unique Williams (from left to right) "shake, shake, shake" together.



**Above:** "Celebrate Good Times!" Courtney Collins grooves to the music of past decades.



## BLAST FROM THE PAST!!!

Story by Allison Pagan. All Photos courtesy of Allyson Jessiman. Layout by Mary Lynn Super.

After days of morning announcements made with "groovy" disco songs, the senior class had a Seventies Dance on Fri. March 6. Before the dance, though, several other "Senior Sprit" activities took place, the Class of 1998 president said.

Sarah Price said that the dance, as well as other senior activities this year, was scheduled to build class unity and to simply have a good time.

Another class officer, Dan Danberg, said that the day of the dance, seniors were encouraged to wear their seventies clothes to school, which resulted in quite a variety of styles worn among the student body.

One activity coinciding with the dance was a Senior Superlatives contest, Sarah said, in which students voted for their classmates in categories ranging from "Best-

Looking" to "Cutest Caboose" to "Most Likely to Succeed."

A fun activity at the dance was playing "Singled Out," taken from the MTV show and led by Sarah Felix. At the end of each senior filled out a questionnaire and was asked about clothing styles, eye color, study preferences and several other characteristics.

Another activity was karaoke, which although cut short by the senior superlatives contest, was great while it lasted. The songs chosen by two groups of seniors were "Bohemian Rhapsody" by Queen and "You've Lost That Lovin' Feeling" by the Righteous Brothers.

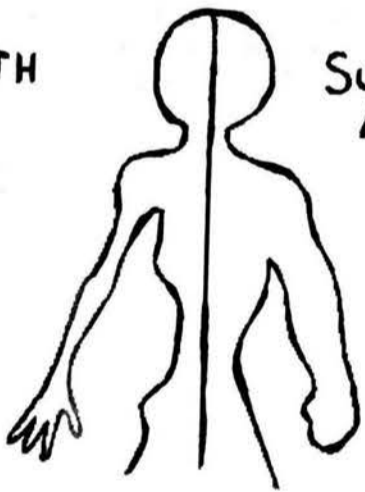
Almost everybody at the dance said they were having a good time, and the general opinion was that it was a success.





DISORDERS  
DISORDERS

TRUTH



SUPPOSED  
APPEARANCE

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THE = EHT

## Central Focus

by

Morgan Denny, Stephanie Holm, Alli Pagan and Meredith Zendejas

Graphics by Josh Priluck, Beth Weis and Tom Kyster





# on dis

## Sleep disorders can be nightmarish to students

By Meredith Zendejas

Can't sleep? Many teenagers have this problem. It may be a result of staying up really late studying for a test or it may be a sleeping disorder, a registered respiratory therapist said.

Carie Smith, a registered respiratory therapist (RRT) and a registered polysomnography technologist (RPSGT), said that what causes a sleeping disorder cannot really be defined.

There are so many reasons why a person has a sleeping disorder, Smith said. Sleeping disorders can be due to genetics, weight gain or loss, trauma, being born with it, and some occur in nature and don't know why.

Lucas Stecker, Central junior, said he has had the common disorder sleep apnea all his life, but started having symptoms while in high school.

Depending on the sleeping disorder and the person's age, you can tell if someone has a sleeping disorder if they are sleepy all the time, they snore, or while driving a car or watching the television the person falls asleep, Smith said.

Smith said that there are five stages to sleep. The first two stages of sleep are a light sleep, which is considered a non-refreshing sleep, and in these two stages some people snore.

Lucas said that staying awake in class was a big problem. He said he would go into a trance in the middle of class, the teacher and everyone around him would think he was sleeping.

"It was deceiving, because I could recall what was happening and could tell what was going on around me," Lucas said.

The third and fourth stages of sleep are refreshing sleep. If an airplane would fly over your house you would not wake up.

The last stage of sleep is the REM stage, rapid eye movement, which is the stage where a person dreams. This is also the stage where we want to be, Smith said.

Sleep architecture is how people move or sleep, in between stages, Smith said.

When someone sleeps and they cannot get to the fifth stage, then their is a problem with sleep.

"There are so many types of sleeping disorders," Smith said, "they range from not being able to sleep to sleeping for days."

One of the sleeping disorders is insomnia, Smith said. Insomnia is the inability to fall asleep.

"If a person has insomnia, eating or drinking caffeinated products before going to bed is not a very good idea," Smith said.

Another sleeping disorder is sleep apnea. Sleep apnea is where

you are tired all the time, Smith said. Snoring is a main symptom in sleep apnea.

Lucas said that having sleep apnea has really hurt his grades. When he falls asleep in class he is not able to get the notes or homework.

Cataplexy is a sleeping disorder where your body is breaking down, your muscles lose tone, and your body slumps and collapses. When you laugh it causes your body to fall to the ground.

Narcolepsy is a sleeping disorder where the body has a hard time staying awake.

Smith said that there is no common age for people with sleeping disorders. Babies can die with Sleep Apnea.

Smith said that while there is no specific cure for any of the sleeping disorders, there are medications that can be taken. There is also surgery, or therapy for specific problems.

Lucas said he takes a pill called Elevil. He said it helps him get a sounder sleep. He said before he realized he had sleep apnea, it was hard for him to get up in the morning, and he would get tired about fourth period.

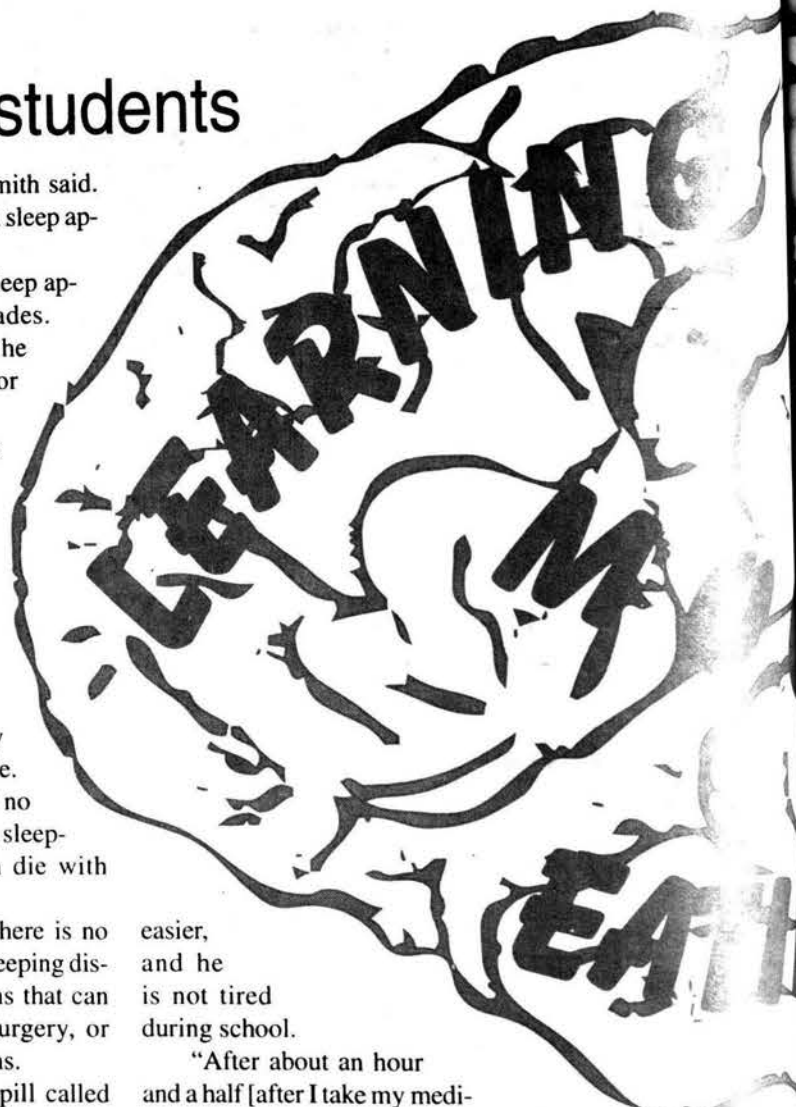
Lucas said he takes his medication about nine o'clock, and gets tired about ten or eleven o'clock. He said, with the medication he could get up a lot

easier, and he is not tired during school.

"After about an hour and a half [after I take my medicine] I start to get really tired," Lucas said.

"To prevent sleeping problems, you must have good sleep hygiene," Smith said, "it is like washing your hands."

Smith said, if you can't go to sleep at the same time every night, then try to wake up at the same time every day.



Eat right, exercise, stay away from alcohol, cigarettes, and sleep in a safe environment to help you get a good night's sleep, she said.

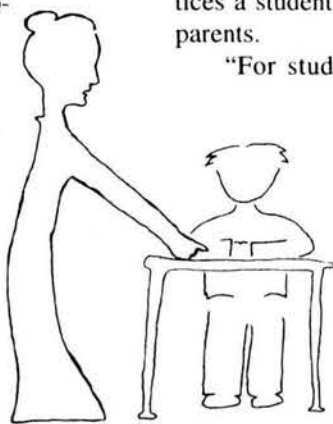
## Special education too often considered label, teachers say

By Morgan Denny

"OPS (Omaha Public Schools) is here to educate all students," Central's special education department head said. "Many students have social problems, such as eating disorders, sleep deprivation and alcohol addiction, and we educate them. We also educate students who have educational problems."

Mrs. Judy Storm, special education department head and Student Council advisor at Central, said that these educational problems include learning disorders, behavioral disorders, visual impairments, orthopedic impairments, speech and language impairments, hearing impairments, deafness and other health impairments.

Ms. Joyce Cramer, supervisor of special education at Central, said that students are diagnosed with a learning disorder according to state guidelines, rule 51.



However, she said that the process through which a student is diagnosed is fairly complicated, involving many different steps.

Storm said that if a teacher or administrator notices a student having problems, he will contact the parents.

"For students with special education needs," Storm said, "the teachers work closely with the students and parents to form a plan."

After that, a Student Assistance Team (SAT) works out a "plan of action to decide on interventions that will make the child successful," Storm said.

Mr. Richard Muff, school psychologist, said that each student has his own Individual Education Program (IEP), a plan designed to help the student learn in the way best for him.

"Students learn to accommodate for things by figuring out their best learning style," Cramer said.

Storm said that if the student continues to struggle,

the school administers achievement tests to see if the student qualifies as having a learning disability.

Muff said that these tests measure a student's ability level and find the student's problem areas.

"Everybody has strengths and weaknesses," he said, "but when you have a weakness that prevents you from doing your best in school, maybe you have a learning disability."

Muff said that some students are simply matched with resource teachers, who help a student with specific tasks he is having trouble with.

Storm said that this process often takes three months.

"To prepare students for life after graduation, OPS offers a program so that students [with learning impairments] can get on the job training and supervision," Storm said.

She said that some seniors in the Work Experience Program (WEP) go to regular classes for half of a day and then to their job in the afternoon or evening.

"One of our goals at Central is to make sure students have the skills needed to be employed," Storm

said. She said that students with additional problems in a high school setting need more support. Muff said that some students are simply matched with resource teachers, who help a student with specific tasks he is having trouble with. Cramer said that students and parents have differing perceptions of what is needed. She said that students need more resources and support. "Districts are required to provide support included in the state guidelines," Storm said.





# Disorders

## Anorexia, bulimia prevalent in teens, therapist said

By Allison Pagan

\*Indicates students' names have been changed to protect identity.

Oh my gosh! That cookie has 129 calories!" can sound a little melodramatic when coming out of the mouth a seemingly thin teenage girl, but to students with eating disorders, outbursts like this are all too common.

Eating disorders, such as anorexia nervosa and bulimia, occur when people begin to obsess about their physical appearance and strive to become unrealistically thin, licensed psychotherapist Ms. Marlene Sukiennik said.

Sukiennik works at the Eating Disorders program and the University of Nebraska Medical Center, where they counsel and treat people with eating disorders.

"Only five percent of the population is as

thin as what today's models represent," she said.

She said that when the media and society recognize such thinness as beautiful, teenagers, especially girls, can get the impression that to be beautiful, they must also be thin.

Eating disorders, she said, usually begin gradually, as people try to lose weight by limiting their diet.

Usually, she said, students eliminate meat from their diet, then sweets and then as it becomes an obsession, can end up eliminating high calorie and fatty foods altogether.

"The interesting thing about eating disorders is that initially, people think that they're in control, but then the disorder ends up controlling them," she said.

Despite the obsession with food, Sukiennik said that eating disorders are actually about 90 percent psychological, and much of the disorder revolves around issues such as control, self-esteem, and a quest for perfection.

The most common eating disorders are anorexia nervosa and bulimia, according to the center's statistics.

Anorexia nervosa is a disorder that causes people to seem to be afraid of food.

Sufferers from anorexia nervosa often become emaciatingly thin and tend to hide their disorder from others.

Bulimia is more of a binge-and-purge disorder that causes people to eat a lot of food, often for emotional reasons, and then force vomiting in order to limit weight gain.

Both of these diseases have major physical consequences, Sukiennik said, including the risk of death, as well as lost muscle mass, damaged heart muscles,

hair loss, dental problems, and depression.

She said that some of the death statistics include victims of suicide that struggled with eating disorders.

Anna\*, a Central student suffering from anorexia nervosa, said that although many students know of the dangers from eating disorders, it is still a big problem among teenagers.

"I was just scared to eat food, because I thought that I would gain weight, and then I wouldn't be treated the same," she said.

She said that in eighth grade, she began noticing what she was eating, and started trying to eat healthy. Then, she said, she was thinking about it so much she stopped eating candy and greasy food.

"I didn't really even notice it when all I was eating was skim milk and salad with no dressing," she said.

After losing so much weight that she became really weak all of the time, her parents began noticing and she went in for treatment.

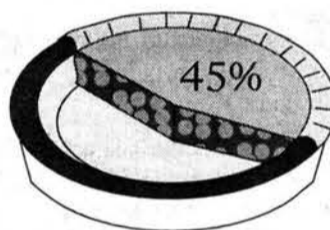
Sukiennik said the only way to treat eating disorders is to solve the psychological problems first, through counseling and nutritional support.

Anna said that after counseling, she has realized that she had low self-esteem and was trying to have more control in her life, that is until the disorder ended up controlling her.

To prevent eating disorders, Sukiennik said that there needs to be more awareness in schools and society about disorders.

She said the models such as Twiggy, from the sixties, and Kate Moss have made the drug-addicted, extremely thin image popular, and if that were to change, less people would become obsessed with their own body image.

### Student Statistics



Approximately 45% of all teenagers suffer from some sort of eating disorder.

American Eating Disorders Assoc.

## Depression leaves students feeling flat

By Stephanie Holm

\*Indicates name has been changed to protect the student's identity.

You've heard of monsters in your closet, but who ever thought a monster could be living inside of your body?

This is exactly what happens when an individual is diagnosed with depression, a Richard Young employee said.

Ms. Linda Baxter, a registered nurse, said that depression takes over a person's body, inhibiting fear, much like that of a monster to a little child.

Depression, a clinically diagnosed disability which consists of a decrease in physical activity and/or self-esteem, affects various teens today, she said.

"Although depression is common, it can also be easily identified," Baxter said.

There are eight common symptoms to aid in identifying depression, she said.

These consist of poor appetite or excessive appetite, insomnia or excessive sleep, agitation or psycho mental retardation, loss of interest and pleasure in activities, loss of concentration and thoughts of death.

"Individuals who show signs of at least four of these symptoms beyond a two week period are diagnosed as depressive," Baxter said.

Individuals can become depressed due to numerous events in their lives, she said.

"The loss of a loved one is the most common cause of depression in indi-

viduals today," Baxter said. "However, an increase in the number of individuals has shown us that depression is, in fact, quite common in individuals today."

This was true of \*Gillian, a Burke student, who said she was diagnosed with depression several months ago.

"I felt that nothing was fun anymore," she said. "I felt worthless and nothing really mattered to me."

These feelings are common in depressed individuals, Baxter said. Individuals tend to see others on a pedestal in comparison to themselves.

"I began to see more of the symptoms of depression," Gillian said, "and sought help when I began to have insomnia."

"Talking about your problems with someone (a psychiatrist) you don't know can seem awkward at first, but it really helped in dealing with them," Gillian said.

"Psychiatric help is one of the most common treatments for depression," Baxter said.

Other treatments may consist of a dosage of medicine, most commonly antidepressants and psychotherapy, such as Gillian received, she said.

"When a depressed individual shows signs of suicide, the treatment is more serious, and the individual is hospitalized," Baxter said.

"Although depression is commonly referred to as a monster, even monsters have their weaknesses," she said.



says

with social or educational transition from situation. does after high student. offer programs at have learning disabilities. learning disabilities as all other time. districts have slightly on a school's reputation of the school's student program," she said, on students to be time." considered a la-





# Entertainment

## Duggan and Doyle pass down folk heritage

By Andy Hickman

Substitute teaching, song writing and acting Shakespeare, all of these things and more are done by a face not uncommonly seen at Central. Tim Duggan can be found substitute teaching quite a bit around Central.

"We need more men like him," English Department Head Dan Daly said.

Duggan said, aside from the subbing he's done in Omaha Public Schools (OPS), he also taught for 14 years in high school in California, and taught for six years as a professor in a college in Beatrice.

"There's always an interesting subbing story that every teacher can tell," Duggan said.

Duggan was born and raised in Lincoln, Neb. After high school in Lincoln, he moved to California where he got his bachelors degree at the University of California, Duggan said. Later he returned to Nebraska and completed his masters in English at the University of Nebraska Lincoln (UNL), Duggan said.

On top of the teaching, Duggan is also a part of a folk band called Duggan and Doyle. They can be found normally almost at any coffee shop, acoustic jam or at any small concert hall. Their favorite place to play is at Borders, Tim said.

"Me and Kevin Doyle have known each other since we were in sixth grade and we always played music together in high school, but nothing too serious," Duggan said.

In high school, Duggan said, their first real gig was at a concert hall called Earl Bates. Duggan moved to California and would come

back once a year to play music and see his family. In 1981 on a visit to Lincoln, Duggan and Kevin Doyle actually sat down and wrote some songs, they soon played those songs at various acoustic jams in Lincoln, Duggan said.

It went on and off like that for another ten years until in 1991 when Duggan moved back to Omaha. Soon after he came back, they started writing more songs and playing more frequently. Duggan said, They now have two albums out, Tim said.

"I don't think I could give up music any more than I could give up eating," Duggan said. "I feel the same way about teaching."

Duggan said that he has never had any of his poetry or writings nationally published but he said that he's looking into it in the future.

"Being true to myself is more important to me than making money," Duggan said.

Duggan said, he's a big supporter for teens and their achievements, not only in teaching, but he also enjoys a lot of Omaha bands.

"Rayne and Truman Sparks are the bands



**Passing the song along.** Duggan and Doyle have been musical partners since high school. The group is made up of Central substitute teacher, Tim Duggan and his partner Kevin Doyle. They can be seen performing their original folk music at Borders, Stage Right and many other local venues.

that stick out in my mind. When I was in high school I was pretty passive and it was really hard for me to get the nerve to get in front of people like that," Duggan said.

On top of the all the teaching and performing, Duggan is also the director of the Outreach program. The Outreach program is the program which runs Shakespeare on the Green and the Shakespeare workshop in Old Market during the summer, Tim said.

"For the past month I've been working

in and out of schools performing acts from Shakespeare's plays and teaching kids about Shakespeare, so I haven't had a chance to teach or to perform," Duggan said.

The program has also expanded itself to high schools in Lincoln and private schools in Omaha, Duggan said.

"There are times when I enjoy teaching and I enjoy music immensely, and there are times when I don't. That's kind of the way life is," Duggan said.

## Band keeps fans begging for more 'special sauce'

By Kate Alseth

They came, they saw, they wouldn't leave. Fans from far and wide trudged through the March 10th snow storm to see G. Love and Special Sauce at the Ranch Bowl.

G. Love and Special Sauce is a funky blues/rock band from Philadelphia, PA. Garrett Dutton III aka G. Love, sings lead vocals, plays lead guitar and is the core of the entire band. The rest of the band consists of Jeffrey Clemens, the drummer, and Jim Prescott who plays the stand-up bass. G. Love and Special Sauce is extremely musically talented. They have a sound that really isn't comparable to anything I've ever heard before.

"They have perfectly combined blues and hip hop," junior, Justin Adams said.

The show was opened by a performance from Alana Davis, a folksy rock singer. I just want to know who died and made her Ani Difrancio. The girl was a just a terrible rip off of Difrancio. Not only did she perform a bad cover of Ani Difrancio's song, "32 Flavors", but every other song she sang sounded just like Difrancio. If you liked Alana Davis, go buy an Ani Difrancio CD and get the real thing.

Finally, just when the audience was about to fall asleep G. Love and Special Sauce took the stage. The show started off slow, slowly eas-

ing up to a slow rock. They started to pick up speed with a very upbeat version of "This Ain't Livin'." People did all they could to shake their booties in the overly crowded Ranch Bowl. The concert continued to rock, though G. Love did take time out of the show to play a few slow favorites like "Pull The Wool."

"The energy was non-stop from the moment the show started to their final encore song," senior, Sara Jacobson said.

The energy of the concert reached its absolute peak when G. Love started to play "My Baby's Got Sauce," an unanimous favorite with the crowd. Not able to control themselves from singing and

dancing, people went nuts. Once the long, drawn out, action pack rendition of "My Baby's Got Sauce," G. Love and his band went off the stage. The crowd went wild, screaming and yelling, "One more song!" People refused to leave without hearing at least one more song.

Just when people were starting to think an encore from G. Love was a lost cause, he returned to the stage alone to play a set of slower love songs. Later he invited the rest of the band back to finish the show up with an awesome performance of "Cold Beverages," another very popular song.

Many people commented on

the band's stage presence. Not only was the band exceptionally talented musically, they were excellent performers. They were able to pull the audience into the music far better than any other band I've seen live. Regardless if you like their music or not, the concert was most definitely enjoyable.

"I thought the band was OK senior, Kim Schultz said, "But the show was a lot of fun."

All in all I'd have to say this was the best concert I've ever been to. I have never danced my booty off that much at a show before and if I could I would have loved G. Love and Special Sauce playing at the Ranch Bowl every night.

## Radial Cafe; leaves you with a happy mouth, happy wallet

By Andy Hickman

Right off the corner of 40th and Cummings is a small restaurant called the Radial Cafe. Its main claim-to-fame is the fact that they happen to be the oldest cafe in Omaha. The atmosphere being as it is, you could believe it.

The first thing you see is a small bar with old fashion swivel chairs, to the right is the dining room. In the dining room they have live plants (a rarity in restaurants today) hanging along the wall accompanied by very classic looking paintings. Bladed ceiling fans and dim lighting also add to the extremely classic style of the entire place.

The place is empty most of the time, so you don't have to contend with a lot of noise from other people. Service is very attentive to the customer, you'll never find your glass empty.

The food is excellent and cheap. There isn't a breakfast over \$5 dollars or a dinner over \$8. And, surprisingly, for such a small price they give you more food than you could possibly eat.

The highlights of the breakfast menu would be, for the vegetarian, would be the Special Vegetarian Omelet for about \$5. The Chicken Fried Steak is also cheap for what you get and incredibly good.

The lunch menu features all sandwiches and all under \$5. the Philly Sandwich and Rueben are excellent meals. Along with these sandwiches comes a variety of fries, from the traditional to the curly cue to home fries.

The dinner menu features different plates, mainly steak and chicken meals. The most expensive and the best is the

Chicken Fried Steak which is about \$9. You can also get a lunch sandwich for dinner too.

They serve your generic drinks, juices, pop and coffee. A small selection of beer and wine is also featured. The dessert menu is slim but good. It's all different types of delicious homemade pies.

The only problem is that it takes a while for the cooks to prepare the food. If you want your food right away, go to a fast food place-but if you want it good, go here.

The only real problem is that there isn't a non-smoking section. For smokers out there, this is a rarity. But, for non-smokers this could present a serious problem.

All in all, it's a pleasant dining experience, with good classic atmosphere, nice service, and lots of good food.





## Central students perform amazingly

By Rebecca Starr

An entertaining performance was given by the students who sang, danced and acted in the 1998 Road Show.

It had everything from the traditional Monty Python skit and song from "Rent" to ethnic dancing.

School sponsored acts included a sombrero-clad performance by the orchestra and a jazz influenced one by the concert band.

The singing groups included a 60's party line by Bel Canto and A Cappella.

One of the funnier skits was "First Date." The highlight of the skit was a shawled Chuck Meyer, senior, running around the stage with a camera.

The ROTC Drill Team had the most impressive act as one of its members stood on guns supported by two other "lets" shoulders and proceeded to twirl his gun. Wow.

The sunglass kids of the Jazz Band made an excellent performance that has remained unparalleled by any other school. There were multiple saxophone solos and the whole band gave a great performance.

A well-deserved ego stroking goes out to the performers "Ragged Green," a song by a Jazz ensemble headed by Willie Karpf, junior, and featured Erik Smith, sophomore, Hann Johnson, junior, and Jason Hoeft, senior.

The Indigo Girls were far from neglected by two separate performances of "Thin Line" and "Closer to Fine."

Who could forget Hanz and Franz? They have been active in the Road Show ever since they originated on "Saturday Night Live." Matt Smith, sophomore, and Andrew Nelson, junior, did them justice as they fought for the title of the smartest men in the world.

"Tango" gave us all a chance to feel inadequate as Jose Montes, junior, and Maria Olvera, freshman, displayed some rather acrobatic moves.

Solo performances varied from singers to pianists with an originally composed piece by Nick Jones, junior.

"Stoned," the misleadingly named piece performed by the Drama Club, was a rather humorous performance of a Monty Python piece.

"Rent." I hate "Rent." Not this particular performance, but the musical as a whole. "How we gonna pay this month's rent?" Get a job!

Its sort of like the "Cats" of a few years ago when every prima-donna got up and sang "Memories."

The highlight of the show was "Bei Mir Bist Du Schon." This was a performance of a 40's style lounge act that was beautifully sung by Katrina Kerns, sophomore. Her stage presence was unparalleled and she had talented musicians backing her.

Way to go Road Show. It was an entertaining performance that put last years to shame. Congratulations to all those involved.

## Generation-X movie proves worthy

By Rebecca Starr

Ok, so there is this guy who used to be in love with this girl, who feels in love with this other girl and hooked her up with his best friend. They get engaged and the confusion continues.

"Kissing a Fool," a movie starring Dave Schwimmer and Jason Lee, hit theaters with a mildly sarcastic bang that we've all come to expect of Gen-x-ish romantic comedies.

The characters take a twist... Sure, you've all seen "Friends" and some of you may have even seen "Chasing Amy," well, take both of "protagonists" roles, switch them and subtract the latent homosexuality of Lee's role in "Chasing Amy" and replace it with an overabundance of sexual energy and you have Max and Jay.

For those of you unfamiliar with View Askew production or you live in a hole and have never seen "Friends" making the above paragraph irrelevant, Schwimmer plays Jay, a woman-wooing sportscaster who is barely literate and uncultured. Lee is Jay, the sensitive type who takes pleasure in Barry Manalow and other such mildly nauseating stuff.

So, the story starts with Jay the mild-mannered writer hooking up with his editor and his best friend.

This is where Sam, the overpaid book publisher comes in. The story is believable (sort of) until she comes in. (Yeah

right a twenty-something book publisher could afford a townhouse in historic Chicago.)

The Max and Sam are quickly engaged and Max starts to freak out. All of a sudden, it occurs to him that marriage is forever.

The story continues with the groom and bride venturing into a state of uncertainty and dragging Jay along the whole time.

With the unsure state of the couple, the increasingly less platonic state of relations between Sam and Jay, and the more and more tempting offers from Max groupies, the relationship is a state of doubt.

As far as movies go, "Kissing a Fool" isn't a half bad way to spend a few hours, but is not going to change your life.

Great performances were given by all and it was good to see a little more dramatic side of Jason Lee. (Just a little FYI: he is a professional skateboarder as well as an actor.)

For those of you who think that a romantic comedy would be more appropriately shown at your funeral than to spend a Friday night at one, this one has enough of a sarcastic edge to take the pain out of it.

It's worth a few bucks. There is a strong possibility that it won't last long in theaters, so catch it in the cheapies.

## Happenings



March 27-O'Carllans Consort~Borders



March 29-Omaha Symphony Concert~Joslyn Art Museum



All March-Degas~Joslyn Art Museum



April 1-Dread Zeplin~Ranch Bowl



April 11-Sarah McLachlan & Lisa Loeb~Music Hall



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# Central band dominates local competition

By Shaun Kiel

Rayne, a musical group consisting of three Central students, has recently won accolades for their performance at a local band competition, said their lead singer.

Noelle Thornburg said that the band consists of herself, junior Johann Johnson and sophomore Erik Smith Rayne.

Bryce Stockton, an employee at Stage Right, said that Rayne participated in Java Jam, a competition held at Stage Right coffee shop Thurs.-Sat., Feb. 26-28.

At the show, which was open to the public, Stockton said local bands were invited to play a set of original music. Four bands played each night. Both Thurs. and Fri. two bands were selected from the four to advance to the finals on Saturday.

"Well, we were really excited when we made it to the finals, and winning was just insane," Noelle said.

For their victory, Noelle said that Rayne received a large prize. She said a studio offered to provide two hours of free studio time for recording.

In addition, she said the band will have their record digitally mastered.

Noelle said that he hopes the band will continue playing at least through high school.

Erik said that the band has been an opportunity for each of its members to improve their personal skills.

Noelle said that it has been a good vehicle for all of them to get into the music scene.

"I really believe the band has been a good experience for me," Noelle said, "and I think it's great if people enjoy what we're doing."

Rayne generally performs at local coffee shops like Stage Right, Erik said. They don't

get too many tips, but he said that they're in it for the music.

Noelle said that Rayne had its beginnings at a Lewis and Clark talent show when she was a freshman.

She said that she wrote a song and performed it with her friend who could play guitar.

Soon after that, Noelle said that she decided to form a band.

She said that she got together with her friend Stephanie Burdick who had played guitar for the talent show, and asked Erik Smith if he would drum for them.

Over the next few months, Noelle said that she and the new band practiced at Noelle's house whenever they could get together.

She said that every time they got together to practice, it was raining. Thus, she said, Rayne was born.

Erik said that Rayne played their first show in August 1996 at his house.

He said that the show went very well and the band was pleased with the reaction it received.

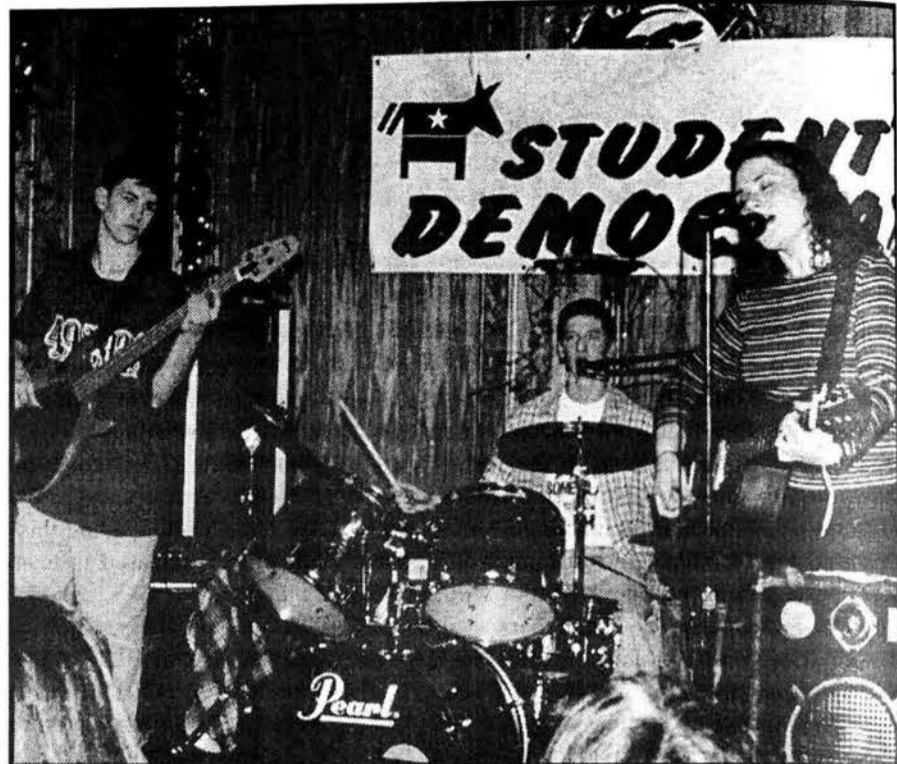
Noelle said that Rayne participated in a local talent competition that summer called Show Wagon in which they won second place in the state.

After that, Noelle said that the band began playing shows at Downtown Grounds, a local coffee shop that received the band favorably.

Going into the 97-98 school year, Erik said that the band had grown a lot and that they needed a bass player.

He said that they asked Johann Johnson to join the band and he agreed.

He said they also decided to eliminate their guitarist, and let Noelle play.



Singing in the Rayne... Central band consisting of singer Noelle Thornburg, bassist Johann Johnson and drummer Erik Smith packed downtown coffee shop, Stage Right, during a competition.

Noelle said that the band continued to play at Downtown Grounds until the shop stopped offering live music due to complaints from a neighboring restaurant.

After that, Noelle said that the career of the band became a series of performances. She said that they performed at a number of places, from Club Fusion all the way to the Bistro.

Noelle said that the band managed to

pack the bar to capacity despite the fact that the show was completely unpublicized.

Noelle said that the band also participated in Central's Road Show last year, performing an original song by Noelle entitled "Die Inside".

She said that she had trouble deciding which song to audition with, but finally picked "Die Inside" because of the positive response she had gotten for the song.

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## 'NUFF SAID

By Stephanie Holm



## Catching Z's and getting "A"s

Your alarm goes off. It's six in the morning. You hit the shower...hoping the warm water will open your eyes...which actually only succeeds in opening your pores. You rush out of the bathroom, barely dry, to throw on an outfit...which sticks to your body worse than static cling. And, after a vigorous ten second teeth brushing, you leave your house, hoping no one at school will comment on the inescapable deodorant mark on the bottom of your favorite shirt.

Aaahhh a great start to the school day...not to mention the fact that you didn't have time to eat breakfast...but hey...what do experts know about the most important meal of the day anyway?

So, now what? After spending a half an hour driving behind people who obviously don't know what the gas is on the right, and searching 15 minutes for a parking space large enough for your car to fit in, you head to homeroom...hoping the bell won't catch you on the way up the stairs.

Point is...by the time most of us reach our first class...we feel more like catching up on the time we lost getting ready than taking out our textbooks.

This is where that oh-so-clever-let's-start-the-school-day-later-for-sleepy-teens comes in. Have you heard of this? Yep, the School Board is actually doing something that students won't complain

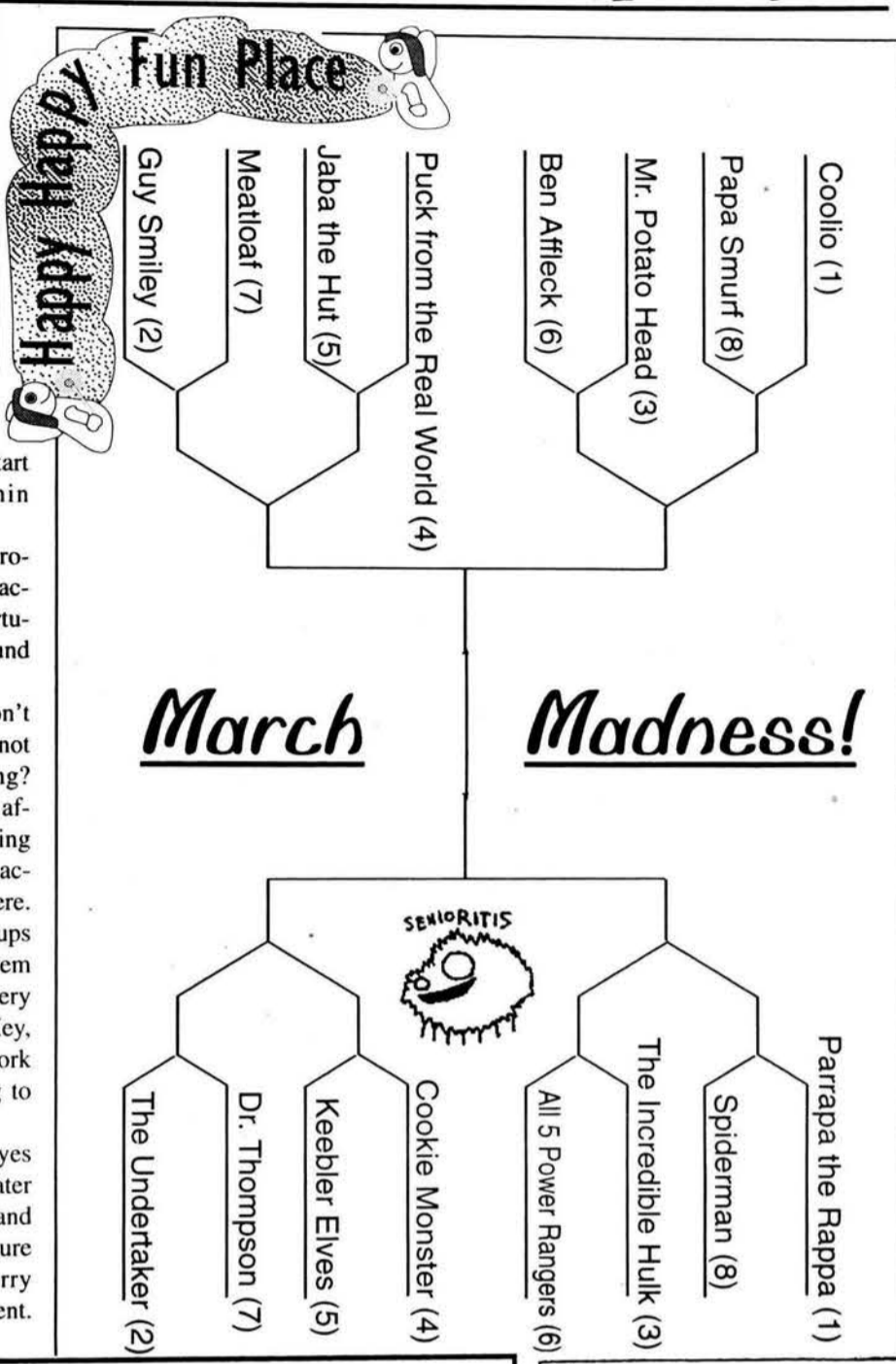
about. I guess research has shown that a late start would benefit a student's melatonin supply...uhm...mela-whatin?

Yeah, melatonin...a hormone the body produces which induces sleepiness. (Wow...you actually get to learn while reading this!) Unfortunately, melatonin is released in teens at around 10:30 at night.

So...you guessed it...since we don't get sleepy until 10:30 at night, why not start school at 10:30 in the morning? Sounds good to me...although those after school activities might be running a little late. Hmm...volleyball practice starts at six...uhm...see you there.

Well, I guess starting later does have its ups and downs. Although every morning would seem like a weekend morning...I'm not sure that every night would be like that of a school night. Hey, when you get home at 5:30 each night...homework might just take you until one in the morning to finish.

Well, keep your ears open, even if your eyes aren't, around school for further news on the later start. For right now it remains a proposal...and who knows...maybe it should. Besides, I'm sure we'd have a lot of unhappy campers if Jerry Springer was no longer after school entertainment. 'Nuff Said.



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## Neutral **THE E-TEAM** Milk Hotel

"One in four pities the fool who listens to this album, while another only sort of does, and the other two pity the fool who doesn't," -Mr. T



ANDY



KATE



BECCA



SHAUN

The bitter-sweet melodies of Neutral Milk Hotel once again echo through the air waves with their new release "Aeroplane Over the Sea." The sound is sort of indie-experimental with a variety of instruments, styles, tempos and just about everything else. Indie is a term coined from the independent labels that most of the bands of this style are on.

From what has been gathered from other magazines, local 'zines, etc. the band basically consists of part of the Elephant 6, a collection of people who make up around eight bands and live in an old rundown house and write music.

Currently residing in Athens, GA, the Elephant 6 is continuing on their crooked road to success and dreaming of a day when the band can build their own commune.

### General-

**Andy-** I wasted my time listening to it.

**Becca-** I really liked it.

**Shaun-** S'good.

**Kate-** It was bearable, I don't know if I'd goes as far as saying I liked it.

### Less General-

**Andy-** They were trying to be modern but they screwed up.

**Becca-** He's John Spencer's love child, in an experimental sort of way.

**Shaun-** Except for occasionally repetitive lyrics,

the album had a very comfortable "I-sit-on-a-couch-in-my-basement-and-play-this-stuff-for-fun" feel.

**Kate-** Every song seemed to have the same three chords just at different tempos.

### Talent-

**Andy-** Nil.

**Becca-** The simplicity of the music had nothing to do with the lack of talent but an attempt to create a specific sound.

**Shaun-** I'm not sure I ever thought about the level of talent required to write any song. I believe their talent is found in their creativity and ingenuity.

**Kate-** I don't question their talent. Well, maybe a little.

### Creativity-

**Andy-** They tried, but failed. There's a difference between randomness and creativity, they, obviously don't know that.

**Becca-** Their versatility and originality was evident from song to song. It was like a different mind created every song. From the eerie instrumental "Holland" to the up beat "1945," these guys had a very capable creative mind.

**Shaun-** Every song was new and different, and I'm not sure I ever heard the same guitar chord twice. (Of course, there was that single note that they played over and over for

approximately 2 minutes, but hey, I wouldn't have thought to do it.)

**Kate-** Very, very, little creativity.

### Variety-

**Andy-** The sound certainly does vary. But it sucks.

**Becca-** Wow! Talk about a variety. Every song has its own sound.

**Shaun-** Like I said, I'm not sure I ever heard the same guitar chord twice.

**Kate-** Each song has a different style, but I can't shake the feeling that I already heard the song earlier on the album.

### In Closing-

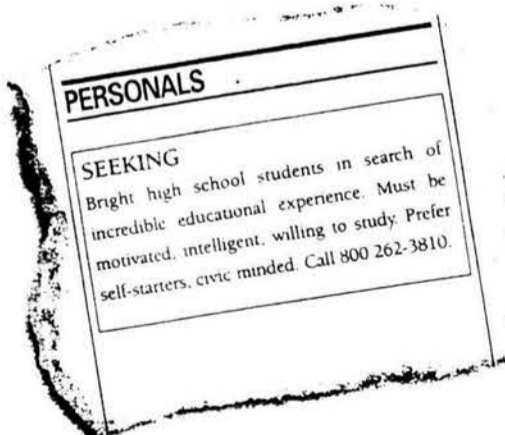
**Becca-** It's really a worth while investment for the of you into that indie type stuff. My next major investment will be the first album.

**Andy-** Overall, I sincerely disliked the whole album. It had its ups, but then again so did WWII. Bad album.

**Kate-** To Kaite Murphy: Just because I don't love this band with all my heart, it doesn't say anything about my musical taste.

**Shaun-** Good stuff. I like it a lot. It would be worth my money, if I had any.

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### 1998 boys' soccer capsule:

Head Coach: Tim Herbert

1997 record: 15-5

Key players lost to graduation: Nine starters off '97 State team, including All-Staters Luke Denney and Dane Foster

Returning starters: senior Chad Powell, sophomores Eric and Matt Smith

Opponents to watch out for: Millard North, Millard South, Millard West, Burke

Outlook: Despite Central's youth, Coach Herbert refuses to label '98 a rebuilding year. "We should be competitive," Coach Herbert said. The Eagles, who host their District later in the season, plan on packing the defensive half while scoring on set plays and are led by Chad, senior Trevor Fitch and junior Ben Rinaker (pictured).



### 1998 girls' soccer capsule:

Head Coach: Kathleen Laughlin

1997 record: 7-9

Key players lost to graduation: Erika Mullen, Sarah Deacon and five other seniors

Returning starters (6): seniors Molly Deacon, Denna Leavitt (pictured), Jaclyn Digiacomio, Amanda Hansen, junior Brittney Girthoffer, sophomore Sarah Manners

Opponents to watch out for: Millard North, Millard West, Burke, Westside

Outlook: Coach Laughlin is very optimistic about '98, even to the point of saying that this could be her best team ever. "They're really looking forward to playing with each other," Coach Laughlin said. "Intense" pre-season work-outs have Lady Eagles making plans for State.



### 1998 boys' golf capsule:

Head Coach: Jim Galus

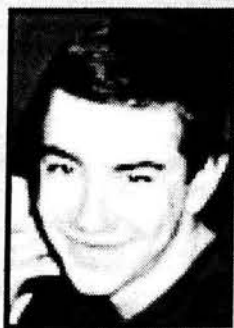
1997 dual record: 5-3

Key players lost to graduation: John Gaskins

Returning lettermen: seniors John Ashford and Ben Teply, juniors Chris Kelly and Phil Jonak (pictured)

Opponents to watch out for: Creighton Prep, Lincoln Southeast, Lincoln Northeast

Outlook: With the top three spots cemented (in order: Chris, John and Phil), Coach Galus is looking for No. 4 and 5 golfers to "step up." Like the other spring sports, the March snowstorm slowed progress. "When the weather breaks we'll see what we have to work with," Coach Galus said.



### 1998 baseball capsule:

Head Coach: Matt Shafer (pictured)

1997 record: 12-10

Key players lost to graduation: Brandon Myers, Ryan Behrens, Jed Ortmeyer

Returning lettermen: seniors Bill Houston, Jason Becher, Jason Latta, Joe Yard, juniors Kevin McDonald and Zach Jacobson

Opponents to watch out for: Ralston, Westside, Millard West, Millard North, Millard South

Outlook: First year Coach Shafer inherits only six returning letterers and is getting little help from Mother Nature. "It's tough to evaluate players inside," Coach Shafer said. Pitching staff should be the strong point of a Central team with a "50/50" shot at State.



### 1998 track capsule:

Head Coach: boys-Dave Felici, girls-Tammy Wade

1997 record: boys-Fifth in State, girls-third in Districts

Key players lost to graduation: boys-Tim Riveria, girls-Reisha Vanterpool

Returning letterers of note: boys-senior Cecil Evans, juniors Brandon Williams, Wayne Reynolds, girls-seniors Janelle Orange, Aggie Davis, sophomore Tai Burleson (pictured)

Outlook: Boys-The '98 Eagles are strong in hurdles, jumps and sprints. If distance runners emerge as solid contributors, Central could have a shot at the State team title.

Girls-The young Lady Eagles are looking for leadership from two returning seniors (Aggie and Janelle). Should be strong in distance areas; lack experience in field events.



### 1998 girls' tennis capsule:

Head Coach: Larry Andrews

1997 dual record: 7-3

Key players lost to graduation: Andrea Friedman, Erika Wulff, Colleen McGinty

Returning starters: senior Rachel Slosburg, juniors Amy Yin, Dana Hendee (pictured)

Opponents to watch out for: Westside, Marian

Outlook: Central may have difficulty replacing quality seniors lost to graduation. Coach Andrews said he needs five more strong girls to field a solid team. With the State No. 1 Singles Title all but "locked up" by Westside junior Kim Lorenz, Coach Andrews said that Rachel has a legitimate shot at the State No. 2 Singles Title. They will be playing their games at Dewey Tennis Center.







## TWO-MINUTE DRILL

By Derek Tritsch



### The feel-good 'movie' of '98

I don't know if the directors of "Field of Dreams" have thought of a sequel yet, but, I've got a brilliant idea if they're listening.

We can call this one "Court of Dreams." And this time, the role of "retired old sports star looking for an impossible second chance" can be played by University of Connecticut senior basketball player Nykesha Sales. And the role of "middle-aged Iowa farmer who does everything he can to give the old guy the second chance" can be played by UConn coach, Geno Auriemma.

Okay, so Geno isn't exactly a dead-ringer for the next Kevin Costner.

But I do have one idea for the movie's script. We'll have Nykesha one point short of her school's all-time scoring record when she suffers a career-threatening Achilles tendon injury. The injury will be so bad that she won't even be able to play with it enough to

break the record.

With no more eligibility left, a record that once looked easy to attain is now nothing more than a mirage. Oh, the suspense!

But wait, here's where Geno comes in. In the midst of somewhat of a mid-life crisis, Geno hears a whisper that tells him something along the lines of "if you force it, the record will come."

After days and days of intense thought, a perplexed Geno finally figures out what the voice wants him to do: do whatever it takes to get all parties involved to allow Nykesha to shoot an uncontested lay-up and, *voila*, there's your record!

I know Siskel and Ebert can't wait for this one. Hell, there won't be a dry eye in the whole theater! Bringing tissues will be a neces-

sity if you want to make it through this "feel-good movie of the year."

Now, I know this sounds like a great script, but there is one problem. This pathetic little script actually played itself out in real life last month, only without the mysterious whisper. Well, as far as I know, without the whisper.

It's perfect, the "other parties involved" were actually Villanova University's head coach, the game referees and even the commissioner of the Big East Conference. How did all those parties consent? Well, that's the magic of the silver screen, my friend.

Where's Don King when you need him? "Only in America" is what he's saying right now.

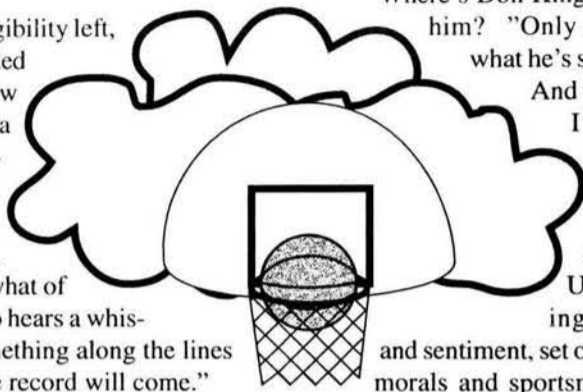
And yes, my friends, I'm afraid he's right on this one.

The transpiring at UConn, while being rich in drama

and sentiment, set off a debate about morals and sportsmanship, among other things, throughout the nation.

For instance, what does this do to the integrity of the record? Isn't there now going to be a glaring asterisk next to Sales' record well, forever?

Furthermore, where do you draw the line...one, two, three points behind the record? What if Sales would have been, say, three points short of the record, then do you let her take two shots to break it?



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# HS striker looking to carry scoring load



**Fast Facts:**  
**Chad Powell**  
 Grade: 12th  
 Birthdate: June 29, 1980  
 Sports: Soccer, Tennis  
 Honors: Three-year letterer in soccer and four-year letterer in tennis

**Derek Tritsch**  
 The departure of the class of 1997 graduates left many voids in the Central team's lineup—the position of striker being one of them. Gone is All-State performer and all-time Central scoring leader Foster.  
 His replacement comes in the form of year letterman Chad Powell, a senior who is expected to finally get his chance to shine on the field.  
 "I'm just glad to finally get a chance to do what I can do," Chad said, "and I think with the work I've done in the off-season I've earned it."  
 Chad's off-season regimen consisted of playing on two indoor teams. He played on a

team made up of mostly Central players, as well as his Bundesliga indoor club, with many Central players on it, he said. Both of which experienced some success, he said.

As a result of his hard work this off-season, Chad is now one of the more improved players on Central's varsity team, teammate Ben Rinaker, junior, said.

"If you look at Chad this year and compare him to where he was last year, he really is almost a completely different player," Ben said.

One might think that a team that lost at least nine starters would be in for a long successive season, but Chad is seemingly thinking exactly the opposite.

"I expect us to go pretty far this year, even though we're young," Chad said. "Our overall chemistry is a lot better than last year's team."

Chad said that the chemistry comes as a result of he and his teammates playing so many indoor matches together in the off-season.

"I think the more we play together the better we're going to be," Chad said. "It goes a long way as far as knowing where your teammates are going to be before they get there."

Optimism is coming easy for the Eagles, however, goals for the Central team may not be, as Central Head Coach Tim Herbert plans on packing the defensive half of the field.

Most goals will probably come on set plays, Coach Herbert said.

But Chad is not foreseeing a lack of scoring opportunities by any means, he said.

"I think that if we have a great defense, our offense will have plenty of scoring opportunities," Chad said.

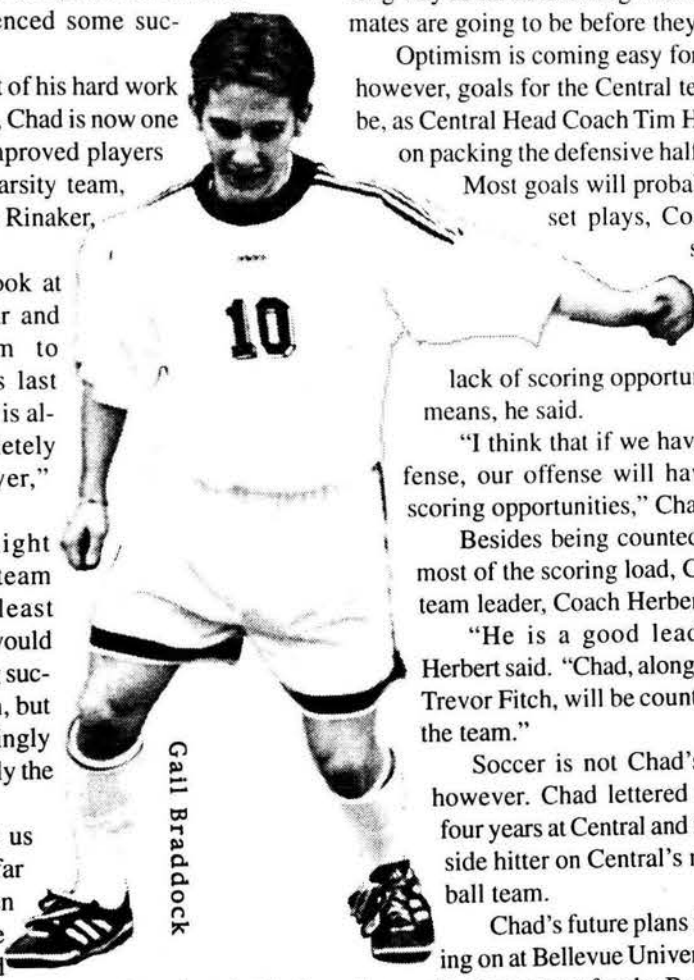
Besides being counted on to carry most of the scoring load, Chad is also a team leader, Coach Herbert said.

"He is a good leader," Coach Herbert said. "Chad, along with [senior] Trevor Fitch, will be counted on to lead the team."

Soccer is not Chad's only sport, however. Chad lettered in tennis all four years at Central and is also an outside hitter on Central's men's volleyball team.

Chad's future plans include walking on at Bellevue University, in which he would play soccer for the Bruins.

"The Bellevue coach saw me play this off-season in an Omaha Flames tournament," Chad said. "He talked to me afterward and said he was pretty impressed, so I think that I should have a decent shot at playing."



Gail Braddock

# Benson girls defeat Central at Districts

By Melissa Colton

The Lady Eagles basketball team ended the season with a 72-38 loss to Benson at Districts, held on Mon., March 2, at Bryan.

"I don't think we were ready to play. Our minds weren't necessarily in the game," Oscanetta (Tee) Campbell, sophomore, said.

Central Head Coach Dave Felici said that he was disappointed that the team did not keep their heads together and play better.

"Benson was a little stronger and they had more experience in their players," Coach Felici said.

"I think we were intimidated by Stephanie Jones, Benson's center," Tee said.

Vonda McClinton, senior, was the leading scorer of the team for the year and will be among the seniors leaving the Eagles, Felici said.

"Vonda played exceptionally well," Tee said in regard to the Central-Benson game.

The girls' next season depends primarily on how they condition and get ready to play, Coach Felici said.

"I know the girls will work hard in the off season," Coach Felici said.

Coach Felici said that next year he is looking forward to having a skilled team. Next year's team will be reliant on a group of sophomores. They are Mary Anderson, Tai Bursleson, Tee Campbell, Mandy Frank, Kari Rider, and Mary Tritsch.

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# SPORTS



**We Cover Eagle Territory**

## Warriors end Central's season

By Derek Tritsch

Maybe the proverbial third time isn't exactly a charm, after all.

The Central basketball team can attest to that, as Westside defeated the Eagles 71-58 in their Class A-5 district semifinal game at Bryan.

The Warrior victory, Westside's third over Central in as many tries, ended the Eagles' season with a record of 5-14.

Central Head Coach Rick Behrens said that he was happy with his team's overall performance.

"Overall, we played very well, although we did have a few too many turnovers," Coach Behrens said. "But it was just a case of them playing very poised and hitting their free throws down the stretch."

For a moment it looked as if the third time could be the charm for Behrens' Eagles, as they began clawing back from a twelve point deficit at halftime.

Central closed to within four points of the Warriors with 3:52 remaining in the fourth quarter on senior John Franzese's basket, but would get no closer.

From that point on, Central's offense failed to produce the points they needed as the Eagles hit just two of seven shots.

Westside responded by hitting twelve of sixteen free throws, and, in effect, icing the game.

Although Central failed to pull out a win in the fourth quarter, Coach Behrens looked at the second quarter as a pivotal point in the contest.

"We missed four or five fairly easy layups in the second quarter," Coach Behrens said. "As a result, Westside increased their lead from one to twelve at halftime."

Central played intense defense in the second quarter, but failed to capitalize on Westside's turnovers, senior guard Sunn Spurlock.

"I missed a couple break-away layups

that cost us some momentum," Sunn said.

Sunn and sophomores James Mills and Ben Jacobson led the Eagles in scoring twelve points each. John added eight.

Defensively, Central had a difficult assignment in trying to defend 6-9 senior center Mike Preston and guarding Westside's dangerous three point shooters at the same time, Coach Behrens said.

"We would have liked to play a style which would allow us to collapse on Preston but that would leave their shooters open at the perimeter," Coach Behrens said. "Sunn went with a lot of man-to-man and that's all right. Ben and [Senior] Jason Latta did a good job guarding Preston."

Although the 1997-98 Eagles' record was not as successful as they would have liked, Coach Behrens said they played well under the circumstances.

"Coming in, I just didn't know how we would play since we lacked so much experience," Coach Behrens said. "We had a hot stretch at the beginning, but we did have some big wins—Millard West and on the road at Lincoln High."

As for next season, Coach Behrens said that some of this year's underclassmen gained some very valuable game-time experience.

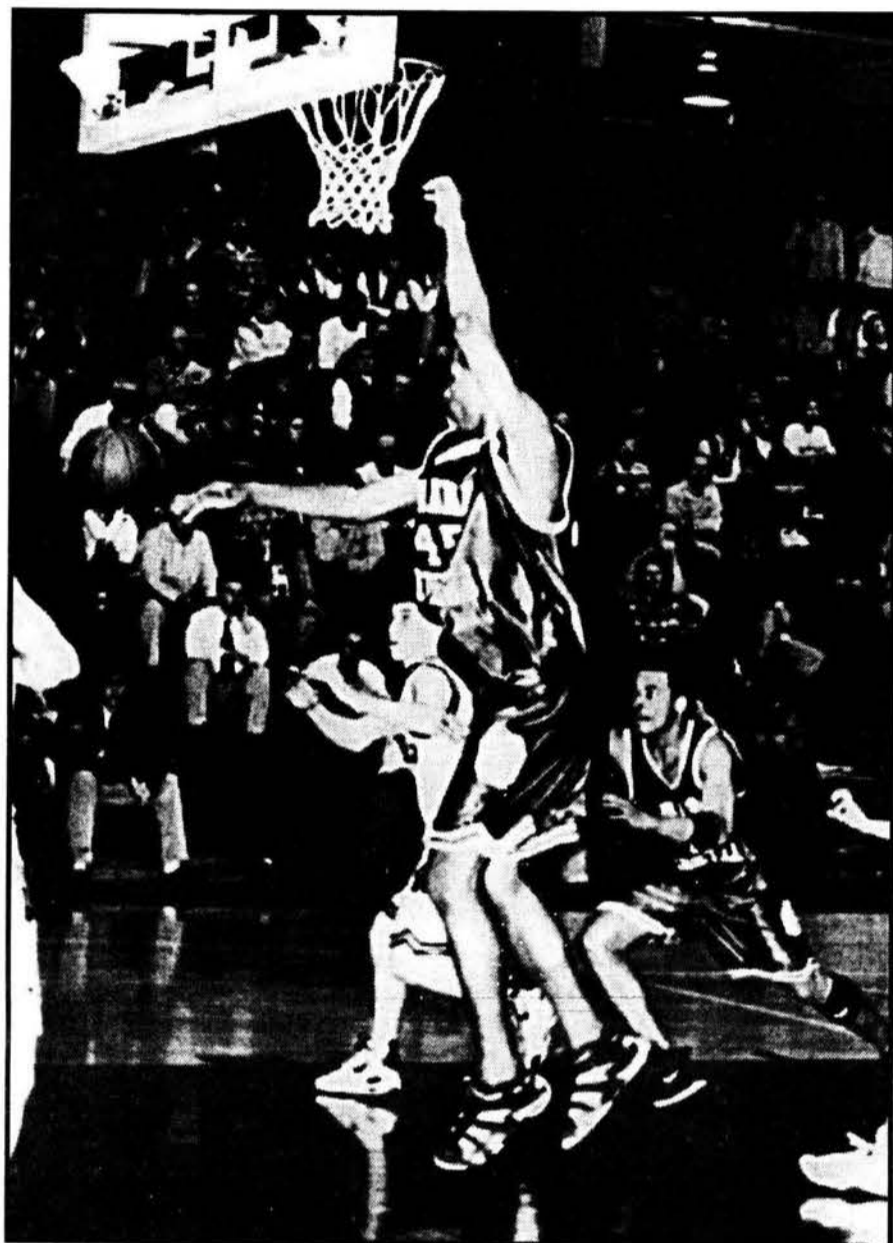
"Experience is a big factor in the success of a team in the Metro conference," Coach Behrens said. "And the experience that guys like James and Brian got this year will go a long way next season."

Next year's Eagles have the potential to be much better than this year's team, Coach Behrens said.

"I think now that Brian and I know what to expect from other teams [on varsity level] we should be better next year," James said.

Ben agreed.

"We will have a lot of offensive firepower next year," Ben said. "If we play good defense and play as a team we should be better."



Gail Braddock

Full court pressure... Eagles James Mills (45) and Sunn Spurlock pressure an inbounds pass in the waning moments of Central's 71-58 loss to Westside.

## Former Central student excels in newly formed basketball league

By Megan Meyers

Imagine yourself playing pro basketball in the kick-off season of the Women's National Basketball Association (WNBA). That is exactly what Central High alumna, Jessica Haynes has done.

She currently plays forward-guard for the WNBA team, the Utah Starzz, and Haynes said that all of the success that now is apart of her life in the game of basketball can be traced back to Central.

Haynes graduated from Central in 1985 and was a part of the girl's basketball team from '83 to '85. The girls were state champions in both 1983 and 1984.

After her years at Central, Haynes received a four year basketball scholarship to San Diego State University. She graduated in the class of 1988.

Haynes also played for the Portland Power, an ABL (American Basketball League) team from January to March of 1997, before making the Starzz last summer.

Haynes said that she had a great agent that

got her a tryout with the WNBA after one of the previous players fell into an injury problem.

"I tried out and the coach liked what he saw," she said.

The 1997-98 Central girls basketball team had the opportunity of working out with Haynes during preseason training.

"I talked to Coach Felici about me helping the girls and he said he would be thrilled to have me come," Haynes said.

Haynes said that the WNBA will stay afloat because of its sponsorship by the NBA. She also said that it will be more successful than the ABL because of the men's program.

She also said that it will be more successful than the ABL because the organization intends to extend the women's season at least one month starting in April even though they play in the offseason of the NBA.

"They treat us just like the men, but we are paid less," Haynes said.

Haynes said the slow start to the women's pro league is expected because the WNBA just finished its inaugural season this year and the number of teams are low.

Besides the WNBA and college play, Haynes has played basketball in two Olympic Festival games and played for one National team.

Haynes is no longer training with the Central girl's team, but is currently living in Omaha.

"The WNBA is a very important step for women and it is a goal for all girl's playing and enjoying the game of basketball," Haynes said.

## Bump, set, spike...



Sophomore Middle blocker James Roark awaits a set from junior Andy Thompson during a game against the Millard "A" team.

### DEPARTMENTS

Spring Sports Preview....17

Eagle Spotlight .....19

Two-Minute Drill.....18