

THE OMAHA CENTRAL HIGH SCHOOL



Central's next shot at a State title?  
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# REGISTER

The next big thing out of Omaha.  
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N 20TH STREET OMAHA, NEBRASKA 68102

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

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## The Pledge forces teens to question patriotism

BY DANIELLE WELTY

Recently, in California, an atheist parent and her father sued her school because they found the statement "under God" to be offensive and did not want it to be recited in schools during the Pledge of Allegiance.

At Central, students are asked to recite the Pledge in homeroom for the Pledge.

Senior Bill Rollins said he has had strong religious beliefs for years, but he thinks everyone should be able to make the choice of whether to stand or not.

"It's wrong to make someone do something they don't understand or believe in," Rollins said, "but my teacher made me stand up when he didn't want to."

The Supreme Court has already ruled that schoolchildren are not to be forced to recite the Pledge.

Now they will decide in June 2004 whether or not "under God" will be included.

The lawsuit is based on the grounds that the First Amendment states that the government will not establish a religion, and it will therefore keep Church and State separate.

Senior Robert Montag said he believes the Pledge of Allegiance should be optional.

"They (the military) are dying for our freedoms," he said. "We should all be able to stand for them."

Sophomore Benjamin Walden said he decided not to stand to recite the Pledge, but his teacher made him feel bad by saying the Pledge stood for all who died for his freedom.

"I don't believe in our government, therefore I'm not going to pledge allegiance to it," Walden said. "My teacher wanted me to pledge for those who were forced to fight in a war they didn't have to fight in the first place. It just doesn't make any sense."

Sophomore Ariel Ramirez said if he were to want to say the Pledge it's fine, but it's also pointless.

"People think if you don't say the Pledge then you're not patriotic, but patriotism can be patriotic and not pledge your allegiance to a flag," Ramirez said.

She said she remembers saying the Pledge in elementary school and then not at all in junior high.

"It was only after 9-11 that we started saying the Pledge in class," Ramirez said. "It obviously isn't that important to the majority of society if they didn't say it for so long."

Despite the attempts to keep religion separate from schools, senior Amy Greenberg said it is something that must be dealt with and accepted.

"The reality is that the country was founded on religion despite what people would like to believe," Greenberg said.

Principal Jerry Bexten said students at Central have the right to choose whether or not they want to recite the Pledge.

"As far as I know there is a state law that says students will recite the Pledge at the beginning of the day," Bexten said. "We ask the students to stand, but we don't require them to."

When the Pledge is announced over the intercom during homeroom, students may be asked to stand.

However, math teacher Shannon Addock said that her homeroom students continue to stay seated.

"They're lazy and unpatriotic," Addock said. "They either put their heads down or just sit there and I don't try to get them to stand."

Bexten said that it's disrespectful for students to sit and talk during the Pledge.

"If there's a legitimate reason for a student not standing for the Pledge, such as religion, that's obviously acceptable," Bexten said. "But for the students who sit because they have nothing else to do for that 20 seconds, that becomes more of a respect issue."

## SPECIAL DRUG IN-DEPTH

# MARIJUANA



A student uses a chocolate cigar wrap to roll a blueberry blunt. After purchasing the cigar, he slits it open to replace the tobacco with marijuana. The chocolate is meant to give an extra flavor to the buzz. A pipe (BELOW) is also a typical method used to smoke marijuana.

PHOTO BY ROB HUNTER/REGISTER

## Steps taken to prevent false alarms

BY KATIE BACKMAN

School is being disrupted multiple times each day because fire alarms are being pulled when they shouldn't be.

Officials knew something had to be done.

To prevent these student pranks, administration and fire officials decided to put a substance that could be mistaken for dust on each alarm.

The powder turns hands purple if touched.

Principal Jerry Bexten said the dye will spread to any other area the student touches. The purple will stay on the contacted areas for a few days. It does not wash off.

Head custodial engineer Deb Taylor said she had to reapply the powder many times since it was first put on the fire alarms around the building.

"I only do this (reapplying) to the alarms that have been pulled," she said.

Taylor said although some of the alarms are tripped because of the construction in the building, most of them are caused by student pranks.

During the first week, senior Juan Chaparro was found with a purple color on his hands. He was escorted to the main office and had his fingerprints were taken, but the purple wasn't the same substance as the powder.

"I didn't pull it," Chaparro said. "But they (administration) kept asking me what the marker was from."

A teacher suspected he pulled the alarm and reported him to administration. He said officials in the office opened the marker he used and compared it to the dye before they would let him leave.

He had to wait in the office until a custodian came to make the conclusion he hadn't pulled the alarm.

Bexten said if a student was caught pulling the alarm, the punishment would be expulsion for the remainder of the semester.

"After being expelled from the school, the student is handed over to the police officials," Bexten said.

Other security precautions are going to be taking place until these students are found pulling the alarms. Most of the alarms have been pulled in the basement due to lack of supervision.

Bexten said security and faculty can't be everywhere at all times.

Senior Sam Stanfield said if the dye doesn't work, they should check the alarms for fingerprints.

If both of those methods fail, he said officials should set up security cameras at each location.

Junior Nick Hoy said this is a good idea because the students who are pulling the alarms should be caught.

The only people in the building who reapply the powder are the custodial staff, resource officer J.V. Stokes said.

Administrators and teachers don't know how to apply the powder and just have to report students if they see discolored hands.

Senior Clinton Skanes said he thinks the dye is a good idea because kids shouldn't be playing with fire alarms. Now, with this advancement, class time shouldn't be wasted as much and the false alarms should be limited, he said.

Battalion Chief at the Fire Investigation Bureau Dave Adolf said when a person pulls a fire alarm as a prank, he actually is committing a Class I Misdemeanor. The fire department can't give out tickets, but does refer them to the police.

Maximum charges can be time spent in prison or a fee of \$1,000, Adolf said.

### STUDENTS AND THE PUNISHMENT

Assistant principal Dionne Kirksey said students at school don't take false alarms seriously. She said if they did, fire alarm pranks would not happen. She said it makes the school unsafe because when an alarm sounds, people

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## Students smoke it. They buy it. They sell it. They get caught. They continue.

BY ROB HUNTER AND DANIELLE WELTY

\*Name changed to protect identity

Senior John Doe\* smokes four to 12 bowls of enhanced, indoor-grown marijuana a day and sells an average of two ounces a week.

As smoke billowed from his mouth, Doe described how he took the initiative his friends didn't and started to sell marijuana.

He said he has been smoking since seventh grade, but moved up to selling his freshman year.

"I didn't and don't worry about it at all," he said. "I keep it out of school and sell it to people I know."

Despite the fact there is so much danger involved with selling, he said he believes in his abilities, but knows what he does is illegal.

"Pot is not a drug," Doe said. "People always roll their eyes when I tell them that, but pot should be legalized in this country."

He is the person to go to when you want to get high.

"Pot is like a mixture of a hobby, a job and just something to have fun with," Doe said.

He said the price for his hobby could be a large one because when he carries over one ounce of marijuana with the intent to distribute, it is considered a felony by the state.

"Selling to familiar people cuts down on the risk by about 200 percent," Doe said. "Most people who are caught selling drugs are caught because they are too open with their services."

He started just smoking every once in a while with his friends and people he knew, but soon expanded to much more. Now, students say he is one of the top people in school to get pot from.

"Everyone knew the people who sold it, but never made a big deal about it," he said. "Now I'm one of them."

As a drug dealer he meets many different types of people in many different situations.

"Most just go to parties and smoke on weekends," Doe said, "but I love to smoke, and if I deal, it's free."

The marijuana Doe smokes and sells comes from a different state. He said he has five or six suppliers selling him different kinds of weed, and he goes to whomever has the type that is in

most demand, or he wants to smoke.

Doe said people who buy marijuana from other suppliers usually get ripped-off by at least \$20.

"I sell it to my friends for the same price that I get it at, but if I'm not good friends with them, I bump the price up," he said. "It's the only way to make money."

He said even though an ounce can be risky, he usually carries more than that, simply to meet demand as well as his needs.

"Blueberry Nugs (high-end marijuana) is the best right now," Doe said. "It's pretty much all I sell."

One would think smoking up to 12 bowls of marijuana a day would dull the thought processes of the brain, but regardless Doe has a clean record and has never been caught selling.

"I just have an MIP (Minor In Possession), which isn't for weed," Doe said. "I think that's normal for a teen my age. Most of my friends have been caught drinking at parties and received an MIP."

Although he rarely sells any drugs near school, he said his friends and him have left several times during the day to smoke out. Doe said smoking-out consists of getting a group of friends together in a car or a small room and smoking until everyone is inebriated and the room or car is full of smoke.

"Smoking people out is my favorite thing to do," Doe said.

At least five to 10 people buy from him a week, making him just enough money for what he said he spends on food and the occasional DVD or CD player.

Despite the huge population and potentially large market, who Doe said is largely outside clientele, he said does not sell drugs of any kind on school grounds because he knows it can be dangerous.

Even though he said he does not sell at school, he said he knows several people who distribute an array of illegal and prescription drugs at school and sometimes even in class.

He said his competitors have been known to sell anything from Adderall, Oxycontin, Vicodin, marijuana, acid, mushrooms, speed and other drugs in class.

With all the administration at Central does to prevent illegal activity, he said that it is very easy to carry and sell drugs at

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## Former teacher influenced all, will be missed

BY MICHAEL SMITH

Ruth Pilling had a presence in the classroom unlike any teacher at Central.



Pilling

activities.

She was one of the first counselors and the head of the International Language department until her retirement.

Late in her career, Pilling developed and composed two new courses: word study and the introduction to the study of foreign languages and cultures.

She graduated in 1936 and earned a bachelor's degree in education from the University of Nebraska at Omaha.

Latin teacher Rita Ryan said Pilling was one of the most dedicated and considerate teachers she has ever known.

Ryan started in 1971 when Pilling was still the department head. Pilling retired two years later.

"She dedicated her whole life to the language program at Central High School," Ryan said.

She said Pilling was unselfish and dedicated, not only to the Latin program, but the International language curriculum as a whole.

Pilling was inducted in the Alumni Hall of fame in 2000.

In April 2003, Pilling was the guest of honor at the Latin Centennial Banquet.

At the banquet, Pilling said she remembered Central vividly.

She remembered this was the school which had a National Honor Society and had a Latin program.

Pilling taught Latin for more than 26 years. She was an award-winning teacher and alumna. The late Pilling will be missed by those who she touched.

## DECA club prepares for national event

BY MICHAEL SMITH

Business teacher Vicki Wiles said the marketing students are going to have their hands full this year with numerous events.

Twenty-seven students have already attended a leadership conference in Kearney, Neb.

"The students went to seminars and listened to numerous motivational speakers," she said.

The group was made up of mostly first year students and a few seniors.

Senior Steve Hogan was one of those who attended the event.

He said overall things went well.

"There were some great workshops and seminars that we attended," Hogan said.

He said there was a lot of information he obtained from the event and will remember to use it later in the season.

Many of the marketing students are preparing for the first marketing competition, held this Saturday at the Millard West Invitational.

Wiles said that after the competition, the marketing club will be part of a leadership conference in Chicago, Ill.

"It is going to be very similar to the conference that we attended in Kearney," Wiles said.

Students will also take part in breakout sessions that will help them in the future.

Wiles said marketing teaches students skills that can be used in everyday life.

"You are going to have to use marketing and apply it to any profession," Wiles said.

The goal of the group is to attend this year's International DECA Competition, which will be held in Nashville, Tenn.

Hogan said last year him and his partner almost qualified for nationals.

One of his main goals this year is to make it to the national competition and attend the international competition.

He said he will definitely be ready for the challenge, be prepared and take everything seriously, like so many other students who are on the club.

He said he believes the competitions will help him immensely once he gets to college.

# CALENDAR



Senior Ean Garrett tries to relax after Red Cross employee Danielle Larson attempts to find a suitable vein to draw blood from. Garrett turns away to keep his mind off the blood and pain.

PHOTO BY KATIE BACKMAN/REGISTER

## Students donate blood to save lives

BY KATIE BACKMAN

A quiet waiting room with talk of needles and a pints of blood being drained from students' bodies.

These thoughts worried senior Ean Garrett as he sat and waited to hear his number, only thinking about the fact that a needle will be connected to his arm for about six minutes.

In the Red Cross Blood Drive van he answered questions before his blood was taken. Danielle Larson, a mobile unit employee, said the assistants also sampled his blood from his finger to see if the iron count high enough.

She said it is a very important process. This is where people who want to donate can be rejected if iron level isn't at least 38 percent. Usually women are rejected more than men because their iron count is 35 to 36 percent.

"When blood is drawn, the iron goes down," Larson said. "If the iron is already low, we won't allow these people to donate."

People are more likely to pass out or experience some form of discomfort with a low iron level. One way to prevent this a person must to eat something before donating blood.

Senior Katie Lydiatt said she didn't eat anything before giving blood, so the assistants gave her a doughnut. When she went to her class afterwards she passed out.

"The food wasn't in my system enough, I guess," Lydiatt said.

When she woke up fellow students escorted her to the nurse's office. On the walk from the portables to the school building, she said she passed out again and vomited.

"I thought it was just going to hurt," Lydiatt said. "I guess I should have eaten breakfast."

Garrett said his time wasn't easy either because his veins were harder to find. Larson said he had a prominent vein on the side, but it wouldn't have been able to support a needle. She tried to insert a needle in a vein in the middle of his arm. One try failed, but secondly it worked.

As the blood ran in down the tube, Garrett said he didn't feel any pain and it was his first time donating. He didn't ever regret giving blood. It made him feel good inside. He said he was kind of concerned if she couldn't find a suitable vein because he wanted to help other people.

Being comfortable and relaxed wasn't the case with junior Amber Edwards. She said it was her first time giving blood.

"I was really scared," Edwards said. "I felt like I was going to puke."

One of the worst things about it was when she was in the waiting in room hearing other numbers being called. During that time she said she almost changed her mind about donating. After it was done, she felt really tired and was not very alert. But she was very happy to help someone with blood donations.

Lydiatt said after her experience she doesn't know if she would donate again. She said she didn't regret the time that she did because it would still help someone.

"I am scared of needles, but they didn't bother me as much," she said. "I also didn't think it was going to be that much blood."

Larson said 69 students registered to donate blood, but some were absent and others turned away because of low iron levels. The goal is 40 people.

She said she didn't see many students rejected this year, which is good for the people who will need the blood later.

## UPCOMING EVENTS

### NOVEMBER

#### 20 (THURS.) UNDERCLASS PICTURE RETAKES

Students who may have missed out on underclass photos or are not satisfied with the photos they received have an opportunity to retake the photos. Go to the lower level of the courtyard during study halls or lunch periods to get your photo retaken.

#### 21-22 (FRI.-SAT.) MILLARD SOUTH SPEECH AND DEBATE COMPETITION

The speech and debate team is gearing up for one of the biggest tournament in the season at Millard South High School.

#### 25 (TUES.) STUDENT GOVERNMENT MEETING

The student government program at school will be meeting on this day to discuss plans and what its aspirations are for the year and for the government.

#### 26 (WED.) CURRICULUM DAY

This is a curriculum day for the teachers, no students are to be present. Special development programs will be taken by the teachers to help improve their teaching methods.

#### 27-28 (THURS. - FRI.) FALL RECESS

There will be no school between Nov. 27-28 for fall recess to give students and teachers time off.

### DECEMBER

#### 6 (SAT.) SAT EXAM

Students should arrive between 8 a.m. and 8:15 a.m. They should bring calculators and pencils to use on the exam. The SAT exam is a college entrance exam that must be prearranged.

#### 13 (SAT.) ACT EXAM

Students should arrive between 8 a.m. and 8:15 a.m. and should bring calculators and pencils to use on the exam.

#### 18 (THURS.) NATIONAL HONORS SOCIETY MEETING

One of the many National Honor Society meetings will be held today. The meeting will discuss volunteer opportunities and future events coming up this month.

#### 22 (MON.) WINTER RECESS BEGINS

This is the beginning of winter recess. Students and teachers will report back to school on Jan. 5, 2004.

## Third place competition still enjoyable

BY JOHN KENDALL

Math club hosted a competition against other surrounding area schools and in Iowa on Nov. 1 in the Math Cafeteria.

Math teacher Amanda Beery, the adviser for the club, said that the competition consisted of about 100 students.

The competition ended up with Creighton Prep ranking first, Central Academy from Des Moines took second and Central tied with North for third.

The competition was separated into four parts: a sprint test, a target round, a relay and a team test.

The sprint test was an individual examination full of multiple choice questions.

In the target round, students were given sets of two questions at a time and 10 minutes to do each of them.

During the relay round, a group of three students would be given separate problems.

The first student would solve a problem and pass his answer on to the next person who would then plug the answer into her problem and complete the same procedures.

The final team test was done in groups of six people and a test with questions, and the students were given 20 minutes to do them.

Beery said that the tests were provided by the Great Plains Math League, an organization that sponsors the test to these competitions nationwide so that students of the hosting school can compete.

"They make the tests as difficult as possible so that schools who compete on a local level can also be competitive nationally," she said.

President of the club, senior Amber Friend, said it was long, but it was fun.

He said at times it was boring because the problems were very difficult, making the process lengthy and tedious.

Other schools were present at the competition, including Duchesne and Papillion La Vista High School. Beery said that normally there are no schools present, but it was the same time of the SAT.

In the down time between competitions, members of the math club, comprised of about 70 students, practices their knowledge and skills by talking about math, working on old math contests and playing a game called Hex.

"It is kind of like tick-tack-toe, but you saw it you would get it."

Beery said that the math competition is on Math Day at the University of Nebraska at Lincoln.

## Culture brings students together for night of fun

BY MICHAEL SMITH

Latin club had its annual night last month in celebration of its seventh year.

Senior Rachel Danford said the event is one of the few things the members can count on every year.

Latin teacher Rita Ryan, who sponsors the event, said 42 students attended the night out. Everyone met at the Greek Islands restaurant to eat and Athenian salads.

"We went there because they had a great party room and were very gracious in serving us," Ryan said.

After the dinner, the group went to the Mystery Manor haunted house.

Danford said the event was a great chance to get together as a group outside of school and get to know people to have conversations with them.

Ryan said she had to stand between Senior Matt Storm and counselor Bob Moore for protection in the haunted house.

"I held on to Storm's letter jacket that I was well protected," Ryan said. She said the event lasted three hours and the students really seemed to enjoy it.

Ryan said it was a fun group of kids and she looks forward to doing it again next year.

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Scout receives distinguished honor society nomination

BY DANIELLE WELTY

Junior Jason Witty's dedication to Boy Scouts certainly paid off when he was nominated for the Vigil Honor Award that only a select few are eligible for.

"The Vigil Honor Award is tied in with the Order of the Arrow which is basically an honor society," Witty said. "To get into the Order of the Arrow you have to be elected by troop members, then 10 months later you may move up to the second rank and finally two years after that you're up for the award."

Witty said out of approximately 380 scouts that qualified for the Vaward in the Mid-American council, which includes parts of eastern Nebraska, western Iowa and the southwest corner of South Dakota, only 18 youths made received it.

Witty said a weekend campout, called the Ordeal, is required before he can further his path toward the honor award.

"I had to sleep under the stars, eat very little, do service and soul-searching where we learned more about ourselves," he said.

A sponsor helped the Boy Scouts that go through the Ordeal, which took place in late November.

Witty said he has gone on many campouts before the Ordeal and has even helped out at other Boy Scout camps by clearing trails, setting up tents and putting away summer equipment.

"I have to be nominated by a group of people for the award," Witty said. "So the more events I attend, the more people I know, and that helps my chances."

A long with being involved in camps, Witty said he was also present at Mahoney State Park where nearly 15,000 people attended the Boy Scouts of America's Mid-America Council 2003 Jubilee.

For the Jubilee, Witty said he went early with a group leader to help set up and was involved in activities such as archery to earn merit badges.

He said he was also able to visit the SAC museum and there was live entertainment throughout the evening in addition to other interesting events.

Witty said he has camped in the Florida Keys, the boundary waters of Minnesota and at a small island in Lake Superior through the High Adventures program offered by the Boy Scouts.

"I'm also going to Shizuoka, Japan this summer because it's Omaha's sister city," he said. "They have sent a number of troops to Omaha and we haven't sent any in return, so I'll be one of the first people to go as an ambassador for Omaha."

Witty is attending classes regularly to learn more about Japanese culture and simple phrases in their language so he will be able to communicate before he leaves in August 2004.

He has also accumulated 100 hours of community service throughout his many years involved in Boy Scouts by performing such activities as cleaning up trash and other waste items at Memorial park.

It is required to advance from Cub Scout to Boy Scout to the position of Eagle Scout before he could apply for the Vigil Honor Award.

"In Cub Scouts, you really don't get the full effect of everything because you're so young," he said. "You basically sample what you'll be doing in the next few years."

He said he became a Boy Scout in fifth grade and then had the honor of an Eagle Scout in February 2001.

He said he didn't regret joining the Boy Scouts because it will help him in his future.

DANGEROUS SITUATIONS

Chatting online is perceived to be innocent, but when questions lead to a more personal inquiry, law officials will seek out the sexual predator to keep young people safe.

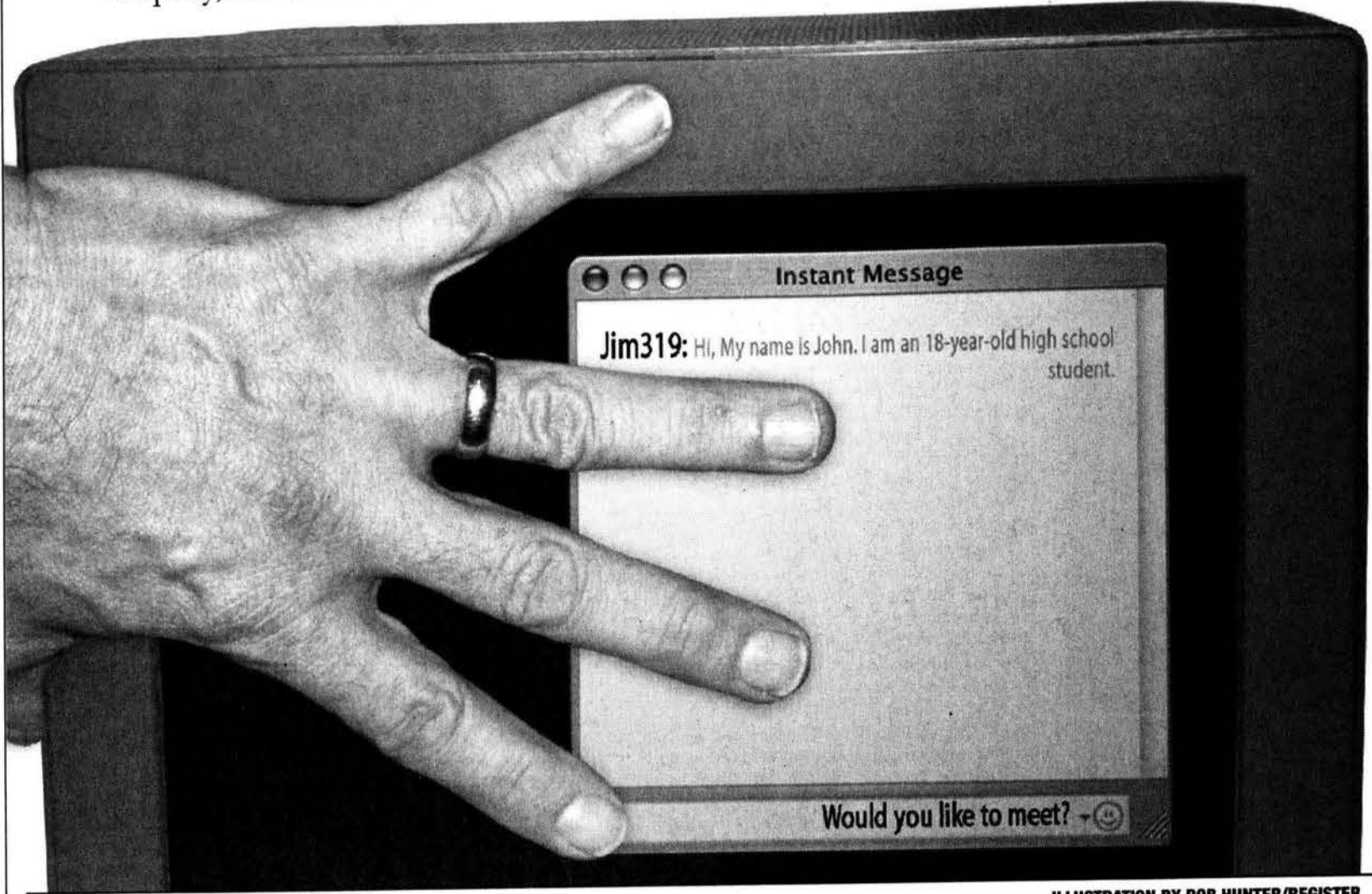


ILLUSTRATION BY ROB HUNTER/REGISTER

Conversation with minor leads to arrest

BY KATIE BACKMAN

\*Name changed to protect identity

A conversation between a 14-year-old girl and a 20-year-old man about oral sex escalated to the point where he was arrested and put in jail for 90 days.

What he didn't know was police officers were posing as the girl to catch possible molesters. Alumna Sarah Doe\*, who is married to the man, said the police decided to watch him because a report was filed by a parent.

At the time, Doe's husband was on anti-depression medication, and wanted to find more friends.

He chose not to comment on the issue because it happened four years ago and he still regrets his choices.

It began with a simple conversation of personal interest and then he asked what she looked like.

"The police described her as a 14, about 5 foot 7 inches tall, blonde haired and with a C cup," Doe said.

Shortly after this information, the girl started talking about her sexual history and what she would like to do with him. Doe said the man didn't see anything wrong with the situation because she didn't appear to be innocent.

Since she said she had a sexual history, Doe said her husband thought he wasn't going to corrupt her or make things worse.

Plans were to meet each other for oral sex and the pick-up location was at a Best Buy, in the Oakview Plaza.

Sgt. Scott Christensen with Nebraska of State Patrol said it is a Class II felony when a meeting has been arranged between law enforcement and the child molester.

The program Christensen works with is called Internet Crimes Against Children. It begins to track people if they have been reported by a parent.

He said the penalty could be one to 50 years in jail. The punishment is so strict because just recently a girl was kidnapped from her home, raped and killed.

The day before the meeting, Doe said her husband talked to her about a "friend" he had at work who was planning on meeting a 14-year-old girl. She had no idea at the time that he was talking about himself.

Doe's husband pulled into the parking lot to meet the girl, but she would never come.

Police surrounded his car to arrest him. The officers went to the home and confiscated the computer as evidence for trial.

Doe said his bail totaled \$10,000, but she had to pay 10 percent for him to be released. He had a sentencing trial scheduled for the next day.

"I was extremely upset and I never wanted to talk to him again," Doe said.

When he came home the first words he told her was "I messed up." She said it made her want to stay and help him get through the legal process, but still planned on leaving him after a couple months.

After different court hearings, the judge decided on 90 days of jail time and three years of probation.

Doe said he went to jail in September 2001, and said she was six months pregnant at the time.

The first 90 days after he was released from jail, he was on electrical monitor, or under house arrest. He could only go to work and back.

"He couldn't go on any errands or even cross the street to the mail box," Doe said.

This memory still upsets him. Doe said when they were at a restaurant, he acted very upset.

He wouldn't answer her questions about what was bothering him until they had left.

"He asked 'did you see that girl in the restaurant? Is that what a 14-year-old girl is supposed to look like? That is the type of girl that I was going to meet,' then he started to cry," she said.

Doe said sometimes she doesn't think the problem phased him because he was 20 at the time and the last girlfriend he had was in high school. She said police officers aren't the only ones who pose as someone else on the Internet, but knows girls do it to try to meet older men.

Sophomore Katie Byrne said she would go online, enter a chat room and lie about her entire identity.

"If I was in a good mood, I would chat and flirt with the people online," she said.

Even though she thought she was flirting with men, it could have been anybody. She said she never had the intention of meeting any people. She knew it couldn't have been safe, but said she just wanted to pass time when she was bored.

She was 14 when she did this.

Education Specialist at YWCA Amy Tess said it is considered sexual assault if the man is over the

age of 16 and the girl is 14 or younger.

Doe said the police never exchanged photos with her husband because they said afterwards it would have been considered unethical for police to use a child's photo.

However, Byrne said she has seen some guys take photos from other Web sites and send them to her.

The photos can be proven false and should be considered a reason not to trust people online because sophomore Jessica Thomas said she actually met a boy from the Internet. Fortunately, he was only 14 and she wasn't much older.

"We met outside my old school," Thomas said. "He lied about how he looked and it was a really uncomfortable 10 minutes."

When Doe's husband was going to meet the girl, he told police he wasn't planning on having oral sex then, but only to take her back home so she wouldn't be waiting outside in the cold.

This didn't matter to police. Christensen said six men in Omaha have been arrested for this type of crime this year.

From her experience, Thomas said she doesn't plan on meeting anyone else from the Internet.

As of right now she still goes online and chats with strangers for about two hours a day.

Lynda Madison, director of family support and psychological services at Children's Hospital, said people at a younger age find chatting on the Internet to strangers intriguing and exciting.

"It's an easy place for sexual predators to take advantage of these people," Madison said. "Sometimes they can say or do something to the girls and make them feel guilty of doing something wrong."

For physiological reasons, Madison said teenagers fake their personalities because they are young and trying to develop into their own.

Nebraska Sexual Assault Coalition assistant Kirsten Houser said she hasn't heard many cases of younger girls saying they are older because it probably isn't reported. She knows the police division of Internet harassment doesn't go after teenage girls, yet.

When a serious crime like this is experienced, she said it will never be forgotten by the victim or the one proven guilty.

"He thought he was ruined for life," Doe said. "The only reason why I could forgive him is because he really regrets what he has done."

Juniors will retake exams until passed

BY DANIELLE WELTY

Imagine taking the same math test five times. That is what some juniors will have to do this year. It is called the Criterion Referenced Test (CRT).

At the beginning of the year, all juniors took a math test to evaluate where Central stands on it comes to math achievement for the new No Child Left Behind Act. They took it again, and some may have to take it three more times.

Math department head Jessica Gregor said the juniors have already taken the test twice. They are also to take the test three more times if they do not pass.

If a student received an "advanced" on one portion of the test, they will have to retake that portion.

"It's the same test that they take over," Gregor said. "Statistically, a student is given a test and they retake it after a certain amount of times, they won't remember questions from the previous time it was taken."

Junior Amber Edwards said she doesn't think most students care because they don't try as hard as would if the test were actually for math class.

"I didn't even know why I was taking the test so I didn't try very hard," Edwards said. "Usually CRTs affect my grades so if I do a poor job and I don't get the right answer, I mark something down and that's a lot of people do."

Despite the fact that many students don't care about the results of the test, Gregor said she still has high hopes for them.

"I think we have a pretty good shot at passing, eventually," Gregor said. "The first time we tested in a big group without much preparation like all of the other high schools. There were 500 students all packed in a gym that is not the best way to test."

There are six subtests to the test that the juniors have to take.

There are three Algebra tests, three geometry tests, each with four questions on them.

She said the tests are graded in three ways, each subtest is graded and given advanced, proficient, progressing or beginning rating.

This form of grading is used in the state.

Another way to grade the tests is to give a number grade for each subtest with four being the highest possible score and one as the lowest, and by number, the federal government decides the school passing or not.

"The scores are then averaged for the six subtests and if a student receives a 2.51 average or better, they pass," Gregor said. "A student could receive four on three of their tests and a one on the other, they can still be considered passing."

The juniors received their test scores in early November, which is during the normal second time limit the government sets for the math department to retest.

Gregor said the students are allowed to take the tests in November, December, February and April during certain dates so the students will remember the questions on the tests from the previous time it was taken.

"When they get their test scores, certain subtests will be crossed out," Gregor said. "On the crossed out portions of the tests, the student received an 'advanced' score so they do not have to retake them."

Each time it is hoped students will have more crossed-out, so they will not have to retake them again.

Math teacher Susan Drummond said she believes teachers definitely need to be held accountable.

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ALL PHOTOS BY ROB HUNTER/REGISTER

(P) Firefighter Jeff Harrison (LEFT) stands next to assistant principal Dionne Kirksey as she looks down in frustration during another false alarm. To the right of her is captain Mark Ervin and candidate firefighter David Sobotka. (ABOVE LEFT) Ervin and the rest of his team on the truck prepare to leave the building after a false alarm was announced. The firefighters have to go back to the station and log another false alarm in their books. (ABOVE RIGHT) Assistant principal Paul Semrad and Kirksey talk to the firefighters after they checked the building and realize it was just another prank.

# Construction, students cause many false alarms

## 'FIRE ALARMS' CONTINUED FROM PAGE 1

When alarms sound every day, people stop reacting to noise. Bexten said it endangers the students and faculty. The false alerts give a poor sense of security to the school.

Social studies teacher Rod Mullen said students need to be aware of the possible disastrous events because the alarms should be a real warning.

He said he doesn't think the students entirely ignore the alarms. Now they stop what they are doing and wait for the alarm to leave or not.

"This is a very serious problem," Bexten said.

Mullen said students could be taking advantage of the room passes.

He said the school officials have not found anyone with purple dye on their hands.

"They are trying to catch students, but it is just a little bit," Mullen said.

He said one thing many students may not understand every time the alarm sounds it is connected to an auto-emergency dialer, it then calls a fire department to have a truck dispatched.

The fire department has not made any direct complaints to the school yet, but the main problem is firefighters are reporting to false alarm locations when there could be real fires in the city.

"Students need to know that we are serious about this issue," Bexten said. "So we are not going to keep the dye secret."

Skanes said he thinks it is sad students in high school are so immature.

"The false alarms waste everyone's time," he said.

### PORTABLES

During the summer, the contractors damaged the wiring system to the portables, Bexten said. The broken alarms now don't directly connect to the building.

"The alarms should go off simultaneously," he said.

Kirksey said the portables should hear the alarms but electricians are trying to fix the problem now.

As of now, the classes only rely on seeing other students leaving the building or an announcement to disregard alarms.

While sitting in a portable class, Hoy said a security guard had to run to the portable to tell the class to evacuate. Now more teachers have stopped giving out passes to the rest rooms.

Hoy said many students have to suffer because of a few immature students.

### RENOVATIONS

Construction dust and smoke trip the fire heads to go off, Kirksey said. Sometimes even a certain smell of the equipment, like an electric saw, gets in the air vents and causes a false alarm.

"It's all about the dynamics of the air flow," she said. "Someone could smell something burning on the opposite side of construction."

She said the alarms have been disabled in construction zones and that is why the school has a fire watch in the restricted areas. If a fire or anything unusual is seen in the building, the person on guard has a radio to report it to the main office.

"Just think, all of this for air conditioning," she said.

Since the building is so old, some of the alarms aren't compatible with the amount of construction going on. Kirksey said the system sensors couldn't be lowered because

it would violate the fire codes in the school.

Project manager for JE Jacobs Terry Page said welding shouldn't really cause alarms because they protect fire heads.

Assistant fire marshal of Omaha Pio Porta said the construction zones and functioning fire alarms are supposed to be separated for this very reason.

He said the solution for this is to disable the alarms and have a fire-watch employee monitoring the areas with alarms turned off.

Bexten said welding and dust shouldn't be factors why the alarms are set off. He said the construction areas were planned and the fire warnings shouldn't be a problem.

Stokes said the purple dye will work to catch the students pulling the alarm. He doesn't think the students would want to get caught and have to pay the fees for the punishment of a false alarm.

### REACTION TIME

Now, Kirksey said students and faculty just wait inside the class for the announcement if it is false or not.

"If the alarm is cut off soon, then people should assume it is OK," Kirksey said.

She said the false alarms should be under tighter control.

The strobe lights can be damaging to some students. Sophomore Tammy Fickler said she suffers from epilepsy. Epilepsy is a disorder and when electrical rhythms occur, it can cause convulsions.

Fickler said this means she could have seizure in class because the teacher chose not to evacuate the building until an announcement says it is false or not.

She doesn't think strobe lights should even be used with the alarms. In some of her classes, the teachers actually hide the fire alarms by putting paper or a cloth over it to muffle the sound and the flashing lights.

Page said it is not a good thing that people are waiting in class instead of responding to the alarms. Once an alarm sounds, everyone should evacuate the building instead of waiting, Adolf said. He said there are people in school who are responsible for the students in wheelchairs and who need more assistance.

"More time needs to be dedicated to these students," Adolf said. "Especially at a building like Central where it has four floors."

Since students are used to waiting, Hoy said many of the kids in his class don't even wake up from their naps.

"People just keep sleeping until someone comes into the room to tell us to evacuate," he said.

Porta said he just wants to make sure all people get out of the building in a safe manner.

"It's not a test for the fire department, but for the school to get more of a handle on its safety," Porta said.

### SYSTEM PANELS

Page said a key problem with the fire alarms is because electricians are rewiring the system. They are changing the old panel to the new one to minimize the amount of times it sounds.

Two separate panels are for the old sections of the school that will be converted as renovations are completed while the other section is for the additions and remodeled areas.

The exact date for this transition to be completed isn't set yet, Page said. If the alarms continue to go off and fire trucks always come out to the scene, he said the fire department could start to charging fines.

"Anything that is this excessive needs to be changed," he said.

Porta said the school should find the root problems to the countless false alarms and stop them from happening because warnings are supposed to be taken seriously.

# Gas leak outside of building raises concerns about renovations

BY KATIE BACKMAN

Construction has been a threat to asthma since school began. Junior Stephanie Hall said she sits in her classes sneezing because of it.

Hall not only deals with the daily struggle of living with asthma, but she said the gas leak that happened in October made her problems and concerns grow.

"I had really severe asthma as a kid," Hall said. "After this year it increased again to where I need to use my inhaler more."

Project manager at JE Jacobs Terry Page said when construction causes health hazards it must be treated.

He was unaware that the welding fumes were affecting students and teachers at school. He did know the gas leak occurred.

There is also added odor to the normally scentless gas increase safety and awareness if a leak occurs. The added odor is called mercaptan. Tom Macdissi, superintendent of production and distribution at Metropolitan Utilities and

District (MUD), said.

Principal Jerry Bexten said the leak occurred on the north side outside of the building. He said a back hoe is what punctured the gas pipe and immediately after the incident, MUD was called.

Representatives from MUD shut off the gases, he said. Then the building was tested by sensors if the gas was harmful to people. The sensor can test if gas is present in the building to ensure the safety of faculty and students.

Macdissi said the representatives are supposed to be at the location within an hour. And the person calling the plant should call 911 first.

Emergency centers have direct phone connections to the numbers at MUD plant when gas leaks happen.

"From what I remember the building (pipes outside) was leaking a little bit," Macdissi said.

He said the MUD used leak-detection tools to ensure it was a safe environment. The building was safe after the leak.

Bexten said some students and teachers thought it was quick, but MUD came on site and fixed the problem so people

could go back into the building.

If the problem concerned the inside of the building, Macdissi said he would call the fire department to ensure nothing would be flammable.

"We (MUD) wouldn't allow people back into the building if the gas migrated through the building," he said.

If this did happen, the fire department and MUD would open doors and windows and could place fans to circulate the air out of the rooms. He said natural gas doesn't sink into one area, but floats around, which makes it easy to push out with air movement.

"The building was safe to be back in," Bexten said.

Hall said she is a nurse's aide and has seen many students come to the nurse's office complaining about the scent and how it made their stomachs ache. A lot more students have also gone to the nurse's office to use their inhalers.

Nurse Jennifer Conahan said she doesn't think renovations are causing a huge problem, even with fumes and asthma. She said one thing some people forget is if there were any problems, teachers would deal with it as well.

Page said proper ventilation should be installed at school. The vents installed would create negative pressure in the room and blow the fumes outside.

Conahan said she knows Bexten is trying very hard to get the ventilation system installed and not have any of these problems happen.

Coming back to the building from the Career Center, junior Raymond Gaines said he didn't notice any unusual smells. He hadn't heard any of his friends who have asthma complain about their problems.

"Asthma gets worse as it gets colder," Hall said.

Sophomore Bryant Cotton said he hasn't noticed any unusual smells and his asthma hasn't been affected.

"The demolition going on at the school is nontoxic," Bexten said.

He said students and teachers with asthma might be more at risk with unusual or burning smells because they could notice more irritation in their lungs. If he receives many complaints about construction, he said he would forward it on to the project managers.



REGISTER POLLS

QUESTIONS ABOUT DRUGS

Have you ever seen kids doing drugs in or around school?



Have you ever purchased drugs in or around school?

6% Yes  
94% No

Have you ever seen students purchasing drugs in or around school?

47% Yes  
53% No

Have you ever done drugs in your lifetime?

42% Yes  
58% No

Do you think the administration is doing enough to fight drug use and distribution in and around the school?

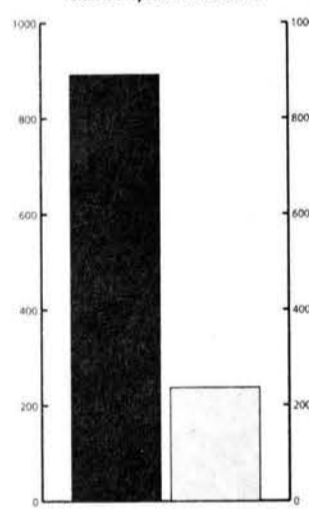
55% Yes  
45% No

Have you ever brought any medication to school that according to the code of conduct you should not have had without doctor permission?

76% Yes  
24% No

Have you ever been seen by a faculty member taking or distributing medication and been punished for it?

Out of 1,129 Students



21% Yes  
79% No

Have you ever been seen in class by a faculty member taking or distributing medication and they didn't comment or send you down to your administrator?

53% Yes  
47% No

Do you think you should be able to have medication in school for your own personal use?

97% Yes  
3% No

Have you ever bought prescription drugs from another student?

26% Yes  
74% No

1,129 students polled



Many students often leave school to smoke pot. The student (ABOVE) has lit his pipe and is inhaling as much smoke as he can. Students feel smoking as much weed as possible at school.

# OMAHA'S OWN WORST

According to police, 1,756 teens were cited for marijuana possession in the city.

Marijuana possessions totals 93 percent of teen drug arrests.

■ 'MARIJUANA' CONTINUED FROM PAGE 1

school. Doe said there are about three or four different people at school who get weed from major dealers in Omaha, then turn it around and sell it to the students. He said they (including himself) get their supply from at least one Central graduate and then sell it together. "No one I deal with is stupid enough to sell or deal at school," he said. "People just don't do it because it's a sure way to get busted and going to jail."

He said he knows the rules are very strict at school, being a Drug Free Zone. Anyone caught with drugs is immediately turned over to the administrators.

Doe said he doesn't sell anything stronger than marijuana or mushrooms because they can be even more dangerous to sell.

THE BUY

He waited anxiously in the passenger seat, watching for the battered, light grey car to pull up alongside him.

As he smoked a blunt rolled of "blueberry nugs," a form of "kind bud," he talked of the purchase he would be making. "This should be a relatively small buy; the guy owes me," he said. "He's going to pay for it and I'm going to act as if I am; that's how it usually works."

He said many times he goes to the same seller, but he has to be able to trust them.

After the car pulled up, he stepped outside one car and slipped quickly into the other.

While Doe sat in the other car, his buyer and his friend waited. Doe was buying weed.

For five minutes Doe talked, counted and licked baggies. He went in with almost \$500 and came out with four baggies filled with nearly two ounces of marijuana.

As he slipped back into the original car, the smell of pine filled the space and the other car pulled away, returning the same way it had come.

Within the next few minutes his buyer, who was in the back seat, weighed the different kinds of plants on a portable scale he had brought along.

The buyer checked the amount and was satisfied enough to finish their transaction and return to his car. They had all agreed

to meet at a near-empty parking lot to minimize the risk of being caught.

Soon after the buyer drove off, Doe explained his supply gets to Omaha. He said his connection in California uses aluminum-sealed bags to airmail turkeys stuffed with the baggies. He said this was only one way the marijuana got to Nebraska.

After the transaction, he spoke of the different kinds of marijuana. He said the most common kind was regulars, or "reggies." Then there are "mid-level grains" and "kind bud." He said there is a major difference between "reggies" and "kind." After describing the three main kinds, his friend started to laugh and threw out nicknames for the different type.

"Pretendies, 10ers, nugs, blueberries, beasties, bcs, headies, dirt and brick," he said.

Doe and his friend chuckled at the different names, as if they'd never heard them before.

"The most commonly available weed at Central is 'dirt,' or regular weed," Doe said. "That and 'kind' of course."

Doe said natural elements are controlled to enhance specific aspect of the plants. He said anything at a higher density than "reggies" was grown in-doors and most of the people he sells to prefer the "higher-quality bud" rather than "ditch weed."

Regardless of what type of weed is bought, the plant has an extreme effect on the brain.

The person he went to this time was an old acquaintance who went to Central and graduated two years ago. Doe's friend said many people know the guy, but can't buy from him because he's not very trusting of people he doesn't know and rarely takes well to strangers.

Doe said the guy usually has several pounds of marijuana, either in his possession or en route. He also said it comes to him very regularly and there are rarely any shortages.

He said his seller had also mentioned mushrooms were coming into town, which Doe sells on occasion.

He said he sells them only once in a while because they are hard to get a hold of in the fall, but enjoys selling them because they make more of a profit than marijuana.

As he rode back to school, he said he had only purchased a small amount to sell this time because it wasn't the right time of the week.

He said he would turn around and sell to younger girls for the most part and then smoke the rest with his friends.

"They (the younger girls) usually pay for it with their pocket money," Doe said. "Sometimes I smoke them out, but usually I pay full price, thankfully."

His friend laughed at the statement, but then nodded in agreement.

The whole process was not a big deal to Doe.

THE BUYERS

Sophomore Mary Smith\* has only been smoking marijuana a year now. Since then she has been purchasing it from Doe.

"I never buy from him in school, though I know some people do," Smith said. "I usually buy from him when we're in a car somewhere smoking because I think it's safer that way."

She said she buys from Doe on a regular basis because he is one of her friends and it's convenient.

"He also charges me less than I would have to pay if I bought from someone else," she said.

Despite the consequences of being caught with marijuana, Smith expressed no real concern in getting caught.

"I know there's consequences, but I don't ever have any marijuana on me to get in serious trouble," she said.

The only time she fears getting caught by the police is when she is with Doe and he has a large amount of marijuana on him to sell.

"I don't have to worry about my parents catching me because it's not something that's that hard to hide," Smith said.

Smith said she smokes usually on weekends and occasionally on weeknights if her schedule allows for it. She goes out to parties and drives around to secluded areas or to Memorial Park to smoke with her friends.

"Every once and a while a cop comes and circles through Memorial Park," Smith said, "but people usually just go down the hill to talk and they don't bother us."

Smith plans on quitting once she goes to college because she believes it may interfere with her education.

"I have friends that smoke every day and one of them has been because she's going to be drug tested," Smith said. "But for me it's just an occasional thing."

ABSTINENCE

Senior Jason Pietramale doesn't smoke marijuana.



PHOTOS BY ROB HUNTER/REGISTER

... increases the maximum level of intoxication. The student (TOP) empties and smokes a marijuana-filled cigar.

# TEEN-DRUG PROBLEM

## ... this year for possession of drug paraphernalia. ... police say that's 30 times worse than meth and other drugs.

"I'm around it a lot," Pietramale said, "It's just not my thing because it doesn't appeal to me."

Pietramale said over half of his friends smoke and drink on a regular basis and he still goes with them to parties. He said they expect that he chooses to abstain from illegal materials.

"In the beginning, my friends really pushed me and tried to get me to smoke with them," Pietramale said, "but after a while they realized I wasn't going to, no matter how hard they tried to persuade me."

He said he's not against others making the choice to smoke marijuana because it's their bodies, and he frequently gives those who are under the influence and unable to drive a ride home.

Pietramale said at times he is concerned about the long-term effects marijuana can have on his friends, but many people are doing it and there's really no way to prevent it.

"Just today I saw a kid smoking marijuana in my Latin class," Pietramale said. "I just laughed at him."

### THE SYSTEM

Police officials who deal with marijuana say it may be legal in many countries such as Holland, but those who have been convicted of possession are reminded it is not taken lightly in the United States.

Omaha Police Department (OPD) Officer Ted Green said this new drug opens up the door to harsher ones.

Green, who works with diversion programs at OPD, said the drug use needs to be stopped early.

He said when catching someone who is driving under the influence of a drug such as marijuana, there are several different ways to look for it.

"I look for someone who is driving erratically or driving over the speed limit," Green said. "Sometimes they're even driving on the wrong side of the road. Other times they drive too slow or park in the

middle of the street, not realizing what they're doing."

Green said unlike alcohol, there is no age limit to marijuana and therefore no chance for those under 18 to get an MIP.

"If you're caught with marijuana, we give you a ticket because it's a serious offense," Green said. "Then you appear in court and it's up to the judge's discretion on what your punishment is."

Douglas County Judge Joseph Canaglia said he deals with smaller cases involving minimal amounts of marijuana and drug paraphernalia.

"The minimum and maximum fine for marijuana is \$100," Canaglia said. "Possession of drug paraphernalia is up to \$100, and I usually give them the maximum fine unless the defense has a really good reason for me not to."

If one is caught distributing marijuana or for possession with intent to deliver, he said they are charged with felonies.

Felonies are moved up to the district courts. One to two days after a person has been arrested for marijuana, he makes his first appearance for a bond setting in court room 25 at the courthouse.

He said the defendant then has contact with his lawyer and six to 10 weeks later, a mini trial is held and the State reveals its evidence.

If the judge decides there is enough evidence, the case will then move to district court.

At that point, the offender receives his sentence.

District Judge Joseph Troia said the minimal amount one can be charged with for possession of a controlled substance, which is a Class IV felony, is one to five years in jail and up to a \$10,000 fine.

Years are added on and the amount of the fine is increased as the amount of drug found on the defendant increases.

In many situations involving large amounts of drugs, a minimum amount of jail time is added onto the punishment so one

can't be up for probation for five to ten years.

Troia said if a student 18 or younger were to be convicted of a felony, they may have a chance of transferring the case to a Juvenile Court, which would put them through a diversion program instead of being sent to jail.

He said the diversion program in many cases gives teens another chance to change their lives around before they suffer any serious consequences.

"If a teen is 15 or under, they're automatically transferred to the Juvenile system," Troia said, "But if they're 16 to 18, it's only an option."

Troia said he knows this is never an easy decision.

"When deciding on whether or not a child is allowed to go through the Juvenile system, I look at their background and see if there's anything we can do to help before sentencing them as an adult," Troia said. "If we have a year to turn them around and they do well in school and have no prior incidents with the law, then they usually go through a diversion program."

Troia said the first thing he looks at when sentencing someone for drug use is rehabilitation.

"Jail is obviously a last resort," Troia said.

Even though many are convicted felons as a result of their marijuana possession, there is an option for those who had a smaller amount on them at the time of arrest.

He said there is a drug court in Douglas County that if the amount of the drug was small enough and the person showed he actually wanted help in becoming clean, he could be rehabilitated.

Troia said the program can take anywhere from 18 months to three years to complete, but the felony is taken off the participant's record.

It is by no means a simple program, nor is it cheap, but it's worth it to get the felony off the record. The program is only considered for those who appear to be trustworthy, meaning they have no prior incidents, are involved in their community and if they hold a steady job.

"The first time someone is tried for a lesser offense, we try to help them learn their ways," Troia said. "But after that their isn't much leniency."

Officials said students involved with drugs should think twice before becoming a police statistic.

**Drug Statistics (for teens under the age of 18 from January-October 2003)**



**269 Drug arrests**  
**221 Male**  
**48 Female**

**15 Arrested for selling**  
**254 for possessions**

**8 for Opium/Cocaine**  
**\*237 for Marijuana**  
**1 for synthetic drugs**  
**8 for other narcotics**

**1,756 teenagers were charged with possession of drug paraphernalia**

INFORMATION COURTESY OF THE OMAHA POLICE DEPARTMENT AND THE FBI



### REGISTER YOUR OPINION

**DO YOU THINK CENTRAL IS MORE AT RISK FOR DRUGS THAN OTHER HIGH SCHOOLS AND WHY?**



"Yes. They don't have enough security at the school. People can just walk in."  
Takeisha Jackson (12)



"Yes. There are so many kids, it is hard for teachers and administration to keep track and monitor all of them."  
Cody Oltrogge (11)



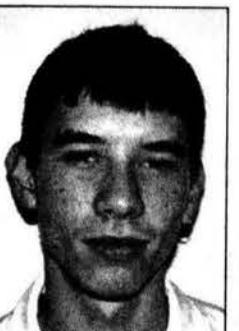
"Yes, because there is no deterrent, like drug dogs or cops. They would keep drugs from being bought and distributed."  
Nik Romano (10)



"Yes. The teachers don't pay enough attention to the students; it's too easy."  
Liz Dum (11)



"No. I think students at schools like Westside have more money, which leads to easier access."  
Paige Kendrick (10)



"No. Westside has an open lunch, so I think they are more at risk. People can just leave and come back."  
Aubrey Peltz (11)

# DRUG USE, PREVENTION

Some students try to find help, others don't think they have a problem and some would never consider touching any type of narcotics.

## Strict way of life guides others to seek sobriety

BY CLAY LOMNETH

The idea of no drugs and no sex before marriage isn't typically one of teenagers.

But, this is the lifestyle freshman Morgan Shumaker calls "Straight Edge," and he plans on sticking to it.

Shumaker found out about the Straight Edge style before high school. One of his good friends explained why she had three "Xs" on her arm, because it symbolized being Straight Edge.

When the friend explained what the Straight Edge society was, Shumaker said he completely agreed with it. He has seen the effects of drugs on people and doesn't like the results.

"People in different schools are getting involved in drugs and dropping out of school," he said. "They're throwing their lives away."

University of Nebraska at Omaha medical sociologist Scireen Rajaram has ideas about why Straight Edge people might display their opinion.

He said kids want to influence the ones who do drugs and give them someone to look up to if they try to quit. Rajaram also thinks the Straight Edge society uses its freedom of speech in a good way.

"I think they're making a statement of what's important to them," Rajaram said.

Shumaker said that not doing drugs had improved his life. He said he believes he is better-off because he won't drop out of school, but now has his whole life ahead of him with a clean record.

Not everyone agrees with this way of life.

Sophomore Tommi Ripton said

she doesn't like the way Straight Edge people advertise their opinions on drug use.

"The 'Xs' on the arms aren't any better than the '420s' on drug users," she said.

Sophomore Nick Talley said he used to be Straight Edge, but changed his mind because he didn't want to be labeled as a particular person.

"There's a lot of stereotypes associated with it, and I didn't want to be filed into a class," Talley said.

Around a group of people, however, Shumaker said it is hard to admit he is Straight Edge. Most people put them in a stereotype of people who are strict and don't know how to have fun.

Shumaker's friend Colin Conn, who doesn't do drugs himself, said Morgan's lifestyle doesn't affect the time they spend with each other.

Another stereotype of Straight Edge people is that they hate people who do drugs.

Shumaker said he made it clear he does not hate anyone who does do drugs.

"We don't really have a problem with people who do drugs," Shumaker said. "It's just kind of sad."

One thing he said he makes sure he doesn't do is try to force his morals on other people.

"I'm glad people join, but it's basically a personal decision about what to do with your life," he said.

Soon, Shumaker said he hopes to start a Straight Edge club. He said he doesn't know exactly what they would do at a meeting, but has an idea.

He said he plans to somehow help kids get off drugs.

## Administration keeps tight hold on drug problems

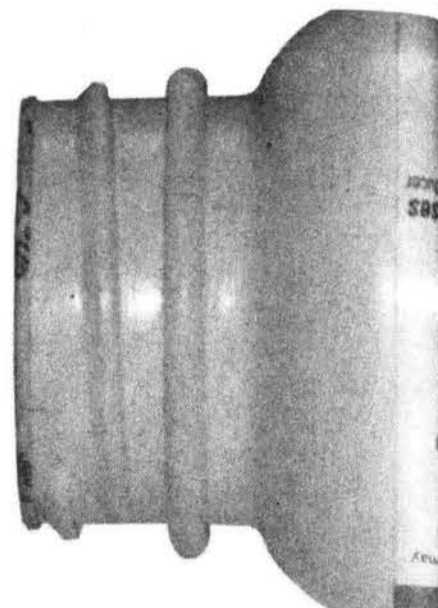
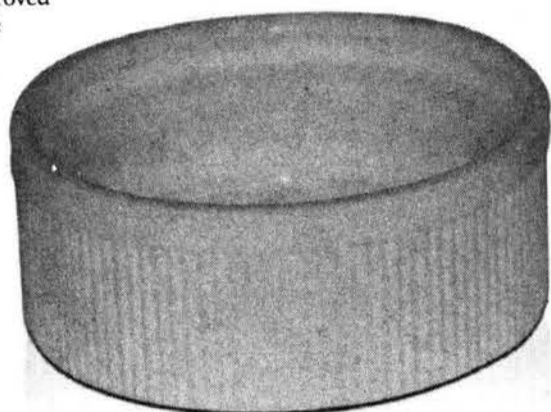
BY DANIELLE WELTY

\*Name changed to protect identity

Junior Bill Doe\* was expelled last year after distributing marijuana at a football game.

He had to attend a district-approved chemical dependency course while attending Parish Alternative school to be admitted back into the Omaha Public Schools (OPS) system.

"I got caught and they expelled me for the rest of the semester," Doe said. "I had to go through a five-day-long Nova class to get back into Central."



These drug programs are common in many schools because its purpose is to help the student rather than just expel them, which may not fix the drug problem.

Doe said during the Nova classes he spent most of his time with two counselors who had histories of drug use. They were trying to prevent the younger generations from continuing down the same destructive path.

"The counselors were pretty strict and they used profanity," Doe said. "They tried to shock you and teach you about what it's like out in the real world."

One counselor focused a lot about his own life experiences, he said. When he used drugs it prevented him from many opportunities he could have taken advantage of but was distracted. Doe said he also had to attend Alcoholics Anonymous (AA) meetings as part of the program to re-enter school.

"They mainly focused on alcoholics, but the few times I went there, the people talked about their drug experiences," he said. "It was a lot like Nova, but it came from other people to give a little more perspective into things."

Programs such as Nova have served many over the years and are just another example of how schools try to investigate on any drug problems might occur.

Principal Jerry Bexten said only a handful of students were caught with drugs last year and only one has been caught so far this year.

"The Code of Conduct states students who are caught either in consumption or possession of a drug have to enroll in and complete a district approved drug education program," Bexten said. "If a student enrolls right away they could be back in school within five to seven days, but if they fail to complete the program they will be expelled for the remainder of the semester if they have no prior incidents."

Doe was not allowed back into school until second semester because he was caught distributing marijuana, not the lesser offense of possession. School Resource Officer J.V. Stokes said even after a student is punished through the school for drug-related offenses the law has to become involved as well.

"Marijuana is usually an infraction," Stokes said. "If a student is caught with less than one ounce then it's a ticket, and if they're under 16 then they're street-released to their parents."

The consequences are increased according to the type of drug may be caught with a student.

"It's a felony to possess any amount of a harsher drug such as methamphetamine, heroine or cocaine," Stokes said. "If a student is caught with any of these they are booked into a youth center or jail."

There are many different ways a student may be caught. Bexten said teachers suspecting something out of the ordinary and students reporting incidents to the administration in order to help their fellow classmates are two ways these students are caught.

"If someone sees a student acting strangely, we call them down," Bexten said. "If a teacher smells alcohol or marijuana on a student, both which have pretty distinct smells, they react by calling administrators."

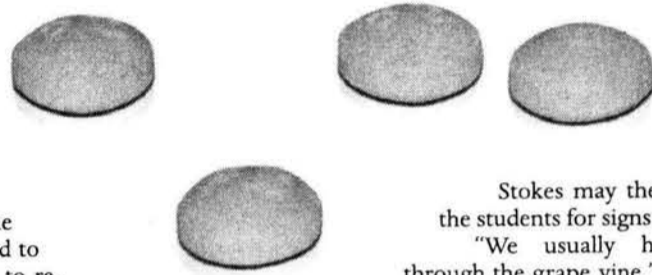


PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

Stokes may then be called in to check the students for signs of use.

"We usually hear of these things through the grape vine," Bexten said. "And once information is in our hands, we have to follow up and contact law enforcement."

Stokes said the majority of drug problems around school consist of small amounts of marijuana.

Assistant principal Dionne Kirksey said if a student is caught with marijuana a test may be performed to determine whether or not it is actually real.

"If someone comes in here and says they don't have anything on them, we have a person from TAC (Teacher Administrative Center) come in here and do a test for marijuana," Kirksey said.

With trained staff members, extensive testing and harsh punishments, OPS is making it clear schools really are a Drug Free Zone and Doe is an example of this system.

"It was really hard to get back into Central even after I went through the programs," Doe said. "My administrator told me I could come back, but I had to fight to get back in because I was put into South at first."

Marijuana is not the only problem drug at school. Prescription drugs are causing the administration to step in as well. Not only are students severely punished for illegal drugs, they can also get in trouble for over-the-counter and prescription drugs that haven't been cleared by the school nurse.

Nurse Jennifer Conahan said all over-the-counter medication has to be accompanied by a doctor's note and a parent permission note.

"All prescription medication must have a label on it with the student's name and a dosage," Conahan said.

She said if a student was found to have an over-the-counter drug with them such as cough drops or aspirin, they could be suspended.

"It's really in the best interests of the students," Conahan said. "If a teacher sees someone with Tylenol, how are they supposed to know that's really what it is?"

Conahan said she knows children buy prescription medication from one another, such as Ritalin, so she keeps all of student's medication in a locked cabinet to keep at least medication safe from just any student's hands.

"I am very protective of controlled substances and I do counts on my medication to make sure it's all there at all times," Conahan said.

## Therapy for drug abusers offers way to voice issues

BY DANIELLE WELTY

Director of Operations at Douglas County Counseling Services Lonnie Dinneen said the Lutheran Family Services offers three different programs to help those with drug problems, depending on the severity of the addiction.

The theory is one of the levels should offer help to the many people who are addicted to narcotics.

"We have 30 therapists in the metro area," Dinneen said. "A lot of them are dual-diagnosis therapists and are all licensed mental health practitioners."

Dinneen said when someone first enters the program they go through an evaluation to determine whether or not they have a problem.

If therapy is necessary, they are placed into one of three programs.

"The first level would be outpatient treatment where the patient meets with a therapist once a week and group therapy twice a week," Dinneen said. "Another requirement is to attend Alcoholics Anonymous (AA) meetings two or three times a week."

He said the AA treatment, along with the group discussions gives the patient some peer support to quit and makes the process more personal.

The outpatient program normally lasts 12 to 18 weeks.

If the first level is completed the patient is then released to their family.

Dinneen said people who are in the program for marijuana usually have a hard time quitting because they do not see the drug as harmful and see very little reason why they need to quit.

"Marijuana is a gateway drug so we try to stop the usage of it early before it escalates into heavier drugs," Dinneen said.

He said the side effects of marijuana are not necessarily seen early on, but may show up later in life.

"Marijuana can be really detrimental to one's health," Dinneen said. "The PCP remains in the body and slows the metabolism, the reaction time, sex drive and eventually cuts back on all of the senses."

Dinneen said over the course of many years, it may make one feel sedated all the time.

Actions surrounding the person may appear to be in slow motion.

If a patient fails at the first level outpatient therapy they must advance to the second level to the intensive outpatient program (I.O.P).

"The I.O.P requires ten hours a week of therapy," Dinneen said. "This includes three hour groups sessions and one hour with the patient's family."

If a patient fails the second level, they may go on to the most the most intense level of treatment which is the inpatient treatment.

Dinneen said the treatment involves the patient under observation 24 hours a day and seven days a week for 30 days or more.

"Lots of the people in this program are dealing with the same problems so it's easier for the patient to deal with," Dinneen said.

He said when a patient completes the third level, they are placed in a halfway house then after a few weeks from there the patient is allowed back home.

## Coalition, programs slow growth of student binge drinking

BY KATIE BACKMAN

\*Names changed to protect identity

Drinks were flowing at a party with no reason to stop because the mission was set. Senior Latisha Crawford drank just to have fun.

Crawford said she used to go to parties to drink but she didn't call it binge drinking. She would have a few drinks to relax and pace herself so she wouldn't get sick or have a hangover.

Jason Galshow, a spokesperson for the national Students Against Destructive Decisions (SADD) said binge drinking is having five or more drinks at one sitting with the only intention to get intoxicated.

"I just knew it was time to stop," Crawford said. "I didn't like throwing up much."

Some students don't know how much is too much, assistant director of student life at University of Nebraska at Lincoln (UNL) Tom Workman said.

He said SADD has decreased the amount of students who binge drink.

Since the coalition began in 1998, he said the

group of students have been observed and stopped binge drinking by 47 percent.

Crawford said she doesn't think the program will be affective.

"Kids don't listen to their moms and they can't make them stop," she said. "All my friends drink and they won't even listen to anyone."

Drug education coordinator with Omaha Public Schools Denise O'Gara said if any student were caught drinking on school property, or at a school function they would be suspended for 19 days.

The student would also have to sign up for the five-day drug education class and the required eight days in Alcohol or Drug Awareness meetings.

O'Gara said the students enrolled in the program remain consistent. So far, only one student this year has been charged twice and is now expelled from school.

"It's unfortunate it hasn't decreased," she said. "I would like to see it drop."

She said the programs the students take are supposed to help them make smarter choices and not use drugs.

Senior Jane Doe\* said when she drinks she doesn't consider it to be a lot or to be binge drinking.

She said she would just drink with her friends at parties.

She said she doesn't do it every weekend, but makes sure she stays at one place.

"I won't ever drink and drive," Doe said.

Some of the students find drinking to be entertainment, but junior Alex Dickey said drinking is a waste of time.

"My friend was killed by a drunk driver," Dickey said.

She said the UNL program is a good idea.

Galshow said the SADD program mainly provides information for students. O'Gara said the treatment program is an offering of help.

Senior Judy Smith\* said she has had binge drinking habits in the past. When she sees her friends drink, it doesn't bother her, but she won't tell them to quit.

"I found different, more productive things to focus on," Doe said.

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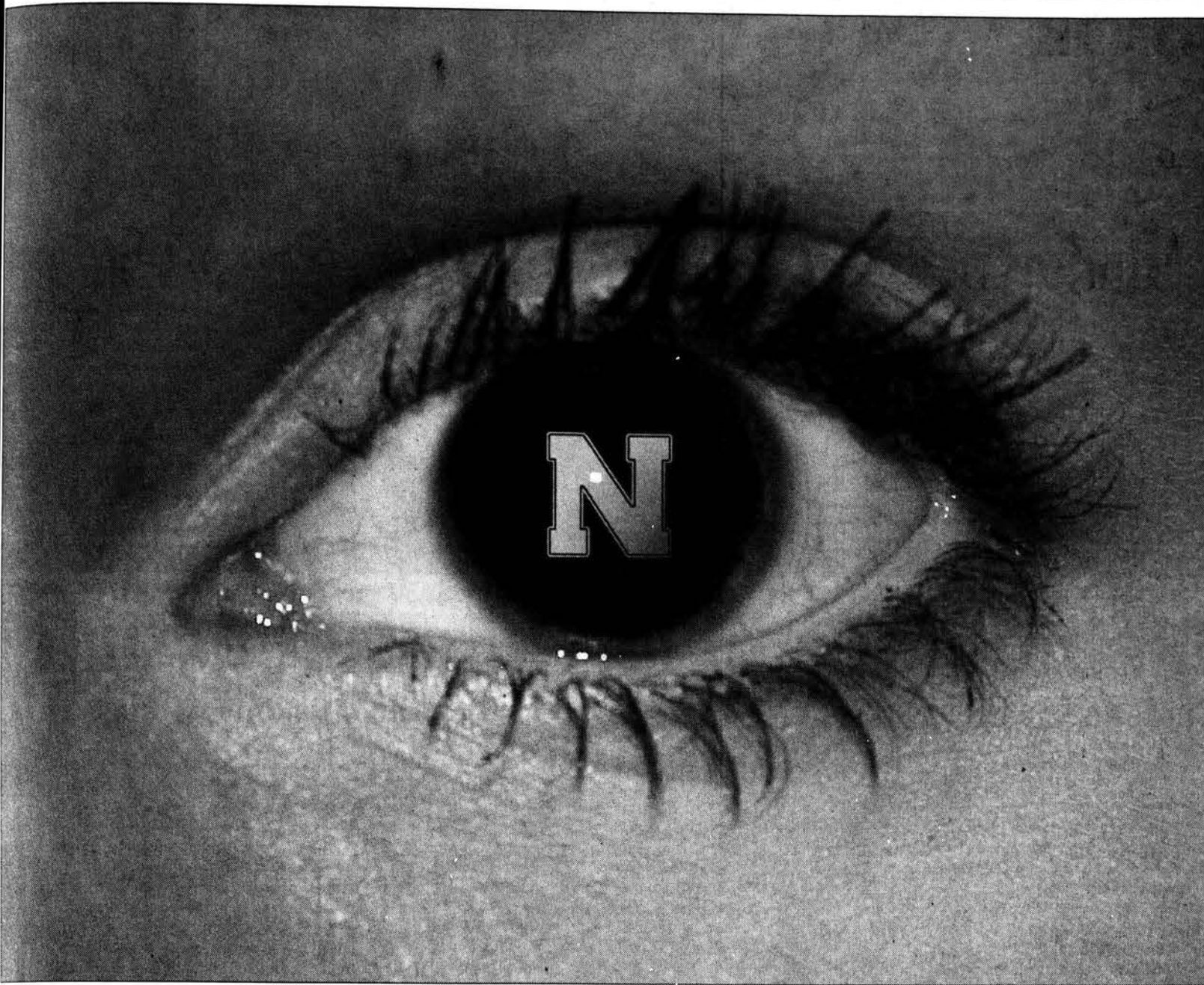


PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

Nonprescription designer contacts are on the rise with teenagers. Some dye their own using food coloring. Most have patterns or designs to catch other people's attention, but the wearer could permanently damage his eyes if these contacts are not purchased from doctors.

# STUDENTS MAKE COLORED CONTACTS

BY MICHAEL SMITH

He takes out his contact lenses, a bottle of food coloring and mixes it all with contact solution. It just takes a couple of drips and he's created his own colored contacts.

Senior Chris Oltmanns said he has been making these contacts for three years.

"It is something that I just like to do," Oltmanns said. "Plus it is kind of cool."

This whole process started one day when he was just sitting around his house bored.

He said he decided to play with his contacts after hearing about the technique from friends at school.

He decided to take some food coloring and try and change the color of his lenses.

He did this so the contact, when placed in his eye, would be a different color like the everyday prescription or for cosmetic reasons that was medically approved to be safe.

Oltmanns said it took him a few hours to a day to do a pair of contacts until they are ready to be worn.

Though Oltmanns has been doing this for a while, he does not take any precautions.

The only thing he does is washes his hands first.

"If my friends ask me to make them some, then I will make them for them," Oltmanns said.

Oltmanns said he tried to make different

designs with them, but he hasn't figured out exactly how to replicate how the designs are put on the contact without breaking it.

Jennifer Hiatt is an optical technician and said she thinks these contact lenses are a problem.

Many people obtain the specialized contacts, illegally.

"For any contact lens prescription, you must have an eye exam," Hiatt said.

Hiatt said if consumers do have the proper contacts, then you do not want to sleep in them because the film on the contact does not let oxygen into the eye.

"Anyone who has prescription contacts that are either colored or with an image on them is given information on when to wear them and how to keep proper care of them," she said.

A recent growth of people have been coming into the store in search for the contacts with either the different colored eyes or with the graphic designs in the lens.

Numerous people have been buying the lenses, she said. Most of them are not prescribed or sterilized.

She has seen it grow to the point where people can buy contacts in gas stations and even at flea markets downtown.

Hiatt said this past Halloween, there has been a widespread investigation to find the illegal contacts and get them off the shelves.

She said no one knows where the contacts are

being purchased from.

"They are in harms way for anyone who purchases or uses them," she said.

Optician Linda Nelson said people mainly wear the contacts as a cosmetic statement.

Some just want to change the color of their eyes for one day.

Nelson said these cosmetic contacts have been no surprise to her because the contacts have been around since the early '80s and appealing to young people.

Senior Abbie Fitzgerald is one of those young people, but in a different light than Oltmanns because she wears prescription contacts that are color.

"I wanted to try something new with the way I looked," Fitzgerald said.

She said she has worn teal contacts before and is currently wearing blue. The colored contacts are not more expensive than regular contacts.

"I probably spend around \$50 to \$60 a month on contacts," Fitzgerald said.

Fitzgerald also wears purple contacts on days such as purple and white day to show her Eagle spirit.

She said she believes colored and designed contacts have become popular in society because people want to have options.

Hiatt said pretty soon, a majority of the population will have some sort of color in their contacts.

# Official says teens need to reconsider daily diets

BY DANIELLE WELTY

Studies show that teenagers do not care what they eat and are gaining weight like never before.

However, some students find a way to eat healthy food in a society where fast food is king.

Senior Sarah Cavanagh has been a vegetarian since the age of nine.

She has been able to maintain a healthy diet with the help of her mother who is a registered nurse.

"Between the ages of 11 and 14, I was serious about becoming a professional dancer," Cavanagh said. "I was really into my health and staying in shape. It kind of just stuck."

She said she eats small meals throughout the day that consist of either soy nuts, crackers, a peanut butter and jelly sandwich, a cheese sandwich, or a granola bar, which is a big difference from the favored fast food that a majority of teens enjoy.

Others enjoy a school lunch, which is regulated by the government and deemed healthy.

Cavanagh does not eat the school lunches not only because she does not have a lunch period, but also because the school food does not appeal to her.

Registered dietician Carol Stehlik of Omaha Public Schools said the public schools do a lot to bring healthier foods and a wide variety to the students.

"When parents aren't teaching their children to eat properly and to get up off the couch, then schools have to step in," she said.

A lot is done to make food appealing and healthy for students.

"We are constantly looking at new products," Stehlik said. "For example, we added strawberry skim milk."

The federal government requires the district to provide one-third of the daily 2000 calories and 30 percent or less have to be from fat because the district is audited based on these requirements.

Though there are regulations on the fat content of a meal that doesn't make each part of the meal as healthy.

Students should eat an item from each food group, she said most high school students don't.

"Items such as pizza have a higher fat content so they would be paired with fruit and vegetables to keep the percentage of fat in the meal down," Stehlik said.

This system usually works well with the exception of foods such as potatoes and corn are considered vegetables by the government and not from a dietician's point of view.

Yogurt is also in the meat group rather than in the dairy group because a cup of milk cannot be substituted with anything else for dairy.

"French fries are considered a vegetable, but they're really a starch," she said.

Therefore the students don't receive the same nutrients they would from another vegetable, such as broccoli.

The federal government is

where the schools get their money to operate the free and reduced lunch program, therefore it has to follow the regulations.

"The vending machines have to be turned off during the lunch hours so that there's no competition with the lunch program," Stehlik said.

Despite the facts that junk food in vending machines have to be turned off during the lunch hours, students are able to buy very similar things in the lunch line.

Stehlik said the reason for selling such items as chips, cinnamon rolls, popcorn and Fruitopia during lunch is to provide more options for the students.

"We are trying to lower the fat in the chips and other snack foods that are available," she said. "The chips are now baked, the Fruitopia contains 15 percent juice vs the percent juice that they were last year and the water is for hydration."

Stehlik said students would bring the junk food from home if the school didn't sell it.

There are many regulations placed on what can be sold in addition to school lunches.

"A list that includes such things as hard candy, jellies, candy-coated popcorn and pop are not allowed because they have no nutritional value," Stehlik said.

In addition to altering students' diets for at least one meal a day, Stehlik said schools around the state are stepping in to motivate students to exercise more often than in their physical education classes.

For two years the National Food Services have been discussing obesity and ways to fight it.

Schools have to do something about the obesity problem and since opting out of physical education class is an option students will be unhealthy.

During an average day 20 percent of Americans are in schools at some point.

"With so many people in schools, they're the target to inform people of better health options," Stehlik said.

She said a school in Nebraska City was given a grant to buy pedometers.

Which is a device that measures the amount of steps one takes while wearing it.

To motivate the students attending the school to 'Walk 10,000 Steps a Day,' which is their motto.

"The track is open in the morning for any students or teachers to walk on," Stehlik said. "Then at the end of the day the teachers post how many steps they have taken, which motivates students to do the same."

She said something should be done because if good eating habits are formed early in life, they will make healthy choices later.

If not, she said the problem will not go away because they don't know how to eat healthy.

"If schools don't help decrease the amount of obese children then the insurance companies will eventually step in because obesity is linked with many health problems and can lead to death," Stehlik said.

# Junior overcomes fears of eating to become a healthier person

BY MICHAEL SMITH

Names changed to protect identity

Eight million people in the United States have anorexia nervosa, bulimia or a related eating disorder.

Three out of every 100 people in the country eat in a way to warrant treatment.

Junior Lisa Smith\* is one of them. She experienced one of the many symptoms of eating disorder during the summer of her freshman year.

"I really didn't want to eat much breakfast and stayed away from eating school food," Smith said.

She said she especially stayed away from fattening foods such as chocolate.

Smith said after this year-long experience, her eating habits were extremely changed.

Looking back, Smith said she changed her eating habits drastically, mainly because her self-confidence.

"I didn't obsess over food all day long," Smith said. "It's not like I exercised constantly anything."

Having an eating disorder wasn't

something she thought about often, it just depended on the day.

"I did not lose a lot of weight, only about seven pounds," she said.

Smith said her weight loss was not as noticeable as some of her friends might have thought.

Junior Sarah Jones\* has been close friends with Smith said she didn't start to notice the problem until middle school.

"She wasn't really sure of who she was and what she wanted to make of herself," Jones said.

Jones said she was never really sure of her weight because she was doing gymnastics at the time, so no one could tell she had a problem.

Vice president of the National Association of Anorexia Nervosa and Associated Disorders, Chris Athas said an estimated 12 percent of high school students have some type of eating disorder.

He said the statistics provide an estimate, but not absolute.

When Smith started to lose the weight, her friends stepped in and told her there was a problem that needed to be addressed.

If she changed, her friends would always

be there to help her through it.

Her eating disorder never got worse.

Jones said she thinks the transition from middle school to high school can be hard for some teens finding their self-esteem.

Back then she thought they were just trying to find who they wanted to be. She said she just thinks people are not aware of what they want themselves to be.

Jones said sometimes they change something about themselves or act differently to feel comfortable.

Smith said people going through similar problems should get help as soon as possible.

Athas said many young people throughout the United States do not know where they can turn for help.

"If you think you or a friend has a problem they should see some type of counselor or administrator," he said.

There are many organizations that teens can contact for help.

She said having confidence is one of the most beautiful things anyone can possess.

Currently, Smith is eating all kinds of foods and really doesn't care about what she eats. Making herself happy is all that matters to her now.

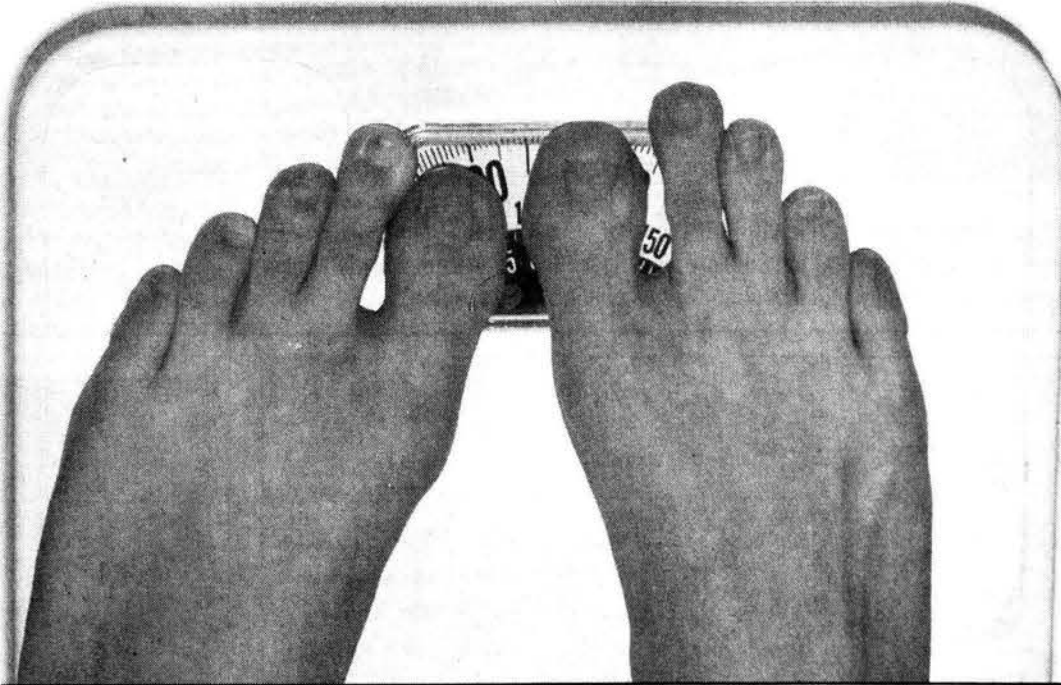


PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

Girls and boys can be in denial about their weight which forces them to have an eating disorder.

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## From a Central Alumnus



# Teen fails to see need for racial labels

BY DANIELLE WELTY

Senior Emily McTate is biracial. A national study of 90,000 middle school and high school students said she, like other students who consider themselves to be more than one race, are likely to have trouble sleeping, skip school, feel depressed, smoke and drink alcohol.

McTate said she could only put herself into one of those categories because she had been depressed from depression.

"When I was in eighth grade I didn't like myself," McTate said. "I told my mother about it because she's a therapist. I went through some testing done and it turned out I was depressed."

She said she then started attending counseling sessions and began taking antidepressants.

"It was a lot better," McTate said. "But I don't feel much better."

She said she doesn't attribute her depression to her race, but instead it is an imbalance in her body and emotional state.

She said she did have to deal with discrimination more often than those of one race which causes her stress.

"When I was in second grade, people were asking me what ethnicity I was so my answer to them was 'why does it matter?'" McTate said. "I think being biracial is one of my best qualities and I don't think it would be the same person that I am if I wasn't of two races."

McTate is positive about her ethnicity although she said many times people do not approve of it and the effects sometimes upset her.

"Even my dad's family was kind of approving of the marriage," McTate said. "I think it's because they're from the south and are ignorant of biracial relationships."

She said living in the midwest is better than in southern states when it comes to discrimination, but she has still had to deal with people giving negative looks.

"Just this summer I was walking around in Mall of America holding hands with my boyfriend, who is white, and I got looks like we shouldn't be together," McTate said.

She said despite this discrimination she still wants to go to college in South Carolina.

"My mom doesn't want me to go to South Carolina because I'm the type of person that if I see something I think is wrong or someone does something to offend me, I will say something about it," McTate said.

She said her mom told her she would get into trouble because in that part of the south people don't see this issue the way she does.

McTate said she also gets remarks from those that are close to her that determine who she is.

She won't let it get to her.

She said she doesn't like it when people tell her she talks a certain way, like when people tell her she talks "white."

"Because I am a person that speaks proper English and I assume they're trying to slang, but not all black people use slang and it bothers me that they don't know anyone else who doesn't."

McTate said she shouldn't be defined by how she talks, dresses or acts.

She said it's ideas like that which hurt her.

Though McTate said she used to get upset when people asked her what ethnicity she was, she welcomes the questions now because she has matured.

"It really doesn't offend me," McTate said. "I would rather people ask questions than be ignorant the rest of their lives."

She said she enjoys being of a mixed ethnicity, which is becoming more and more common and hopes that people will learn to become more accepting.

# VETERANS MEMORIAL

## Color guard, politicians celebrate funding approval for visitor center.



ALL PHOTOS BY KATIE BACKMAN/REGISTER

BY KATIE BACKMAN

U.S. Sen. Chuck Hagel spoke at a press conference on Nov. 10 at the Joslyn Art Museum regarding an underground visitor's center in Washington D.C., which is designed to inform students.

The center would be for the Vietnam Memorial and would be an informative building about the history of the veterans who served in the war.

The Uti Holle Lecture Services sponsored the press conference. Head of theatrical chairwoman Dorothy Morrow arranged for the Central's color guard to present the flags and recite the Pledge of Allegiance.

She said the color guard was chosen because a board member is a retired teacher and the location of the school to the museum.

"I thought the color guard did a beautiful job," Morrow said. "The crowd was so impressed."

Lt. Col. Michael Melvin said he was proud of the four students. He said it was a fantastic idea for the foundation because it will expose more history to younger generations.

"They wanted us to present the colors because of proximity," Melvin said. "Plus we are the best color guard."

After the press conference, Hagel's co-speaker Jan Scruggs, the president of the Vietnam Veteran Memorial Fund, said it is aimed towards high school students to inform them on past wars and veterans' personal stories more than the facts.

He said he thinks students would remember this information more compared to learning it from a textbook.

Scruggs said students only have some knowledge on the war going on today in Iraq, but barely know any history of the past wars.

Senior Jordan Jacobs, who is also in ROTC, presented the colors at the press conference with three other color guards. She said she thinks the center is a good idea for students who don't seem as if they care as much.

"It will offer students a better perspective," she said.

Scruggs said the center would benefit kids from around the country. He has been working on the project for three years and President George W. Bush approved the bill.

"I believe construction will begin in two years," he said. "Then it will be completed two years after that."

After walking inside the building and seeing all of the memorials and memorabilia he said Veterans Day should mean something to students at school because there are reminders of what people, and alumni have done for the country.

One thing he is anticipating once the center is complete is to see the impact it will make on teenagers as well as other age groups.

Jacobs said she thinks the names on a wall don't give as much background as a center would. More students might be interested if they can learn something about history that isn't in a textbook.

Hagel said oral history is something that has been done in the past, but with this center there will be visual and written historical events.

"Students will be involved," Hagel said.

Sophomore Nick Pierce-Cramer said he doesn't know if students will care as much. He said he would, but the average student wouldn't know that much about history.

U.S. Congressman Lee Terry attended the Memorial Park celebration on Veterans Day Nov. 11. He talked about the importance of the day and how more students should be aware of it.

He wants to start a program where students film and write documentaries on the veterans from World War II. Sgt. Maj. Dwaine Sutter said a different group of color guard students attended this ceremony. The students were sophomores Will Stacy, Nick Pierce-Cramer, juniors Erik Servellon and Brandon Luther.

He said Terry's idea is very intelligent because about 1,000 World War II veterans die every day. Some day there won't be any history to record. Lately, students are aware of 9-11 and the Great Depression, but anything in between, they are almost oblivious to.

"This program would add more to the history, than just reading it," Sutter said. "I don't want to minimize the education in school, but students would learn personal events and remember it better."

Pierce-Cramer said he thinks it is a good idea because the veterans won't be around forever.

"Right now students might not want to do it," he said. "They might not be willing to work too hard."

There are many different projects relating to Veterans Day and immortalizing the people who served. One project he is working on is to have World War II veterans come into schools and students can conduct a documentary on their life experiences.

# Songs of faith performed in choral classes to learn style

BY KATIE BACKMAN

"Praise ye Lord."

A lyric from a song vocal music teacher Lyn Bouma is teaching in her class. She said the lyrics in chorus doesn't matter but it is the technique of singing.

Her husband, Stephan Bouma, wrote the lyrics and music and it is called, "I will Sing a Song."

Bouma said she usually doesn't spend time focusing on the words in the music because she doesn't think it's important. The only thing she does is translate any hidden meanings in the words, but other than that, she practices more on pronunciation.

"The musical styles are more important to me," she said.

The word "God" can't really be avoided in songs that are spiritual or gospel music. She said the choir chooses to sing these songs in class because it wants to work on the techniques needed to sing Gospel notes.

Sophomore Shana Porter said everyone should like the songs even if they deal with a type of religion. If she were in a choir class, she wouldn't be ashamed of her religion and would still sing even if it bothered other students.

When Bouma focuses on lyrics she said sometimes she would change a word like "Jesus" to something more universal such as "love." She said each religion has a God of some kind so she likes to keep religious words very general so everyone could relate to it.

Since she teaches at a high school level of music, she hasn't seen many students rebelling against the pieces just to start a scene. She said most people in class don't care about the words. They just want to sing.

Even though the students are in high school, sophomore John Lopez said he doesn't think it is a good excuse because some students might be too shy to say something instead of acting mature.

"It's too religious to me and shouldn't be performed in school," Lopez said.

He said if he were in that class he may feel offended, but wouldn't know how to say it to the teacher.

Considering this is a public school, sophomore Tim Kraft said the class maybe shouldn't sing that much about one religion. Instead it should work on singing about different topics that still have moving sounds.

When the material relates to holiday music, Bouma said the students practice sing those songs because the groups of signers were hired to sing at an event.

"If we are being paid to sing religious music about Christmas, we will," Bouma said. "It is a holiday program so they are paying to hear holiday songs."

Senior Sara Cowan said she is Jewish, but doesn't think singing Christian songs is offensive. She said she thinks singing is more important than any word.

Being Jewish, Cowan said she would most likely be a person who would cause a scene because it is an obvious conflict with beliefs. She doesn't say anything in class because it doesn't make her feel uncomfortable.

"I've never seen anyone at Central complain about a word or theme in a song," Cowan said. "Music is a lot more beautiful than a couple words."

Most of the music she teaches the class to sing has been written for church services. She said the composers should be more important than the lyrics. She exposes her students to classical music to sing.

Bouma said her goal in the classes is to give the students a wide variety of knowledge on music.

# Gadgets hurt education by distracting teachers, giving students easy way out

BY JOHN KENDALL

It has become commonplace for a student to bring some kind of electronic device such as a cell phone or CD player to school. However, it is a different story whether or not they walk out with it.

Senior Jacob Morris said he has had a couple of devices taken away from him including a CD player and a walkie-talkie.

Morris said last year he and some of his friends carried walkie-talkies around school.

"We would talk to people in other classes, and try to get in on the janitors," he said.

He had it out during a passing period at one point, and it was when a staff member caught him. He still has yet to get it back.

"They were kind of expensive, about \$40 for two, but I don't really care," Morris said. "It was last year. I don't even

worry about it anymore."

Morris has also had his CD player taken from him. He said it was in the pocket of his hooded sweatshirt, but the headphones might have been hanging out a little bit.

He said teachers and administrators should give the students some kind of collateral so they know for sure they will get their items back, eventually.

"If they want to take it away, then they should rent it," he said.

He claims to know that the administrators use these devices, saying when he got his CD player back, the batteries were run down.

Math teacher Brent Larson said he has never really had to deal with people bringing CD players.

"I see at least two cell phones a week," Larson said. "but I've only seen CD players as students are searching through their backpacks in study halls and lunch."

In this case, he said he just lets the student be since it

is put away and not being used, even though the Student Handbook states teachers are to take such items on sight and give them to the student's administrator.

"I have never had a problem with the way I handle these things," Larson said.

He said this year he has so far had one incident when a student's cell phone rang during class.

"So many students have them," Larson said. "It's possible that it might have just slipped their mind that they have their phone out or on."

However, if the appearance of these gadgets become a repeated event, then he takes them.

"If I just see it out or it rings, I'll let the student know I see it or hear it and tell them to put it away," he said. "If they are actually sitting there using the phone somehow, then I take it."

Larson also said he sometimes sees students using them in the halls, or trying to go into the bathrooms with the cell

phones. When this happens, he immediately retrieves it from the student.

As with any person getting something taken away from them, Larson will sometimes have to deal with some students trying to give him trouble.

"If it's a student I don't know, like out in the halls or at lunch, they usually try to give me a hard time," he said.

He said students would sometimes just try to walk away, give him a bit of attitude or just roll their eyes. However, they eventually hand it over.

He said he does not just want to "see and take." He does not want to get to the point where he is looking for people's devices to be out so he can confiscate them.

"I try to be a nice guy about it," he said.

Larson said the other teachers he knows in the math department are the same way.

He does not really know anyone who just takes these things upon the mere sight of them.

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# OPINION

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

Flu Shots, PAGE 15B

24 N 20TH STREET OMAHA, NEBRASKA 68102

NATIONAL PACEMAKER AWARD WINNER

## EAT MY WORDS

A COLUMN BY MICHAEL SMITH

### Inner strength shines through with intensity

I'm fat.

It is no surprise to me that I'm this way because I've been dealing with this for a long time.

I used to play sports all the time when I was younger. I wasn't in the best shape, but I wasn't fat.

I have no clue where that boy went or what happened to him.

Regardless, I am not obsessed with food like some people may assume.

When puberty hit, the amount of food I ate increased dramatically. Instead of eating two cheeseburgers at one time, I began to eat three or four.

I knew it was unhealthy, but I was always hungry.

The amount only increased from there. Instead of just three or four, I had ten. But I wasn't eating out of self-denial or for personal problems, I did it because I was hungry.

As I went to high school, I looked around at people and saw that I did not have the perfect body and was not the most attractive guy in school with all the girls flocking to me.

Of course it hurts when people say things about my weight, but I have learned that I need to deal with it.

The best way for me to deal with my self-esteem problems is with jokes.

They really help my self-confidence, and that way I can relate to other people who are going through the same thing.

Telling jokes make my life a lot better.

What does not help is when I have to look for my size at the store.

I always see waist sizes of 32 and 34, but when I look for mine, I sometimes have to look at the clearance rack because a lot of people are not nearly my size.

It hurts and makes me feel very uncomfortable.

I usually end up asking the sales clerks if they have my size.

Some people do not understand how that feels.

The worst are people's words. They really hurt no matter what comes out of their mouths. Teenagers can be cruel.

People have told me that I look like I'm having a baby or that I am having twins.

Sure, I joke about it a lot with my close friends because I care about them, but for other people who are just doing it for the laugh, it is really hurtful.

I know that I have to do something about it, but it is hard to change your lifestyle and what you know.

I have tried to diet and exercise, but they haven't worked.

Though I weigh more than the guy next to me, I try to feel healthy and good about myself inside and out, which is what counts for me.

I am me for who I am and I am proud of it. I love to eat and I love food. Just ask anyone that I know and the first quality, other than talking loudly, they will say is that I love to eat.

I have many favorite foods and foods that I dislike. There is a wide variety of choice and that is what I love about food.

Food should be a three-meal kind of thing, with snacks in between and cookies before you go to bed.

OK, maybe the cookies could be off your list, but if you drink milk, it makes them so good.

I am proud of the way I look and that is all that matters.

It is my body and I do not want other people to criticize me for it.

I am not worried about my self-confidence or about the way I look on the outside.

People can judge who and what they want to judge, but I will always be myself.

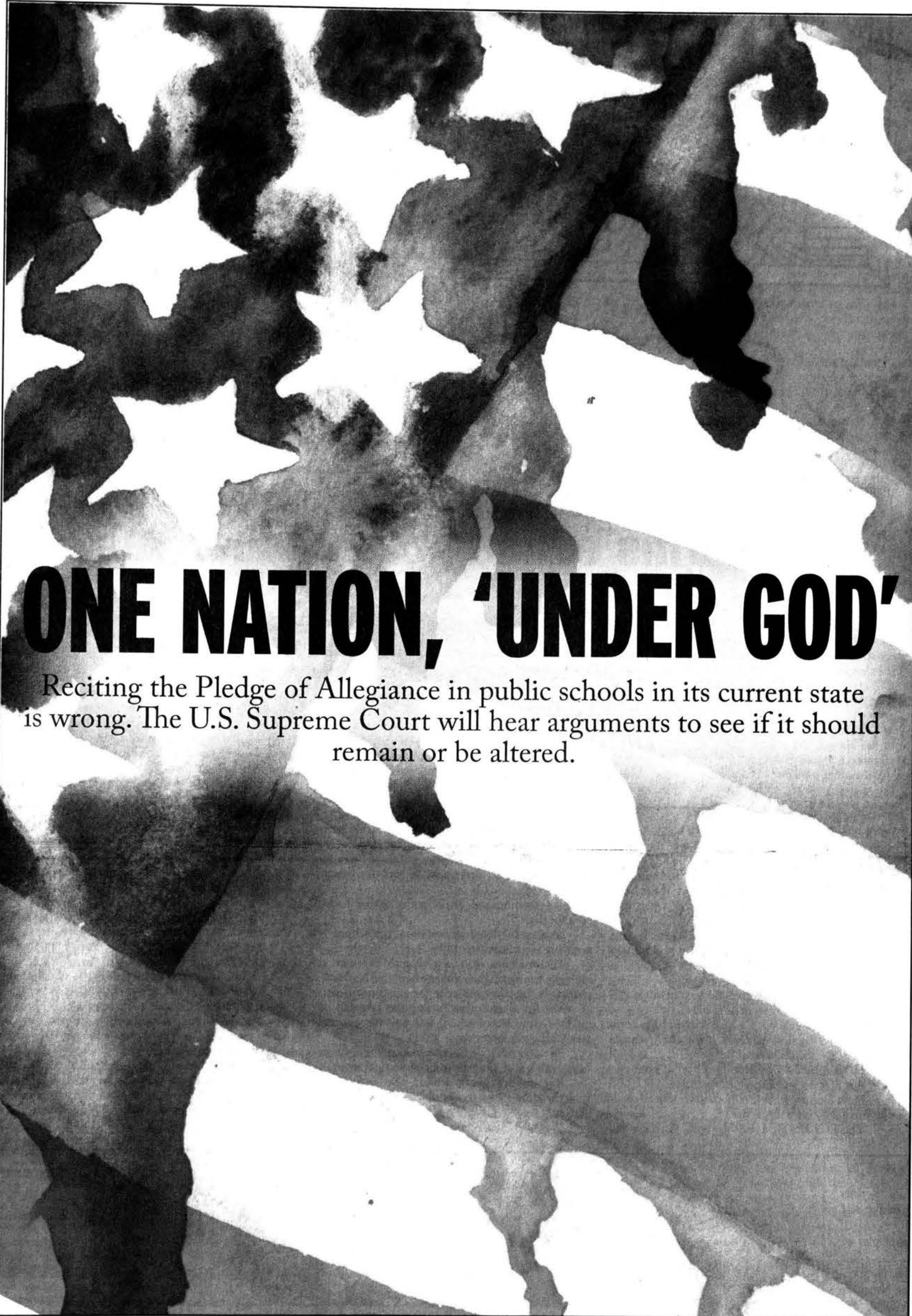
I have a funny laugh and a huge personality and that is what people should remember me for when I die. I don't want people to remember how big I was or how much I ate.

People need to think about what is on the inside and what truly counts as a person.

Society needs to follow the golden rule: treat others the way that you want to be treated. Because sometimes it really can hurt.

We can only make a difference in the world if we try.

So eat that.



## ONE NATION, 'UNDER GOD'

Reciting the Pledge of Allegiance in public schools in its current state is wrong. The U.S. Supreme Court will hear arguments to see if it should remain or be altered.

## Pledge case makes its way into highest court

The U.S. Supreme Court will start hearing arguments in June on the constitutionality of saying the Pledge of Allegiance in public schools.

The big area of concern is the phrase, "one nation under God."

The choice is simple.

The Pledge should not be recited in public schools.

It forces students to use the term "God," which clearly violates the principle of separating Church and State.

This is not how it should be.

Religious rituals or prayers are not to be performed in public schools because schools should be a place of learning, not a place of worship.

Taking the Pledge out of the schools should not be difficult.

Students could show their dedication to the country in more ways than a 20-second speech. Even though the Pledge of Allegiance is making an oath to the country and the flag, the word "God" is still present.

The Supreme Court needs to rethink this word choice.

Some people who are extremely dedicated to the country may feel uncomfortable saying "God," because it goes against their personal beliefs.

School officials shouldn't want students feeling uncomfortable at school.

That is the problem with society. Students shouldn't feel obligated to prove their dedication to the country by going against their religious and personal beliefs.

"Under God" is clearly unconstitutional. It violates the first amendment's laws on "respecting an establishment of religion."

However, being a tradition for many years, the Pledge of Allegiance should not just be changed to accommodate those who do not wish to pledge to the flag. The government, whether this is its intention or not, appears to be unconstitutionally endorsing religion.

It shouldn't even be an option whether or not students recite the Pledge in the mornings.

The issue should simply be eliminated.

Officials should think how far they will separate Church and State. The money in this country has "In God we trust" on it. Impressionable young students are blindly giving in to government endorsement of religion.

People will never learn the diversity of America if its currency has the very monotheistic term, "God." Students can respect their country even if they don't

believe in God.

America is considered to be the place to go for freedom. Students aren't free if they have a teacher yelling at them to stand up and recite the Pledge.

Sure, "In God we trust" is on money, but students are not forced to take out their cash and read that every morning. But in junior high and elementary school, students sing religious songs in chorus class. The teacher usually explains to the students that they are not required to sing the song, but if they don't participate in class, their grade suffers.

Next, officials must consider Winter concerts or programs at some schools. Singing songs that contain religious words is wrong.

Not everyone believes in what some of these words represent, so students should not have to be forced to participate.

A solid, bold line separating religion and state should be the goal. It really doesn't exist at this time.

It is true students in public schools do not have to say the Pledge, but it's seen as being unpatriotic if schools or students do not take part in reciting it.

The current Pledge endorses a monotheistic religion.

Students are brought up in school memorizing a prayer to the country that believes in one God, which conflicts with many other religions.

It is against other religions to pray to another God and pledging to a country that is "under God."

If students are required to pray to a God they don't believe in or aren't allowed to pray to, something needs to change.

Pledging allegiance to the country is still important, but it can be said and done in different ways than this one oath. Students will quickly adapt to it being taken out of school. It only causes anger when fellow students sees another sleeping through the oath.

By now, students have been reciting the Pledge for so long it has become routine and they don't really think about what they are saying. The droning doesn't make any difference if there are others who object.

If left unmodified, the Pledge should be reserved for private or religious schools where students have a choice as to whether or not they want to attend.

It should not be recited in any public school. Students can't stereotype people as unpatriotic when they aren't given an opportunity to show their patriotism in other ways.

## HART ATTACK

A COLUMN BY JEFF HART

### Life changes after suicide attempts fail

He can still see the scars. They are visual reminders of his troubled past.

The time has come to let out what was once hidden and was supposed to be left hidden until the end of time.

The rope was around the neck and the blood was rushing to his head. The gasps of breath were getting shorter and weaker with each passing second. The rope was digging into the skin around the neck.

A loud cracking noise from above him sent him falling to the floor.

The rope broke.

The boy was on the floor with a rope around his neck. The look on his face was full of exhaustion and pain. He was 12 and was already looking for away out.

The boy had few friends and no one in his life except himself.

He felt that he was pushed against a wall without strength to pull himself back. He was on his way down an endless path of death and destruction.

Three hours later, the boy woke up and tried to fix the frayed rope. His efforts failed and the boy ended up having to go back to the torture which he called life.

He went to school the next day and, as always, no one would talk to him. The only comfort he had was his long walk home, when he thought of stories and songs about his life.

When he got home, he was yelled at by his mother, then went to bed. He was in bed praying for God to take his life away. He looked down at the broken rope on his floor and asked God why he wasn't allowed to die. God didn't answer and he kept living.

As he went on, he tried hard to ignore the ones who made fun of him and focus on his future, but this would only last for a brief time. His life was about to hit a major speed bump in just a few years.

He, now 14, was walking slowly to class, when it happened.

The boy was jumped, beat up and left lying on the ground to be made fun of by the rest of the school.

When the boy went home that night, his mother did not notice anything wrong with him, but the boy was crying and deeply hurt.

On that chilly winter night, he went outside to find somewhere to sit and ponder his thoughts. He sat down in the middle of a snowdrift. The boy sat there all night and fell into a trance that would affect the rest his life.

The emptiness was eating at him and burned heavily with desire for pain and death. The boy finally started to cry and prayed to God to end his suffering once again. He sat down and cried himself to sleep and stayed there the entire night.

When the boy woke up the next morning, he decided to go home, only because he was shivering. He didn't go to school that day and stayed in bed trying to think of what he needed to do to get rid of his emptiness.

Two days later, he found his answer. He met a girl. She was about his age and strongly cared for him. The boy had woken from his trance, and his emptiness was at last filled by all of the friends he had made and had all along that he had never known he had.

The next Sunday he went to his pastor and told him what he had tried to do in the past.

The boy found his hope and pride and had become himself. So what if he was fat and ugly. What if he said stupid things all the times? He did not care anymore because he has true friends and no one can take that a way from him.

The scars of his stupidity are still present in his mind and on his body.

The boy found that love and friendship is hidden in the strangest places and in the scariest times they can be the only things that can save you from the sudden end.

I know this because that boy was me.

I am a better person now, and I have excepted that I am the person I am today because of my own choices. I now realize that life is more than the wanting of death.

I am telling my story now because people need to find out that there are consequences for their decisions and nothing is worth killing yourself over.









# OPINION

"To me it is a tool for training students to be like lab rats and mainly for one reason, 'I pledge my human life to a flag, a piece of cloth.'"  
ANDREW BRATCHER (10)

## THE BIG ISSUE: THE PLEDGE OF ALLEGIANCE

### Pledge must stay in schools

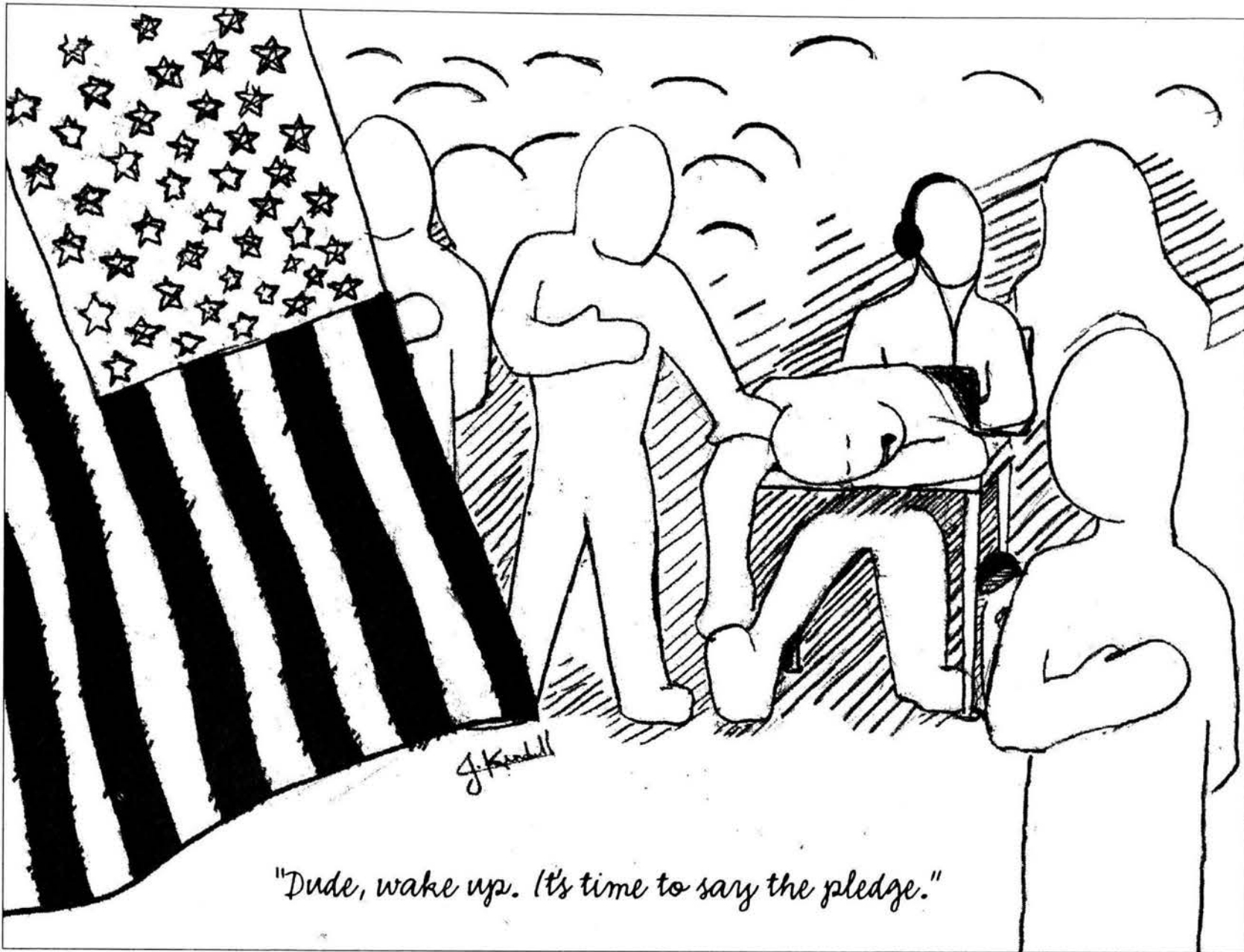
Dear Editor,  
Many people believe the Pledge of Allegiance should be removed or changed. This must not happen. It should remain in school in its entirety.  
People should look at it from the point of view of the millions of men and women who have served, fought and died under our flag. Is it that hard to show these people the respect they deserve?  
Pledging allegiance to this nation is the least you can do for a country. The country has done a lot for you.  
About removing the words "under God," the word "God" is in the Declaration of Independence, the document that made us a free nation. Why remove it from that, too?  
People who oppose the "under God" in the Pledge because it is offensive need to grow up.  
If it is that big of a deal, don't say "under God." The only thing offensive about it is when you disrespect those who died under that flag.  
The school is full of memorials to fallen students who defended the country in every war.  
There is no reason to remove the Pledge of Allegiance from schools.  
Robert Montag (12)

### Media narrows beliefs

Dear Editor,  
I think that we should leave the Pledge of Allegiance the way it is. Although not all religions know him as God.  
They do recognize some sort of deity. Hashem is the name of the Jewish God and Allah is the Muslim God.  
Thousands of years ago, the humans knew many gods. Therefore, I believe we should leave the phrase "under God" in the reciting of the Pledge of Allegiance.  
Shull (9)

### Pledge should be voluntary

Dear Editor,  
Even though I am religious, I do not support the requirement to say the Pledge of Allegiance.  
The phrase "under God," implies that everyone agrees that there is a God.  
Not everyone believes in God. Therefore, the Pledge of Allegiance should be voluntary.  
Wiksell (10)



### Media forces false beliefs

Dear Editor,  
"I pledge allegiance to the flag, of the United States of America, and to the Republic for which it stands, one nation under God indivisible with liberty and justice for all."  
Everyday since pre-kindergarten I've heard it and I will even admit to saying it.  
As I look back I think to myself is the Pledge a tool for brainwashing or just a way to show patriotism?  
To me it is a tool for training students like lab rats and for mainly one reason, "I pledge my human life to a flag, a piece of cloth."  
Seriously I think it's pretty messed up when you are told by everything on TV, the radio or the Internet that basically every other country is wrong. I look on it and wonder is the USA

### Media forces false beliefs

not as wrong as these other countries?  
Imagine what some are saying to themselves and then again some might be saying the exact opposite.  
I can justify what I just said whether people believe in it or not.  
Since the birth of our nation, the media and our governing body has thrown us into a popular culture of violence.  
When you look at it in the perspective, you are told on TV that we are the peace-loving country of the world.  
Yet when you turn on the evening news, you hear more killings per year than any other country.  
I will leave a request that students open their eyes and don't believe everything "under God" or what the media says.  
Andrew Bratcher (10)

### A new motto for the country

Dear Editor,  
Although it may not formally be the motto of our country, the USA has always endeavored to "live and let live."  
We should follow this example when considering the issue of the word "God" in the Pledge of Allegiance.  
Those who do not wish to say it aren't required to and shouldn't feel obligated. But they shouldn't interfere with those who feel they need to say it.  
Ultimately, the Pledge of Allegiance is just that one's pledge to her country.  
No one is required to say the Pledge of Allegiance in the morning during first hour.  
For the people who disagree with saying it could always create their own pledge. But also if one does wish to use

the traditional Pledge of Allegiance, no one should stand in her way.

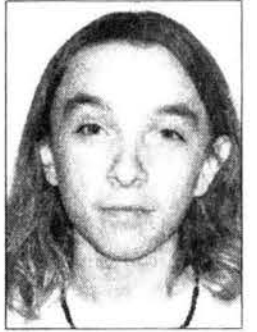
### Hannah Wunsch (11)

### Tradition to say in class

Dear Editor,  
I don't think "under God" should be taken out of the Pledge of Allegiance because that is the way it has been and said for many years.  
But I don't think students should have to say it everyday at school in the morning, or be forced to stand up and say it.  
If we would just keep the Pledge of Allegiance the same, it would stop all the controversy with religion in school.  
Josh Dillon (12)

## REGISTER YOUR OPINION

### SHOULD THE PLEDGE OF ALLEGIANCE BE SAID IN PUBLIC SCHOOLS?



"If you want to say it, you should be able to. Teachers shouldn't be able to force you to stand."  
Alexander Hopewell (10)



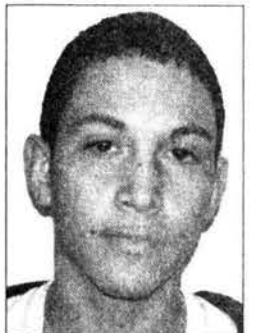
"We shouldn't say it every day. If we said it once a week, people wouldn't get annoyed."  
Amanda Fisher (9)



"The Pledge of Allegiance is against many religions and shouldn't be said."  
Anna Keeney (9)



"The government should take 'under God' out of the Pledge of Allegiance."  
Emily Wall (9)



"If people are able to say the Pledge of Allegiance then they should be able to say their own race or religion in the Pledge."  
Fernando Aispuro (11)



"People should stand out of respect, and the government should not take 'under God' out of the Pledge of Allegiance."  
Stefanie Tapio (10)

## LETTERS, E-MAILS, FAXES, POLLS, CARTOONS

### "Cutting" story informs different lifestyles

Dear Editor,  
In one of the issues of the Register last year, there was a story on self abuse and when people cut themselves.  
I think that was a good idea to make people aware of self abuse. It could give the students a different point of view and show them what kind of things other people go through.  
The story also made people more informed on the subject that people sometimes prefer to not mention.  
McDonald (10)

### School food policies ignores hungry students

Dear Editor,  
I have a problem with the school's food rules. Why can't students be allowed to eat food, bring food or order food during class?  
Most kids wake up very early to go to school and don't have time to have a large breakfast before school. As a result, kids get hungry. The vending machines are nice and lunch is a relief, but during classes other kids and myself are starving.  
Some, but only a few teachers, allow food while other only let students drink water. I've heard other students and I think the same way that students should be allowed to whenever and wherever we want. As long as in class we are not disruptive.  
Monbouquette (10)

### Stadium is a nuisance, poor spending choice

Dear Editor,  
I think that Omaha Public Schools (OPS) paying for us to have a new gym is ridiculous for the simple fact that we won't be able to play the majority of our home games there.  
There isn't a lobby, enough parking or enough seats. It's a complete waste of money. You would think that they would have learned their lesson after building a useless football field. Space that could have been used for expansion or parking.  
Hogan (12)

### Music reviews perceived to be unbalanced

Dear Editor,  
I like the Register because of its success and I think it's a good high school newspaper to have at a school. Let alone its one of the nicest papers.  
But I don't like the reviews some of the writers gave the

### LETTERS TO THE EDITOR WANTED

Letters to the Editor are gladly accepted in room 315, via e-mail at Central.Journalism@ops.org or in Mr. Deabler's mailbox in the main office.  
Letters must be factual and contain the author's full name and grade. Incorrect or unsigned letters will not be printed. The use of pen names is not allowed.

CDs in the music section. Not to sound racist or anything but it seems like all the African American artists got bad reviews, except two. The entire Caucasian artist got fairly good reviews. I don't think the reviews should be based on opinions. But I still look forward to seeing the best high school newspaper.

### Monique Gunter (11)

### Tests benefit education, but not given after winter break

Dear Editor,  
I think it is unfair to have finals after winter break. Last year it worked fine to have it before winter break. I think it is fair that Central does midterms because it helps us learn better which I think is a better school plan than Northwest, Burke or Benson's.

### Rebecca Briles (10)

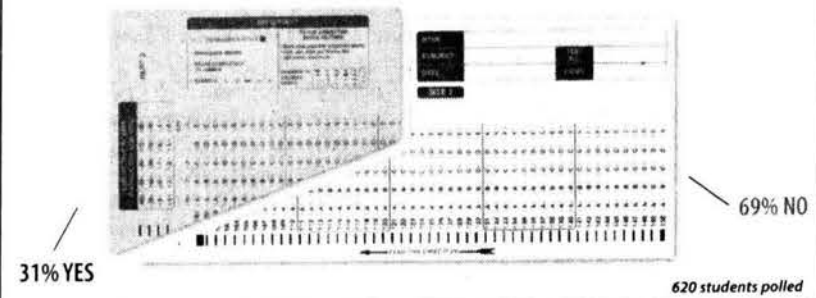
### The only school in the district to have midterms at quarter

Dear Editor,  
I don't agree with the fact that Central is the only Omaha public school that takes midterms. It's added stress and tension for the student body that other schools don't have to go through.

### Nicolas Romano (10)

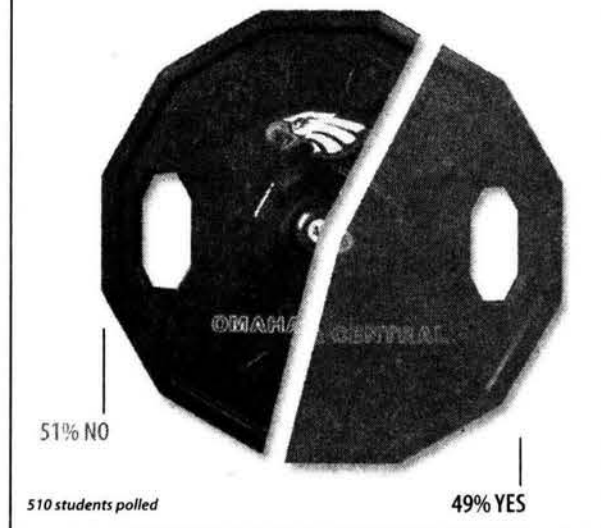
### STUDENT POLL

Should midterms remain in the curriculum?



### STUDENT POLL

Should gym be a required credit?



### Gym requirements are not vital in later years

Dear Editor,  
I don't think I should have to have gym credits to graduate from high school. Sorry but later in life I don't think I will need to know what offside is in soccer.  
Administrators should make gym class an option to take. The only way out of gym class is to play band and some don't play instruments. Or student could sing, but some don't want to.

### Emily Wall (9)

### Scheduling games should be planned better

Dear Editor,  
I was wondering who schedules the sports and other activities outside of school.  
Because it doesn't seem fair that other athletes have to miss out on certain events if a game is scheduled the same night.  
I have heard many students who have expressed the same frustrations I have on this issue.  
An example is that on the biggest game of the school year, Prep High School vs. Central, all the junior varsity softball and volleyball player had to miss it. I think it is unfair.

### Lindsey Anderson (10)





# OPINION

THE CENTRAL HIGH SCHOOL REGISTER

124 N 20TH STREET OMAHA, NEBRASKA 68102

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD

## PILL TEMPTS STUDENTS

A new 'stay awake' medication is on the verge of being approved. Teenagers could be a prime target audience for this product. This alleged wonder drug could affect the brain unlike any other product on the market.



PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

### Provigil may hurt sleeping habits through brain manipulation

The Food and Drug Administration (FDA) will make its worst decision in history if it approves the "stay awake pill."

It is an easy way out for students. If they choose to party on a school night, all they will have to do is just pop this stronger, over-the-counter pill.

Its official name is Provigil, but students recognize this product as the "stay awake pill."

The pill was originally created and approved by prescription for people suffering narcolepsy.

It has only been available through prescription, but FDA plans to decide if it should be available for over-the-counter usage.

It hasn't been approved yet, but it looks like it would be a hit with teenagers. Public/school officials should be worried if this product becomes available over the counter.

This product would never be good for students because they wouldn't use it sparingly. The pill makes the user feel as if they have received a full night of rest. It is different from the other pills on the market because it

doesn't act like jolt of caffeine. It goes right to the brain. It manipulates the part of the brain that controls sleeping habits. That's just great, a student isn't going to be getting hyped up on caffeine, he's going to be on a drug that affects his brain.

This pill keeps people functioning clearly and level-headed. Soon the sporadic dosage will become an addiction.

Being alert throughout the day won't last long. Sooner or later the user will experience the list of side effects. The side effects are headaches, nausea, anxiety and

insomnia. It also decreases the effectiveness of birth control pills.

It causes dry mouth and diarrhea, but if the person feels fresh and awake, it is just the sacrifice students will be ready to take.

The pill doesn't sound like a wonder drug now.

The medical world must be hungry for money, so wherever it can get some, it will take it. Teen money is as good as anybody else's. Making this pill available over-the-counter would be ridiculous. Studies show that America

isn't sleeping. Just walking into a study hall at school shows that students need more sleep. This pill would give teenagers a false sense that they are well rested.

The stay awake pill is just some ploy for people to make money in the medical drug world. Without sleep, students would get sick. The illness would turn into medical problems, which would need more expensive medical treatment.

School would be filled with a new form of rehab patient. Teens will become addicted to this pill.

Everyone will be jittery, quick to react with anger and throwing up. Despite what the FDA may think, this pill will be very popular with teenagers.

Lately at school, people stay up late working on homework or partying, then wake up early to fight for a parking space.

Sooner or later the pill will wear off, which will be right in the middle of school. Most likely the students would take the pill to jolt themselves awake in the morning.

Taking this pill night after night and day after day would be horribly unhealthy. There is only one solution the FDA could even consider. This pill should not even put this pill on the market. The FDA needs to think of

another medication to help people cope with their loss of sleep.

Take a look at other prescription/nonprescription drugs students can get their hands on. This pill will lead the users to become addicted and result in serious health problems.

Sleep has just taken a back seat in many teenagers' lives. These sleep-deprived kids will develop a serious case of exhaustion and most likely drop out of school or be forced to go to a hospital.

Also the pill acts like an anti-depressant. It makes the user feel happier and in a "brighter" mood.

Medical officials describe the pill as a medication that takes the tired feeling away, but when the person is ready to go to sleep, he will be able to. That doesn't seem to make sense.

Doctors are always the ones who prescribe sleep when something is wrong with the body. But they are also the ones who will make money from the countless visits to the hospital.

Obviously the pill is meant to work for the people who need it, and that is the point of the drug. The stay awake pill will only be more of a hassle and cause more problems, when really people just need to go to bed.

#### EDITORIAL

The OPINION of the Register staff

### People talking about disease adds to stress of dealing with tough situation

It has been only a few months since I received the news about my unfortunate condition I like to call pre-Leukemia (Myelodysplastic Syndrome), and I have been to the hospital so many times that I could navigate the halls blindfolded.

I have to go to the hospital every week for blood tests and I have to bum rides off of my friends. Sometimes I feel like such a burden on them.

It has all become routine and monotonous for me, but some of my friends are still having a hard time adjusting.

They seem to be feeling lost about how to act around me. They don't want to offend me and they just act different around me.

It's not like I'm an invalid, but sometime I think that I get treated differently because I am sick.

I don't want them to treat me any differently than they did before all of this.

I almost wish that I hadn't told anybody about it. It (how people are treating him) has gotten better since the beginning of the year, but it still seems that people are going easy on me, not wanting to exacerbate my condition. I would much rather have them treat me like a baby then the way that some people have been acting towards me.

I haven't been getting death threats or any-

thing, but people have been praying for me. I am 100 percent against religion, not for bad reasons but only because I believe that if there were a kind, forgiving, loving God then he wouldn't have given me this disease.

My mom called the pastor at her church and they put a special prayer in the service and there was a message on my answering machine that was from an old lady saying that she was praying for me.

Then in one of my classes, someone gave me some prayers and a medallion. I think that it is a wonderful gesture to let someone who is sick know that they will be thinking about you and hoping for you to get better. I know that people get through times of pain and sickness differently and I appreciate that people want to help me. I think that people's good intentions would do me the most good.

All of this has gotten really old, really fast.

A few weeks ago I got in the car and my mom said that she needed to talk to me. The way that she said it, I knew something was wrong and I cracked a joke to the effect of: "What happened, did the guy who was going to donate (bone marrow) get hit by a truck?"

The weird thing is, I wasn't that far from the truth in saying that. The lady from the Red Cross had called and told my mom the guy who was a perfect match couldn't donate.

I took it a lot better than I thought I would, that's for sure. Later that week, we heard that there was one lady who was going in for some more blood tests and she was a better prospect than the original donor. She was younger by about 20 years or so and that gives better odds that the transplant will be successful.

In addition to that, 10 more people were

going in to get tested and they were all good candidates.

It was a matter of when I would go to the hospital, and planning for the school I miss and it seems that now it is once again a question of if I will go in before it's time for graduation.

Lately, I have been looking at life through different eyes and I am making sure that whatever I can to keep my mind off of that I could die.

I haven't been counting down the minutes until my final demise, but I got a phone call from the people at the Make-A-Wish foundation that got me thinking. I always thought that only contacted the sickly little kids who were going to live long enough to do anything. I know what?

I think this is the serious illness.



AND SHEPHERDS WE SHALL BE

A COLUMN BY MIKE ALFARO

### Mel Gibson's film about Jesus promotes religious intolerance, may lead to discrimination

Anti-Semites have been waiting for an excuse to voice their outrageous and ignorant beliefs and now Mel Gibson is finally giving them the opportunity.

He is working on a movie right now called the "Passion." This movie is about the end of Jesus' life.

While this movie seems harmless, it is not. It promotes religious intolerance. The movie is based off something called Passion plays which also tell about the final moments of Jesus' life. These plays claim that the Jewish people are responsible for the death of Jesus, and are degrading to the Jews.

Mel Gibson is a very pious Catholic who feels that Vatican II is not what the Catholic Church is about. One of the things that is mentioned in Vatican II is that the Jewish people, either living or dead, are not responsible for the death of Jesus.

The movie itself already has had several flaws noted by historians and theologians.

Gibson said that the movie is based off the gospel. However, after sitting through nine years of Episcopalian chapel at Brownell-Talbot, I can tell you there are numerous

gospels. Most of the apostles tell their own versions about Jesus' life, so which version does he take? Every gospel caters to a different audience.

A committee of nine Jewish and Catholic scholars, according to the Anti-Defamation League (ADL), also deemed the movie historically inaccurate.

As a Jewish person I am afraid of the response that will occur from this movie. We live in a society where movies form our opinions of the world. Even though there are many rational people who will not change their views of Jewish people after seeing this movie, there are also rational and irrational ones who will view this movie, and take the movie as the truth.

This movie will also fuel the fires of those who are already anti-Semitic. Groups like the ADL have received a flood of anti-Semitic e-mails in response to their statement on the Passion.

The ADL published snippets of these e-mails on its website, these are some of them (unedited);

"You stupid jews never read the new testament do you?"

"...why don't you pompous jews read it for yourself...your sickening censorship of anything remotely critical of jewthought and jewland and jewthink and 'Israel can do no wrong' mentality...turns me and many others away from your people...and whatever else it is (money, power of course) that you hold dear..."

Now upon reading that how can I help but say to myself, "Wow, people are amazingly ignorant of Judaism." I say this because Jews do not follow the "New Testament." The Christian Bible follows the journey of Jesus and since Jews do not believe in Jesus as a savior, it is not so imperative to read the New Testament. The illiteracy of this person is proven by the use of their words, "jewthought," "jewland" and "jewthink."

Here is yet another e-mail: "the jews of the old testa-



THE WORLD ACCORDING TO ME

A COLUMN BY SARA RIPS

ment were guilty of having jesus killed...there are a lot of other reasons not to like you jews. If you don't believe go ask the germans."

This e-mail brings me back to Vatican II, which says that Jews are not responsible for the death of Jesus. But of course, what does the Catholic Church know about the death of their savior? I particularly find it funny that the German thought that the Jews were destroying the good name of their land, but of course the Jews were already settled the time the German tribes arrived. But, of course jews causes people to do weird things.

I like how people who used to be persecuted and derided for their beliefs have taken it upon themselves to persecute and kill those who did not even necessarily persecute them.

One of the most interesting things is how low people will sink to make a point. Take this e-mail for example:

"I find it sad that you would attempt to censor Gibson's movie. Whether you like it or not, the Jews of the time were responsible for the death of Jesus. We don't need anymore revisionist history. Didn't the Holocaust teach you anything?"

All I can say is, "Wow!"

WEDNESDAY, NOVEMBER 19, 2003

## ARTS

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM



Christina Aguilera's new sound. PAGE 27C

20TH STREET OMAHA, NEBRASKA 68102

NATIONAL PACEMAKER AWARD WINNER

# Cinderella' musical postponed indefinitely

BY BRYAN SWOTEK

The dates were set. "Cinderella" was supposed to be performed this month, but then something went wrong and the cast and crew members were left in a state of limbo. Generally, director John Gibson said there was a breeze going through the already auditorium and dust coming from the renovations in the old gym that made having the production possible. Many of the cast and crew members said when they were told the production would be postponed were upset to

say the least. The shows that were supposed to be performed Nov. 6-9 have been rescheduled for some time in the spring.

But that's not even a lock. Gibson said it depended on the progress of renovations.

The cast and crew were ready, the stage was not.

Gibson, who taught his classes in the auditorium, had to deal with the cold air ever since the heat was turned off in mid October.

"Living in that condition was not a pleasurable experience," he said.

The heat was turned off so that the renovation project could continue in that area.

Though some cast members were shocked at the news, Gibson said they could tell that it

was coming and that it was only a matter of time before they would find out.

"Once they were able to look at the mess, they could see that something was horribly wrong," he said.

Senior Halley Taylor was cast in the musical and has put a lot of time into rehearsal and practicing for the production.

She said that the musical being planned in November was perfect timing for seniors.

"After November, seniors really need to worry about college admissions and getting applications turned in," Taylor said.

Now that the musical is postponed, Taylor is left with one question.

What now?

She said that on a normal night she was used to being at rehearsal for a few hours and then she would go home, practice some lines and do her homework.

Now she is left confused and bored.

"It just feels so weird to come home so early everyday," Taylor said.

Gibson said that the dust was not affecting the health of the performers yet, but he knew that under the conditions they were working in, it would have only been a matter of time before the performers would have a hard time singing.

However, senior Kaley Eledge said she did have some difficulties with her allergies due to the dust.

Eledge was cast as Cinderella and knows

the decision to postpone the musical was the best decision that could have been made and though the practicing was rigorous, it is nice to be able to go home.

"If we would have put on the production, it would not have been a Central production," she said. "It would have been something mediocre."

Another location was discussed and another school even offered its auditorium, but due to the size of the set, it would be almost impossible to do so.

"All of the other stages that were discussed were way too small," Gibson said.

He cast over 60 people for the musical and

Continued to CINDERELLA on Page 28C

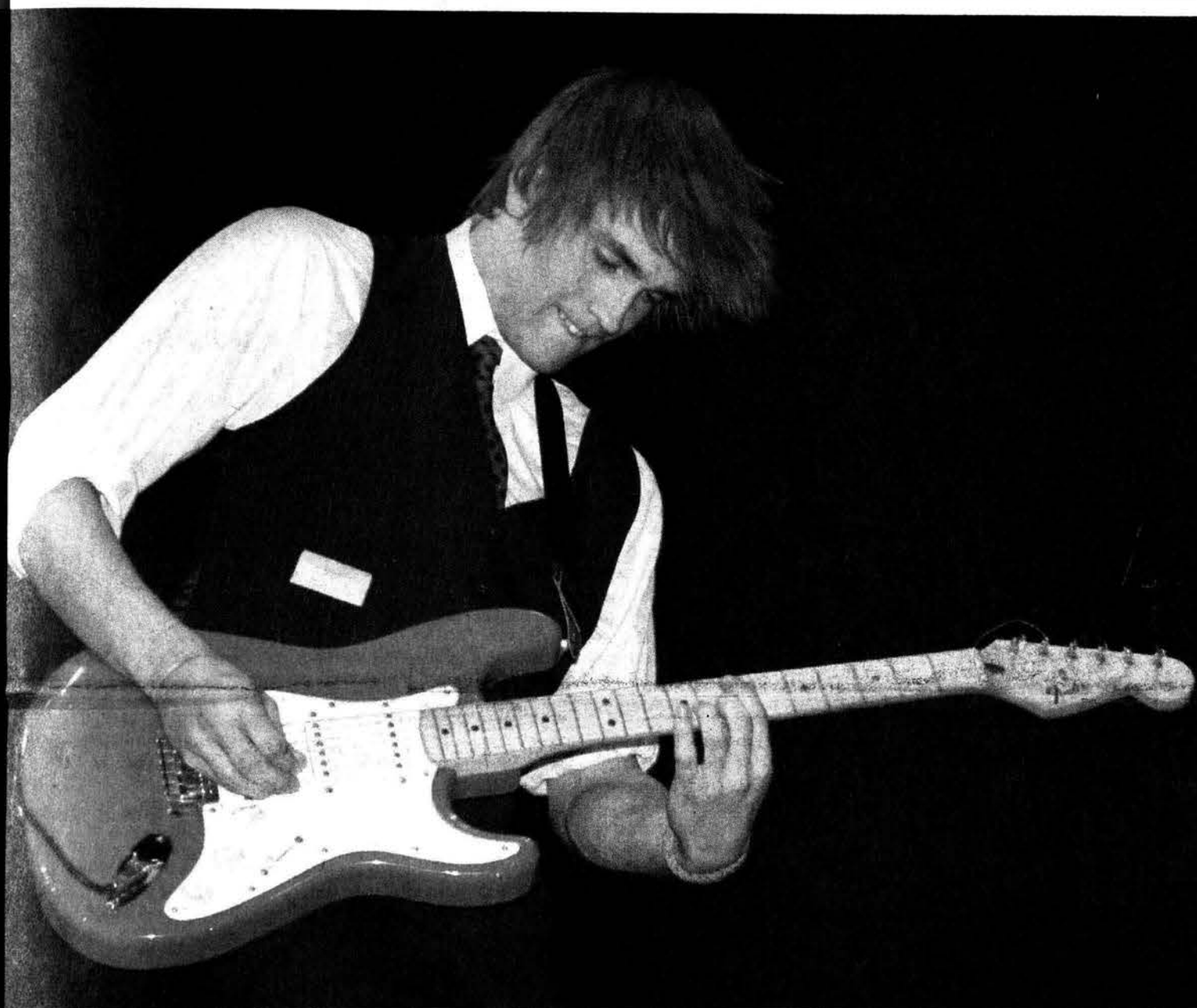


PHOTO BY ROB HUNTER/REGISTER

Gnome Slaughterhouse 2002 Omega's lead guitarist junior Rob Piskac (ABOVE) works the crowd at Band Aid Jam to support the music and drama departments. The band would rather concentrate on music than worry about vocals.

## New band stuns audiences with 'Cooper-Aguilera' theatrical mix

BY KATIE BACKMAN

Gnome Slaughter House 2002 Omega is not a spin off of the old TV cartoon, David the Gnome. It is not broken down meat packing plant. It is a band of three juniors who are making money on their musical talent.

The band consists of the drummer Dan Crane, guitarist Rob Piskac and bassist Dan Klaczynsky. Right now, the band is a trio that just plays music without any vocals.

Crane said Piskac has written some lyrics, but chooses not to sing because he is shy. However, he said Piskac can sing really well and write good, strong lyrics.

"We really just kind of forgot to put in lyrics," Crane said. "Some people say we need some, but we are making it work."

Piskac said singing was not that important to the band. He said the band would just rather make music than look for a singer. They did have an idea for everyone in the group to be the singer, but that just didn't work out.

"I try to write some songs, but I just don't want to show them," Piskac said.

The band has been together for two years, but Piskac said it formed in 2002, which is a part of the band's name. The band didn't decide the name, but had some friends create it instead.

The bands sound is different than others. Crane said it's not death metal or as soft as Dave Matthews Band.

"The best way to describe us is a mix between Alice Cooper and Christina Aguilera," he said. "Dan can sing some high pitches, sometimes."

Another reason the music doesn't have lyrics is because the band discussed what it wanted the voice to sound like. Crane said screaming was cool, but the three guys didn't want to sing their lyrics, write them down or believe they had any vocal talent.

But lack of lyrics hasn't stopped the band from making money or being scheduled for concert dates.

It has worked so far. Crane's mom helped make albums for the band

to sell at a show held in his basement. From its first show it made a profit of \$106. He said around 150 showed up.

"We didn't really know what to do with that money," Klaczynsky said. "I could only think of buying some candy."

All of this production couldn't be done without Crane's mother. She took control of the band's merchandise and decided to mass-produce its albums. She also made t-shirts for the band.

"She is helpful," he said. "She has been very motivating."

Klaczynsky said all of the band members' parents are really dedicated and supportive. But Crane's mother helped the band make the albums. He said it was pretty low-key so they saved a lot of money. She bought recordable discs and Klaczynsky brought old CD cases from home.

"She paid for it all," Klaczynsky said. "So all the money we earned was like frosting for us."

Gnome Slaughter House 2002 Omega sold around 100 copies of its album. Crane said the band plans to make more albums soon in case its fan base grows because of the recent show it had at Ted and Wally's Ice Cream.

Before the performance, Piskac said he was really nervous, while his other band mates were calm and having fun. But when he started to play his music, he forgot everything that was going on.

"It was the greatest day ever," Piskac said.

The band is already getting its name out, but the future is still unclear.

It had a show at Ted and Wally's on Halloween night with Bombardment Society. Piskac said some of its members work at the Antiquarian and he gave them a copy of "Gnome's" album so they could tell them what they thought.

"We just kept thinking 'we're not worthy' because they are really good and we are not that good," Piskac said.

Klaczynsky said it was an amazing feeling knowing Bombardment Society liked the band.

He said they feed off of the crowd because it makes them feel really good to know that people like what they do.

"It's a really big rush," he said. "I get locked in emotion right when

people clap their hands."

Playing at other venues is something the band is working on. Playing at the Ranch Bowl isn't one of Piskac's goals, but he said if it was offered, the would play it. He would rather play venues like Sokol Underground.

"I want to play anywhere live just to get the adrenaline rush," he said.

Gnome Slaughter House 2002 Omega has talked about the future, Crane said, but they haven't really looked into it closely.

"We think about it day by day," Crane said. "When someone mentions the future, we just stop talking."

The question that's having problems getting answered is where band members will go when they graduate. Klaczynsky said they have talked about it just enough to decide if they were to leave the state they would periodically come back and play music again.

Staying in denial is how Piskac said he likes to think of the future. He said he doesn't want to think about the band not being together, but said he will go with what he is given. If the band does part, Piskac said he would probably cry and it would be the saddest day he could ever experience.

"During summer and winter break, when we are at school, we will all come back and rock it," Piskac said.

As of right now, the band has roughly 12 songs written. Crane said the band doesn't sit down at one time and try to write a new song. Instead it has a jam session and remembers what sounds good. They then add to it and make the music into a song.

Piskac said if one of the band members has an idea, then he will tell the others at practice. But practice for Gnome Slaughter House 2002 Omega isn't as strict as some other bands. Piskac said they play each other's instruments, while other times not even play.

Klaczynsky said at practices the band usually plays off each other by messing around with different sounds.

They plan to make second album with the new songs created. He said they are going to put their favorite songs on first, then see how much more room they had to work with.

Just recently, Bombardment society said it wanted to do a split LP on a vinyl.

"It would be about three songs from each of us," he said.



# Bubble gum BABYLON

Special Entertainment Focus  
INSIDE

see PAGE 26-27C

PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

# CALENDAR



COURTESY OF 20TH CENTURY FOX

“Runaway Jury” is the first movie that Gene Hackman and Dustin Hoffman (ABOVE) have worked together on.

## ‘Jury’ keeps viewers questioning twists of plot development

BY COURTNEY THOMAS

“The Runaway Jury,” originally one of John Grisham’s action-filled suspense novels, has recently been made into a big screen movie.

It is definitely a must see. The audience will be taken on a journey that will keep them guessing.

Its twisted plot requires a lot of thought and is truly a brain teaser.

Nicholas Easter (John Cusack) plays a juror, who secretly riles up both sides of the trial, along with the jury in an attempt to make millions and deal with past grievances. Lawyers Fitch and Rohr (Gene Hackman and Dustin Hoffman) are bitterly torn between their morals and their bank accounts after being tricked by Easter’s conniving girlfriend Marlee (Rachel Weisz).

### MOVIE REVIEW



Starring: Dustin Hoffman

The common evil and maliciousness lawyers are known for and even portrayed as having is evident in this movie.

The “good” is shown as well. This action movie varies somewhat from the novel, which is based around a lawsuit against a large tobacco company.

It plays out slightly different, when a gun company is sued after the death of a Wall Street businessman.

The jumpy shots that bounce from scene to scene almost faster than the plot itself, will really keep people on the edge of their seats.

Set in New Orleans, the crowded streets and antique feeling of the city seem to fit the confusion of the story perfectly.

You can almost feel the atmosphere. There could not be a better city to base this movie in it truly is perfect scenery for the plot.

All the secret “behind-the-scenes” knowledge one gains from this story really makes one feel like an insider.

A look at all that is done to win a trial, even if it might be death, makes one not only question our country’s morals, but the laws of it as well.



COURTESY OF WALT DISNEY PICTURES

Kenai, who is a young boy, is transformed in to a bear and must seek redemption from a younger bear named Koda.

## Disney flick renews old charm of classics

BY BRIAN LEE

Walt Disney Picture’s “Brother Bear,” a story of self-fulfillment and coming of age, is a wonderful expression of myth and prehistoric tradition, combined with a unique glimpse into the beliefs of a people who lived long ago.

It is about a journey filled with love, loss, vengeance and gradual transitions from innocence to knowledge. Brother Bear seems to push the idea that discrimination is bad.

### MOVIE REVIEW



Starring: Jaqueline Phoenix

Humans see bears as monsters and the bears see mankind the same. Both groups judge the other only by what they can see and the actions that are obvious.

At times the film seemed better illustrated than other Disney movies. The animals seemed more real, and the main characters were well-developed.

As expected, the moose characters, Rutt and Tuke stole the show in regards to comic relief.

The movie was filled with well-known celebrities providing voice-overs. The expression of the spirits and the miracles they performed were probably some of the best uses of color and light that Disney has ever produced.

Overall, the movie was a hit. It leaves the audience satisfied and feeling fine.

This movie deserves two thumbs up and is recommended to Disney lovers everywhere.

No matter if you like Disney productions or not, the film is worth seeing.

“Brother Bear” is most definitely a box office production done right.



COURTESY OF WARNER BROS.

Some fans claim the series isn’t over, but actor Keanu Reeves says “The Matrix: Revolutions” is his last in the series.

## Third movie in ‘Matrix’ series lives up to hype

BY MIKE ALFARO

The Wachowski brothers have done it again with “The Matrix: Revolutions,” a film that gives the people what they want: special effects and action.

“Reloaded” gave us the incredible highway scene complete with a fight atop a moving semi-truck and the final installment of the series contains more computer-generated images (CGI) than the previous film.

Before this film, the brothers made millions off of the first two films, not to mention the “AniMatrix,” nine animated shorts that give another level of depth to the movie and the video game, “Enter the Matrix,” which answers questions as to the nature of the Matrix and wraps the entire phenomenon of this series into a neat little package.

Revolutions starts with a decisive battle between man and machine about to begin and Neo (Keanu Reeves) and Bane, a man inhabited by the villainous Agent Smith (Hugo Weaving) both awakening from mysterious comas.

As Morpheus (Laurence Fishburne) and crew race back to Zion, the last human stronghold, in the ship *The Hammer* to help defend against the attack by the machines, Neo and Trinity (Carrie-Ann Moss) take another ship to the machine city.

Before they can get their journey underway, Bane attacks Trinity. Neo comes to her aide and a dramatic fight between Neo and Bane. It leaves Bane dead and Neo blind.

Inside the Matrix, agent Smith is multiplying at an exponential rate, even taking the Oracle (Mary Alice, replacing the late Gloria Foster) and making her an Agent as well, in preparation for the final battle between himself and Neo.

As the machines get closer to Zion, weapons are readied and a massive force of APU’s (Armored Personnel Units) is assembled. The machines breach the wall of the city with giant drills and the

torrent of squid-like sentinels begin to flood the city under a hail of gunfire from the APU’s.

This scene marks the revolution in movie making.

The marriage of the CGI and live actors was near perfect.

As the battle rages on, legs open from the sides of the enormous drill that bored into the city and they start to drill deeper into Zion.

En route to Zion, the *Hammer* is attacked by a swarm of sentinels that try to disable the ship’s engines and successfully destroying the ship’s radio.

The *Hammer* makes it to Zion just in time, firing its EMP (Electro-magnetic Pulse), crippling all the machines inside Zion.

The crew emerged from the now derelict ship, only to be told that they made the situation worse.

The EMP not only stopped the sentinels, but also ruined all the electronics of the city, therefore leaving them defenseless against the next wave of the machine onslaught.

Neo and Trinity make their way to the surface and fly towards the machine city where Neo must go to end the war.

Neo arrives at the city of the machines more or less unscathed and makes a deal with the machines. If Neo can destroy agent Smith then the machines will end the war. He enters the Matrix on a street lined with Smith clones. The original Smith steps out of the crowd and into the street and the battle for freedom ensues.

This final scene is a graphic masterpiece, incorporating everything that the Matrix has become known for into the last battle of the film.

Smith and Neo exchange blows, while they are on the ground and while they are flying through the air.

This is the battle that decides the fate of Zion and the human race. In the end, there is a winner and a loser and while you might be left wanting more from these characters, you will be satisfied.

### MOVIE REVIEW



Starring: Keanu Reeves

## UPCOMING ALBUM RELEASES

\*All albums are released on Tuesdays.

### NOVEMBER

#### 25 KORN, “TAKE A LOOK IN THE MIRROR”

It is one of the most anticipated albums since the release of the single, “Did My Time” from the album in mid July 2003.

#### 25 MISSY ELLIOT, “THIS IS NOT A TEST”

One of the reigning queens of Hip-Hop will release her new album today. This is a much-anticipated release thanks to her last one, which included catchy rhymes and old-school beats.

#### 25 NO DOUBT, “THE SINGLES 1992-2003”

No Doubt is releasing an album with all of its singles since 1992. The band’s last album entitled “Rock Steady” was released in December of 2001 and the new album will be the first since its last one for Interscope records.

#### 25 JAY-Z, “THE BLACK ALBUM”

Hip-Hop artist Jay-Z is releasing another album. It is entitled “The Black Album” and presents a side of Jay-Z the audience has never seen before.

### DECEMBER

#### 2 SAVAGE GARDEN, “GREATEST HITS”

This greatest hits album includes songs from the band’s most popular albums including the self-titled “Savage Garden, Affirmation” and the remixes from “Truly, Madly, Deeply.”

#### 2 OFFSPRING, “SPLINTER”

The Californian punk band is putting out another album that is sure to sky rocket up the charts. Offspring has had incredible sounding singles that are sure to be a liking to many rock listeners.

#### 2 ALICIA KEYS, “THE DIARY OF ALICIA KEYS”

The soulful album, “The Diary of Alicia Keys,” presents some ballads of songs that are more spiritual and closer to the artist’s heart. Keys wrote most of the songs on the album.

#### 9 RUBEN STUDDARD, “SOULFULL”

The second “American Idol” is releasing his debut full-length album which will have to compete with other “American Idol” debut albums, such as first runner-up Clay Aiken’s “Measure of a Man.” With the success from the hit series “American Idol,” this album is sure to soar through the charts.

#### 9 HOOBASTANK, “THE REASON”

The band’s second album, “The Reason,” is released today. This rock band presents a more mature picture of things with its music and this latest release is sure to be a smash hit.



### MOVIE RELEASES

#### NOVEMBER

- 19 “The Missing”
- 21 “The Barbarian Invasions”  
“Blindness”  
“Barbershop 2”  
“The Cat in the Hat”
- 26 “Bad Santa”  
“The Haunted Mansion”  
“In America”  
“Timeline”  
“The Cooler”

#### DECEMBER

- 5 “Honey”  
“The Lost Samurai”  
“Highway Men”
- 10 “Big Fish”
- 12 “Stuck on You”  
“Love Don’t Cost a Thing”  
“If You Were My Girl”  
“Crust”
- 17 “The Lord of the Rings: The Return of the King”
- 19 “Calendar Girls”  
“Mona Lisa Smile”  
“The Fog of War: Eleven Lessons of Robert S. McNamara”

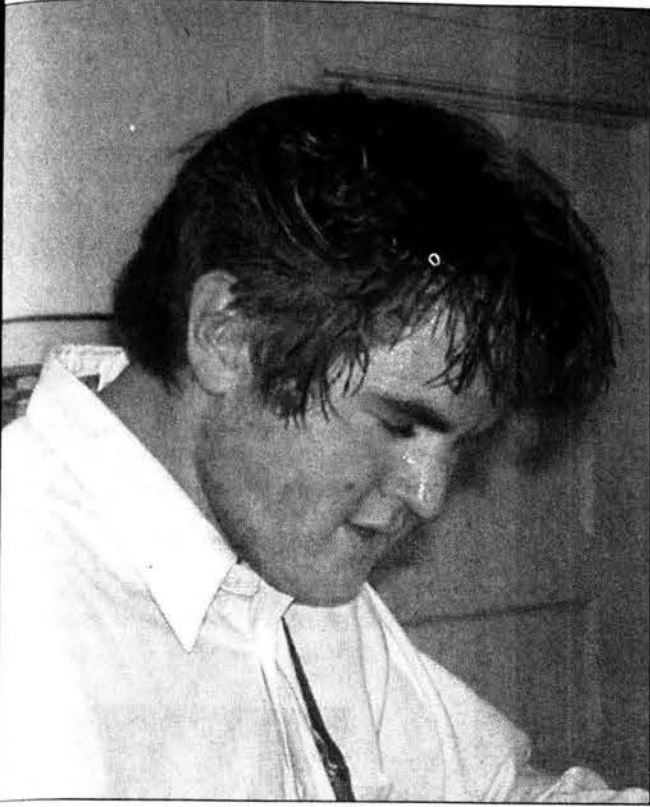
### CONCERTS/EVENTS

#### NOVEMBER

- 18 Static X; at Royal Grange in Lincoln
- 18 Mindless Self Indulgence at the Ranch Bowl
- 18 311; at the Pershing Center in Lincoln
- 19 Zebrahead; at the Ranch Bowl  
Trans-Siberian Orchestra; at the Omaha Music Hall
- 29 Tri-M Mini convention
- 20-22 All-State Music; at the Lincoln Lied Center
- 21 Rodney Carrington; at the Omaha Music Hall  
Smile Empty Soul; at the Ranch Bowl

#### DECEMBER

- 1 Stretch Armstrong; at the Ranch Bowl
- 2 Lorie Line; at the Omaha Music Hall
- 5 Son, Ambulance with Day and Tilly and the Wall; at the Sokol Underground
- 7 Poison the Well; at the Ranch Bowl
- 11 Twistid; at the Royal Grange in Lincoln
- 12 A Perfect Circle; at the Pershing Center in Lincoln
- 13 Azure Ray with Crooked Fingers and David Dondero; at the Sokol Underground
- 15 Instrumental Music Concert; at TAC
- 16 Vocal Music Concert; at TAC
- 19 Anchondo; at the Ranch Bowl
- 21 Five Story Fall; at the Ranch Bowl
- 22 Core Project; at the Ranch Bowl



PHOTOS BY KATIE BACKMAN/REGISTER

(FROM LEFT) Brownell Talbot sophomore Kyle Epstein perfects his sound by concentrating on a guitar chord while Central sophomore Mike Greenberg keeps the beats of the songs moving. Creighton freshman Matt Scheelen reveals his thoughts on his personal and very opinionated lyrics and vocals. The band practices about four times a week and even more when they are scheduled to perform at a show.

## Band pushes own unique sound while aiming for west coast

BY KATIE BACKMAN

When sophomore Mike Greenberg was 14, he formed a band that he is still involved with. Greenberg said he was looking a thesaurus up and typed in "endless." The word "anarthatic" showed up as a synonym. After finding some letters around, the band came up with the name Anarthatic. Influenced by harder rock, Greenberg said his music could be compared to bands like Tool and Slipknot. Vocalist Matt Scheelen, a freshman at Creighton University, said his lyrics and the sound of his voice is similar to the singer in the band Live. The band consists of Scheelen, guitarist Kyle Epstein, a sophomore from Brownell Talbot, drummer Greenberg, Scheelen and Epstein from different schools, but they met through friends they have at Brownell Talbot. As of right now, the band members are looking for a bassist. However, it is not one of

their priorities. Epstein said when the former bass player quit, it was a clean break. The bassist was going to college and music was more of a hobby than a career. He said the band would rather focus on getting its songs together and playing live shows. So far it has played once at the Ranch Bowl, a venue in Papillion called the Rock and at the recent Band Aid Jam concert at school. It also has had other performances which make a total of around 10 live shows. When the band played at the Rock, Greenberg said Anarthatic was the last one to perform at about 11:15 p.m. So even though the crowd had dwindled, the members of the band said they still had a good time. At the Ranch Bowl, Epstein said he had a connection to the booking manager there and Anarthatic was the first band on the set list for that evening. "About 120 people saw us perform live," Greenberg said. "Performing for any audience is

a goal for a lot of the local bands." If the band could open for or play with any local artist, he said he would want Black Light Sunshine. Lately the band has been playing with more punk bands instead of alternative rock bands. "It doesn't really matter because we are on stage," Greenberg said. Despite the fact that two of the members still have half of their high school careers left, members of the band said they plan to stay together. Plans to develop into a band that is nationally and internationally known is one goal they hope to reach. Scheelen said there is more to playing music than just going through the routines. He said the crowd can sense emotions so they shouldn't be nervous. He said he could tell if a performance was good when people in the crowd jumped around and looked as if they were interested in the band's sound. "We don't want to be like other bands who

just plug in and play," Epstein said. When on stage, the audience doesn't really affect Greenberg. He said he doesn't get too nervous or bothered in any way. He is just excited to be playing a live show. Even with his first time on stage, he didn't feel any type of anxiety because with the drums, he can just block the audience out and focus on his sound. "We just have a few little goals we want to meet," he said. Epstein said some people don't take them seriously because they are still in high school. He doesn't think it matters what people think about the band or how serious they are perceived. Some people aren't aware that the band has been together for three years and will do almost anything to stay together. "It's my life, it's my love," Epstein said. Unlike other high school bands, he said the band stays more dedicated to a set practice schedule. Anarthatic practices four days a week, every week. It usually practices from 3:30 p.m. to 6:30 p.m.

Epstein said that the band is working on producing an album, but has basically spent three years perfecting its sound and lyrics. "We don't want to be known for a bad product," he said. "So we keep working with songs until we think they are done." Right now the band hopes to record an EP with six tracks. He said the band has the equipment, but right now it is a matter of doing it and feeling comfortable with the music. "Everything is going to be a struggle, but it is worth it," Epstein said. Music has been a larger and more important part of the member's lives. Greenberg started playing the drums about three years ago and continues to take drum lessons now. He said he played the piano before learning to play the guitar. "The piano is very strict," Epstein said. "I had to learn Mozart. I wanted to be more creative and the piano never allowed it, so I decided to play the guitar."

## Omaha group gains popularity in area, plans to dominate country after second album

BY KATIE BACKMAN

Two broken down vans won't stop the band Anchondo from touring or producing a second album. Lead vocalist and guitarist Hector Anchondo said the thing he and the band really want is a tour bus that can make the distance to the city they will play at. The last van it had was one that had to be filled up with every two hours. The van broke down more than the other two vans the band has had. "It was the worst purchase we ever made," he said. He used one year of free AAA (American Automobile Association) service in a week, trying to fix this van while he was on tour. The band has used three different vans in the past three years. Anchondo said that luckily a van broke down near his hometown, Salem, Mo. The band spent more than \$1,300 to fix the stalled van, but it never worked. Bassist Justin Gomez said touring is really fun, but it will be the most relaxing experience. "A lot of times I look what has happened to us and think,

"Did you just see what God did to us," Gomez said. Members do have one goal. "If we could just live comfortably but still play music, we would be happy," Anchondo said. Having music videos or performances aired on MTV isn't a desire or goal for the band. However, if being aired on MTV was offered, the band would take it. Drummer Alex Mosher said he thinks it would be great to be aired on a program like that. He said everyone in the band wants to be famous rock stars. "But I just want enough money to pay for our van, touring and some deodorant," Mosher said. The band is working on developing a fan base by touring across the midwest cities like St. Louis, Mo., Cedar Falls, Iowa, Wichita, Kan., Springfield, Ill. and Lincoln, Neb. When it toured to California, some people knew them as a fan friendly band. "I want to go as far north, south, east and west as we possibly can," Mosher said. "I want to go to different countries like Mexico or Canada."

Gomez said word of mouth with fans has helped the band's name be more recognized. "The Internet is a blessing," Gomez said. "It helped us a lot with traveling and catching people's ears." Guitarist George Keele said the expectations of the fans was growing. "Our lives have changed drastically, but we still have part-time jobs," Keele said. "Now the band is more of our full-time job." Omaha is the band's favorite place to play because it is its largest fan base. Other cities can be just as entertaining, but nothing compares to the band's hometown. "The love we get from Omaha separates it from all the other places we've had shows," Keele said. Members of the band said they like playing at certain type of venues. Anchondo said he was sad to see the Music Box close. He said he thinks the problem with the Music Box was the age limit because the fans the band has range from 13 to 17 years old. Since it is closed, he said he thinks the fans will attend the different shows at the other venues.

There is a difference between playing at the Music Box and the Ranch Bowl, he said, because when the crowd is over 18 it's not as crazy as the "all-ages" shows because of mosh pits and body surfing that usually occurs. When playing for an older audience, Anchondo said he changes the play list because at all ages shows can have a fast pace. He adjusts the music by knowing what kind of interactive and responsive crowd the band will have. "Rocker rage may not be what the older crowd always wants to hear," he said. "A fast punk song might appeal to a younger kid." Keele said the songs the band plays usually meets the needs of the crowd. After touring so much in Omaha and other midwest cities, members know what to expect from an audience and the places. "The youngest fan we have was three years old," Keele said, "and the oldest fan we have is my grandma." The four band members of Anchondo has been together for three years now with a second expected album to be released between late spring and early summer.

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What students do after school is as diverse as the school's student body. From boxing at Memorial Park to hanging out at the Donut Stop, anything is possible for these teens.

# CENTRAL'S NIGHT LIFE

## Breakfast food keeps students awake, defiant

BY BRYAN SWOTEK

When teens look for places to go in Omaha, they don't get very many options.

There are clubs with strict rules and those seem to be fading quickly. There are parties, but those usually are broken up by the police before the fun begins.

So with limited places to go, teens have been hanging out in places that are not harmful to anyone, but they are not exactly the first choice that teens would think about going to.

Many teens have been flocking to the multiple locations of Village Inn.

Jessica Henson is a shift manager at the Village Inn located at 44th and Dodge Streets, which is where teenagers like to go when the street lights come on.

She said Village Inn offers a lot to minors opposed to the alternative.

"It is good to have a place to go instead of hanging out on the streets," Henson said.

Henson also said Village Inn offers a good place for people to sit down, talk and eat food with their friends. Since Village Inn does not serve any alcoholic beverages, it makes it one of the better places for minors to go.

Junior Mindy Sotello said Village Inn is one of those places where people can feel comfortable.

"Everyone who works there is really nice and they always have good service," Sotello said.

Sophomore Jacqui Darrow said she goes to Village Inn because she loves the food. She said the pancakes are her favorite food and the employees are really nice to teenagers.

"Everyone there is so friendly and it is just a nice atmosphere," Darrow said.

Sotello said that it is a tradition to meet all her friends and other people after football basketball games.

"Everyone goes there and now you just get to see people there after a game," Sotello said.

Junior Tess Larson said it was not all about eating friends there.

"Village Inn has great french fries and when you pretend that it is your birthday, they give you a free pie," Larson said.

Henson said that Friday and Saturday nights are the most popular nights for teens to come into Village Inn since the restaurant is open later than on week nights.

"I have gone there with friends until three in the morning," freshman Deanna Whitmyre said.

She said the restaurant was very safe because the police were usually around making sure everything was fine.

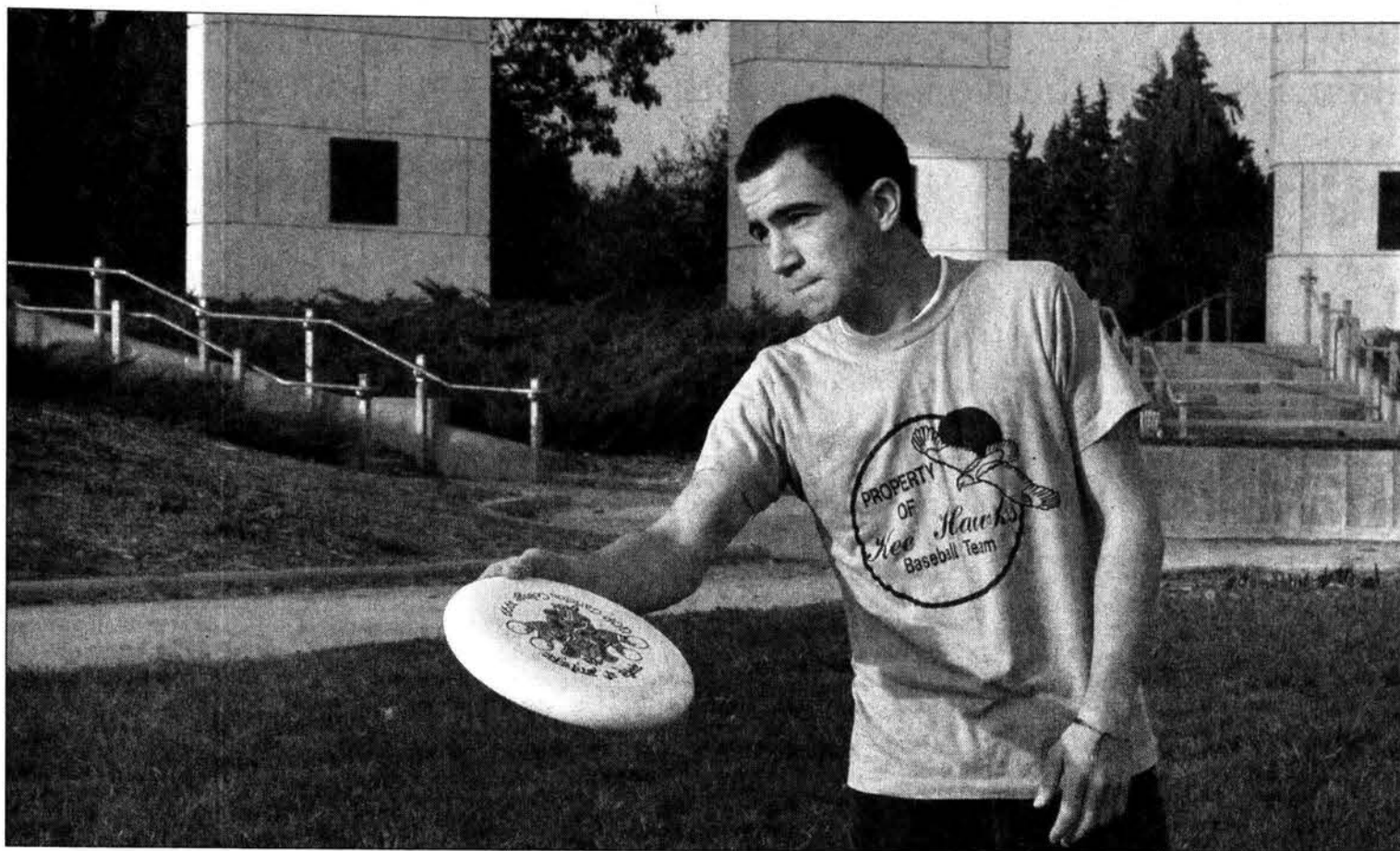


PHOTO BY MICHAEL SMITH/REGISTER

Playing sports outside is considered one of the most popular pastimes because of the open area and fresh air. Senior Nate Dittman throws a Frisbee to his friend after school. It is one of the ways Dittman said he likes to spend his time after school hours.

## Memorial Park entertains teens

BY MARIAH BIANCHINI

Impromptu boxing and frisbee games at Memorial Park are popular on the weekends.

Memorial Park is typically a place where students meet up with friends, or hang out when there is nothing else to do. The circle overlooking the hill is often packed with cars, especially around 10 p.m.

Frisbee is popular during the warmer months.

Senior Nate Dittman frequently plays Frisbee.

"I usually go more in the summer," he said. "It is not much fun when it is cold."

He said the games are usually informal and not planned, but once in awhile they get together a game of ultimate frisbee. The teams are chosen on the spot.

"It is a good ol' time," Dittman said.

Sophomore Nic Romano goes to Memorial Park once a weekend, sometimes twice.

"I go up there when I'm bored and looking for a party," he said. "It's cool to see everybody and meet everybody up there."

Sophomore Krista Killion said she has seen boxing matches attract between 150 to 200 people.

"Everyone gathers in a circle, with two people in the middle with boxing gloves on," she said. "They fight for ten minutes or so."

Usually the matches are unplanned, or in any case, not a formal gathering.

Someone brings boxing gloves, and a lot of times someone shows up with a camera to tape them.

Two opponents are usually chosen on the spot, although sometimes they plan to fight ahead of time.

Senior Marc Monbouquette has watched a few boxing matches, and has even participated in a few as well.

"We have a ref," he said. "He used to work at a Skateland so he has one of those ref shirts. Sometimes he can't make it so we have to find a replacement, but he is usually there."

The referee is there so things do not get out of control.

People are there to have fun.

"You have to play fair," Monbouquette said. "Things can get pretty rough, though. I gave one of my opponents a bloody nose once."

He described boxing as an adrenaline rush.

"At first I did not really like it," he said. "I did it because everyone wanted me to. I was getting mad and the other guy was getting mad. Then I started to like it. I got into it."

Typically, the police break things up at Memorial because of drugs and alcohol. Things just sometime get out of hand.

"The police came one night during a match. The circle started to break up," Monbouquette said.

"I guess two people went up and talked to the police because everyone came back. The police stayed and were laughing and watching. When they left, all they said was to be gone by 11 because the park closes then."

According to information from the Omaha Police Department, police can only break up a fight if they are gathered someplace private, such as a school bonfire.

As long as they are in the park during its open hours, unless one opponent presses charges, they cannot get into trouble.

The only way one of the opponents could get into trouble would be if the other pressed charges.

The boxing match relies on an honors system to keep anybody from getting seriously hurt. The referee will step in if things go too far.

Senior Nick Monge said he also enjoys the boxing matches and has participated two or three times in the last year.

"We just get a whole bunch of friends together and some gloves and it is a good old time," he said.

Monge was intimidated by the thought of the police to start with, but later changed his mind. He said he really liked the atmosphere of Memorial Park.

"Everything was cool," he said. "It's crazy." Although the park closes at 11, usually people meet up later to go home.

## Work disrupts students' social lives because of weekend shift commitment

BY BRYAN SWOTEK

"If you want money for those nice clothes, you have to work."

Some students are not able to go with their friends on the weekends as much as they used to.

Now more than ever, students are taking jobs that are interfering with their social lives.

One of those students is junior Julie Willis who has a job and usually works on the weekends.

This means her time is spent there instead of being able to do the things she would rather do.

Again, you have to work if you want money for nice things.

"On weeknights I have to work until 10 p.m., and on the weekends I have to work until 1:30 in the morning," Willis said.

Willis works at Taco John's and it is her first job.

She has worked there since May and said the transition from being able to hang out with friends and working has been difficult.

Junior Brianna McLaren said she works at the Garden Café and often has to work weekends, but does not have to cancel many plans.

"Usually if I have to cancel plans, it is because I forgot I had to work," McLaren said.

She said she usually has to work until nine in the evening and when she has to close, she does not get out until 10 p.m.

Sophomore Stefanie Tapio said she has worked at Hy-Vee on 51st and Center Streets for just almost a year and a half.

She said she enjoys the work, but sometimes thinks that it is not worth it.

"I would usually go to the movies with my friends and go to football games, but I have to cancel on them

all of the time since I have to work," she said.

Having to work all the time was not an easy switch to make for Willis. She said that she had to cancel plans with her friends many times and that was really getting old because she has had to do it so many times.

She missed her friends.

"It is really important to be able to go out when you are young," Willis said. "I mean, we are supposed to have fun while we still can."

She said working should only be done when people are older when they have more responsibilities.

Most of her friends go to other schools and she can not see them often.

Work can also be a whole lot of fun.

"You really become friends with your coworkers," Willis said.

Though Tapio said she has fun at work, she said it is not her ideal job.

She said that she would rather work in a more office-type setting, but working with so many people who go to Central and are her age make it a lot of fun.

Tapio said so many people from Central work at her Hy-Vee, so it is like she has her own way of having high school moments with the people who she works with.

McLaren said that she usually just goes out after she gets off of work and that she can still see her friends that way and she can still have fun.

Willis also said that the money is nice to have and that since this is her first job, a paycheck was something she was not used to receiving.

Tapio said having extra money helps her parents out so they do not have to pay for everything.

"It is nice to be able to earn my own money, but I am missing a lot of high school events," Tapio said.



PHOTO BY MICHAEL SMITH/REGISTER

Junior Justin Blackwell checks out a customer's groceries at the Hy-Vee location at 50th and Center. Blackwell works with many CHS students at this Hy-Vee store.

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# from BUBBLE GUM to BABYLON

It's dirty, sexy and it's pop music. The new face of pop is no longer covered in pink bubble gum. It is now covered in more makeup and less clothing. Some people do not mind that the former teen kings and queens have taken a turn for the worse, while others think this is a pathetic reflection of society.

## Music lacks creativity with sleazy makeover, manager says

BY BRYAN SWOTEK

Pop music has drastically changed its image from when The Beatles were on top of the charts and Elvis shaking his hips was considered to be too pornographic to air on television.

Now, it is common and almost expected to see a pop star shake whatever she has got in front of the camera. If only the pop stars of yesteryear could see exactly what is being done to the empire they had once dominated.

### THE DEBAUCHERY

Eric Zeigler is the store manager at Homers Records in the Old Market and everyday he sees albums fly off the shelves from all types of artists and music genres.

Zeigler said pop music has a new face, but does not have any type

of new theme behind it.

He said pop stars have always performed about things that concern young people, like love, but now they have taken the connotation of the word to a new level.

"It is just new people filling old shoes," he said. "Nobody is doing anything original and innovative."

He also said since pop stars are growing up and becoming legal, they feel that they can have more freedom and can be who they want to be.

Now, it is all about pop stars growing up. They are taking their clothes off and parading around in the nude, and Zeigler said that being naked does not necessarily help a pop star's album sales. He said when pop stars try to look sexy, it usually does not work.

Senior Eleanor Hoeger said that she likes pop music, but she does not like the people who sing it.

She said the pop stars have a jaded view of what life is like and that is a disadvantage for them considering that they will not be famous forever.

Hoeger said young people have a completely different view of what pop music is than when she did when she was eight.

But this "pop-star-gone-bad" trend is prominent in celebrities in general.

Zeigler said people will do what they have to do to get their faces seen and get themselves out there and if showing more skin is the way to do it, then so be it.

"If Christina Aguilera made a porno film, it would fly off the shelves," Zeigler said. "It would be the same thing with Hilary Clinton."

Zeigler said when pop stars and celebrities do something scandalous, people are hungry for it. They want to see it.

Senior Whitney Quinlan said she thinks pop music is generally still an okay thing, with the exception of a few stars. She said she can't stand Britney Spears and Christina Aguilera and the fact that they are using their looks and their "skanky" clothes to sell albums and get more press is ridiculous.

Quinlan said pop stars and the way they look cannot corrupt young fans, but the young fans can take things in mentally and become inspired from a pop star. She said that it is not the pop star's fault.

"If I had kids I would not let them watch Britney Spears and Christina Aguilera, those two just make me mad," she said.

Quinlan said right now it seems like other pop stars except for Spears and Aguilera have been doing a good job at keeping their images toned down and low key, though their songs are a little more on the dirty side, other pop stars are less erotic.

### THE MONEY

Though it seems like these pop stars are rolling in the dough and have money sticking out of their g-strings, Zeigler said it is false and album sales have actually been down for the already rich stars.

"Take a look at Christina Aguilera, Britney Spears and Justin Timberlake, they all flopped in comparison to their earlier works," Zeigler said.

He said that pop stars are doing things to sell albums that they were generally not doing a few years ago and that they are trying so hard to look sexy, and looking foolish in the process.

He said the kiss that was aired over and over again on MTV was obviously a way to get people to watch and accordingly would help Britney Spears with the release of her new album.

Zeigler said kids who bought pop albums from a few years ago are starting to listen to them again and are wondering why they bought them.

## Spears tackles more mature topics after first release

BY BRYAN SWOTEK

She came on the scene when she was really young. She was pretty and innocent. She was Britney Spears and she helped change the face of pop music forever.

Spears sang about losing love and her struggle to be accepted for the way she was.

She was just a little girl and nobody had a problem with

what she did or wore.

"Hit Me Baby One More Time" was the first song released from her first album, which was incredibly successful. It was almost ridiculous how much money she made and how many albums she sold.

Spears sold posters and calendars and anything with her face on it had money coming out of her ears.

She was a hit-making machine. Everything she touched turned to gold and she was not afraid to spend that money on anything that she possibly needed.

The people who went to the shows were all young and screaming. She had a very clean and family-based show.

When she was younger, she was a Mouseketeer and she sang and danced with many other pop idols on the show.

They did cute little skits and nobody ever thought that she would be the show.

People were right. The only time she left the show was when the show cancelled. A year after all of that happened was when she really got into the music industry.

A lot of that squeaky clean image was still obvious on her first album. Nobody ever thought they would have to turn their headphones off and shun the pop star.

Now the clothes have come off and the teen girls who were replaced with horny little boys who wanted to see all of Britney Spears that they could.

Nothing was wrong with that. It was just a matter of a teen idol going down the wrong way.

She was not supposed to do that. She was not supposed to take her clothes off and get tattoos.

The only people who did not seem to mind were the boys and they wanted more and more Britney.

The former Mouseketeer wanted everyone take a second look and did not mind. She just kept strutting her stuff and she was not afraid of what she looked like.

She looked trashy with a touch of class. She was showing more skin and getting piercings.

The posters came off of the walls in the little girl's rooms and started to go up in other places like frat houses and all-male dorms.

So now that the image has officially changed and there is no sign of her going back to her good old self again. The people of America are just going to have to get use to it.

She has accomplished one thing since she has "changed." She is no longer innocent.

Over the past four years, Spears (LEFT INSET) has gone from a very clean cut to a more grown up image (LEFT CUTOUT).

COURTESY OF JIVE RECORDS



The Register reviewed old and recent releases of the pop artists below. The image has changed, has the music?

**THE GOOD...**

BY BRYAN SWOTEK

It was clean, it was sparkly, it was Nsync, and blonde-eyed, blue-eyed vocalist Justin Timberlake had all of the weak in the knees when he began to harmonize on one of Nsync's many albums.

There was nobody bigger.

At one point in time, it seemed as if the boy band had taken over the world and Timberlake was sitting on top of the world.

That was not the best thing to happen considering the band phenomenon was in full swing and Nsync was just one of the many.

Parents could listen to the album with their kids and along to it with no worries of profanity or horribly profane references.

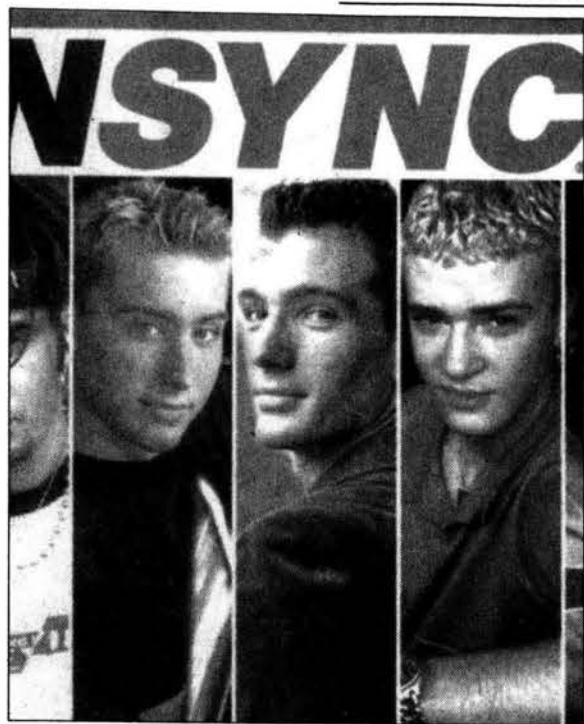
It is exactly what the world needed at the time.

He had everyone convinced that his little boy image would be around forever and that his music would be played in homes all over America, but that is clearly not the case anymore.

His curly blonde hair and baby blue eyes were enough to keep little girls and confused young men in a trance.

It was the best marketing plan since sliced bread.

Timberlake knew how to look and they knew how to buy albums and no matter where the citizens of the United States went, they heard the songs.



**2. JUSTIN TIMBERLAKE**

**GONE BAD**

BY BRYAN SWOTEK

Whoa Nelly, what happened here? It looks like Justin Timberlake finished puberty, lost his virginity and started to party, a lot.

However, it seems like a good sound for the boy, scratch that, the man. He hit home with his release "Justified," and now there is no turning back.

Timberlake began dating older women, trash talking the ones he used to date and made friends with a beat box.

He had girls and mothers across America thinking that he was the guy that could be brought home for Sunday brunch. He pulled the rug out from underneath them.

His lyrics have changed a lot.

He started to put more of his real life experiences into his songs and it sounds like the bubble-gum days have popped and his new career is starting.

Which is good, considering the members of that boy band that is now in his past has either gone solo or just faded away.

Well, a big pat on the back to Timberlake.

It is about time he shook things up a bit. It also looks like some of his pop-star counterparts have done the same thing also, but for some reason, Timberlake took the less sleazy route.

He kept clothes on and though his lyrics are a little risqué, they are not the worst on the radio.



COVERS COURTESY OF JIVE RECORDS

**3. CHRISTINA AGUILERA**

BY KATIE BACKMAN

Welcome to kids club.

Christina Aguilera's debut self-titled album couldn't be called more "G." She was straight from the Disney channel and hadn't lost her Snow White persona yet.

The music was like every other pop artist sound. It had the exact same beats.

The thing that made her different than the other artists out there right was she added a choir and music that resembles church sounds.

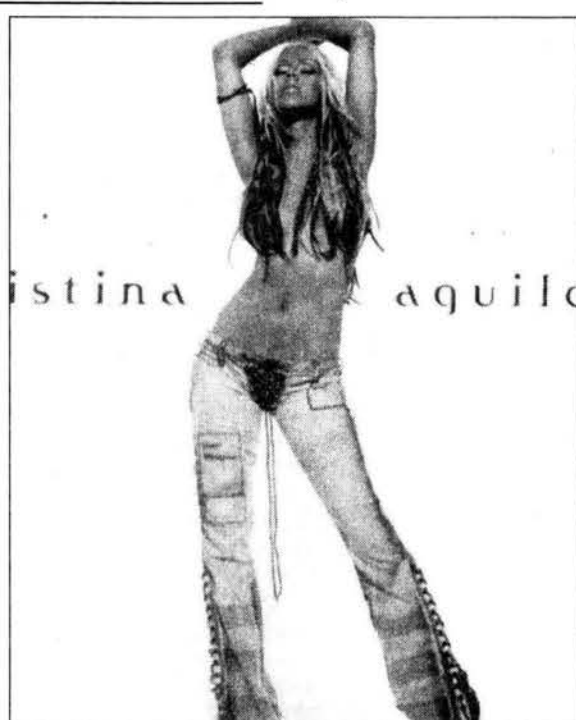
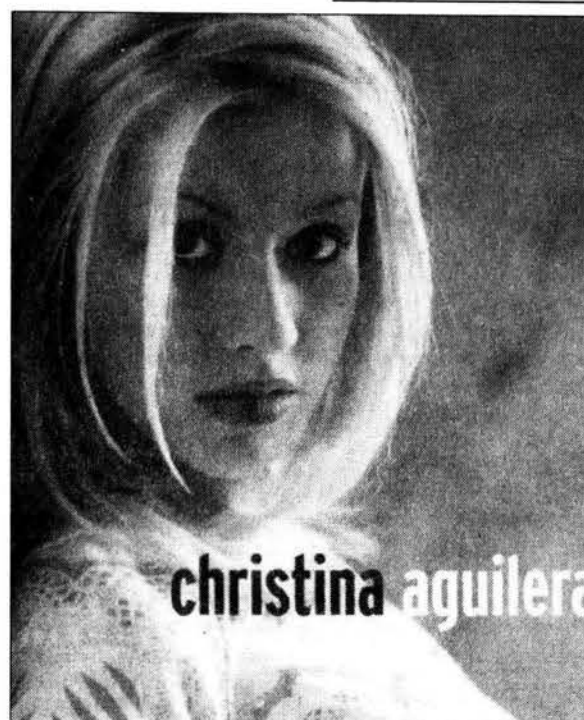
Christina Aguilera's songwriters tried to mix the music by adding guitar introductions, but it just didn't fit with her messages in the lyrics.

The messages she sent was "like a school girl," image. Her lyrics were mainly about love songs. Not passionate love, puppy love or simply just crushes. Her singles from this time were not near the cutting-edge, but she stayed very close to the lines.

The meaning in her lyrics went hand-in-hand with her music on this album. She was just a teenager. This album was that could be listened to with grandma in the car.

If Aguilera had the opportunity to write her own songs, she would actually experience some life, then it could be better.

Her voice was what tied the loose ends of the poor music together. It sounded extremely innocent lyrics. It sounded similar to Mariah Carey and Whitney Houston, but with her own style.



COVERS COURTESY OF RCA RECORDS

BY KATIE BACKMAN

She kicked off her sneakers, put on a pair of stilettos and made sure the public noticed.

Christina Aguilera is seen as a "Fighter" in her second album "Stripped." It simply shows that girls can be stronger than boys. The album reveals exactly what she did. She stripped everything away from her debut album.

She finally got rid of her songwriters so she could confidently bear her own thoughts. She isn't corrupt, but instead she is realistic and only wants to tell the truth.

She states facts and asks questions about stereotypes. "Sorry I speak my mind," is one of the lyrics.

With this album, she warned the listeners she would be blunt about topics that concern her, like purity in relationships or problems she has dealt with in life.

Her music broke the boundaries of being pop and joined other artists who were real. She is similar to other artists like Lil' Kim or Missy Elliot by speaking the truth on the topics she chooses.

All of the songs were not about heated topics. Some were just filled with self-confidence and about speaking her mind. Other pop stars should look at her with respect because she clearly states her opinion and doesn't seem to whine.

It seems as if she had years of voice lessons with this album because her voice is very moving. She is one of the only pop stars who actually has a genuine voice.

**4. BEYONCE KNOWLES**

BY MICHAEL SMITH

Innocence and womanly self-righteousness best described Destiny Child's "The Writings on the Wall."

The album was about life and life's rules. The album is very motivating, expressing virtues to the listeners.

They soaked up this knowledge like a sponge.

Knowles talked about trust you must have for the people around you.

The group also expresses how women are in control and will do what they tell them to do.

The girls, though two of them are no longer in the group, are very tasteful in their music when released in 1999. Numerous chart-toppers on the album included, "Bills, Bills, Bills," "Bug A Boo" and "Say My Name."

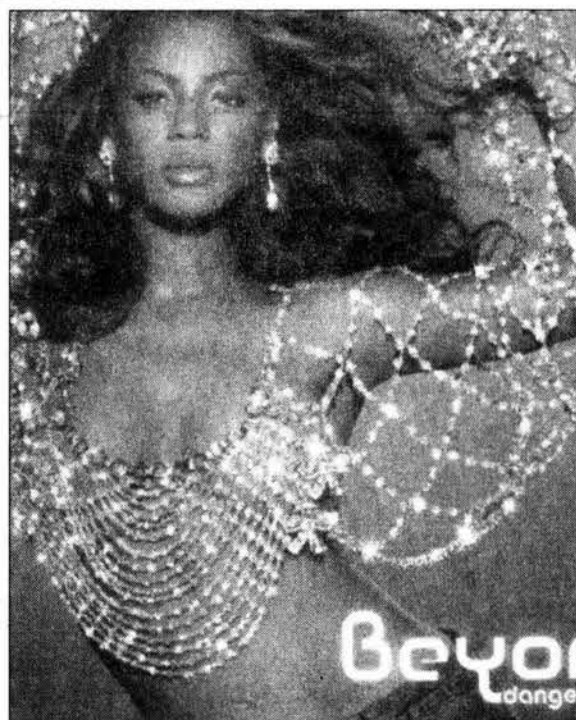
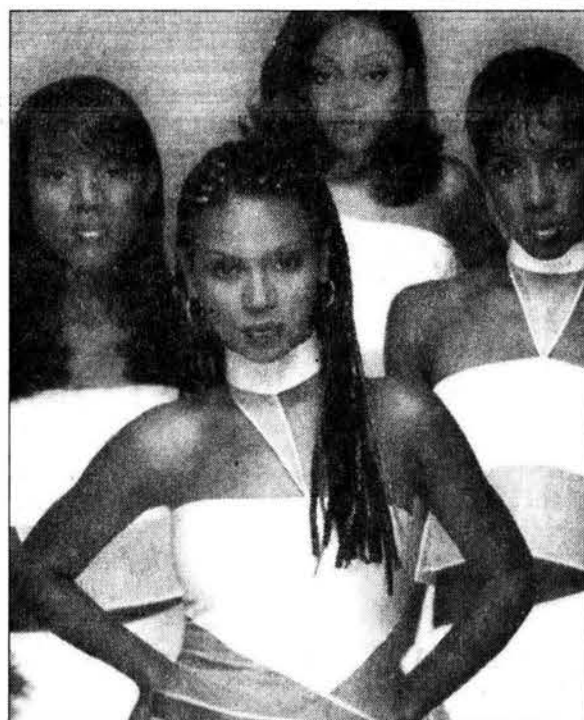
These songs and many other ones on the album deal with relationships that girls are searching for answers for in their lives.

The songs have good beats that are not in many types of pop today.

It is nice to see clean tasteful music and singers in this age.

The group shows very little sexuality in the album and doesn't have a little dialogue that would even make the listeners question if there was ever any talk of sex, ever.

Is that how it should be?



COVERS COURTESY OF COLUMBIA RECORDS

BY MICHAEL SMITH

The new release "Dangerously in Love" is basically a sex video on an album.

"Dangerously in Love" is the solo debut from Destiny's Child lead singer Beyonce Knowles. She puts a lot of charisma into the album with the help of some household names. Knowles sings more about her independence and herself as an individual in the real world. Not to mention the whole sex thing with numerous males in her life.

The album's first track is the brilliant "Crazy in Love," featuring artist Jay-Z. The soulful melody has already been a chart-topper, but there is no telling what else Knowles can accomplish.

The song's lyrics state how she is in somewhat lost in this love that is following her. She shows her love in many of the ballads and how she is in love which is expressed through many of the songs.

Her relationship with singer Jay-Z is also extremely hidden from the naked eye, right?

Then the album gets boosted from the jam "Naughty Girl," which is a track based on the performance and music from Donna Summer. This is by far the most influential track on the album.

It presents a side of Knowles the public usually does not get to hear. She really sings with a lot of emotion, making her words come alive.

**5. JEWEL**

BY KATIE BACKMAN

One of the only women of modern rock in the '90s who could be named the best musical artist is Jewel.

Her first album, "Pieces of You," showed more than just the pieces of someone's life. It showed her own entire life. Her songs were strong with deep meaning behind each word.

The album has this information confidently stamped on it. All songs written by Jewel Kilcher.

Jewel conquers difficult obstacles by singing about social stereotypes that would make the listeners question their own lives.

Some topics covered were drug addictions, and racial and sexual stereotypes.

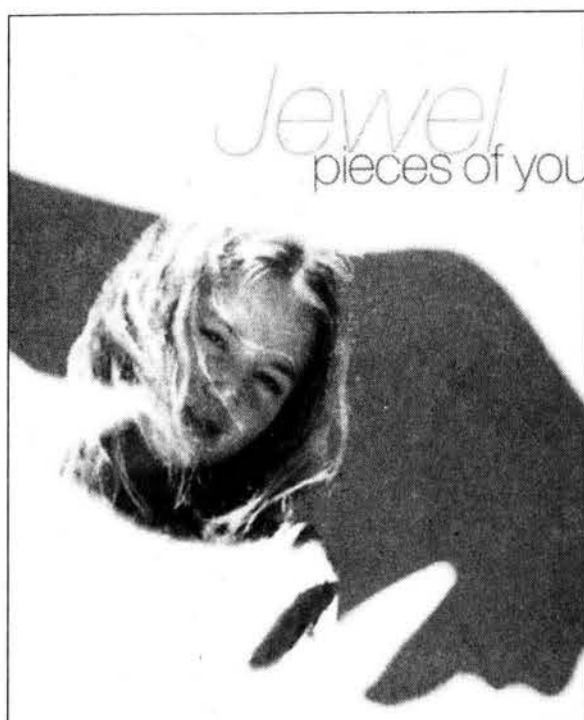
Jewel doesn't pick a side, but points out how society is built.

Not only are these tracks powerful and risky. The media wouldn't ever criticize her songs because many people are afraid of thinking or acting the way she describes. She only sings the truth.

Broad subjects weren't the only type of songs in this album. There was one song called "Daddy."

The song begins with her beating the body of her guitar to get an angry-girl image.

This song may not be directly related to her family life, but she opens herself up to other people's relationships. It is only about dysfunctional family relationships and hatred.



COVERS COURTESY OF ATLANTIC RECORDS

BY KATIE BACKMAN

Money is the root of all evil. Jewel has now turned to the dark side. She is making music for the charts instead of herself.

She has thrown away her acoustic guitar and added electric guitars, along with keyboards, in her recent release titled, "0304."

Jewel needs to realize that she is not 12. She is now 29.

"I am just a simple girl," is stated in her first single "Intuition." In reality, she is an aging woman.

At this age she should not be substituting words with numbers seen in her song, "Run 2 U."

She should not be singing about other celebrities because that puts her in the gossipy area of people who she shouldn't want to appeal to.

When her older fans try to listen to her previous albums, they will have a bitter taste in their mouths because of this mistake called "0304."

Her lyrics in this release made her first albums seem as if they never happened. In her first albums, Jewel wrote about strong powerful love.

This whole album better be a joke. Jewel used to know how to write poetry and intelligent sentences with words spelled out.

One line from this album reads, "Cause my heart has been hurt a lot." That says it all.

**Do you think pop music is too hot for TV?**



Yes pop music is bad. It is giving the girls bad ideas and impressions and they come to school wearing the skimpy clothes."

Kelsey Berger, 11

"I don't think it is too perverted, in fact I think it is kind of hot. I don't mind it at all."

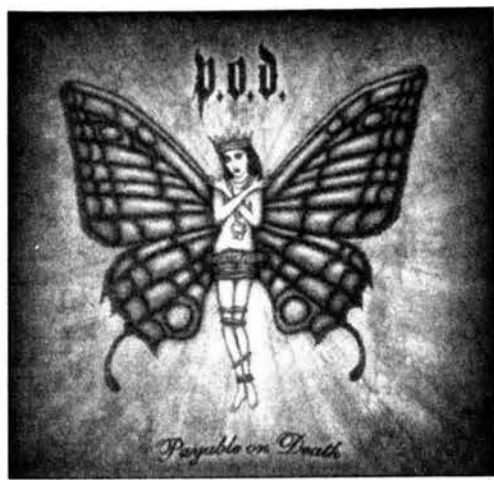
Joe Wallace, 10



"They need to keep their clothes on, but other than that they are just expressing themselves. There is nothing wrong with that."

Ashley Irvin, 11





COURTESY ATLANTIC RECORDS

ALBUM REVIEW

"PAYABLE ON DEATH"  
By: POD

New release pounds hard-driving beats mixed with message

BY KATIE BACKMAN

POD has now conquered the musical empire with its recent release, "Payable on Death."

The album is a mixture of hard rock, with Jamaican and Christian faith influences. Unlike the last album "Satellite," the listener can play through the entire album without skipping songs because of how loud they are.

POD is not as soft as Lifehouse or as loud as Gold. Instead the band found its own happy medium. It has been together for 12 years and has mastered the use of guitars, a bass and drums in its music.

Right when the album is put into a player, the listener will think he just turned on a POD live show. The album should have been titled high voltage to signify the amount of energy the music gives off.

The raw flavor of a garage band instrumental solo does not equal POD's brand of music because the band gradually changes the focus to one particular instrument.

Energy produced from the album doesn't make the listener angry or depressed, but empowered. The message the lead singer sends is to fight for what one believes in.

If his lyrics are categorized as Christian rock, then this band knows how to do it. It just depends on the way each person interprets it. The lead singer never starts singing about or praising God. When he mentions God, it is regarding a question on why something happened to him.

Instead of having to go driving for an excuse to listen to the album, people will just stay at home to listen to his messages.

POD seems to have a motto, "You must fight for what you keep. If what you keep holds truth inside, stand up, defend or lay down and die." That was revealed in the song, "Freedom Fighters."

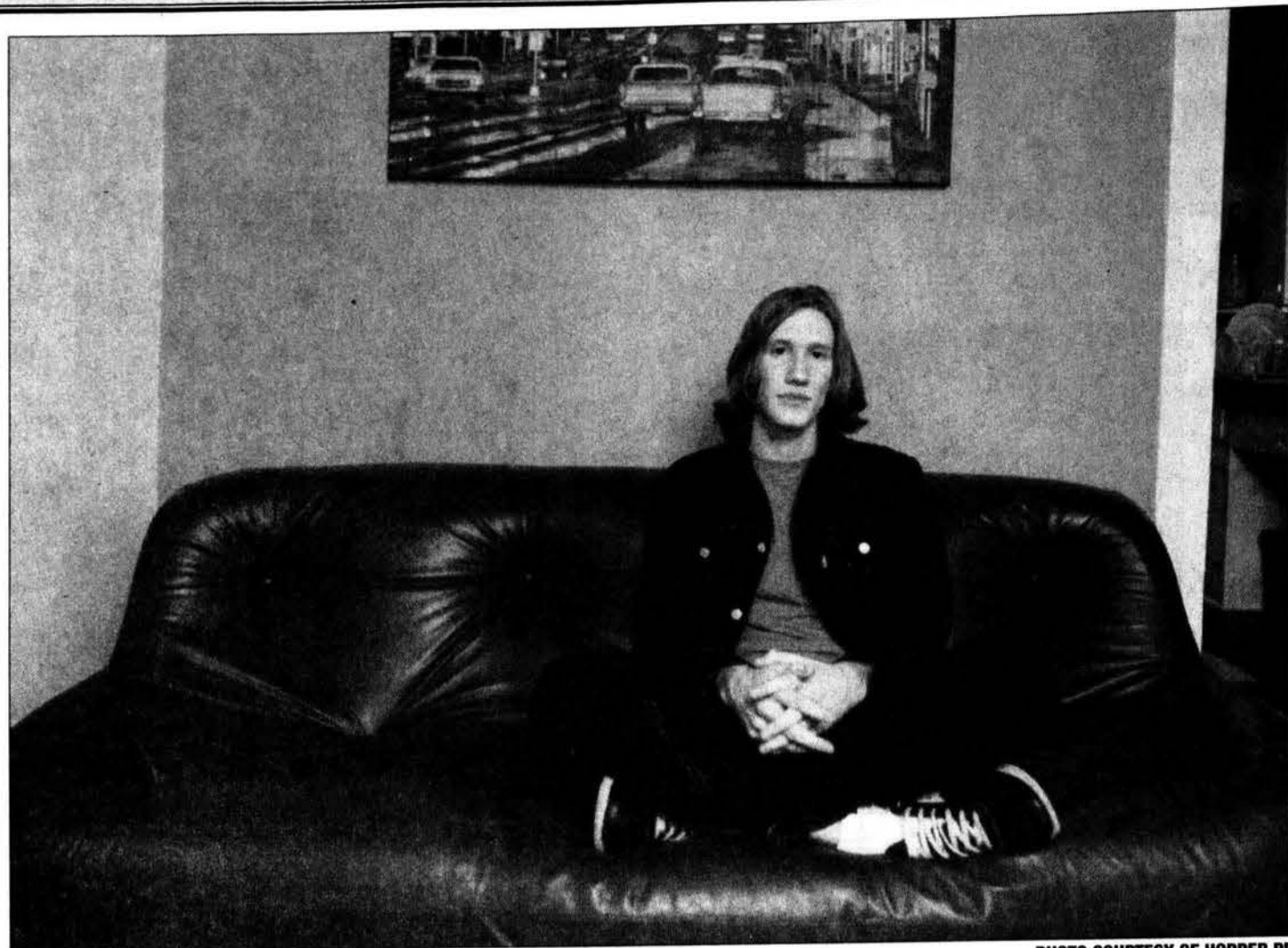


PHOTO COURTESY OF HOPPER PR

Denver Dalley, who is signed to Saddle Creek Records with the band Desaparecidos, has started a new project called Statistics. He signed with Jade Tree Records out of Delaware and will be releasing a full-length album in January 2004.

Former student's new project seen as adventure

BY BRYAN SWOTEK

Denver Dalley is a tall, skinny musician who hails from Omaha and at one time walked the halls of this school.

He went to Lewis and Clark for middle school and Central until his junior year when he was forced to move to Tennessee with his parents.

Last time fans heard from Dalley he was performing with the band Desaparecidos, which is signed to Saddle Creek records.

However, his new project, Statistics, is signed to a Jade Tree Records, and he said he does not like one more than the other.

"I love both labels," he said. "I just did a project with Jade Tree to broaden my horizons and work with more people."

Dalley released an EP in June of this year and will be releasing a full-length album, which will contain 11 songs, in January.

Statistics is Dalley and he describes having his own project is an amazing feeling.

"Statistics is just a new thing for me," he said. "It is the first time I have done something by myself, and it is a strange yet amazing feeling."

Dalley said that when he performs, he has a live band that plays behind him, but other than that the project is all him.

On the EP and the album, everything is performed by Dalley. He does the music and the lyrics, which is why he said this project is

a lot more personal and more of an adventure for him.

"The EP was released in Europe and is for sale over there," he said. "Being worldwide is something that I never thought would happen. It is absolutely crazy to be worldwide; it is nuts."

He has never toured Europe and plans to go over there in 2004, touring with Desaparecidos. He said he hopes Statistics will be over there soon as well.

He describes the sound of his latest project as a little more poppy and a little more electronic than the harder, more angst-ridden songs that are typically found on a Desaparecidos album.

He said that on the Statistics album, the songs are a little more heart-felt and a little more personal.

"The songs on the Statistics album have more personal experience and they do a lot of storytelling," he said. "They are not so much politically-based songs."

The songs that are performed by Statistics are very real.

Dalley said all of the songs are way more personal because it is just him and he does not have to work with other people, it is a way to get his opinion out.

Though it may seem tough to juggle two bands at one time, Dalley said that it is fun and he enjoys doing work that way. He said it keeps him busy and so far it has not been a problem.

"I love nothing more than what I am doing right now," Dalley said.

Earlier this month, Denver and his live band played a show at Sokol Underground with special guests Zykos and Tilly and the Wall.

At the show Dalley played everything except for the drums. On separate songs, he sang, played the guitar and the keyboard.

Often times he switched with the other band members in order to keep the music going.

He said that playing the show was not about his band, it was more for the release of one of the other bands albums.

Though there were a lot of people at the show who were there to support him, the show just had generally a good feeling.

He said the band had a really good set and the whole show was a really good one all around.

Dalley describes the show as being "a good show with a collection of the nearest and dearest."

"I knew just about everyone in the audience that night, so it was hard make my rounds and talk to everyone," he said.

Dalley said that he has nothing planned for performances in the near future, but hopes that he will be able to perform again in Omaha soon.

"The show had a really good vibe," he said.

Rescheduling musical to later date causes confusion, resentment with cast

■ 'CINDERELLA' CONTINUED FROM PAGE 21

said with a cast that size, a small stage would not be adequate for the dance routines and the pieces form the musical would be difficult if not impossible to move through the construction.

"It would have been impossible to put the production on anywhere else," Eledge said.

Taylor said that the cast was really connected and that they were a very close-knit group. But now that is all gone and she doubts that everyone will be able to get back into the swing of things.

"They expect us to be the same group when we come back, but I don't think we will be able to do that," she said.

However, Eledge said that it should be interesting to see

how the cast comes together again. She said that it will keep the cast closer together during the break and that they will all look forward to getting back to the show when it comes again.

"We will never get that cast back after the musical, so it is good that we will be able to remain friends and have that bond for that much longer," Eledge said.

Taylor said that it is not the same seeing other cast members in the hallway as it was while at rehearsals. She also said that she had a very close relationship with the freshman cast members.

"They really do become your babies," Taylor said. "You teach them and what to do and what not to do."

Since the older cast members had become so close with the younger people in the cast, they were able to tell each

other what they were doing wrong and what they were doing right, and she is afraid that when they go back to rehearsal, the freshmen may take the criticism unkindly.

It may have seemed that the musical was a complete loss for some, but Gibson said it was not that at all.

He said that canceling at the time that he did might have been beneficial.

"I cancelled everything that was supposed to be delivered one day before it was shipped, so now, no money was lost since they did not have to ship anything," he said.

Gibson said that the companies have been extremely helpful to him about rescheduling props and backdrops.

Everything has been rescheduled to the new spring date and Gibson said that he hopes rehearsals can start up again after Holiday break and once finals are over.

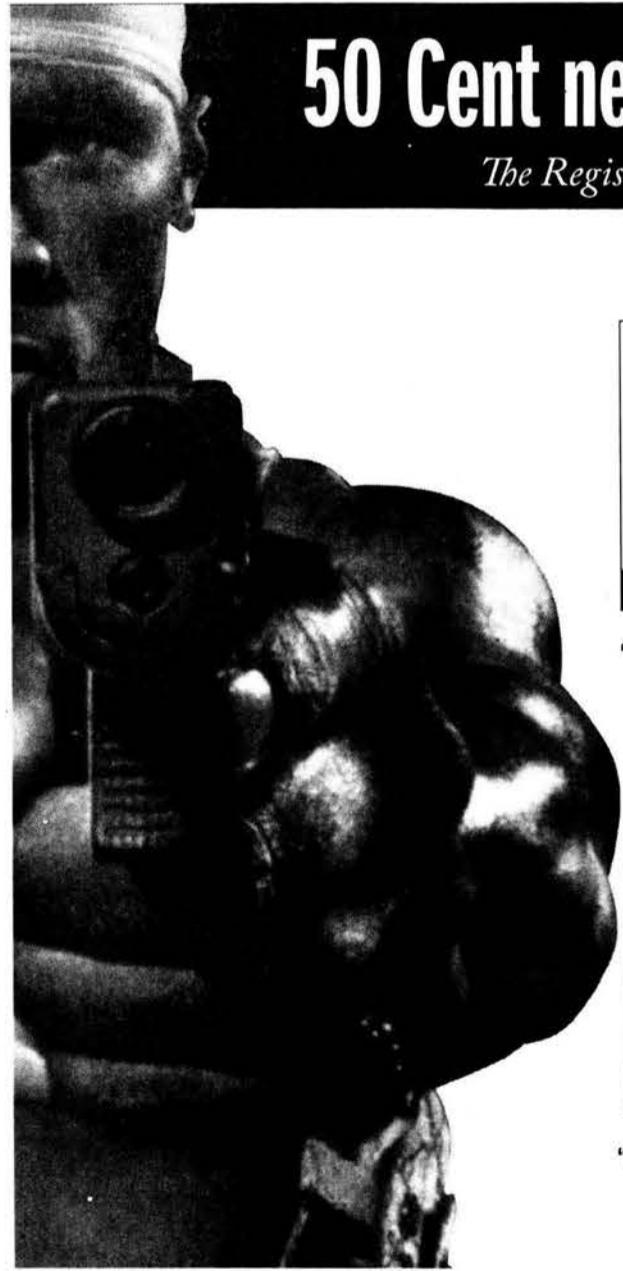
"I think the kids are happy about starting up again for finals because it will be the start of a new semester and it will be over. It should just make it easier," Gibson said.

Taylor said that she feels crushed about the whole situation and about how the cast and crew had put so much in.

She questions if the chemistry will be able to be recreated. Now whenever she thinks about how much work put into the production and how close it actually was gets really upset.

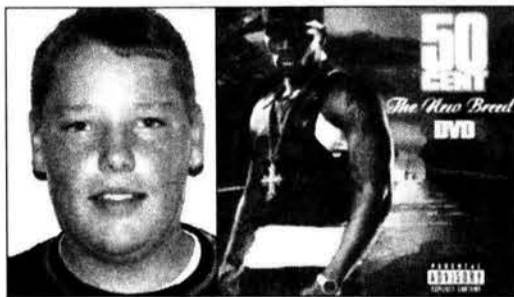
The musical was postponed and set for a spring date that means that the spring play had to be cancelled in order to accommodate the musical.

"The spring play was cancelled and the Road Show where the spring play was supposed to be," Gibson said.

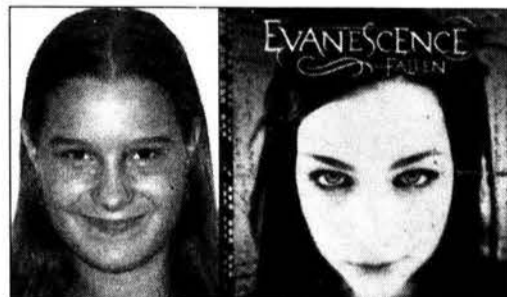


50 Cent needs to know what you're listening to, now!

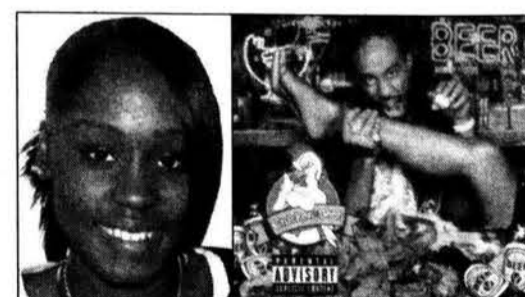
The Register asked students to find out exactly what was in their CD players.



"50 Cent has really good beats on his CD. I listen to Eminem and Ludacris, too."  
Joe Sappa (9)



"Right now I am listening to a lot of Evanescence. It is a good mix of rock Hip-hop and a little bit of pop."  
Katie Byrne (10)



"Ludacris' new album, 'Chicken and Beer' is so funny, and the lyrics are so hilarious."  
Milan Robinson (10)



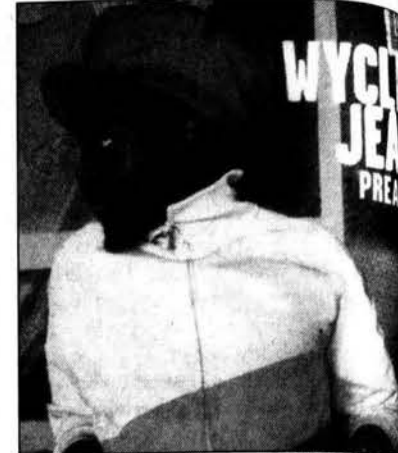
"Mikes Jones beats are hard and he can freestyle really well."  
Christiana Creighton (10)



"I have been listening to Dashboard Confessional's old CD. It is something that everyone can relate to."  
Courtney Griffith (9)



"Monica has a really good voice and I love her songs."  
Michelle Lee (9)



COURTESY J-RECORDS

ALBUM REVIEW

"THE PREACHER'S SON"  
By: Wyclef Jean

Mixing style soulful lyrics will hit home

BY KATIE BACKMAN

The ingredients for a quality Hip-hop album is easy. Just add Wyclef Jean and everything else is gravy. If he is involved, it is guaranteed to be a chart-topping album.

"The Preacher's Son" is the latest release from Jean that sounds like it is the old style of hip-hop with the new style of today.

He uses heavy bass lines, drums, and electronically-enhanced music.

Hearing this album at dance clubs is not happen, but his music will make the listener start moving around even if it is in their living room.

It clearly shows when an artist has completed a goal because no listener sits completely still as this album plays.

Jean separates himself from other hip-hop artists by playing guitar. With his music, it adds an extra swaying rhythm from the listeners.

His voice is amazing. It adds a quality with the love and reminiscing he sings. Even when he doesn't sing about a personal experience, it is very meaningful. A song called "Industry" is almost a tribute to all the other artists he enjoys.

None of the tracks are too long, annoying and every word can be heard when he sings. Hearing each word makes the message even stronger.

"Imagine a world with no racism," he sings. The depth and thought he has put into his lyrics.

But some other songs relate to children's times like at a family reunion. Even if listeners couldn't relate, he clearly paints a picture to the point where they could see his grandma's bitter perfume.

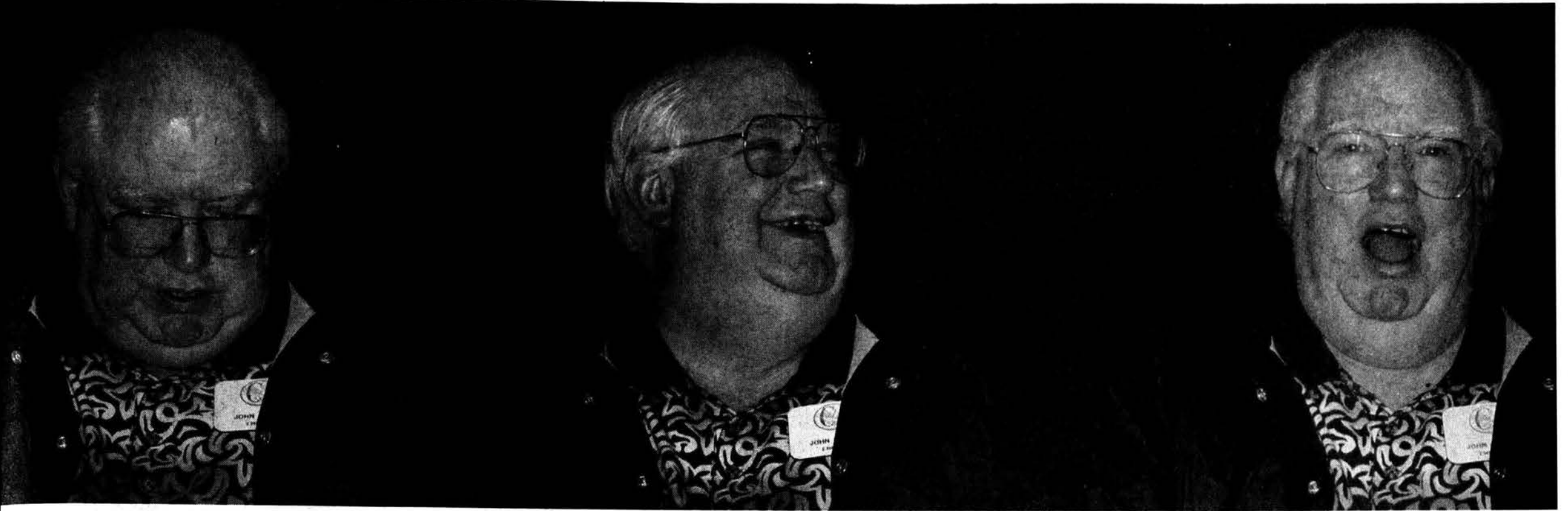


PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

ma teacher John Gibson, who is known for his flamboyant style, came to Central from Thomas Jefferson High School in Council Bluffs, Iowa. He is a distinguished and well-respected actor, director and an award-winning educator.

# Educator uses humor, wisdom to gain respect of students

BY KELLEY ALT

Anyone who knows drama teacher John Gibson knows that he is a character. Though he has a serious side, Gibson said he is the same at home as he does at school. "What you see is what you get," he said. Believe it or not, this 33-year veteran of drama said he sometimes struggles to keep his energy level up. He said that as he gets older it becomes a real challenge. He began teaching at Central after he moved from the Council Bluffs school system. He is instructing Performing Arts Survey, Advanced Drama, and Technical Survey classes. Gibson directs the plays, musicals and is also in charge of the Road Show. Gibson first quit teaching due to fatigue. He was sick at the time, but did not realize it was diagnosed with sleep apnea. "I think my Advance Drama class wears me out the most because it is a class of 38," he said. There is lots of diversity in the class and many different learning styles. While he was working as a substitute teacher for OPS a few years ago, he was asked to come to Central for one week. At the time, the school was searching for a new drama teacher. Many people, including the principal at the

time, asked him if he would be interested in taking the position. He initially turned down the employment offer, but eventually gave in. "I substituted here a week for Mrs. Georgeson (former drama teacher) and the amount of talent and the kids were just so wonderful," he said. "The decision was an easy one to make." He was very qualified for the position because he was involved in many plays and shows and had previously instructed drama. "Because of the many years of experience I've had as a theater teacher, they were persuading someone with that experience to come in," Gibson said. Involved with drama ever since fifth grade, when he was cast in a children's theater show, Gibson has always been interested in performing arts. "Even when I was young, my parents made theater stuff available to go see," he said. In the past Gibson has performed on Broadway. He was in "Camelot" and "Westside Story." Gibson said that performing on Broadway was an exhilarating job. Also, he said, it was an endurance test, an opportunity that he could not pass up. Of the many shows he has performed in,

Gibson said "A Christmas Carol" at the Omaha Community Play House was his favorite. He said he now prefers directing, unlike his younger days when he preferred acting. Also, as an actor, he enjoyed being in musicals, but he prefers directing plays instead of musicals. The hardest part of producing a play is the hours of work and coordinating. Gibson said high school plays rely more on work from each individual person, compared to college plays which usually have much larger crews. He said that he sacrifices personal time to make sure that the shows are successful. Junior Robert Yarbrough signed up for stage crew because he loves acting and the behind the scenes aspect of it. He said that it is not very time-consuming, but it is a lot of hard work. "It's fun. I really like it," Yarbrough said. He has taught many students who have gone on to perform on Broadway, off Broadway, and in movies. Advance Drama student, Jenni Castello, who will also appear as Portia in the school musical, "Cinderella," said Gibson is very helpful. "Mr. Gibson cares about his students and their progress," Castello said. "He goes out of his way to help them succeed, not only grade

wise, but as a person as well." Though Gibson said he dislikes it when actors do not memorize their lines on schedule, he said he really enjoys witnessing young actors take on roles they would usually not understand or be portraying. "It's fun to see words on a piece of paper come alive with actors and actresses interpreting those lines," he said. Gibson said his favorite aspect of the performing arts was the finished product. He said that it was neat to see ideas made into reality, bringing the thoughts to the stage, and how the theater situations work together. Gibson defined drama as "a picture of life on display for audiences to come and be entertained, to learn, to be educated, to laugh, to cry and be inspired to reach goals." He said most people are attracted to drama and want to get involved with it because they are hams. "Everybody has that desire to be called a star," Gibson said. "They think it's easy, but it's not." Gibson said he believes that it is good for teenagers to be involved with performing arts because it gives them an opportunity to learn how to express themselves in other ways. It helps students to express themselves in an

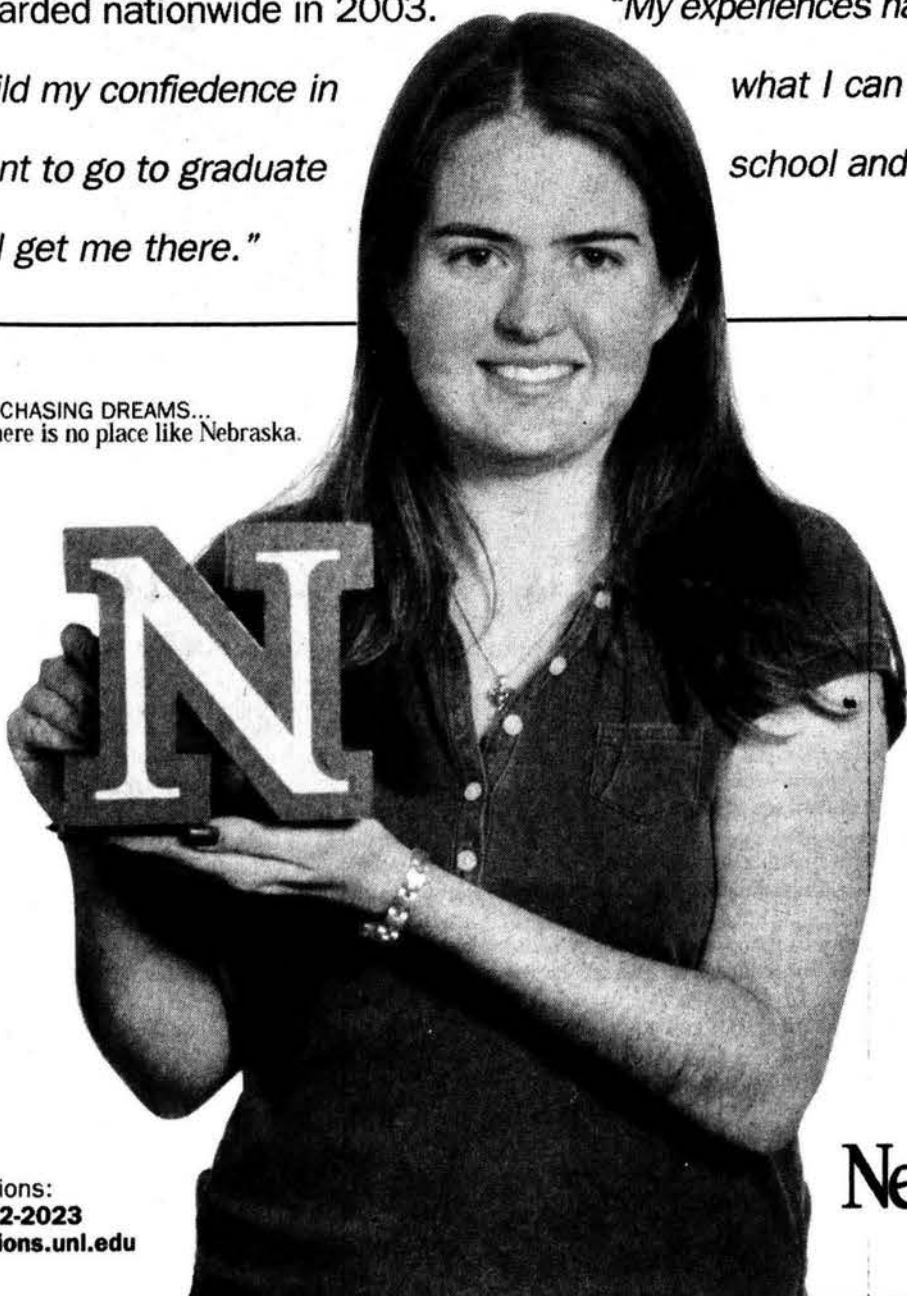
appropriate manner. Sophomore Tricia Soares is a chorus member and dancer in the musical, which will be her first acting experience. She said she enjoys working with Gibson. "Mr. Gibson is a caring person who likes to be helpful and explains things in a nice, professional way," she said. "He takes the time to know his kids and humors them while teaching them at the same time." Most teenagers wait until it is too late to get involved with drama, Gibson said. Many students decide to audition for a play or sign up for one of the drama classes when they are seniors. Then they wish that they had gotten involved their freshman year and regret having waited so long. Freshman Emily Wall is one student who did not wait to get involved. She signed up for Performing Arts Survey 1-2 because she likes to act. Emily said Gibson is a fun teacher and she is glad that she signed up to take drama her freshman year. She plans to continue with drama throughout high school. "You're never going to know how much fun it is, how much hard work it is until you do try it," Gibson said. "Don't wait! If you want to try it, do it!"

## This Omaha native calculated the formula for success at Nebraska.

**ELIZABETH GREEN**, a senior at the University of Nebraska-Lincoln and a Millard North grad, doubled her majors (math, meteorology) and multiplied her opportunities at Nebraska. She's done hands-on research with a professor, helped to organize a national conference, and even landed one of just 300 prestigious Goldwater Scholarships awarded nationwide in 2003.

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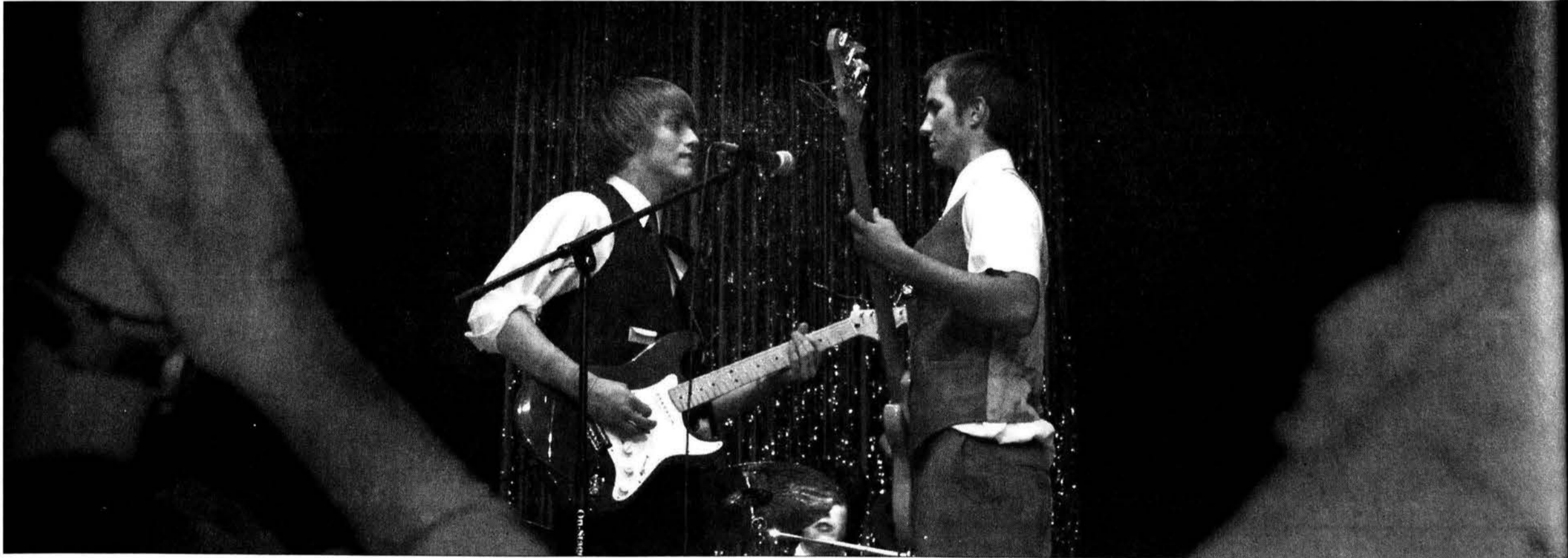
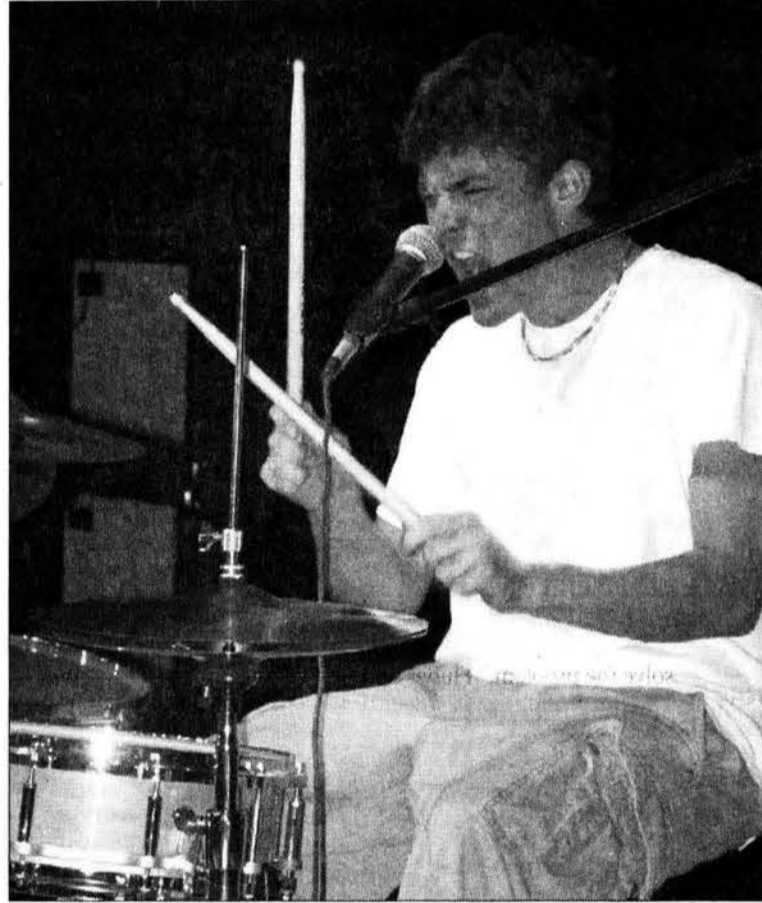
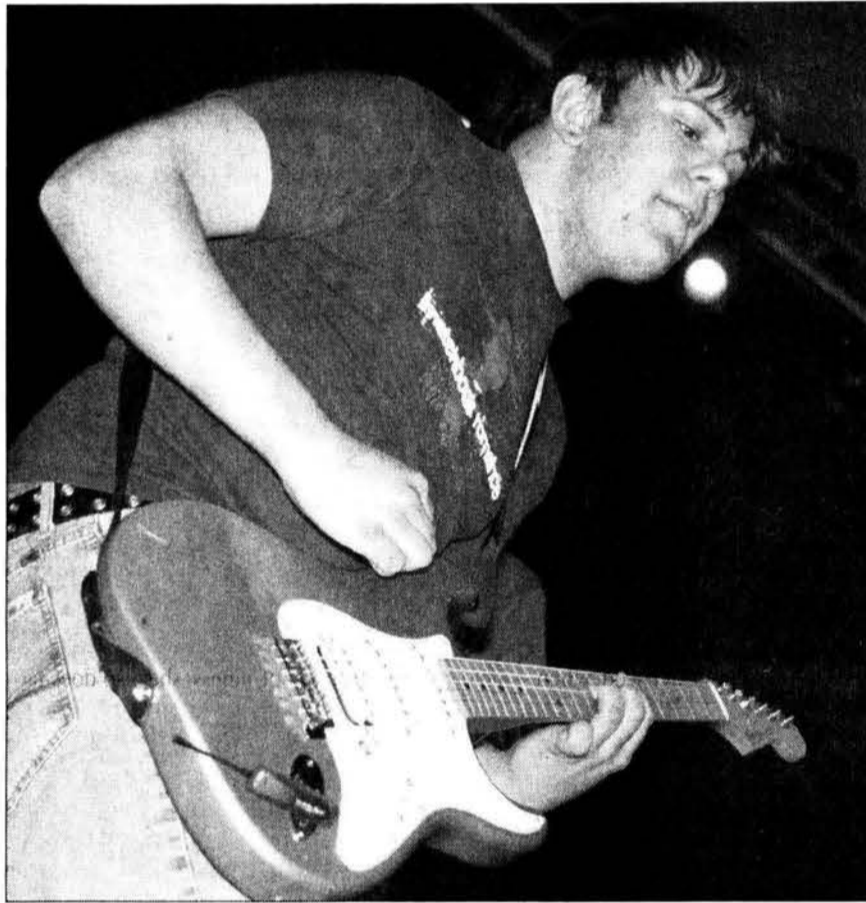


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# BAND AID JAM 2003

Student groups perform a concert to raise funds to help the drama and music departments for the musical and other productions this year.



**(CLOCKWISE FROM TOP)** Implisti drummer senior Jonathan Raftery laughs at the request by a fan to take off his shirt. Never a Dull Moment guitarist sophomore Jim Hubbard watches band leader senior Josh Koterba for the signal to begin. Slaughter House 2002 Omega's guitarist juniors Rob Piskac and bassist Dan Klaczynsky close their set with an energetic "bounce up and downer." Koterba, in his punk-like style, jumps up to open Never a Dull Moment's set. **(CENTER)** Raftery enthusiastically sings along with the band while playing the drums.

ALL PHOTOS BY ROB HUNTER/REG

## Five bands host second annual benefit to raise money for department

BY ROB HUNTER

"I have a bad feeling about this show," senior Jonathan Raftery said with only four minutes to go before the curtain went up for the 2nd annual Band Aid Jam.

He said his band Implisti hadn't had much time to prepare and he wasn't sure how well the sound check was going.

"I can't believe we're not ready yet; people are already here," Raftery said.

He sat and played a band member's guitar and tried to remember the set list.

"No one ever tells me what we're going to play," he said. "I'm just the drummer, it's not like I need to know or anything."

He said two bands were late and he didn't think anyone would show up.

"I think a few underclass girls might show up, but that's only to stare at Nick (Goding)," Raftery said. "Nobody actually comes to listen to the music."

He said last year, many people came, but no one liked the music and a lot of people left early and disappointed. His band was scheduled to perform third, so after tuning his drums he went and sat in the first row.

As he sat with other bands' members in the front of the audience, students began to fill the orchestra pit.

Drama Department director John Gibson said his stage crew class had prepared for the event before the sound check.

"Everything beforehand went well," he said. "I was excited to see everyone play."

Gibson watched from the upper lobby as the bands set their instruments up.

"The only negative of the night was that the place was freezing," Gibson said. "It was really cold because of the construction, I was just praying the pipes hadn't frozen."

He sat in his office before the show because for this music event. He didn't have to do anything.

Gibson said the parents of some of the members had agreed to take tickets at the doors and his students took the initiative to host and control the event.

"The only time I got involved was when an administrator noticed a car parked in the fire lane," he said. "The Master of Ceremonies announced the problem and it was taken care of."

He said there were no further problems the entire night, unless moshing was considered a problem.

"About 100 people showed up," Gibson said, "and within

a few minutes of the second band, they were in the orchestra pit jumping up and down."

Raftery said it was kind of ridiculous to him, but they still had fun.

"I'm glad it went better than last year's (show)," he said.

Gibson said he was weary at first because he hadn't attended the first Band Aid Jam and he didn't know what to expect.

"They (the bands) were all polite and enjoyable," he said.

"People said the first event, last year, hadn't been nearly as fun as this year's."

Regardless of the quality of the music, it could be heard far from the auditorium as the concert progressed to the second band.

"I don't know how good it was, but you could definitely hear it," senior Katie Erikson said.

She didn't attend the first show, but said she was told it made more money than the second and more people showed up.

Gibson said the event raised around \$500.

"It was a small crowd," she said. "But the bands held up well."

Erikson left early, before the last band.

Raftery said some people left early, but he didn't care

because the people that mattered, like his friends, stayed.

"I just wish it could have been a bigger show," he said. "With more rehearsal and more people, the bands would have been much better."

For Gibson, he said he hopes next year the bands play some music that he understands.

"It was a lot like homecoming," Gibson said. "There's only one song I recognized the whole time."

Raftery and Erikson both thought the event would continue in the future. Gibson said he hopes he's around for the next shows and he hoped there would be a warm-up auditorium for the event.

"It was just good clean fun; just a good time," Gibson said.

Erikson agreed that it was fun, but said she wished there were more talented bands that would share the stage.

"Everyone wants to do Road Show," Raftery said, "so do we, but this (Band Aid) is more personal and gets the name out."

He said there were two awesome bands and he thought Gnome Slaughter House was the most talented.

"They had the most (good) original music," Raftery said. "Everyone else just played the standard stuff. They (Gnome Slaughter House) were awesome."

# STUDENT HEALTH

Students resort to many different techniques to stay strong, including things like acupuncture, lifting weights and meditation.

strict routine  
ushes senior  
to reach goal

BY DANIELLE WELTY

Senior Alexandra Huston classifies herself a "gym addict," and rightfully spending nearly four hours on and off working out. Huston said she started taking an interest in her health and fitness in early teens. "In middle school when I started going into sports, I paid more attention to fitness," she said. "I would come after practices and feel really good about myself." She said the harder she pushed herself during workouts the better she felt when she returned home. That feeling and motivation soon turned into a routine chain of events for Huston. "I started working out more and more on my own," Huston said. "I started working out at the gym because it was a stress reliever. The people there motivate me and I love the positive changes it has had on my mindset and appearance." Huston said all of the hard work paid off when she really started to see results through the changes in her body. "The hard work is evident if you take a look at her schedule and eating habits. Huston wakes up at 5:30 a.m. and has a full schedule of events until she falls asleep after completing her homework late in the evening. She eats five meals throughout the day that mainly consist of protein. She tries to maintain this routine in order to keep her energy up and not to burn down on sugars that one gets from carbohydrates, especially simple carbohydrates such as white bread and pasta. "I choose what to eat following the protein, low carb (carbohydrate) and by how well it fits those guidelines," Huston said. "Sometimes it depends on the time of day. For example, in the morning I eat most carbs for energy and burn them off throughout the day. My meal one is her breakfast that consists of a protein shake, oatmeal or cereal with skim milk and meal two is at the fifth hour and is usually two cans of tuna and bottled water. Later on in the afternoon Huston has lunch which is either chicken or beef butter and jelly sandwich and a protein shake. This followed by a quick nap, a meal four and a trip to the gym. "After that I go to the Y (YMCA) for my cardio kickboxing workout," Huston said. Later on that evening Huston has a protein shake, which is her final meal of the day. All this planning takes a lot of time. "I take vitamins to make up for the missing nutrients," Huston said. "Or sometimes I add fruit or vegetables to my diet as snacks." Huston said she has gained 33 pounds. Since the end of January and she wants to gain two more pounds to meet her goal. "I'm 158 pounds and 5'8," Huston said. "My goal is to be 160 pounds, but I really lean muscle." She maintains a high amount of muscle and low body fat through only her cardio workouts, but also by lifting six days a week at Iron Gym. She takes Fridays off to work at games because she is a member of the varsity reading squad. Huston said at one point she wanted to major in exercise science, but that she changed her major to nursing because major are not in demand and that she will continue to do her exercise diet plan for her to come.

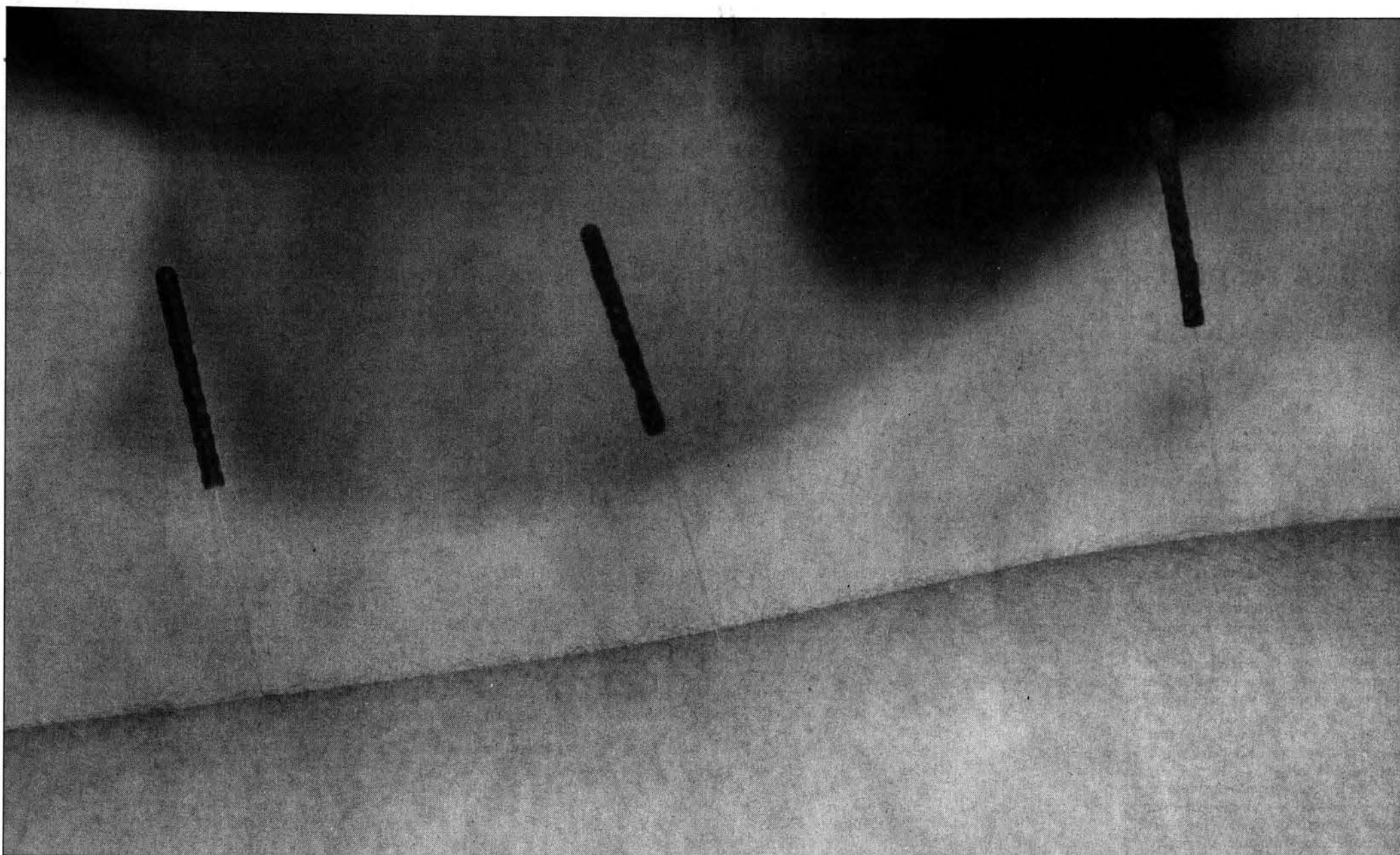


PHOTO BY ROB HUNTER/REGISTER

Donna Huber, who is one of the few practicing acupuncturist in Omaha, shows what it looks like to have just a few needles in her arm. Acupuncture is seen by many as a healthy alternative to drugs.

## Eastern medical techniques help heal students' health problems

BY DANIELLE WELTY

Senior Britney Mertz has suffered severe migraines for years with no permanent solution, that is until she discovered the ancient Chinese practice of acupuncture. "I started going to acupuncture after trying several different medications for my headaches," Mertz said. "I really didn't like the idea of having to be dependent on pills for the rest of my life." Mertz said that her father had been receiving acupuncture treatments for injuries as a result of a car accident and that she decided to go. "My acupuncturist helped me through a lot in just four sessions and taught me about all of the factors that may be contributing to my headaches and how to moderate, try to stay in control or just let go if need be," she said. Mertz received her acupuncture treatments at Thirteen Moons Acupuncture from Donna Huber who is one of the few practicing acupuncturists in the Omaha area. She said she is there so those who are looking for a more natural way of healing have somewhere to turn. "Acupuncture is a Chinese form of healing in which the belief is that there is an energy that runs through all of life," Huber said. "In the human body there are 14 meridians that run through the body and have about 360 points on them that are used for the acupuncture process." She said that when one's health and balance are good the energy flows freely through these meridians, but any type of pain or disease may block this flow. "By placing needles into area of pain and different points on the body that relate to the area

of pain, we can unblock the flow of energy and solve the problem," Huber said. The needles that Huber uses are either plain stainless steel or the more costly silicon coated stainless steel that are easier to put in the patient and cause less pain because they go in the skin easier. "The needles range in length and width depending on the area of the body they are put into," Huber said. "The buttock is a large muscle so larger needles are used and smaller, thinner ones may be used for the face." She places the pin in its plastic guide tube on the point and pushes it into the skin until the patient feels a reaction. "Sometimes the reaction is a dull ache or a small jolt, and other times it will shoot through the body," Huber said. She said that all needles are disposable and that very little pain comes from them. "I do have some patients that are more tolerant to needles than others, so I pick needles accordingly," Huber said. Mertz said that the acupuncture process was almost completely painless and that the needles are tiny and were only left in her skin for 20 to 45 minutes. Mertz said that she was extremely pleased with not only the health-related results that she received, but also that Huber doubled as a therapist, which enhanced the experience. Huber said that is one of the differences between Western medicine and acupuncture. She said she believes that if the research know-how of Western doctors and the Chinese practices that have been perfected for thousands of years were combined, a patient could receive

more well-rounded health care. "Western medicine is more advanced when it comes to trauma and curing diseases that have already disrupted the body," she said, "but many times they do not solve the core of the problem, they only treat the symptoms." Huber said that when she looks around the world, especially in the West, many people have health problems because their bodies are out of sync. She said the body's natural state is to be healthy and acupuncture helps bring the body back to where it's supposed to be. "Rather than prescribing a pill for every illness, the Chinese look deeper into the problem to solve it," Huber said. "Like a tree, the branches are the signs of an imbalance such as back pain, high cholesterol or even depression." She said the Chinese believe in solving an imbalance by looking at the root of the problem and fixing it from there. For each area of the body that is experiencing pain or illness there is a point in that area and many other corresponding areas in the body. "There are some main points on the body that fix common problems, such as the area in-between the forefinger and the thumb," Huber said. "There is a point there that can help relieve headaches, and even if you put pressure on it, that area alone can help relieve the pain." She said that a point right between the eyes, on the back of the neck and on the hands and feet can also help the pain of a headache dissipate. "The Four Gates is practiced to relieve pain throughout the body because it helps move energy by sticking an acupuncture pin in points on each hand and each foot," Huber said.

She said that among relieving pain and helping cure the body of illness, she also does face lifts that involve acupuncture techniques. "When a patient goes in to have plastic surgery, the procedure is invasive and completely unnatural," Huber said. Huber places needles throughout the patients face and then hooks them up to electricity. She said this contracts and stimulates the muscle, which over time loses some of that ability. "I also have a magnetic mask that places magnets over the fine lines of the patients face," Huber said. She the treatment lasted for about an hour and many people liked it. Huber is also certified as a Chinese herbalist, but since Nebraska's laws on herbal supplements are not lending to this practice, she only prescribes herbs that have been patented though she said there are enough herbs that may help or cure every ailment. Another form of Chinese medicine that Huber practices at her clinic is cupping. Cupping involves a small glass cup-like item that Huber said is used for people who have muscle pain or to draw out toxins in the body that may be causing a cold or other illness. "I light fire inside the cup which draws out all of the air and quickly place it usually on the patient's back," Huber said. "I put sesame oil on the bottom of the cup so it can be moved around which produces what looks like a large circular hiccup on the body. Despite the temporary marks left on the body, she said that lots of people enjoy this procedure because it feels like a massage.

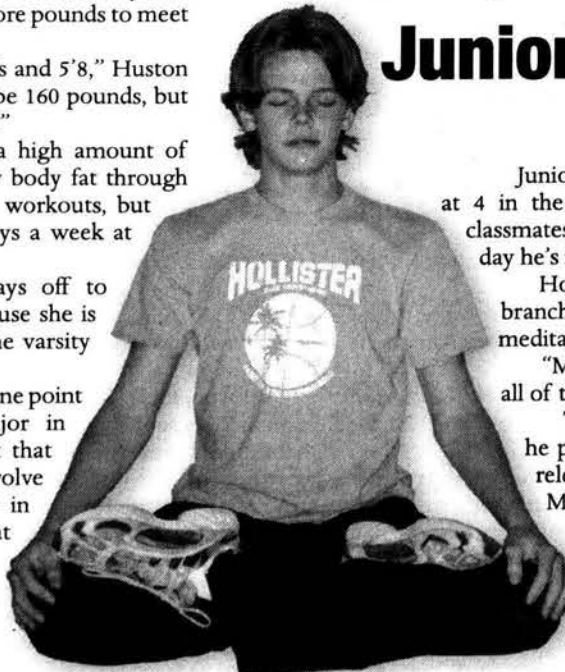
## Junior overcomes common teen difficulties through meditation

BY SHELBY CHEREK

Junior Billy Holcombe is wide awake at 4 in the morning while the rest of his classmates are in a deep sleep, but the next day he's not the one drooling on the desk. Holcombe practices Shan Tao, a branch of Kung Fu that incorporates meditation. "Meditation makes me happy almost all of the time," he said. The five forms of meditation that he practices center on the intake and release of energy. Practicing Sun Meditation in the morning to take

in energy and body breathing at night to expel negative energy promote his health and happiness. "The clarity of the mind helps your concentration and your relaxed breathing helps you to stay calm under pressure," Holcombe said. "It also gives your body endurance." He said that the acquired endurance helps many people to maintain or increase their health and that lot of people take up meditation when battling diseases and can live well because of it. Holcombe has a goal of one day surviving only on energy derived from meditation. He said he believes that everything in the universe is made of energy and meditation can stimulate the brain to take in energy as nutrition. Holcombe said he believes that meditation can take the place of an ordinary existence. "It's not just a hobby, it's a way of life," Holcombe said. He has plans to continue in his meditative practices and become a teacher or natural healer, as well as live a long and happy life. "Most masters of Tai Chi (another eastern practice) die in their nineties," he said. Having taken up Kung Fu last April in an attempt to do

something worthwhile, Holcombe has earned his blue sash in Kung Fu and is already on his black sash course. His fellow Kung Fu students, some of whom have been in it twice as long, have noticed Holcombe making extraordinary advancements. "We keep a competitive schedule," year and a half Shan Tao student Ryan Cook said. Many students in Holcombe's Kung Fu classes have stopped their unhealthy lifestyles as a result of their experiencing an eastern way of thinking through meditation. "Drinking and doing drugs feel really good while you're doing them, but the next day you feel horrible," Holcombe said. "The practiced eastern way of life is in the middle, nothing feels especially good or bad, there's just a general happiness." Holcombe's meditative and eastern practices hold no stem to his religious beliefs, but many do lend a philosophical origin. "What we do in Kung Fu is a science, not a religion, it's a common misconception," Holcombe said. He considers himself an agnostic Taoist, which means he holds no religious reference, but loosely follows "the way" and believes in many eastern theories of life.



Holcombe demonstrates a common meditating position. PHOTO BY ROB HUNTER/REGISTER

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NATIONAL PACEMAKER AWARD

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## CENTRAL STYLE

From throw-backs to mini skirts, the school is known for its diversity. Here are a few of the many styles found here.

### YOU NEED TO BELIEVE

A COLUMN BY MOLLY MULLEN

### Old men show lack of respect during concert

I went to Chicago for three days and I never wanted to leave. The buildings, the cabs, the L train, the prevalent smell of hotdogs and sewage was enough for me to fall in love with the city.

What made my stay unforgettable was the three hours and ten minutes I spent at the United Center watching Simon and Garfunkel, my all time favorite band.

The Simon and Garfunkel concert very well could have been the best experience of my life if only it weren't for rude and annoying audience members.

I'm not sure if every person at the concert was a grandma with a bad attitude, or if they all just sat around me.

You could tell within the first minute of the concert how amazing it was going to be.

The lights dimmed, the crowd went almost silent and the old men behind me were loudly enjoying roast beef sandwiches from Arby's. I hardly noticed.

I was standing next to my best friend, crying, watching the screen as old photographs of Paul Simon and Art Garfunkel flashed upon the screen to the piano version of "Old Friends." It was an amazing moment interrupted by a man who could have very well been my great grandpa.

"Could you please sit down?" he said. That didn't bother me too bad, obviously he hadn't taken his Prozac this morning, and I wasn't about to let him ruin my evening.

I decided to let it go and enjoy the moment. It was absolutely incredible. Right in the middle of "Baby Driver" Art Garfunkel smiled and looked right at me! He drew an invisible hat over his head and pointed right at me. I almost died. I screamed at the top of my lungs in pure jubilation.

I'll never forget it. I will also never forget the two old farts to my left putting their fingers to their lips and loudly letting out a huge, "Shhhhhhh!" I was stunned.

I could only dream about Art Garfunkel looking at me, and right as I was leaning over to tell my friend what had happened (in case she missed it), I was shushed, again.

Who was being ruder at that moment, the crazy teen at the concert, or the annoying old couple with no etiquette?

Now, even though the chairs were bolted to the floor, they still jerked whenever pushed on.

The two Arby-eaters behind me kept standing up and bumping my chair, and letting their huge sandwiches fall not only the floor but on top of my friend and me.

Usually I wouldn't care about a small shower of meat and crumbs.

But if somebody is trying to get Paul Simon's attention in the row in front, maybe they should just lay off the beef and watch the concert.

Still, I was being polite and decided to not say anything even when these two young gentlemen reached out and wiped off the bits of meat from my back without a simple apology.

I don't tend to enjoy having random strangers rub my back, but that's just me. It took awhile for another fun food experience with the people behind me.

I was listening to beautiful harmonization of "Mrs. Robinson" when I decided that it would be a good idea to dance to my favorite song.

As I stood from my seat I realized my shoes were stuck to the floor. I turned around, expecting it to have something to do with the guys behind me.

To my surprise they were standing and dancing as well. Unfortunately, they had knocked over two of their sodas in the process sending a flood into the rows beyond. By now the concert was half over and I decided to lighten up about the entire experience.

The entire audience was shouting and screaming while Simon and Garfunkel and the Everly Brothers were singing "Bye Bye Love" so by then my creepy neighbors to the right felt overpowered and didn't shush me again.

People just need to learn to chill out and enjoy the show.



Freshman Page Musil's clothing is thought of as an '80s thrift store persona.



Senior Pascha Fountain is an up-and-coming trend-setter in fashion.



Clockwise from top left: Junior An Vu has a unique style which she classifies as "Anvutastic." Senior Julia Darrow wears very dressy clothing and she says her style changes every day. Senior Brenton Allen classifies his style as casual, wearing a shirt and jeans. Senior Destini Thompson is wearing street gear clothing which is a style liked by many students. Senior Nick Monge's clothing and style is laid back, very comfortable and trendy. Senior Andrea Allen is very fashionable and trendy with his own unique style.



Senior Michelle Martin classifies herself as a hardcore Gothic.



Senior Katie Lydiatt's style of clothing is considered very conservative.

## Professor says teenagers receive fashion influences from peers

BY MICHAEL SMITH

Central is known for its diversity and with so many different students, the sense of style with students is always changing.

Junior James Strong said that he is more of a Ralph Loren, Polo and Tommy Hilfiger kind of guy.

He said that he wears what he wears because it is casual and he feels comfortable. He is like so many other students who have to wear certain clothes to present a certain image about themselves to the people around him.

"It is important to me to look the way I do and dress the way that I want to dress," Strong said.

Dr. Charles Harper, who is a professor of sociology at Creighton

University, said in our world, teenagers are too aware of their peers.

"Different groups and cliques develop their own standard of what is cool," Harper said.

He said that students' main motivation is to gain respect from their peers.

He said this is the peer group culture of the times.

"Young adults and teenagers have been the style narrators to our society," Harper said.

Sophomore Precious Marshall is a collector of purses which her mother and father purchase for her.

"I have a Coach purse and a Gucci purse which is my style that I couldn't live without," she said.

Marshall said that her purses range anywhere from \$200 to \$300.

She said that while she knows that she could buy purses at a much cheaper rate, she is not that type of girl with that style.

"My style is what I make it," Marshall said.

Marshall treasures her purses, but would rather gnaw over her Burberry wallet that she just recently received.

Junior Nakia Johnson said that people's style is different because everybody doesn't want to be the same.

Junior Raven Partee said that some people at school need to realize when things work and do not work well together.

"You can't have a throw back outfit on with a throw back face," Partee said.

The two girls said that people

need to wear clothes that fit them rather than trying to fit into them.

"People need to wear clothes that fit their bodies," she said.

The two girls said that the dress code is not being enforced enough and too many people are getting away wearing clothing that are not school appropriate.

Partee said that one day at school she was wearing a shirt that had the inscription R.I.P. and was told either to go home, or take it off.

Senior Tayeshia Combs said that clothing today is skin and more skin.

"School is nothing more then a fashion show," Combs said.

Sophomore Janae Donaldson said that what you wear expresses who you are as an individual.

"When you wear certain styles,

you are who you are," Donaldson said.

Junior Kristiana Alas said that she does not care what her clothes look like as long as they are comfortable.

"I wear clothes because they are me and I like to be different," Alas said.

Academic counselor Jodi Peterson said that she believes that students use their dress as a form of their expression of their individuality.

"We all do it," Peterson said.

"The way we dress is an expression of the way that we are."

Counselor secretary Melissa Henderson said that student's dressing like other students in the school.

She said that the dress code is not enforced and that the only way to enforce it is to get uniforms.

## Fashionable shoes sometimes make it impossible to be comfortable

BY DANIELLE WELTY

Senior Tailynn Ward wears four inch high heels on a regular basis to elevate her height and for style purposes, but she may be doing more harm to her feet than looks are worth.

"I wear stilettos a lot of the time," Ward said. "I've been wearing them since 9th or 10th grade and I haven't had that many problems."

Employee of the Good Feet Store, Dan Schurlock, said that many people choose style over a good pair of shoes, which is one reason why so many Americans are having foot pain in the first place especially when it comes to shoes that alter the foot's natural position, such as high heels.

"Eighty-seven percent of the people walking the planet believe they should have some sort of foot discomfort," Schurlock said. "And that's one reason why people don't look to find a better pair of shoes."

This is evident in Ward's case because she said she takes her shoes

off in nearly every class period.

"Sometimes my calves and my arches start to really hurt so I take off my shoes to rest my feet," she said.

Schurlock said women can wear high heels with very little pain over a long period of time if their shoe fits properly.

"When you're 18 years old your muscles can handle the wear and tear of bad shoes, but as you age that isn't always the case," he said. "One problem that women who wear heels for years and years is that they can't go to flat shoes easily because their calf muscle and Achilles tendon may have permanently shortened."

He said that a better alternative to a pair of stiletto heels is platform shoes because the weight is more evenly distributed.

"The entire foot is just raised up a bit, there's no intense pressure on the ball of the foot," he said.

Schurlock said that in order to find a pair of heels or regular shoes that fit the foot properly one should go to a store that measures

the foot and don't just ask the customer what size they wear.

He said a shoe doesn't fit according to toe length contrary to what many believe. The size is determined by the arch of the foot.

Ward said when she goes to buy shoes she tries several on before purchasing a pair despite what her estimated size is.

"I make sure they fit well in the arch of the foot," Ward said. "I usually just wear a size six or seven, but sometimes they're bigger because size depends on the brand."

"To get a shoe that actually fits, you have to go to a store that measures your foot with a device called a brannock," Schurlock said. "It determines the arch length, length of foot and width which better determines the size of shoe you should get."

Schurlock said after you find a pair of shoes that fit well you should continue to buy from that

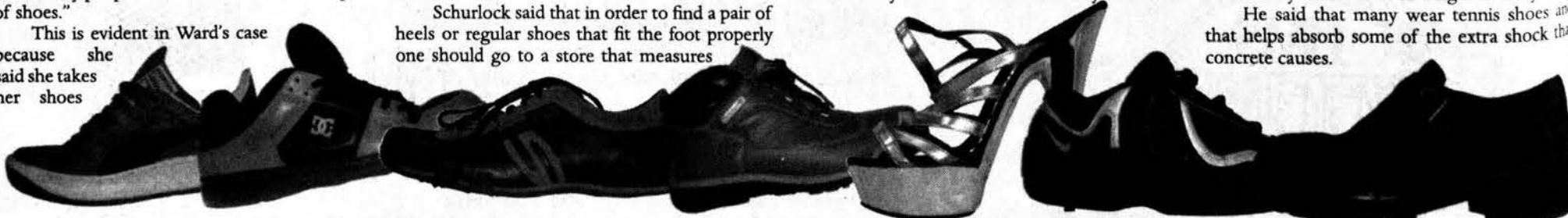
same brand because many brands use the same 'lasts' for different styles of shoes. He said 'lasts' are what all shoes are constructed over and are usually made up of wood. He said it's similar to a mold, but for a shoe.

"If you find a good 'last,' the brand will continue to use it so you can buy another shoe that fits well even after your original shoes have worn out," Schurlock said. "Shoe styles come and go, but lasts are used over and over again."

Schurlock said that one other reason why people's feet are in worse shape than they were decades ago is the concrete people walk on has no give, verses wood, dirt and other natural items that were originally used for stairs, floors and sidewalks.

"Feet are shock absorbers that only account for 3 percent of the body," Schurlock said, "and that 3 percent has to hold up the other 97 percent of the body. That's a lot of weight to carry."

He said that many wear tennis shoes and that helps absorb some of the extra shock that concrete causes.







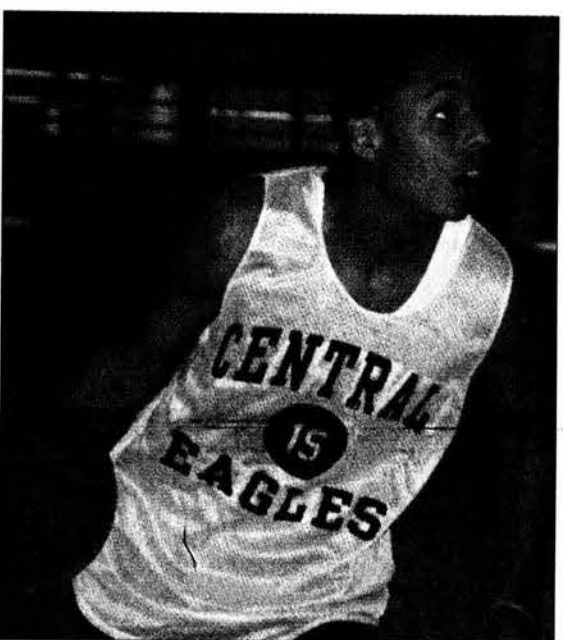
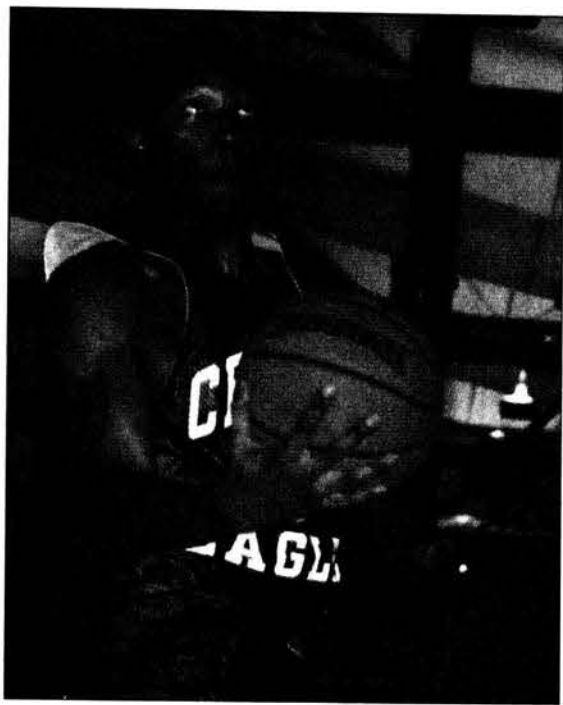
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THE CENTRAL HIGH SCHOOL REGISTER  
A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD WINNER

## BASKETBALL 2003

Being one of the top schools in the area, Central has five returning starters, all of whom are being nationally recruited.

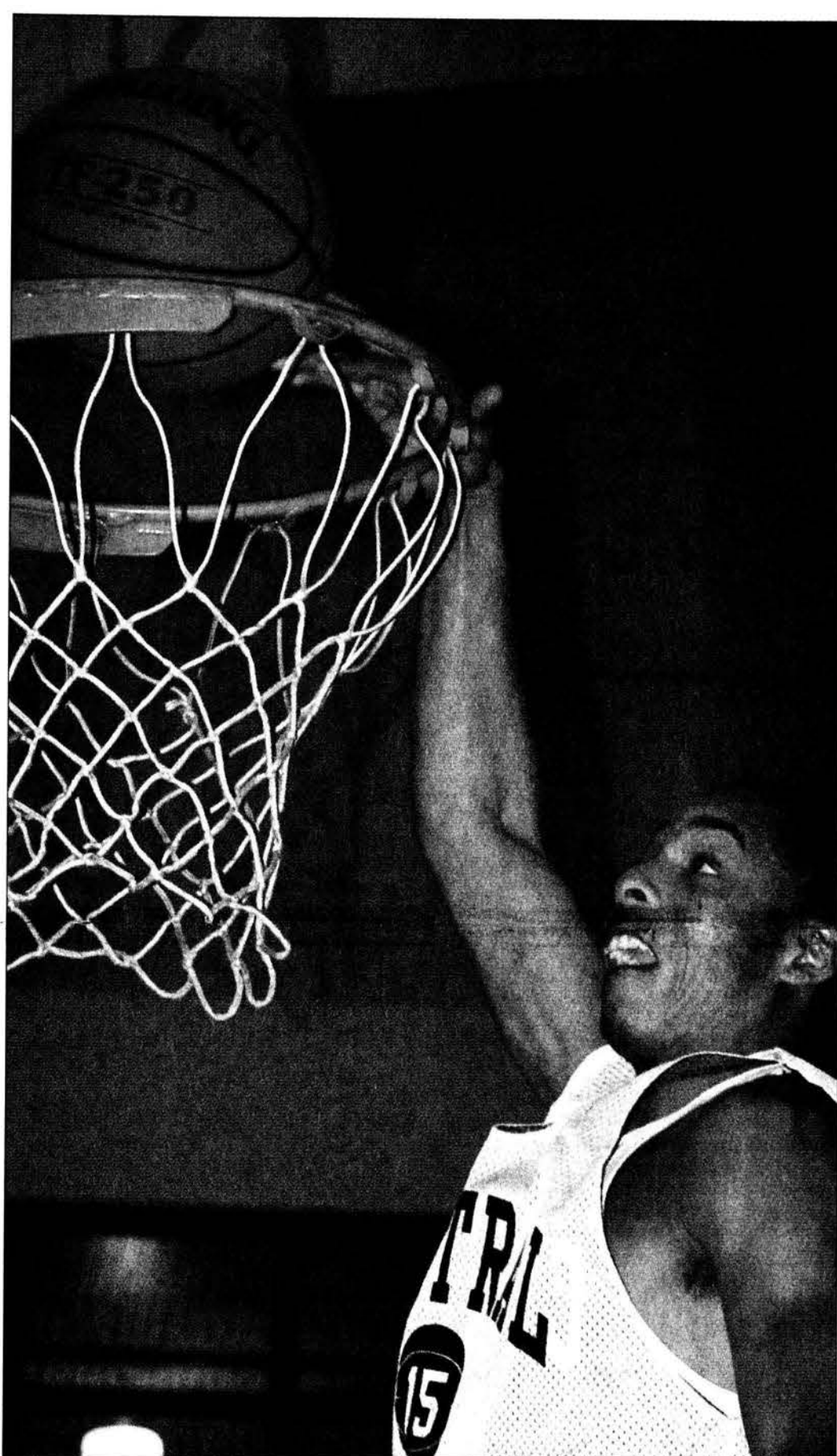


PHOTOS BY ROB HUNTER/REGISTER

Senior Karl White (ABOVE) dribbles towards Washington during the practice. The returning starters have been practicing heavily in preparation for the season opener in two weeks.

White (RIGHT) bounces an attempted slam dunk off the rim during a practice at the Creighton University athletic complex.

Famous for his rebounds and reverse dunks, senior Ricardo Washington (TOP) goes under the hoop for a basket during practice.



## Top-ranked Eagles return for shot at State

BY KATIE BACKMAN

With five returning starters, the boys basketball players want to win it all. They want State.

Head coach Eric Behrens said that is what the team is going to do this season.

He said of the boys trying out and the returning players, he sees seniors Karl White, Cortney Grixby, Ricardo Washington, Davon White, juniors Willie McCarty and B.J. Valentine starting.

"The biggest thing we will have this year is talent," he said. "Everyone will give 100 percent effort."

Grixby said he thinks the year will be very rewarding. The team only lost one senior and only one player decided not to play again.

The team has been preparing for the season for months. They have been conditioning and playing for club teams in and since the summer.

Behrens said the boys who will be trying out for varsity are lifting weights and working out every day. When team is eventually formed, it will be pushed

to its athletic limits.

This isn't anything new for Behrens.

He has been coaching basketball at Central for three years.

"I like the kids and the sport so I thought coaching would be the best mix of the two," he said.

His plan for the team is to run the players up and down the court more, which is designed to wear out opponents.

McCarty said he expects the other team will run out of energy and get tired, leading to its defensive skills slowing down. The team wants to score fast and often, keeping the pace as fast as possible.

Grixby said Behrens' first coaching tactic is defense, but he doesn't plan on running the players at a slower pace. The idea of keeping it fast is mainly due to the number of fast athletes who will be on the team.

He said he doesn't think there is any other team in the state that can run as fast or as long as the Eagles. With this technique in mind, he plans to see a lot of leadership skills from many players, but doesn't expect

Continued to HOOPS on Page 39D

## Howard signs letter of intent with Tigers

BY KATIE BACKMAN

A signature from senior Crystal Howard finalized her commitment to the University of Missouri at Columbia (Mizzou).

She signed a letter of intent at school on Nov. 12. To celebrate the occasion, Howard invited her coach, Chad Townsend and many of her friends.

When someone signs a letter of intent, Townsend said, it is the official commitment to the school she plans on attending.

Junior Alison Howard Rutherford said she received a pass in class to go down to the conference room, but she didn't know what it was for.

When she saw Howard and all of the other basketball players, she knew Howard was signing a letter.

Rutherford was happy she decided on her school and earned a scholarship.

Howard's mother, Linda Howard, came to school prepared to sign with her daughter to finalize her choice of Mizzou.

As Howard and her mother signed the papers, her face lit up. She earned a full-ride scholarship for all four years.

The only reason the scholarship would be dropped would be if she quit playing basketball.

After Howard and her mother signed four different copies of the letter, the group of people clapped and cheered her name.

She said it was a relief to finalize her college plans.

As of Nov. 13, Howard is the first athlete to sign publicly at school.

"I didn't know I was going to college when I was a freshman," she said.

She chose Mizzou over Lincoln, Cincinnati. They both offered the same scholarship, but she chose Mizzou because of the coaches.

She said she thought the school was a good distance away because it wouldn't take her long to travel home.

"Not only is Mizzou a good school academically," L. Howard said, "but it is only 300 miles away from home."

Her mother agreed with her daughter's decision.

She said it is part of being a mom to maintain support and encourage her children to follow through with high goals.

Howard is the first of five children in her family who will be going to college.

"I am proud of her," L. Howard said. "She has worked hard and now it is paying off."

L. Howard said she loves the school's campus and the programs she will be involved in next fall.

Townsend said Mizzou is the best place for her basketball and academic talents.

She definitely has a lot of game experience by playing in different leagues and participating on varsity since her freshman year.

"It wasn't easy for her," L. Howard said. "She kept up with it, even after her injury last season."



Howard

ans, players  
share misery  
disastrous,  
football year

BY MICHAEL SMITH

Before the season started, many said Central to succeed where no other Public School has in a long time in State.

It didn't even come close. The Eagles ended the season with a 3-6 record.

The fans and players were not disappointed. The players found it ironic a group of guys with so much talent did not work as a team.

Some question the school's coaching philosophy. It is known as a high school because the teams really do run.

It is also known for producing great running backs year after year, whether they are making millions of dollars in the NFL or playing for the pros.

In the last few years, the football team has lost more games than it has won, yet it has continued to have its running backs recruited by Division I colleges.

Varsity defensive coach Bob Gunn said that in the past, the team was a little more diverse in its recruiting, but said it struggled to be balanced this season.

Senior running back Brandon Gunn said this year the team did work a little better at game preparation than in the past.

"We just weren't thinking along the same lines before," Gunn said.

He said with new coaches coming in, they had to get used to all the changes and learn how the team would fit together.

It took some time for them to learn who could do what," Gunn said.

Junior running back Robert Wesley said the team was not bonded the way it should.

The chemistry on the field was not there," Wesley said. "We're all out there, but we weren't all on the same page."

Fuller said there is an expectation with players to go on into college with pro football.

He has coached in several schools, both in Nebraska and Kansas and said that there has always been a preconceived notion that Central is an elite school.

He said now as a coach at this school, he feels that he must fulfill the expectation.

Varsity football coach Joe McMenamin said the two I-backs played well this season were Brandon Gunn and Robert Wesley.

He said the two are going to be highly desired by colleges in the divisions. He said they have similarities that make them some of the best athletes on the team.

"The two have a specific style to their running," McMenamin said.

He said the quality Gunn possesses is his effortless power on the field. He said Gunn is a real smooth player and is an asset to any team.

Gunn said he has played the running back position his entire football career.

He has always looked up to other players, specifically David Williams.

"I had a chance to play with him my freshman and sophomore years and he helped me in many situations," Gunn said.

McMenamin said Wesley had a quickness to his playing ability and has shown it in recent

Continued to I-BACK on Page 36D

## State athletic association may make changes to high school schedules

BY MICHAEL SMITH

Athletic Director Paul Pennington said the Nebraska School Activities Association (NSAA) is considering changes to the sports schedule to take effect in the next few years.

Jim Angele, the assistant director of NSAA, said some proposals would be discussed.

Angele said this summer a committee studied the time span of the current sports schedule for the athletic events during the duration of the school year.

Pennington said the NSAA is considering changing the sports schedules back to later in the year.

He said a lot of representatives in the district for the spring soccer and baseball seasons start in January.

The proposal that will be heard by districts

this month is calling for a move of all fall and winter sports. They would be moved back two weeks and spring sports would be moved forward.

He said the weather is too bad in March for the soccer season to start and that it is not fair to the players.

"How is a coach going to make a valid choice on a team if he doesn't get to see them play because of snow on the ground," Pennington said.

He said he is for the proposal. "I do not want kids to be cut for not having a chance to prove themselves," Pennington said.

Senior Nick Monge said he would not like the decision.

"If they did that, the district and State tournaments would be closer together and I would not want to take finals and have graduation

all at the same time," Monge said.

He said the varsity soccer team plays as an inner mural team and has been conditioning four days a week since last month until the season starts in March.

Sophomore Kyle Samuelson said he thinks anything is good that allows the coaches a chance to have another look at players before they are selected and it might make a large overall difference.

However, he said he thinks the NSAA should keep scheduling the way it has always been so players and coaches in all sports don't have to change and adapt to new settings.

Angele said the proposal would have to be passed by one of six legislative districts in the State.

Then the proposal would have to be presented to another meeting in January and

then three districts would have to pass the proposal.

He said if passed, it would be sent to the representation assembly, which would make the final decision.

"It could be a few years before we would see the changes, due to the football pairing this December," Angele said.

He said the pairings for the football season were made before the January meeting, so the outcome of the proposal if passed would not be seen until the 2007-2008 school year.

"It would be a good three years from now, probably," he said.

Pennington said a lot of other people in the district would rather have the fall season moved back a week and the spring season moved forward only one week, with the baseball season finishing in the summer.

"The seniors would be playing well into the summer after they graduate," Pennington said.

He said another proposal is moving the girls State basketball tournament and also the boys State tournament because the girls start one week before the boys and they play more games than the girls do.

Pennington said another change that will take effect next year is that the volleyball game scoring will change formats, to rally scoring.

"All serves will receive a point, and instead of going to 15, the teams will have to play to 25 points," Pennington said.

He said the district football tournament might also change, having the games every Friday so they play the games like they are used to, weekly.

"It is not healthy to play those games so often like that," Pennington said.

## Senior wants to keep dance as fun activity

BY KATIE BACKMAN

Senior Sara McDonald has been in the spotlight for more than half her life.

She first put on a pair of dancing shoes nine years ago. Since then, she has perfected her skill.

At the beginning of her sophomore year she became a part of the Pom squad. Now, after three years, her fellow teammates rate her as one of the best.

Senior and co-captain of the squad Kylie Zacharia said she thinks McDonald is one of the best girls on the team because she practices so often.

"Sara is amazing," she said. "She is always quick to learn a dance and she has great technique."

Zacharia said practicing has paid off for McDonald, because at performances she is always located in the front of the squad. After working so hard and practicing for years, she said she thinks McDonald should pursue it further in college.

"It's just a fun hobby," McDonald said. "It's nothing I plan to pursue."

Going to a dance school is not on her list of options. She said she would just want to make an elite team in college. She said all of the colleges she's looking at have squads and if she joined them, that would be enough to fulfill her dancing needs.

She said one thing some people don't understand is that dancing is a tough field to get involved with professionally, it is especially hard to become recognized. She said it would be hard for her or anyone to get into a dance school.

When she decided not to pursue dance in college, she said she wouldn't have to train and practice for an audition, so she will be able to focus on what she is doing now.

Coach and English teacher Marcy Williams said McDonald should try to do something with dance in college.

"There are many scholarships she would be able to get for dancing," Williams said. "Schools would like her because she brings something new and different."

Williams said she should at least minor in dance.

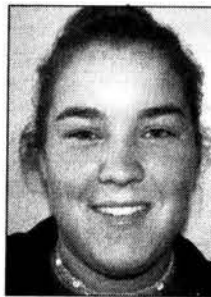
As a senior, McDonald is able to choreograph dance routines for the squad. Her routines include: hip-hop, ballet, tap and jazz.

## Three players win honor as top athletes

BY MICHAEL SMITH

Numerous All-State awards rewarded the hardworking varsity softball team for its hard work this season.

Junior Alison Hess said her coach, Kerri Murtaugh, called her the night before the announcement in order to be sure she looked in the paper the next day.



Hess

"She had a tone in her voice that made her sound really excited," Hess said.

Hess and Senior Ashley Wilds were nominated for the second All-State team.

Wilds, Hess and junior Darcy Rutherford received nominations for the All-Metro and All-Division teams. Senior Emily Muskin received the recognition for All-Division.

Muskin and junior Allison Rutherford received honorable mention.

The most prestigious award went to D. Rutherford, whom received the nomination for the first All-State team.

Hess said none of the varsity players were nominated for the first All-Nebraska team. She said receiving the awards and being ranked fifth in the state was a great feeling.

Hess said she was excited she got the award and she finally proved she proved to herself she could do it.

"I went straight to school and congratulated all the other players that won awards," Hess said.

With three juniors being recognized of five total, she said she believes they will be very strong next year.

Senior Julia Darrow said she was happy the other player received recognition and that they really deserved it.

"I would have been happy to receive the honor, but I'm glad my fellow teammates received it," Darrow said.

Athletic director Paul Pennington said he wished they would have had higher honors, but overall he was happy about them.

Pennington said that we can hope for the best next season.

# CALENDAR

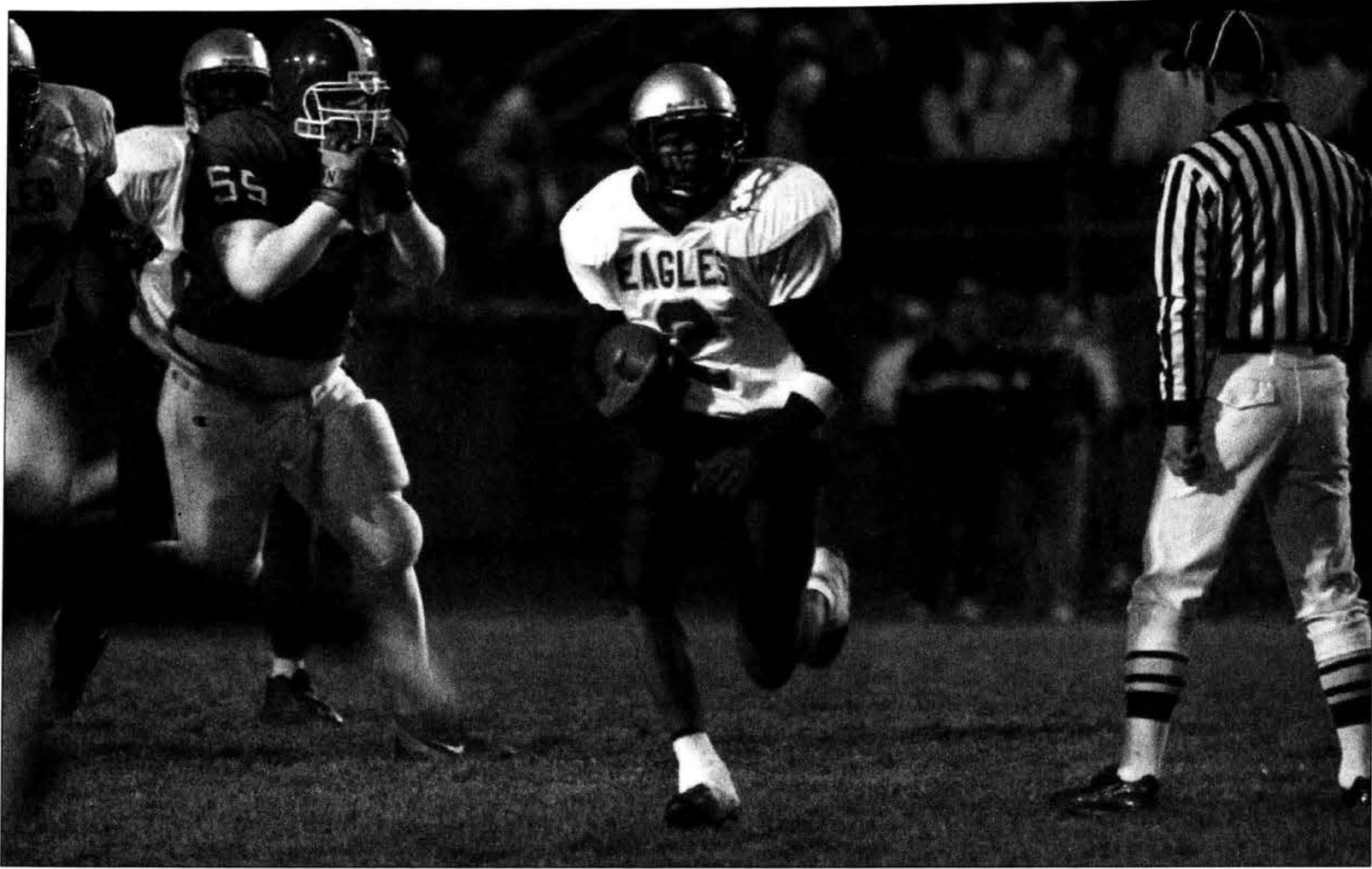


PHOTO BY ROB HUNTER/REGISTER

Senior quarterback Cortney Grixby runs for his final gain before injuring his hand on a helmet in the seven-overtime win over Millard South. Junior Aaron Dorsey replaced Grixby.

## Record overtime win lifts Eagles' spirits

BY JEFF HART

Seven overtimes, a record-tying number of touchdown passes, a chance at the playoffs and the Eagles pulled off a 56-49 victory over the Millard South Patriots during one of the best games in state history.

"I am just speechless," head coach Joe McMenamain said. The performances by junior quarterback Aaron Dorsey, with a record-tying five touchdown passes, senior wide receiver Darius Brewer, who caught three of five touchdown passes and senior running back Brandon Gunn, who had three touchdown runs and one touchdown reception in overtime, lead the Eagles to upset the Patriots.

The fans screamed "hold the line" while the rest of the team prayed, waiting for the last play of the seventh overtime.

The Patriot-controlled ball was snapped and the free safety senior Scott Miettinen tackled senior quarterback Kevin Kennedy to win the game for the Eagles.

The game started as a battle, with both teams not losing hope. It was just like any typical game the Eagles played this year, except they seemed to have a chance to win.

Late in the second quarter, the Patriots put together a long drive which led to a touchdown run by Jared Erspamer, that put the patriots up 7-0 with the extra point.

Late in the second quarter, the Eagles broke through and scored on a one-yard quarterback dive by senior Cortney Grixby, which tied the game at seven. The Eagles struggled through the third quarter, but seemed confident in winning the game.

The last drive in the fourth quarter started with a flea-flicker pass to senior John Friend then to Miettinen for a 30-yard pass.

With only seconds to go and for the last play in regulation, the Eagles connected with wide receiver senior Darius Brewer for a touchdown reception,

his first of the night from Dorsey.

The few, chilled Central fans in the bare stands jumped to their feet as the score board evened up. They were cheering as loud and as powerfully as they could as if they had already won the game.

Dorsey came in the game early in the third quarter after the injury to Grixby's hand, which ended his senior season of football.

The overtimes began. It was back and forth during, up and down the field, minute after minute with no end in sight. Neither of them were giving up hope.

In the fourth overtime, the Eagles showed that they wanted to win at all costs.

"We must never give up," senior Roberts Phillips said. Phillips was injured with a bruised rib and was forced to stay on the sideline, but kept the team motivated and was first to congratulate the offense and defense after every play.

With cheers from fans, and encouragement from teammates, the Eagles were just warming up.

The team started to wear down the Patriot's defense. With the ground attack of Gunn and the air attack from Dorsey.

Dorsey kept the game moving, throwing passes, almost effortlessly to Gunn, Brewer, Friend and junior Nate Prater.

Their persistence brought them victory. They had won.

The excitement was everywhere on the east end of the Millard South stands as Central students stormed the field and congratulated players for the outstanding victory that was well-deserved.

After the victory, the players celebrated with the fans and claimed they were going to make it to the playoffs, no matter what happened.

"I am very proud and happy," coach McMenamain said. "I have never been part of a team like this before. They are finally playing like champions."

## UPCOMING ATHLETIC ACTIVITIES

### NOVEMBER

#### 24 (MON.) FOOTBALL BANQUET

The athletic department will hold the football banquet on Nov. 24 at 6:30 p.m. The football awards will be given out and recognition for the players' hard work for the season.

### DECEMBER

#### 2 (TUES.) ATHLETIC BOOSTER MEETING

The Athletic Boosters will hold its annual meeting on Dec. 2. The supporters will discuss issues about funding and plan for sporting events.

#### 4-5 (THURS.-FRI.) BOYS WRESTLING MATCH

The wrestling team will open the season with a match at North High School. It will be competing in the Vern Ekfelt Tournament.

#### 6 (SAT.) GIRLS SWIMMING RELAYS

The girls swim team will participate in the Ram Relays, which are hosted by Ralston High School. The event is the first for the girls team and will give fans a peak at what is to come this season.

#### 6 (SAT.) GIRLS BASKETBALL SEASON OPENER

The first official game for the varsity girls basketball team is scheduled for Dec. 6 against the Papillion LaVista Monarchs. The game is a home game, at Norris Middle School and will start at 5:30 p.m. There will be many new faces on the team, including that of the new coach, Chad Townsend.

#### 6 (SAT.) BOYS BASKETBALL SEASON OPENER

The first official game for the varsity boys basketball team is scheduled for Dec. 6 against the Papillion LaVista Monarchs. The game is located at Norris and will begin at 7:15 p.m. There are five returning starters for the Eagles.

#### 9 (TUES.) BOYS AND GIRLS SWIM MEET

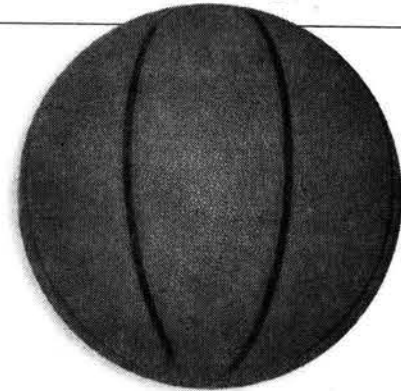
The boys and the girls swim team will have its first swim meet of the season. The meet will take place at Millard North High School.

#### 12 (FRI.) BOYS BASKETBALL AGAINST NORTH

The boys will be playing the North Vikings for the second game of the season. The game is a home game will start at 7:15 p.m.

#### 21-31 (SUN.-WED.) METRO HOLIDAY BASKETBALL TOURNAMENT

The Metro Holiday Basketball Tournament will be held the Dec. 21, 28, 30 and 31.



## Pom sponsor leaves squad after one year

BY MICHAEL SMITH

English teacher and Pom sponsor Marcy Williams has a short-lived career as an Eagle will be leaving Central at the end of the current school year to move to Mississippi with her fiancé.

Williams has been teaching freshman and sophomore English the past two years, but has been the head of the Pom and cheerleaders just this year.

She said she loves the interaction she receives with the girls and said she will truly miss that.

Williams attended the University of Oklahoma, where she obtained a bachelor's degree in education.

After her graduation and a year of time studying for her masters degree, Williams took a position at a school in Houston, Texas. Williams missed her family brought her back to Omaha.

She said she took the position at Central after the opportunity arose that it was one of the best decisions she has ever made. During her first year teaching at here, Williams helped lead the cheerleading squad. She had five years of dancing and coaching experience.

Williams had taken dance classes since she was in the fourth grade. She continued until she was in the eighth grade.

She said in Texas, the Pom program was more of a class than an activity like it is at Central. She said she is looking forward to her team's competition.

"Our next competition will be Millard North on Jan. 11," Williams said.

She said she will miss the motivation she has shared with the girls and said the girls have motivated her as well.

Williams said she is trying to find someone lined up to take her place when she leaves so the girls will not be left without a sponsor.

## Junior pushes bowling team to competition

BY KATIE BACKMAN

As all of the pins fell, junior F. Vidlak turned away from his school hoping that would be a sign of a successful bowling year.

To improve the year, Vidlak wanted the team to go to a tournament, try its best and have fun. The coach and Vidlak's father, F. Vidlak, has been helping the team with bowling techniques. He said his involvement last year, he has seen improvements.

"I want to compete and try to win," Vidlak said. "I'm not that confident yet if we will win because we are that good."

F. Vidlak said he has set goals during the summer with his son of what he wanted to the team to achieve.

At practice, after a student bowled a frame, F. Vidlak critiques that person's form and demonstrates different effective styles.

The first tournament the team will compete in will be in November.

F. Vidlak said he has a few goals for the teams to practice.

One of the main goals is to get more students join.

He said the team needs more people and it is open to students to attend different schools as well.

"Right now I have 18 kids on the team," F. Vidlak said. "Three of them are girls and I want to get more girls involved with the team."

Sophomore Sydney Dillon said she has been on the team since last year. She wants more girls to join.

After bowling for six years of school, freshman, Lindsey Moore knew she wanted to join the team.

She said she thinks the girls on the team shouldn't try to be on varsity.

"If we are on varsity, we probably do worse," Moore said. "I think we should stay on JV to compete with girls near our average."

Despite the lack of girls, F. Vidlak said he expects improvement for the entire team.

Last year he made a goal for his son: to increase his bowling average to ten pins. He said he would like to set similar goals for other members.

"My bowling average is 180," Dillon said. "I have bowled a 247," Vidlak said.

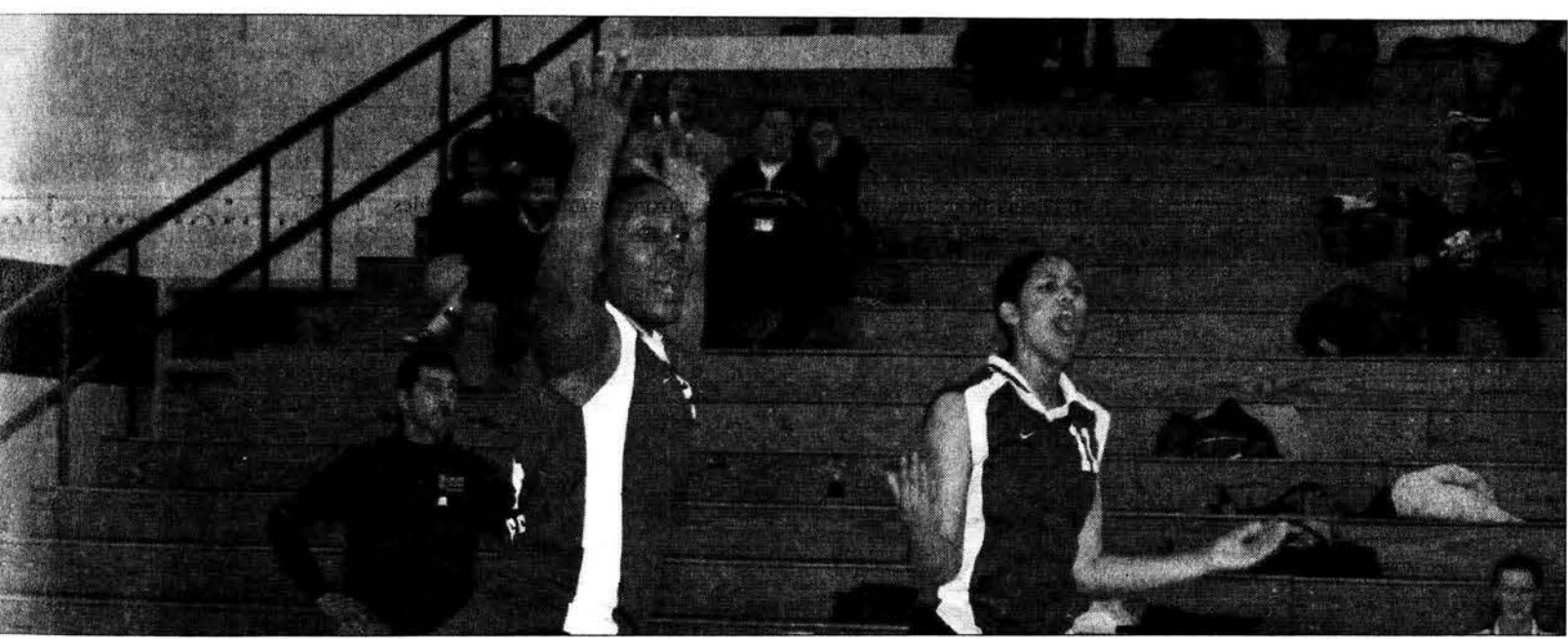
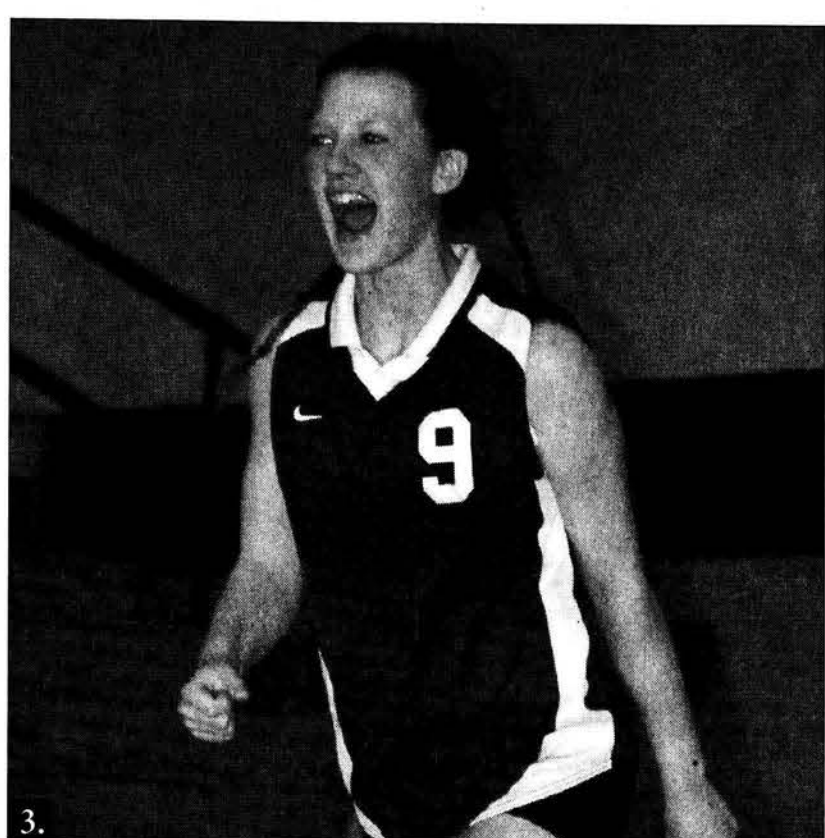
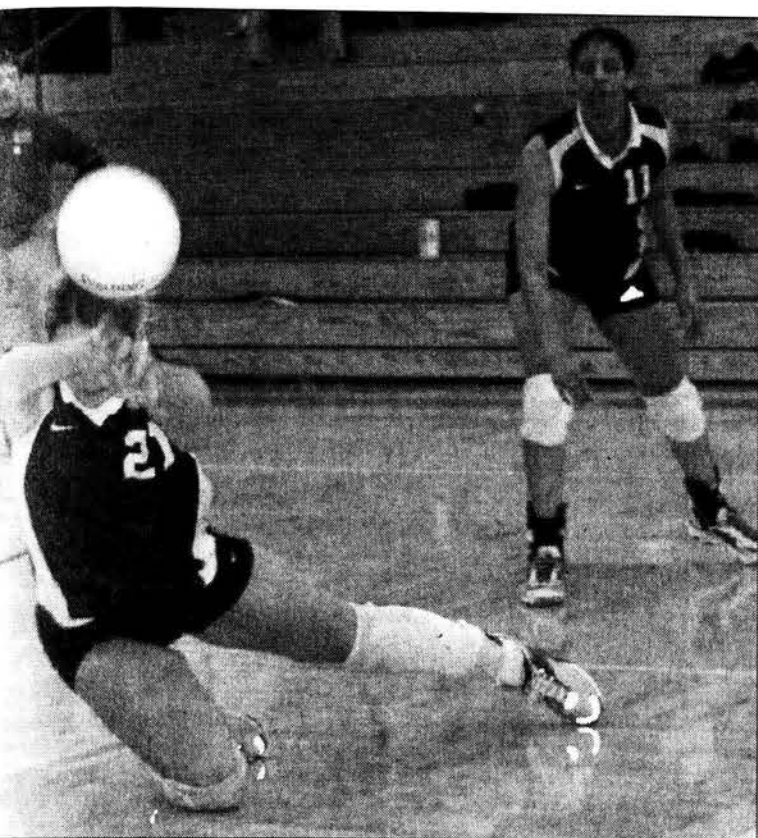
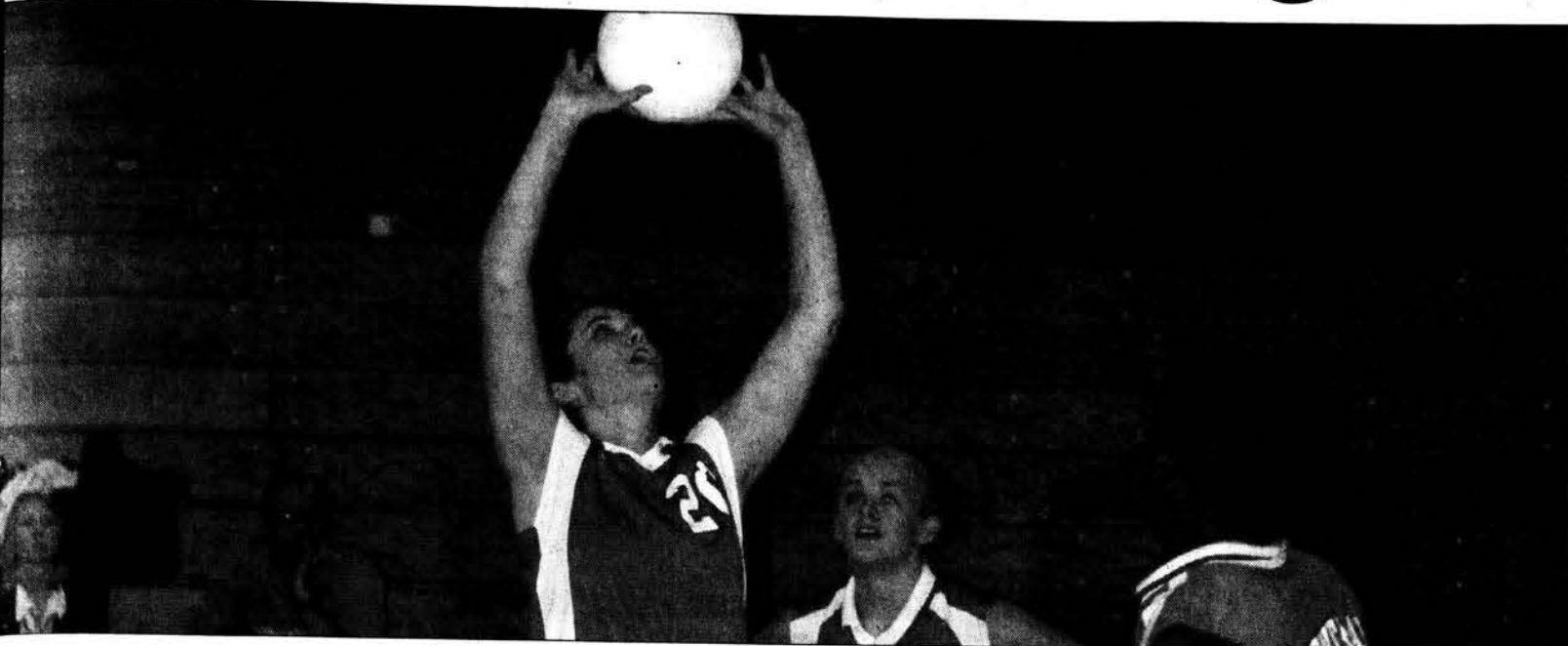
Dillon said her bowling average is 115, but she is trying to decrease the number of steps it takes her to get to the lane and release the ball.

"I watch professional bowlers all the time," Dillon said. "I try to learn their tricks or different steps and it drops my average for a bit."



Williams

# Panthers dominate Eagles in district loss



Senior Holly Lehmer sets the ball so that a fellow teammate can spike it over the net. 2. Senior Torah Mandernach dives to bump the ball, not letting the ball hit the ground and keeping the other team from being awarded a point 3. Senior Devon Rumbaugh is excited about her serve, which she scored a point for the team. Seniors Cherylle Leffall and Ashley Woolridge show frustration after a shut-out loss in their second district match.

**BY MICHAEL SMITH**

The atmosphere at the Bellevue East gym was at a fevered pitch as Central competed for the district title earlier this month.

The varsity volleyball team was the top seed in the district tournament held on Friday, Nov. 7. Parents and students were one their feet cheering the Eagles on during their first match against the Fremont Tigers.

In the first game, the Tigers had an 1-8 lead on the Eagles. But, the Eagles came back to regain five more points, which was not enough.

Central lost the first game to the Tigers 15-6.

Head varsity volleyball coach Jodi Dierks said the team was up and down in the first game.

A change of pace came for the Eagles at the start of the match's second game.

Fremont started with a hard serve and soon led the second game 8-5.

But with numerous blocks and hard defensive playing from the Eagles, the team rallied back to tie the game 10-10.

The Tigers were up by two points, but the Eagles fought back, tying the game yet again 13-13.

Sophomore Cherylle Leffall served an ace to help the Eagles win game two 15-13.

Both teams had won one game. It would come down to game three to see which would play the Norfolk Panthers in the district final.

The Eagles geared up for the third game and the loser would be on their way home, out of district competition.

Senior Rebecca Mayhew had some high-powered serves, while the rest of the Eagles displayed good, basic offensive and defensive skills.

This pushed the Eagles ahead of the Tigers, 4-0. The Tigers tried hard to fight back, only gaining four point vs. the Eagle eight.

There were close calls made by the referee, disrupting the crowd and the players.

The Eagles fought through some mistakes, barely pulling out a victory 15-11.

The Eagles won their second match-up and progressed into the district championship against the Norfolk Panthers.

Norfolk's senior Lindsey Slobodny started the game serving up two points for the team.

Central came back, playing outstanding defensive and offensive skills, racking up six points.

The score stood 6-2.

Norfolk tried again to catch up by displaying some good ball control.

It was not enough as the Eagles won game one when sophomore Brienne Tapley smashed an ace.

Dierks said by far this was the best game the girls played all season. She said even though it won the first one, the team just ran out of gas for the remainder of the games.

She said her players were confident going into the second game of the match, but something didn't seem the right.

The serving and scoring seemed very repetitive in the beginning of the second game as the Panthers would score two points and then the ball would return to Central's side making the score 6-0.

Norfolk player and senior Jena Hoffman served an outstanding and impressive seven points to put the Panthers in a commanding lead, 13-0.

Central tried to fight back, but its luck was not there.

It lost the second game in a shutout 15-0.

In the last and final game of the night, which would decide the Class A-2 District Champion, the pressure was on for both teams as the adrenaline was racing through their bodies.

Central was up first in the game with a serve by Senior Holly Lehmer, making the score 1-0.

Norfolk was pushing hard.

The Panther's Mallory Lahm scored three points on the Eagles, putting them on top 3-1. The score just kept going up from there.

The game was getting out of hand. Through good play, the Panthers soon went on a big run, making the score 9-0.

Tapley served one point for the Eagles, which was not enough as the Panthers swept through, gaining six points to win the Class-A2 District Championship. They won the game 15-2. The won the match, 2-1.

Dierks said districts went up and down for the team. She said the varsity team was stuck with one of the toughest schedules this year in all five years of her coaching.

Dierks said the team completed the season 17-19. She said 15 of the total number of losses were to some of the top ten teams in the state.

"It was a disappointment, but considering the schedule, I can live with it," Dierks said.

Tapley said overall she thought the year went pretty well.

She said the seniors on the team would pull her aside and help her work on what kinds of things she was doing wrong.

She said she is looking forward to two more years as an Eagle.

Dierks, who said she will continue coaching next year when some of her main concerns will be focusing and stressing on overall defense and the passing aspects of the game.

She said the team's setter is graduating, who is basically the backbone of the team.

She said sophomore Jesse Carl, who did not play as much this year, but was still a strong player.

Dierks thought Carl would most likely be the teams next captain.

"I believe that she will step in and do a good job," Dierks said.

The only two players Dierks said are planning to continue volleyball in college are seniors Ashley Woolridge, who Dierks said is being heavily recruited by Iowa Western University and Lehmer.

Lehmer said the atmosphere of the game is very exciting and fun. She said she is going to miss it.

"All good things must come to an end," she said.

Lehmer said she would like to continue volleyball in college, but it is not a priority at the moment.

## Boys play on club soccer teams to enhance conditioning for upcoming season



Senior Jared Dittman attempts to score on the Skutt club team in October. Boys soccer players often play for club teams to help with conditioning.

**BY ASHLEY BROWN**

When the boys varsity soccer team started conditioning two months early, it wasn't the coach's idea, it was the players'.

Varsity coach Tim Herbert said senior leadership is what is going to make a difference this year in the already unified team.

Herbert said his main senior players including Marc Monbouquette, Nick Monge, Eric Wilson and Jacob Holst approached him in October about beginning conditioning before winter break instead of after, like they had done in the past.

He said he was pleasantly surprised that the boys wanted to condition early and it made him more optimistic about the year.

The conditioning schedule this year will also include weight lifting and running, which was also the seniors' idea.

Herbert said he told the boys if they wanted to start conditioning early, they had to organize it themselves. They organized it, started practicing at an indoor soccer field and have been conditioning since mid-October.

The team has been running on Mondays and Wednesdays and lifting on Tuesdays and Thursdays.

"I will not have my most talented team this year," Herbert said. "But this might be the hardest working and most determined group of guys that I've had in a few years."

Herbert said he thinks the returning seniors are taking more initiative to make sure everybody is in good shape by the spring season because they want to end their senior year on a good note.

"That's just one example of them being on the ball," Herbert said.

He said senior leadership was something the team was lacking last year, so he thinks that will give the team an advantage this year, but they aren't forgetting why they are there.

"Win or lose, they are going to go out giving it their best shot," Herbert said. "They are there to have fun, too."

"I'm not going to have to do a lot of work motivating these guys," he said.

Monbouquette said they wanted to start early so they were more serious.

He said last year there was some wasted potential from lack of conditioning and senior leadership on the team. He wanted to make sure none of that happened this year.

Monbouquette said they want to be in better shape than last year's team.

Monbouquette agreed with Herbert, saying the seniors last year weren't very enthusiastic.

"This year, every senior on the team is pumped and ready to go," Monbouquette said. "Hopefully we can put something together and score some goals."

The team has another major advantage other than determination.

Wilson said the strong bond between players on the team will be a key factor in their performance this year.

"We already have a lot of unity," Wilson said. "We've been playing together for a long time."

Monbouquette even compared the team to a fraternity.

Herbert said Monbouquette is going to be one of the key offensive players on the team along with senior David Rangel.

He said he chose this year's key players based on last year. Both Monbouquette and Rangel have the most experience.

Wilson said he is confident the team will be in "tip-top" shape by spring.

Members said they playing soccer because they really like it.

"The love," Dittman said. "It's the love."

## New weight room facilities provide cutting-edge equipment, safe environment

**BY MICHAEL SMITH**

Whether you are lifting the bar in your weight training class or just passing by the new aerobic room, students are in awe of the new weight room.

Students said they were ready to use the equipment and become the first to use it.

The new weight room doubled the size of the old one, which will continue to be used by classes and athletes.

Sophomore Charles Walker said it was finally to have a weight room that was up to the standards of the school.

"I am glad that we have it, but more so that it is safe," Walker said.

He said it made him and other students in the class want to lift more.

"I have improved my max in class and so have many other students," Walker said.

Head varsity football coach Joe McMenamin said all the new equipment and weights made the weight room state of the art.

"I have been assured that we have one of the nicest high school weight rooms in the midwest," he said.

Mike Gillette, manager of Commercial Retail, supplied the weight room with the best equipment around. He said it is the best equipment money can buy.

"In the beginning of October, we started the setup process, by first installing the mirrors that went up along the walls of the room and the mondo flooring," Gillette said.

McMenamin said the flooring is the same material used in the University of Nebraska at Lincoln's facility. He said the outside border of the floor is purple and the inside material is silver. The weight room is also titled the Van Metre Complex,

after an alumnus.

McMenamin said every weight features the logo of the mascot and personalized letters with "Omaha Central" on them.

Junior Casey Lutz said from a girl's standpoint, there is really nice equipment in the room compared to the old one that will be improved and used by gym classes.

"This weight room is by far the best that I have ever seen and could possibly be the best high school weight room in the country," Lutz said.

McMenamin said he also looks forward to the chance for sports teams to take full advantage of the facility.

"We will have special equipment in the facility that is intended specifically for Central's athletic teams," he said.

"It is going to be really nice and really advanced for a high school level," senior John Friend said.



The new weight room has the same type of equipment as many Div. I colleges.

# HAVE WE SEEN THE

Central's known for producing great running backs who go on to have successful careers. They are living proof of this. However, with the football team experiencing its first losing season in 10 years, the I-backs are living proof of this. However, with the football team experiencing its first losing season in 10 years, the I-backs are living proof of this.

## Legacy of running backs influences current talent



PHOTO ILLUSTRATION BY ROB HUNTER/REGISTER

### 'I-BACK' CONTINUED FROM PAGE 33

games. Wesley said the history of this fine school makes him want to go out on to the field and give it his all.

He said as a junior, he looks forward to next year to try and fill the shoes of Gunn and do everything in his power to be a great running back.

"I need to just work on getting my speed up and my strength while protecting the ball," Wesley said.

Senior Andy Regan has watched from the sideline and has made his own assumptions on how the I-backs played this year.

Regan is also on the varsity football team and said that both players are very quick and they think with the ball.

"Gunn is a good hitter and when he runs with the ball on the field, he can plow over everyone who is in his way," Regan said.

He said this is a very important thing when it comes to playing the game like the pro do.

Regan said Wesley has some of the same qualities that Gunn has, but struggled in some games this season.

"He fumbled the ball numerous times," he said. "Wesley carried the ball from class to class, hanging on to it so that he learned how to grip the ball."

Regan said he thought this process could only help Wesley and the team next year.

He said whenever the players on the varsity football team saw Wesley in the hall, they try and hit the football out of his hands.

He said he was impressed with this dedication to detail.

Regan said Wesley had to always be on guard wherever he was.

Wesley said he did need to work on passing the ball more so that he does not fumble.

He knew a fumble could cost them a game. He certainly did not want that.

He said that carrying the ball down the ways of the school really helped.

"It helped me hold the ball and to be aware of my surroundings," Wesley said.

Gunn said when he's walking by the elevator on the first floor, he looks up at the wall above the "I-Back High" display. He said he really wants to one day see his name and picture up on the wall.

"They did their thing during their time; they worked and they worked until they impacted themselves," Gunn said.

That's exactly what he wants to do.

Gunn and Wesley said they were disappointed about the season, and knew that sometimes matter how hard a person tries, things just don't work out.

Sophomore Dominic Minton said he's a running back this year and has high hopes for next year, he and Wesley will be the two star I-backs.

"Playing I-back is a big part of the team; I feel that I would do a good job," Minton said. Minton said that former I-backs such as current NFL Green Bay Packer Ahman Green, Husker players DeAnte Grixby and Mark LeFlore have inspired him to play to his fullest potential.

The legacy of I-Back High keeps influencing football players every year.

Minton may be moving up on the depth chart, only time will tell. He knows that a lot can happen between now and next season.

Will he be the next great I-back at Central High?

Critics want Central to dump this "run-down" philosophy and start throwing the ball.

That decision is up to McMenemy.

It is only a matter of time before we get introduced to the next great running back.

Minton said a state championship would be nice, but who knows what will be in store for the Eagles next year?

Central's legacy of I-Backs will live on in the footprints of many greats yet to come.

It seems year after year, another promising running back emerges out of the shadows to please the fans and make the college recruiters drool.

Critics say the Eagle football philosophy, which states a team should run almost every play, is losing its air. They say it's quickly deflating the program. They believe a more balanced attack of running and passing is the key to winning a state championship. Above are three I-backs who have experienced success at a high school that pushes the run.

## Senior looks forward to future in sports despite season-ending injury

BY MICHAEL SMITH

Senior Eagle quarterback Cortney Grixby's year did not go the way he planned.

He fractured two fingers on his throwing hand and was done playing quarterback for the season.

Head varsity football coach Joe McMenemy said Grixby got hurt in the Millard South seven-overtime game, which Central ended up winning.

"I was playing and ran the ball in on a quarterback sneak and as I scored the touchdown, and jammed my knuckle on the opposing team's helmet," Grixby said.

He sustained the injury during the second quarter and knew that something was wrong.

Grixby said that he came out of the game and told the coach to put in junior Aaron Dorsey.

Dorsey went in and played as quarterback the rest of the long extensive game, which was a state record with seven over times.

Grixby said that he also went back in with and injury and continued playing on the defensive side the remainder of the game as well.

"I kept playing even though I was hurt because I had adrenaline rushing through my body," Grixby said.

He said that he knew in his mind that it might be his last game of the season and of his high school career.

"I didn't want to go out like that; I just didn't," Grixby said.

After the game, Grixby went home and was in a lot of pain.

"My hand started to swell up around 12 a.m.," he said. "That is when I went to the emergency room."

Grixby said when he went in, a doctor told him that it was broken. He had thought he might be able to get a cast and finish the season.

He learned later the next week he was done for the year. This meant he would never play a high school football game again.

Grixby said that the doctors told him that it would be too risky for him to play. He said that when he heard the news, it was very painful. He said that he felt as if he had left his team down.

He said even though he couldn't play, he still supported the team.

"It was really tough, but I kept my head high to think about my future plans in college ball," Grixby said.

McMenemy said Dorsey stepped up to the challenge and finished the last three games of the season.

Grixby said that right when Dorsey went in that game, he threw an interception on the first throw. Dorsey was really mad with himself.

Dorsey said he was nervous about making a mistake.

"I told him to stay calm and that all he needed to do is do his thing," Grixby said.

Dorsey said that in his mind all that he could do was go in and try and win the game.

Dorsey ended up throwing five touchdowns in the game for a school record.

"It was very exciting to play and to gain the experience for next year," Dorsey said.

Grixby said he is glad Central has another one of the many talented players to look forward to next year. He said he was happy for Dorsey and for the experience he received on the field.

McMenemy said the whole situation was bad because the team lost a player for the remainder of the season. The injury was not very serious. Grixby is still being given offers to attend numerous colleges.

He said many of the schools have been supportive about the injury. "The coaches teach us a lot of things about how to be a good person," Grixby said. "They are really concerned, mostly on our education."

He said he has liked all of his coaches the past four years, especially assistant varsity football coach John Hammil.

Grixby said Hammil expanded his technical skills on the defensive side of the game.

He said he would miss the relationship

and the togetherness the players and coaches shared.

"I have known some of these players for a whole life and I am a part of them," Grixby said.

He had many goals this year, but one of the most important. He wanted to win State.

"We had a great team," Grixby said. "I just didn't play to our ability."

Some of the colleges that have offered Grixby full-ride scholarships, to play football and basketball are the University of Kansas, Kansas State University, the University of Nebraska at Lincoln, the University of Colorado, the University of Notre Dame, University of Iowa, Iowa State University, and UCLA.

McMenemy said even though he was disappointed that he had to leave Central, he stands by his offer.

He said if they wanted him in the future, then they will stick with him the rest of his journey.

## First-string Husker receiver appreciates high school coaches for fundamentals

BY MICHAEL SMITH

Former Eagle varsity football player Mark LeFlore is truly showing the state of Nebraska what he is made of.

It all started at Central.

In his second year of college at the University of Nebraska at Lincoln, LeFlore said he is enjoying himself on the football team as a starting Husker.

"I went from second-string receiver to starting receiver, which has been a thrill for me," LeFlore said.

He said he's really trying hard to learn different aspects of the game.

He said he has a lot to thank his high school coaches for, because that is where he learned the basic fundamentals of the game.

He said the coaching staff is very similar to the staff at Central in a way that they are always there for a player and will be there through the hard times and whatever comes his way.

Head varsity football coach Joe McMenemy said LeFlore is having a good year at Nebraska.

"He has really improved his blocking," McMenemy said. "He wasn't as good at blocking a couple years ago when he was receiving."

McMenemy said LeFlore has become a more complete player. He has

mastered both blocking and receiving for his position and that is what makes him a good player.

He has watched him in games on TV and has seen how much he has grown and how much he has advanced.

"At Nebraska, they run the ball more than they throw it, so he had to learn how to do both well," McMenemy said.

LeFlore said he agrees with his former coach about how his blocking is improving.

"He said it took a lot of work to get the basics of things, but he was ready and will always be ready for the challenge."

He said college was a whole different ball game than what he experienced at Central.

Something LeFlore has seen that has boosted his self-confidence is the amount of fans that are cheering for him on the playing field every game.

"With a crowd the size that Lincoln has compared to Central's is out of this world," he said.

LeFlore said there is a big jump between high school and college, but he said he did prepare him.

"It is a pretty rewarding experience to have that kind of support at a different level than what I had at Central," LeFlore said.

He said it helps at the game.

"People have given me attention, but the most important thing I have been telling myself is to be humble," LeFlore said.

Alumnus and teammate Lornelle McPherson LeFlore has worked hard at the place where he is.

He said he likes helping him when he has a problem.

LeFlore said he is looking toward that future because right now that is all he can do.

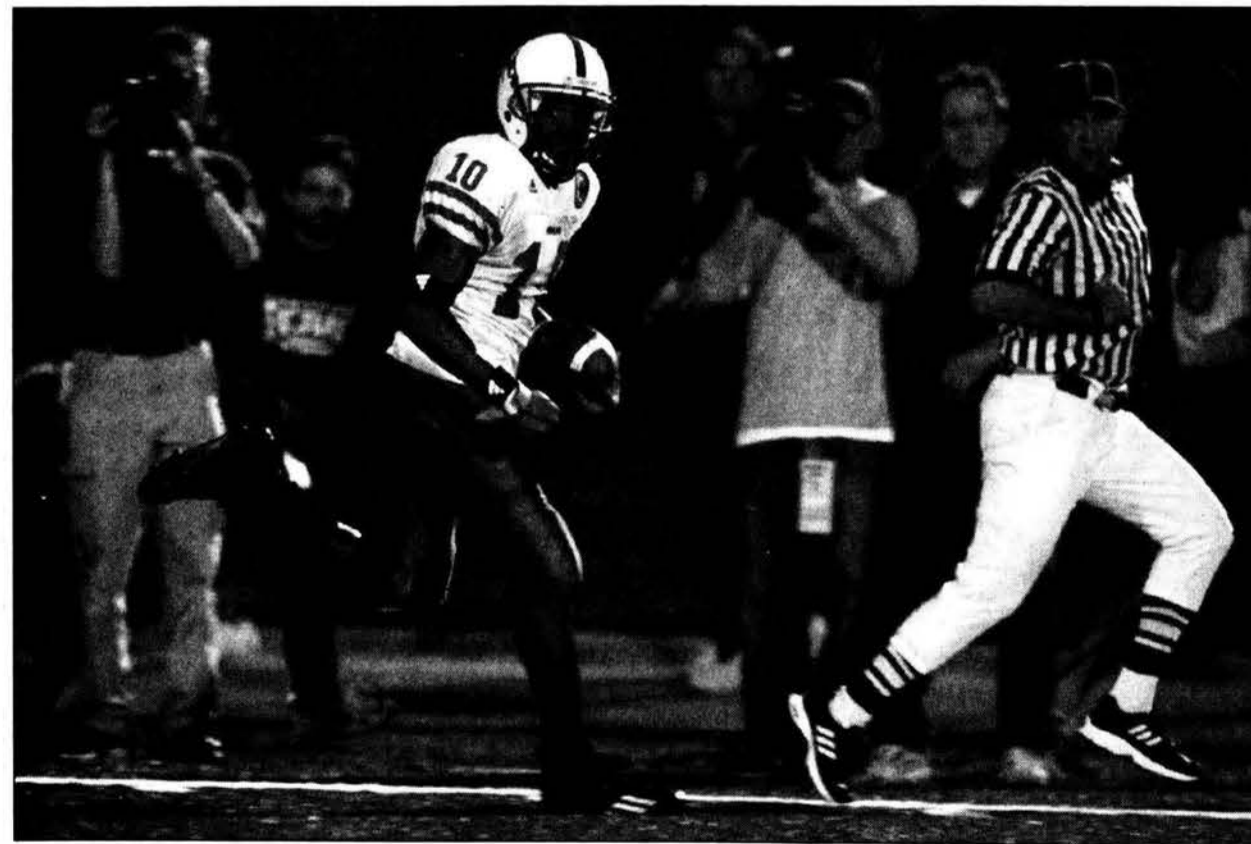
He said he really enjoys being in Lincoln and being a Cornhusker.

He said he is focusing on being a most constructive person he can be; he is learning all that he can do at a time.

He said he likes helping out on the team, just like he did in high school.

He finds the whole experience rewarding.

"I have to just see how things turn out and hope for the best," LeFlore said.



COURTESY OF UNL SPORTS INFORMATION

LeFlore runs for a touchdown in the Mizzou-Nebraska game in October. Coaches are impressed with how much LeFlore's game has improved.

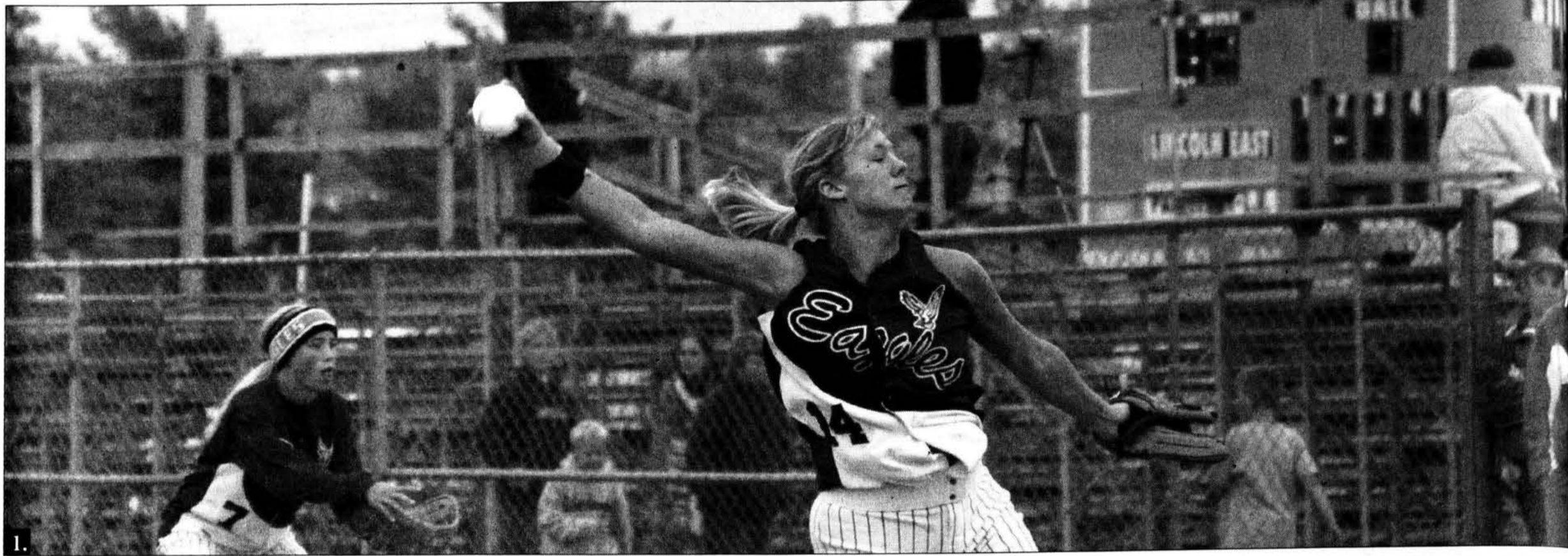


LeFlore



# STATE SOFTBALL TOURNAMENT

The varsity team continued a tradition of excellence at conference play. It was the only Omaha Public School team to qualify. It went three games before being eliminated, just like last year.



1. Senior Ashley Wilds is pitching in the first game of the State tournament with sophomore Jacquelin Darrow positioning herself at first base for the hit. 2. Senior Emily Muskin closes her eyes as the pitch flies by in the 4th inning of the game. 3. Senior Julia Darrow (LEFT) prepares to field the ball as second baseman junior Darcy Rutherford (RIGHT) is moving towards second base to receive the throw from Darrow. Coach Kerri Murtaugh said the team played tough defense in the first game which may have been the best game, both offensively and defensively of the season. 4. Senior Emily Muskin stops at second during the game against Lincoln Southwest.

ALL PHOTOS BY ROB HUNTER/REGISTER

## Team shows high level of skill, dedication in semi-final

BY MICHAEL SMITH

For the second year in a row, the varsity softball team finished just short of winning it all. However, the offense couldn't ever get going to score enough runs to win State.

With an impressive record, the Eagles picked up a wildcard bid at the district competition in Lincoln, followed by a fourth-place bid in the Class A State tournament at Seymour Smith in October.

### GAME 1: OMAHA CENTRAL (4) VS. LINCOLN SOUTHWEST (5)

The Eagles were determined to play their best in first match-up of the State tournament.

They pulled through near the end of the first game in a comeback to win of 5-4.

They took the field letting no batters score in the top of the 1st inning.

In the bottom of the first, senior Emily Muskin hit a double to left field, putting an Eagle on base. Junior Alison Rutherford hit a single, advancing Muskin to third.

But the Eagles enthusiasm was short-lived as the inning ended after a strikeout and a good play by Southwest's first baseman, junior Jessica Poeschl.

In the top of the 4th inning, Southwest hit three straight singles and two doubles, making the score 3-0.

Though the Eagles were not ahead in the game, good defensive and offensive skills helped recover a run in the

bottom of the 5th inning.

With a miraculous comeback, Central scored five runs to take a 5-3 lead.

Southwest tried to fight back, but could only score one more run, which was not enough and Central won the first game against Lincoln Southwest in the State tournament.

### GAME 2: OMAHA CENTRAL (4) VS. PAPILLION LAVISTA (1)

After the first win, Central was determined to play to its potential against Papillion-LaVista, which had the best season record at the tournament and was seeded first. Its hard work did not pay off in the end.

The Eagles were up to bat first, but could not do anything offensively.

In the bottom of the first inning, Papillion hit two singles that advanced a runner to home plate and let the Monarchs lead the game at the end, 1-0.

In the 3rd and the 4th innings of the game, Central could only advance runners to second base.

In the fifth, the Eagles played hard, hitting two singles and walking a runner, scoring junior Kelsey Ratigan to tie the game 1-1 against the eight-time State champions.

But, the momentum was short-lived in the sixth, when Papillion LaVista's senior Catherine Billman hit a long drive to left field, advancing the runners and putting a player on third. Monarch sophomore Jessica Stigge hit a double, scoring Monarch junior Kelly Cantrell. Papillion LaVista won

the game 2-1.

### GAME 3: OMAHA CENTRAL (4) VS. MILLARD NORTH (7)

The girls were in their final elimination game of the season. If they did not win, they were out of the State tournament.

The game took shape in the 2nd inning when Ratigan hit in junior Alison Hess, making it 1-0.

Strong defensive playing was shown by the Eagles in the next few innings. Most of the Millard North players were sent down on strikes.

Senior Julia Darrow and sister Jacquelin Darrow made amazing catches in the 2nd and 3rd innings.

In the 5th inning, senior Emily Muskin scored on a base hit by Hess, putting the Eagles up in the fifth 2-0.

After a pitching change, from senior Ashley Wilds to Muskin, the Mustangs pulled off three runs in the bottom of the seventh, ending the Eagles hope at a State title.

### POST 2003-2004 STATE TOURNAMENT REACTION

This year was junior Darcy Rutherford's second State appearance. She said she was very glad the team made it again this year.

Varsity softball coach Kerri Murtaugh said the players had it in their minds to expect to play well and win the first game. She said they had never played Lincoln Southwest before, so it was challenging to see what kind of team it was.

She said the girls really gave it their all and for those who

been there in the previous year, really came out as leaders. Rutherford said the team could have performed better especially letting the Mustangs win the third game. She said the whole season had a lot of close games she said would happen in the future.

Murtaugh said Muskin did an excellent job on the ground.

"But after Millard North hit, it felt like the game was over within ten seconds and we were done," Murtaugh said. Rutherford said players should have pulled through on a lot of their hits instead of letting a lot of them go, especially in the second game.

Hess said that she was disappointed in the loss.

"No one thought that we would make it to tournament again," she said.

Hess said something that may have been a main factor in the loss was the amount of games the teams had to play that day.

"We played three of the hardest games of the year in a row, back to back," Hess said.

She said that schools that have one pitcher, like Central, are a disadvantage Murtaugh said it was very hard for the team to mentally prepare for each of the games while playing three in a row.

She said it would be nice if the NSAA would spread the games farther apart to let the girls rest and prepare themselves.

## Head coach walks away from winning to spend more time with family

BY MICHAEL SMITH

Varsity softball coach Kerri Murtaugh is leaving to spend time with her family. Her children are her priority now.

Murtaugh will retain her position at Liberty Elementary as an administrator.

Since the fall of 1997, Murtaugh has turned Central's softball program around.

Before coming to Central, Murtaugh coached the softball team at Millard South.

Murtaugh said when she hears she turned the softball program around at Central, she feels she didn't do it all herself.

"It simply took all of the assistants, parents and the dedicated athletes," she said. "Coaching is part of it, but it mostly was the makeup of the girls."

Murtaugh sent her letter of resignation to the office of athletic director Paul Pennington last month.

Pennington said she had been coaching for seven years. When she first came to Central, it was hard enough for the softball team to win 10 games and now with a 26-3 and 24-13 record, whoever replaces her has the job cut out for them.

"It has been the best four years of softball this school has seen," Pennington said.

He said the head coaching job would be opened up to those who wanted to apply for it.

Murtaugh said coaching is a huge time commitment and she would like to support the girls and the team on a different level.

"I want to be a fan for once," she said.

Alumna Sally Hess said she was very focused on the team's goal and the motto in 2000 was "the little things."

Hess transferred from North her junior year and said from what she had heard about this year, Murtaugh was a dramatic improvement. She said Murtaugh will definitely be a loss to the program and hard to replace.

Murtaugh said she would miss the relationship she has had with her coaches, especially with assistant softball coach Scott Wilson.

"I have coached with Scott for five years and I will truly miss that relationship," she said.

Along with her assistants, Murtaugh will miss the persona the girls have. She said she would miss helping the girls play to her best potential.

Senior Emily Muskin said Murtaugh was a really great coach.

"She would always give us quotes before every game to make the whole team feels as one," Muskin said. "She did a good job making everyone on the team feel a part of it no matter what position they had."

Muskin's last softball game was Murtaugh's last and both will miss all of the girls and how close everyone was. She said she feels that Murtaugh's departure is especially bad for the underclassman because they will not get to experience her coaching.

Assistant softball coach Cindy Semrad will retain her position. Murtaugh said Wilson is the best candidate for head coach.



Head varsity softball coach Kerri Murtaugh is surrounded by the softball team at State. The girls are getting themselves fired up for the game by doing their pre-game ritual.

PHOTO BY ROB HUNTER/REGISTER

# BASKETBALL PREVIEW

Varsity players are ready to be unleashed for the upcoming season. Emotions and anticipation are running high as both sides try to make it to State in this very competitive sport.

## Boys prepare to dominate teams on road to playoffs

'HOOPS' CONTINUED FROM PAGE 33

will try to steal the spotlight. As a senior, Grixby has been on the varsity team since his freshman year. During his time he has developed a strong sense of what it means to be a leader. One of the main things he said he hopes he could accomplish this year are to help the juniors who will make the varsity team. Behrens said out of the returning starters, he is one of the best leaders. Since the teams have not yet been formed, he can't choose a captain yet. He said he wants to lead and help the junior teammates by example because it will help this season and the years to come. "Right now I've been on the team the longest," he said. "During these years, I have enhanced my knowledge on the sport and plan to do this season." He said all of the returning starters and players will be equal in dedication and talent. Cortney has gotten a lot more aggressive with his basketball game. Davon White said. By attending tours and playing basketball for fun outside of school, he expects the team to know everything about each other. He said many people are trying to act negatively to the basketball team for this season because they don't think the team will make it to State. "There are a lot of doubters," he said. "We are just going to hush the doubters and be humble." He said he knows he has to notice the different aspects of the game. He wants to improve. Practice makes perfect. That is what Ricardo Washington has done since the day he could hold a basketball. During the summer he was involved on the teams and argues with some of the starters from last year. He said with all the practice and playing the seniors and few juniors he done over the summer, he anticipates the team to be unified and work easily together on the court together.

Last year he was on varsity for the entire year working on his game and said he felt pretty confident with his athletic abilities. After last year and not winning State, he said he focused on every negative thing he had with his performance and improved it during the summer. He also joined leagues with many of the returning starters to learn how to play more as a team. "The main goal is to win State," he said. Grixby expects the senior boys to play this season up to their fullest because it is their final year. He plans on the team making it to the Holiday Tournament, metro, districts and State. With the possible lineup this year, he said he thinks it is the best team ever at this school, Grixby said. He said Karl White is another player who will have impact on the team. "I think the whole team expects a lot out of Karl," Grixby said. B.J. Valentine transferred from Creighton Prep and decided to trade in his blue feathers and become an Eagle. He wanted to play basketball with his friends. It looks like he'll fit right in. D. White said he has been friends with Valentine since fifth grade and knows he will bring a lot of talent and different abilities to the team. At Prep, Behrens said he was a two-year starter, and this year could make it his third year in a row. Washington said he thinks his performance will be a nice addition to the team because of his experience. Valentine predicts this year will be successful because the team has been practicing during the summer. He also like the fact that the coaching techniques were different from his other school. By his fast moving pace and being able to work well with defensive pressure, K. White said that he could only benefit the team now and in future years at school. "I think B.J. is the best basketball player in the state," Grixby said.



Senior Ricardo Washington practices his dunks in preparation for the upcoming season at the Creighton athletic complex. Washington and other players also condition at the Omaha Boys Club.

PHOTO BY ROB HUNTER/REGISTER

## Girls, new coach desire to run opposition into ground

BY KATIE BACKMAN

Chad Townsend is starting his first year as the head girls varsity basketball coach, replacing Michele Roberts. "I am not nervous," he said. "I am more excited. If anything I am anxious and I want the season to start." The season looks like it will be a successful one because the varsity team will consist of four returning starters. He said he didn't want to reveal any names of girls who are expected to perform well this season because he doesn't want to discourage the girls who have been trying out. He does know he has four returning starters. "Right now we are just trying to play smoother," Townsend said. "We are getting the rust off from over the summer." Townsend said he has been observing all the girls attending the preseason conditioning during the summer and beginning of the year. He expects to see many girls tryout and make it on one of the teams. The gyms have been open twice a week since school started so the girls could take advantage of the practice time. During this time he said about 70 to 80 girls should tryout for the basketball teams of each level. Not only will varsity be set with the quality and amount of players, but he expects the freshman and JV teams to have a sufficient amount of girls as well. The girls are expected to adjust to his coaching techniques in comparison to Roberts. Strength and quickness is what the team will have. There aren't many tall girls attending the open gyms. Roberts trained the players to play tougher defense and intimidate the players by constantly being one on one. Townsend plans to have the girls run the court and wear out the other team. Senior Stephanie Williams said she thinks the future team will perform fine because the girls have been doing conditioning with heavy running segments. She said she isn't worried that it's his first year handling the team on his own. She expects him to have his

first year mistakes, but he is all ready prepared for the season. "I think he is excited and I have seen some plays he has and it will be a good year," she said. The girls will see the difference when they play the games, he said. The tempo will be increased, which could appeal to more people attending the games. "This year we will have lots of speed, depth and strength," he said. By running the girls up and down court and once the other team grows tired is when this tactic shows its meaning. He said the girls would then score many points and win the game. Constantly pushing the team is what he does, sophomore Cherylle Leffall said. He pushes her to stay dedicated to the team and not lose hope or confidence. Initially, she thought that it would be odd to have a male coach because she could relate more to Roberts, but after the time she has spent with him, it isn't a concern. Senior Emily Muskin said she thinks that he will be an excellent coach and him and Michele Roberts are definitely two different types of coaches. Senior KeOnna Williams said his coaching style is good, but was difficult for her to adjust to. Allison Rutherford said she thinks it will be a good idea to keep in shape because they are going to do a lot of running. "We couldn't ask for a better coach this year," she said. When all of these girls are picked, he expects varsity will make it to State. He said the team has been steadily improving over the years. The team has grown past injuries from last season. Now it is expected to be stronger because of the four returning starters. He expects this year to be eventful and full of wins. "We (the team) are going to tear into State," Townsend said. "We are going to do our best and bring it hard." Before all of this can happen, there needs to be a team first. A part of the team will be the returning starters are, seniors Crystal Howard, S. Williams, K. Williams and Anadrian Booker.

## Swimmer eager to jump off blocks highly conditioned to start season

BY MICHAEL SMITH



PHOTO BY ROB HUNTER/REGISTER

Brittany McClure swims the 200m breast stroke at Montclair pool to prepare for the start of the season. She says hectic practice schedule is very difficult to maintain.

Junior Brittany McClure has a dream and that is one day winning the 100-meter breaststroke at State. McClure has been swimming since she was in the fifth grade. She said swimming has always been the thing she does, and by the looks of last season, she is doing it quite well. Between the summer of her freshman and sophomore years, McClure switched from swimming for Brownell Talbot's year-round swim team, to the Greater Omaha Aquatic League's (GOAL) swim team. GOAL is made up mostly of high school swimmers. She said her coach also runs the Creighton Prep swimming program that has won numerous boys State swimming titles. "It is really nice to work with him and the rest of my team as well," McClure said. She said though it is a year-long swim team, the coach understands she and the other swimmers have to practice at their high schools because he is a high school coach so he has to also. McClure said this summer she and the rest of the GOAL swimmers had two practices each weekday and one on Saturdays. "We practiced from 5:30 till 8 a.m. and from 4:30 till 6 p.m.," McClure said. She said even though it was a hectic schedule, she got to know the people she was swimming with and became friends with them. "We build on each other for support and we become like

a family," McClure said. Last year she competed in the 100-meter breaststroke and in the girls relay. She said that in the State competition, she didn't do as well as she had hoped for by finishing 13th overall. She said that it was kind of disappointing because she did not get to continue competing in the second day. Her coach at Central, Lynne Slobodnik, said she was hoping that McClure could have performed better than she had, and have gotten a better time. McClure said this year, she would gain more practice time by having practices both in the morning and in the evening. Compared to last year when it was only in the evening. She said this new practicing should really help with her strokes and her times in the water. Slobodnik said the downtown YMCA is letting the school's swim team practice in a few lanes at its swimming facility because it is so close to school. McClure said she is ready for the year. She said she is hoping a lot of swimmers will qualify for and win State. Slobodnik said she is looking forward to placing higher in the Metro Tournament and scoring higher in the regular invitational. She wants to see the times of the swimmers improve during practices before the competitions begin. She said all she can do is hope for the best and swim her heart out this season in hopes of going to State.

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## SPORTS

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## FROM THE HUDDLE

A COLUMN BY ALVIN SAMUELS

## Competitive spirit fails to see skin color

As a young black man, when I mention hockey, everyone within hearing distance asks, "What do you know about hockey?"

They ask that, as if a young black man like myself wasn't supposed to know about any sports other than basketball or football.

Sometimes when people stereotype me, it can be very offensive. I just try to shrug it off because they are usually either just joking around or just plain ignorant.

I just enjoy sports. Is that wrong?

There is not much in this world that interests as much as a competition does.

I just love it, whether I am watching or actually competing.

I actually know something about hockey.

I know I am not capable of naming all the players on the Chicago Black Hawks or the Colorado Avalanche, but I still know a little about the sport.

In no way am I an expert, but I believe I can go to a game and be able to enjoy the competition of the two teams.

Just because I'm black doesn't mean all I enjoy is college football and basketball.

I love to watch and engage in these sports.

I become a raving lunatic on days when my favorite teams play.

Yet, I still enjoy participating and watching other sports.

I even dedicated 10 summers of my life to playing baseball, a sport that is seeing a decline in black players, and still enjoy it to this day.

Recently, I have been watching an oddly significant amount of golf, hockey, and even tennis, much more than I ever have before.

As a society, we are starting to accept more ethnic groups in all sports. Tiger Woods is widely recognized in golf and the Williams sisters are also insanely popular in tennis.

But for some reason, hockey has no spotlighted black star.

People seem to still have this obscured view that blacks aren't aware or interested in hockey.

Why not hockey?

In my life I have only seen one professional black hockey player. Why is that?

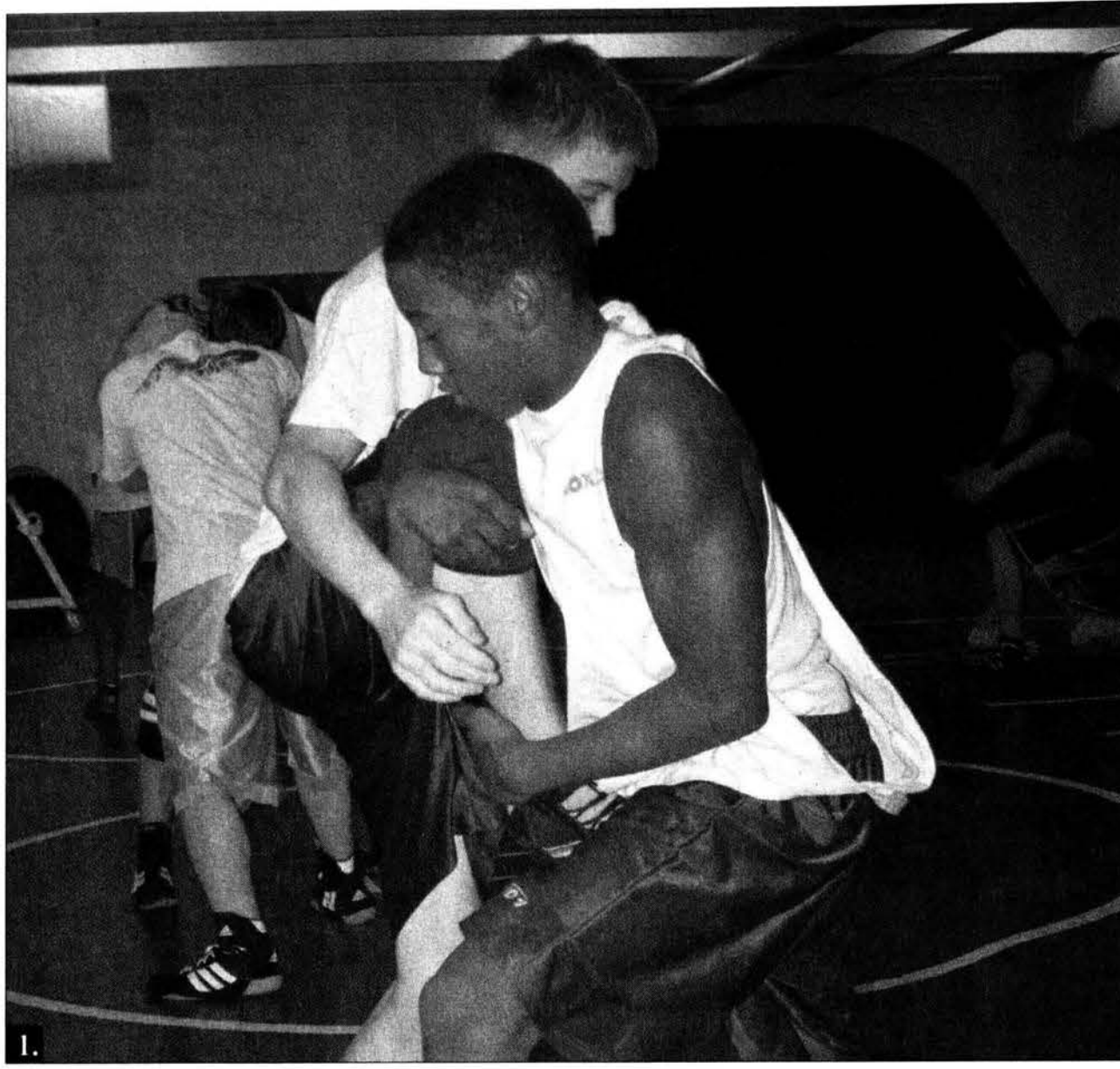
Maybe it is the fact that from birth I have owned a football and a basketball, but have never owned a hockey stick.

Traditionally hockey is a white man's sport. That could be the reason for the lack of blacks in the sport.

I am not saying that every black child in America should run out to their local sporting goods store and trade in their basketball and football for a hockey stick and puck.

Just give everyone an equal shot.

## WRESTLING 2003



ALL PHOTOS BY ROB HUNTER/REGISTER

1. Sophomore Guy Smith has a single leg on sophomore Jae Torpy while they were doing a little conditioning for the upcoming season. 2. Junior Terrance Smith and senior Lorenzo Bush are working on their holds in their new practice room. 3. Junior Blake Gayer has G. Smith in a three quarters hold.

## Team uses new facilities to gear up for season

BY JOHN KENDALL

The wrestling team is ready for the upcoming season thanks to a brand new training room.

Now it has to get down to business.

"I would like for us to produce a quality, competitive wrestling team," head coach Jimmie Foster said.

In the past, the team had to find different places to train.

"In the early years of wrestling, the team worked out in the boiler room," Foster said.

From there they were moved into the old gym, where they had to share the space with the basketball team and other activities. Until three years ago, it was practicing at Jackson Elementary School.

Finally, wrestlers have a place that they can more or less call their own.

Foster said room 070 is where the wrestling team is going to for training now, although aerobics classes are now being taught in there as well.

"In a perfect world, the wrestling team would have a room they didn't have to share," he said.

Foster said the room has a few problems, but they do not really outweigh the positive aspects of it. He said he is happy the team finally has one solid place to train.

"The wrestling mats are wider than the width of the room, so we actually have less space than we did before," Foster said, "but it's good to have a place to call home."

The room has a set of double-doors that open to the outside, which Foster sees as a plus, so he can take the team out running with ease. It is also a heated room, with its own water fountain.

However, there are still a few things that Foster said would have been nice to have, but they are just small details.

"We have to mop our mats after we practice, but there is no place to fill up the buckets. So we have to go up and down two flights of stairs to get water for the mops," he said.

He said it would have been nice to have a little coach's area in a section of the room as well.

He hopes later on he will be able to put banners up and put things on the wall.

It would make the area feel like it belonged to the team. He said only time will tell and they still have to deal with the aerobics students wanting to do certain things as well.

"We were hoping this area would be something the Central team, old and new, could be proud of," Foster said. "Now we want to produce like the days of old."

He said that Central has had a wrestling team since 1933, and has had 150 state champions since then. That's the most in Nebraska.

"The very first state champion in Nebraska was from Central, as well," he said.

Junior Blake Gayer will definitely be a wrestler to watch this season, Foster said.

He said Gayer has worked out a lot over the summer, has qualified for competitions in the past, has beat state qualifiers as well as state champions and has the overall will to succeed.

"Gayer is what a coach wants in an athlete," Foster said.

Gayer agreed that the new training room was amazing.

Not only to him, but the rest of the wrestling team as well.

"It's a really nice room," he said. "It is pretty much what we expected. We were all very pleased."

Gayer said he attended several wrestling camps over the summer.

He mostly practiced in Iowa State at a two-week camp, but locally he trains at the Westside Wrestling Club, which allows for more freestyle wrestling rather than being instructed.

He also went to a wrestling camp at the University of Nebraska at Omaha (UNO), where he said he had a lot of fun.

There he said he was taught "the basics, but the good basics."

"I know a lot of people on the UNO team so I was able to play with people I know," Gayer said.

Gayer said that when he was not at a camp, he practiced on his own whenever he found the time to do so.

He has been wrestling for 12 years, starting when he was just four years old when he saw a school flyer for the Westside Wrestling Club.

After starting with the Westside Wrestling Club he soon moved to the Westside 66's, a youth team for children from about eight years old to 14 years of age.

He went there until junior high, and now takes place as a kind of assistant coach for the Westside 66's.

As for the Central team, Gayer said that there are a lot of new wrestlers who returned from last year.

"I want to see them excel," he said. "I want to get them into little camps and things. I am excited to see what the team is going to be."

As for plans for his future concerning wrestling, Gayer is not all too sure one what he wants to do.

"Pretty much after college there isn't anymore wrestling," he said, "but I would like to see if I could be a coach or something."

## Sophomore rookie shatters stereotype of male-dominated sport

BY ASHLEY WELTY

Sophomore Tess Mandell represents a minority in the male-dominated sport of hockey.

When most people visualize a hockey player, they see a huge guy with very few teeth, but Mandell, standing 5'3", certainly doesn't fit the profile.

Mandell is the only girl on the Metro-North hockey team, but she is not the only girl in Metro-North's history. Omaha North alumna Sarah Grossman was also on the team two years ago.

Mandell started getting interested in hockey when she saw the UNO Mavericks play. She said she enjoyed the sport very much and was interested in playing.

She played in two leagues prior to the high school league, including an all-women's league.

In the summer of 2002, Mandell really started working on skating then moved to stick handling as she progressed. She was committed to hockey and didn't let the stereotype keep her down.

Some people would think a hockey coach would not want a girl on his team, but that was quite the opposite with Metro-North coach John Thomas.

When joining Metro-North, Thomas and other coaches were willing to help Mandell. Even though Thomas gave his full support, he also helped her realize what she was getting into.

"There is a tremendous disadvantage when coming

into a high school league where most people have played for 10 years," Thomas said. "And where you are smaller than most of the players."

But one of the head league officials was against admission.

Even though this official was a woman, she said hockey was no place for a girl, saying it was too aggressive. The official even went to the extent of calling Mandell's father claiming he and Thomas snuck her in.

Mandell paid to be in the Omaha league, not because she really wanted to be in the high school league. But the coaches were all supportive of her being there.

She said she feels this official discouraged her from being on the team and has found many people will support her more than other rookies because she is a girl.

Mandell still tried her hardest and is now playing her first season.

Now she has had to gain the respect of her teammates and competitors. This would prove a challenge for a girl.

"No one would check me, but as soon as I checked them, they knew I meant business," Mandell said.

Thomas, from a coaching point, said he feels just the opposite that most of the men will go harder on Mandell because she is a girl.

Mandell said she feels she has improved tremendously in the first few weeks and hopes she continues to improve throughout the season.



PHOTO BY ROB HUNTER/REGISTER

Sophomore Tess Mandell (LEFT) watches as she is out of rotation. Omaha Metro-North team tied the game in the third period at 1-1. Senior Jonathan Raftery (RIGHT) took a break after being checked.