THE BIGGEST REGISTER EVER

80-PAGE SPECIALTY ISSUE

THURSDAY
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the Central High School
REGISTER

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BULLYING PLEDGE
Something real is finally being done about the bullying problem. Is it too little, too late?
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POLITICAL MUSIC
A look at the music that has pushed political topics and defined America, past and present.
ARTS, PAGE 33C



HEALTH
Many teens have diabetes. How do they deal with the the day-to day restrictions and perceptions.
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11 TIME NSPA/JEA BEST-OF-SHOW WINNER | A HIGH SCHOOL NEWSPAPER PRACTICING PROFESSIONAL JOURNALISM | NATIONAL PACEMAKER AWARD WINNER

Eagles crush T-Birds

Overtime win mirrors last year's State victory

BY BOB AL-GREENE

After the victory, they posed for photographs and held up two fingers. They had won two State Championships in a row.

Coming in from what was their most disappointing season in recent memory, the Boys Varsity Basketball Team succeeded in creating a virtual repeat of *last* year's State Finals in Lincoln on Sat. March 10, winning in overtime 93-85 against Bellevue West.



Central defeated West last year as well, when the T-Birds were the defending champs, not the Eagles.

The two teams had met once already during the season, with West coming out the victor in the re-match, but it was not to be at the hard-fought finals.

"I think there was a newfound focus," Head Coach Eric Behrens said. "The guys just decided we were underachieving and wanted to get back on track."

Behrens said while there was some speculation as to whether this would be the shortest season in a long time, the Eagles started to turn the tide after the Qwest Center shoot-out against Florida's Montverde Academy on Feb. 10.

He said just like the year before, Central did its best playing after the shoot-out, even though it lost in both cases.

As far as whether or not he'd ever doubted the team's ability to make it to State, Behrens said he did get to a point where he knew Central had to win all its District games.

"It was a very competitive district," Behrens said. "There wasn't going to be a wild card."

Team captain and senior Ben Kline agreed. He said the turning point of the season was definitely the shoot-out game at the Qwest.

"We could've played better earlier," Kline said. "A few guys said that (it would be a short season), but we stuck with it."

West got the tip-off that began the game and put the first points on the board.

But junior Chris Griffin put down several quick 3-pointers and the furious playing of junior Josh Jones put the Eagles ahead 12-6 by the middle of

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6-Page Basketball In-Depth

INSIDE

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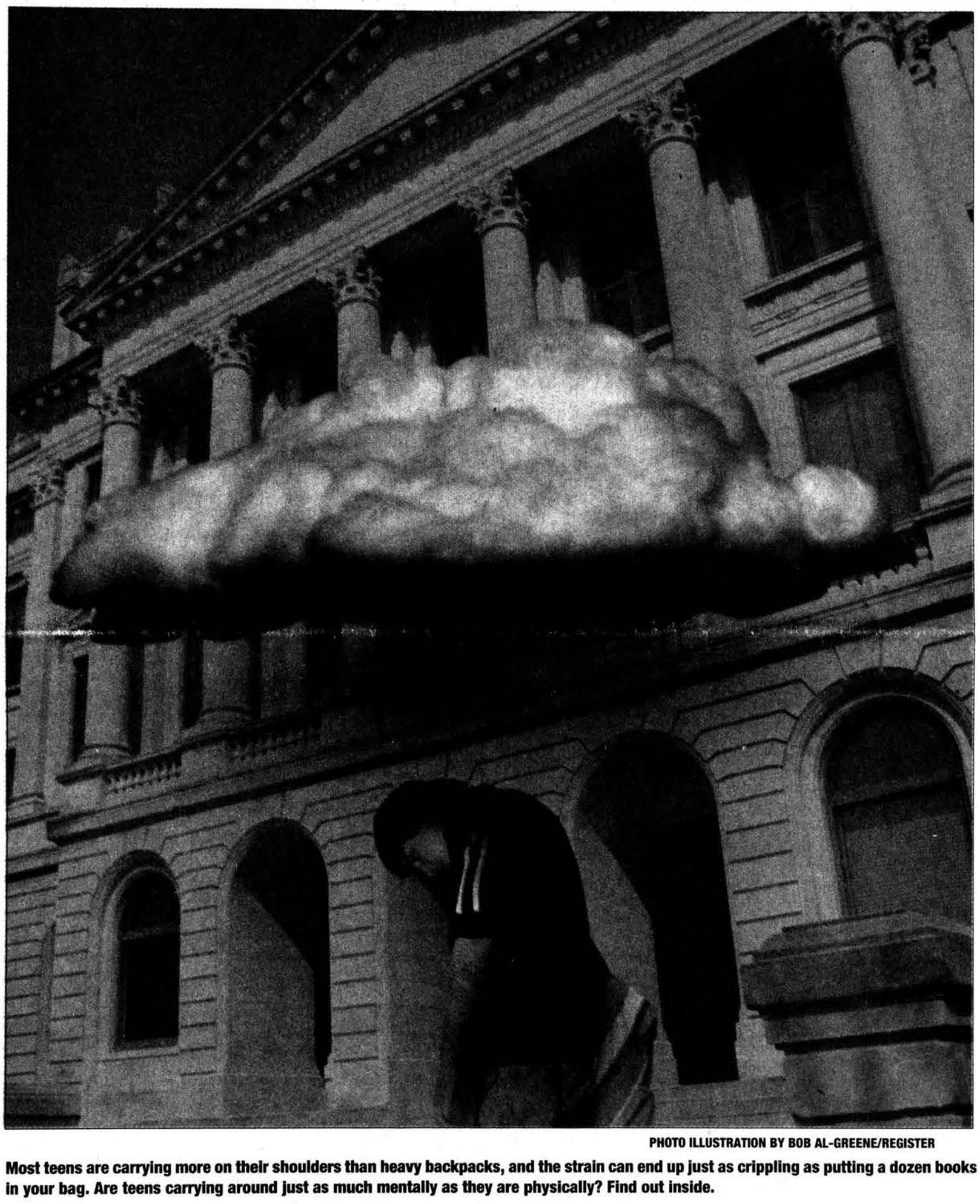


PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

Most teens are carrying more on their shoulders than heavy backpacks, and the strain can end up just as crippling as putting a dozen books in your bag. Are teens carrying around just as much mentally as they are physically? Find out inside.

CARRY THAT WEIGHT

How teens deal with the burden of clinical depression

**Name changed to protect identity.*

BY ALI HODGE

"I can't remember why I was so sad, but I couldn't stand crying anymore, so I did it," said sophomore Jane Doe*, referring to her old habits of self-mutilation due to depression.

Watching her contagiously happy attitude, one could never guess she had suffered from clinical depression since seventh grade.

The only sign she ever had of depression were the cuts she used to have on her arms.

It comes as a shock for almost anyone who finds out a loved one is depressed.

"Everyday is a different feeling," Doe said. "Some days I'm happy. Some days I'm not. You're sad everyday and it doesn't seem like anything can make it better."

Clinical depression affects many teens and may be brought on by self-consciousness, a bad social event, a boyfriend, a girlfriend, anything that would bring down your morale.

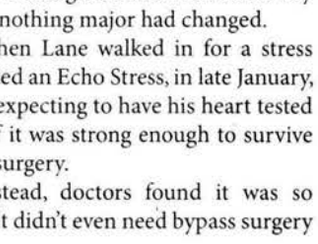


Doe said her depression started when she became involved with her first boyfriend. After it ended badly with him, she found herself feeling differently.

Her mood steadily declined and never came back up.

"Suddenly everything just wasn't the same," she said. "I

Continued to **Depression** on Page 77E



Aide back after fast recovery

Despite lingering numbness, Lane returns to Central

BY BOB AL-GREENE

After spending seven minutes on the treadmill, they took a photo of security aide Russ Lane's heart and the doctor determined there had been no major changes.

Even though he had suffered two heart attacks and a stroke just four months before, even though his heart had stopped beating four times in a three-day period, nothing major had changed.

When Lane walked in for a stress test, called an Echo Stress, in late January, he was expecting to have his heart tested to see if it was strong enough to survive bypass surgery.

Instead, doctors found it was so strong, it didn't even need bypass surgery at all.

"Apparently, the medications had worked," Lane said.

During an Echo Stress an IV is inserted into the arm which "tricks" the heart.

It is as if the body is undergoing physical exercise, so the heart must exert itself more.

Since the nurse couldn't get the IV to go into Lane's arm, however, the only other option was to actually have him exercise.

He said the nurse asked him if he could even walk.

He told her he could, and she asked him if he could do the treadmill.

"I said, 'I'll do my best,'" Lane said.

After seven minutes, a doctor examined the photos and said the clogs in Lane's arteries around his heart had broken up.

Lane said this was likely thanks to the stents which had been placed in his arteries and the medication he had been taking.

The doctor was ready to sign release papers for Lane to go back to work.

Lane had to go home to get the papers and come back.

He hadn't expected to need them.

Before he could come back to work, Lane said, he had to go speak to Dr. Birkman, a cardiologist at Immanuel medical center.

Lane had spent his time as an inpatient in the ICU at Immanuel and later as an outpatient coming back for physical therapy, which he finished with in December.

Lane said he was a bit surprised at having to see Birkman because before, he had only gone to see Birkman at his leisure.

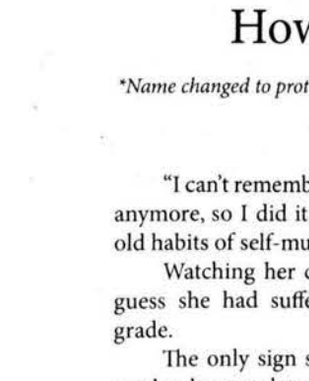
This time, however, Birkman wanted Lane to bring him a job description

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- A look at spiritual, intellectual, mental and physical health. Are you healthy?
- Look for health stories throughout News, Opinion, Arts and Sports.

INSIDE



Central through the years
A century ago, Central wasn't nearly as diverse as it is today. How has it changed?
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Allergies
To some, allergic reactions can be more than nuisances. Some have to resort to surgery for help.
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Technology Club collects cell phones

BY PATRICK BREEN

The "Wanted Dead or Alive" sign posted in room 443 draws a lot of attention, but for more positive reasons than negative.

The Technology Club is starting what will be a year-long drive that will continue throughout upcoming years.

Members will be collecting used ink cartridges and cell phones.

"Thirty-five million cell phones a year are being put into landfills," sponsor Barry Branson said.

That is combined with over 150 million ink cartridges that are also put into landfills.

Branson said this was a complete waste considering both can be recycled and help the environment.

He said most of the cell phones being thrown away are still usable. People are just looking to upgrade and get the newest cool-looking cell phone.

"Cell phones are made up of two things," he said. "Oil and electronics. So everyone can recycle them."

And that's exactly what the Technology Club plans to do.

They will be collecting cell phones and ink cartridges and then sending them to a recycling center.

There, the center will decide if the phones are broken beyond repair.

"People usually discard the phones, even though they can still be used," Branson said.

The cell phones that are still usable will be used at crisis centers across the United States, by allowing those who need them to use them for emergency calls.

"Global warming has gotten recent attention because of Al Gore," Branson said, "but most people don't realize there is another major problem."

The problem, he said, was actual land space. With all the landfills being created from the goods we use, he said land will become limited.

"We may have whole countries," Branson said, "that are nothing but garbage dumps."

He said people need to begin recycling more to protect the environment.

It's the hope of members of the Technology Club that they can at least slow the problem of wasteful use down.

The club doesn't have a number goal for the cell phones and ink cartridges, but it does have an overall goal.

"Our goal is to get as many as we possibly can," Branson said.

The box in room 443 will be left there all year round so students can turn in cell phones and ink cartridges.

Art students use talent to fight hunger

BY KIM BUCKLEY

Students are using their art skills to help people who are starving across the world.

Art teacher Kathryn Schroeder said Empty Bowls is a pottery project started by a high school teacher in Michigan to raise funds for hunger organizations as well as raise awareness about hunger.



SCHROEDER

She said students, and sometimes professional artists and community members, make small serving-sized bowls, which are used at a potluck dinner event. Schroeder said everyone is invited and there is a fee of $5.

She said the people attending the potluck dinner were able to pick their own handmade bowl and eat a simple meal out of it.

She said the people were able to keep the bowl.

Schroeder said the funds will go possibly go to shelters around the school, shelters in New Orleans, Louisiana or to an organization in Africa. She said about 15 to 20 students were involved in the project.

Schroeder said the project has been introduced world-wide, and it was done at her college, which was how she knew about it.

She said Empty Bowls has been pursued on a grand scale, with funds being raised up to $30,000 and over 50 professional potters helping out. However, she said, the one at Central was on a smaller scale.

Schroeder said she talked to her pottery classes about Empty Bowls and the students thought it was a good idea to participate.

"I just asked them (the students) and they were interested," she said.

CALENDAR



PHOTO BY ALI HODGE/ REGISTER

International Language Department chair Bev Fellman addresses the audience at the International Banquet dinner held in March for all of the students enrolled in language classes.

Fellman to bid adieu to Central

BY MAX LARSON

International Language Department chair Bev Fellman will retire at the end of the school year.

She said she is going to retire to spend time with her family. Her son and his wife are expecting twins, and she wants to help them take care of their babies and their home.

Her son lives in New Jersey, and Fellman plans to spend time going back and forth between New Jersey and Omaha, formally staying here.

"My roots are in Omaha," she said.

She said although she will remain in Omaha, she is done with her career as a teacher. She may become involved with the AP Program, do translations for local businesses or become a private tutor, but she will not become a teacher at another school.

"No other school could tempt me away," she said.

Fellman was a student at Central, a graduate of the class of '59, and then taught at Central from 1964 to 1966. She then took 18 years off to raise a family.

"This is actually the third time I'm saying au revoir," she said.

During the 18 years she spent away from school, she had four children. Although she didn't teach, she was in Parent-Teacher Associations and Junior Great Book, a book discussion group for elementary students.

"I was very involved in education," she said, "but not as a teacher."

She was a second generation Central student, and her son is a third generation student. She said her mother, siblings, husband and son have all graduated from Central.

"We are definitely a Central High School family," she said.

She teaches AP French and French 7-8, and has been the International Language Department Head since 2000.

She said her students are a large part of what make teaching appealing to her.

"My number one success is my relationship with my students," she said. "It's something I can enjoy every single day and I will miss that."

She said many of her former students have returned to visit her over the years, and children are the reason she began teaching. She said from a young age she realized she wanted to work with kids, and that she finds high school kids to be remarkable, open and witty.

She also said she has a great amount of respect for the strength of the faculty and staff.

"I'll miss all the people that I work with," she said.

She said she has enjoyed at Central a tradition of rigor in the classroom, mixed with an enjoyable learning environment.

A student of Fellman's, junior Rachel Reno, said Fellman demonstrates several qualities necessary of a good teacher. Reno said Fellman is funny and she commands respect.

"She's really good at sort of knowing skills and weaknesses, and adjusting," Reno said.

She said Fellman's fluency in foreign language inspires her to become more competent in it.

"She's good at what she does," she said. "It's intimidating, but in a good way. She makes you want to get to that level."

Reno, currently a French 7-8 student, plans to take AP French next year, and said she was disappointed to not be able to continue with Fellman as an instructor.

"I was looking forward to having her," she said.

Fellman said she is a firm advocate of the universal education of students in foreign languages. She said they should start learning as young as elementary school.

She said she has a strong interest in words herself.

UPCOMING EVENTS

April

2-6 Spring Break

Students will be taking a week off of school for spring break. It is a perfect opportunity for students and teachers to take a mental break from school and spend some time with their family and friends.

14 ACT Testing

ACT testing will take place on this day. Remember, the test is very important and many colleges will ask to see your scores for admission, so take advantage of some review classes held at Central and take some time out of your daily schedule to study.

28 Displace Me

Hosted by Invisible Children, Displace Me is a protest against the living conditions of those living in displacement camps in Uganda. The event will be held in Kansas City along with cities across the country. Protestors will spend a night sleeping in a park. For more information see InvisibleChildren.com/displaceme.

May

5 Prom

Prom will be held in the courtyard. Be sure to listen for when and where to buy your tickets ahead of time. The prom, held by Student Council is one of a high school's oldest traditions. The theme of this year's prom will not be announced until the moment students walk in the door that night.

17 Seniors' last day of school

The 17th is senior's last day of school. Seniors, be sure to check the final exam schedule and make sure you have all your requirements to graduate. Check in with the counselors if you have any questions.

23 Graduation

Graduation will be held for seniors, their families and friends at the Civic Auditorium at 7 p.m. Seniors, be sure to buy the tickets for your party ahead of time, as seats run out quickly.

25 Last day of school for underclassmen

Fourth quarter and second semester end today. Students will be out for the summer and will resume school again in September.

June

6 Summer school begins

Summer school begins for those students, both underclassmen and seniors, who need to make up credits in order to graduate. If any student is interested in taking summer school and wants more information, see an administrator.

Academic team places third at State

BY KIM BUCKLEY

The Academic Decathlon team competed in the State finals and took home third place.

Sponsor Vicki Deniston Reed said the team did very well and there was a noticeable improvement in the scores between Regionals and State.

Deniston Reed said schools of different sizes compete at Regionals and the top third of the schools go on to State. She said there is a division for both big schools and small schools.



DENISTON REED

She said to help prepare for State, students have a class, which is offered twice during each school day. The AcaDeca class has a national curriculum. She also said students study a lot on their own.

Deniston Reed said this year's topic was China.

She said the students benefitted because they also studied climatology and global warming.

"They're very alert to any of the information in the news that shows up about the topic," she said.

Deniston Reed said she thought it was important to learn about China because it was the fastest growing country, especially in economic growth.

She said over winter break the students took practice tests and prepared on speeches.

She said out of the 10 events, three of the events were speech, interview and essay writing. Deniston Reed said school administrator Ed Bennett was nice enough to interview the students and English teacher Susan Oles listened to the speeches.

She said to prepare for essay writing, the class went over potential topics and there were some guides that gave the students an idea of what quotes to memorize.

Teens show creativity with posters

BY MAX LARSON

To promote the International Banquet, Latin teacher Rita Ryan sponsored a poster contest.

The contest posters served as the decorations for the banquet, which Ryan said included around 250 students this year.

Ryan, who has been teaching Latin for 35 years, said junior Anne Newman, a Latin student, won first place in the competition with her poster of Augustus Caesar.

Newman said her poster was made of different sheets of colored paper and wax paper, forming a constellation of Augustus, and it was captioned "Latin is not dead, Latin is immortal."

She said she chose Augustus because he would represent Rome and Latin.

Newman, who takes two art classes at Central, said it took her eight-and-a-half hours to make the poster.

Ryan said competitors with the top three posters were given prizes.

Newman won a $20 gift certificate to Panera, which she said she definitely plans to use soon.

Second place winners, sophomores Andrea Mauseth and Elizabeth Alfaro, received a combined $30 in gift certificates to use at Douglas County Theaters. Third place winners were given a brand new skateboard, which Ryan said she obtained for free and didn't have much use for.

She said the International Banquet has been taking place in one form or another since the 1940s, and the poster contest was added recently, sometime in the '90s, to compliment and raise awareness for it.

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MAKING A DIFFERENCE

Central students from both organizations, Invisible Children and Change the World, are trying to start a movement within their school to improve conditions in Africa.



PHOTO BY ALI HODGE/ REGISTER

Chris Loper addresses the assembly after the presentation of the documentary "Invisible Children." He introduced the audience of almost 700 students to different ways they could change the world through the organization Invisible Children, one of which is Displace Me, the protest which will take place in April.

Assembly presses involvement through action

BY ALI HODGE

"Just because you're a high school student doesn't mean ou can't make a difference in the world," said geography and ociology teacher Michelle Pleiss.

A documentary given to her by a former student is finally aking waves.

The documentary, "Invisible Children," filmed and roduced by three college-aged teenagers who traveled to ganda, is about the story of orphans living in obscure places to void being abducted by the military that rules their country.

"I think it's a powerful film," Pleiss said. "It mixes a lot of tuff. There's some humor in it. There's emotion in it."

Pleiss said she received the DVD from a student who got at a concert.

She said it was a little while before she sat down and viewed , but when she did, she realized it fit in the curriculum of her eography class.

Since then, she has shown the video to every one of her onors geography classes and some recent students decided to ake action.

The documentary has a special section at the end ncouraging teens to take charge and hold a charity event for he cause.

Pleiss always shows this to her students and gives them nformation in case they're interested.

Sophomores Christina Chesters and Frani Jamrozy were nterested in the film and spent months convincing OPS to let he Invisible Children tour hold an assembly at Central.

It took a lot of work, but permission was finally granted nd they invited the organization to stop by Central on its tour, he first high school in Omaha to host the event.

Pleiss said although she was the sponsor, she didn't do uch to help put things together for the event.

She said all she did was help organize and set up meetings ith those involved. Mainly it was entirely student-led and rganized.

"I think it gives them a sense of accomplishment," Pleiss aid. "I think they're doing a good job. It shows leadership."

Others agreed with Pleiss.

"I was so inspired by that video, it was ridiculous," Chesters said. "I'm 15 years old and had never heard about any of this. I think everyone else needs to know, too."

Chesters said she visited the web site, requested the information, and put together a team with Jamrozy and a few others.

Chesters said she didn't think she was as sociable as she could be, so she wanted someone who could do the announcements and encourage students, which, she said, was one of the main responsibilities of her teammates.

The first thing the girls did was try to persuade Principal Greg Emmel to give permission for the presentation.

"He didn't seem very excited about it at first," Chesters said.

Months later, after three meetings, Principal Emmel granted permission on the condition that he write the permission slips and would be made aware of the details.

After that, the two contacted Invisible Children in hopes of bringing them to Central.

Chesters said the main reason she wanted the student population to view the movie was to make them more aware.

She said students need to realize there are many orphans in Uganda who are the same age as high school students who have nothing, while even the poorest in the United States have something.

"I think they need to know how lucky they really are," she said.

Chris Loper, one of the roadies for the Midwest section of the Invisible Children tour, said it was very important for high school teens to familiarize themselves with the problems of the world around them.

"It's (the movie) to educate and spread awareness," Loper said. "Inspire a generation of young Americans to think outside the box and think about something that's so much bigger than ourselves. I hope the students are enlightened by the situation and become involved in one way or another."

Loper said one way Central students could help the organization in Uganda was by getting their school to participate in the Schools-for-Schools program.

Central can get together and raise money as a school to sponsor a sister school in Gulu, Uganda for the orphans.

The next way was by buying a hand-made bracelet and individually supporting the project.

The bracelets, which Loper sold as students filed into the auditorium, come in three colors and each package came with the story of an orphan.

"This has really opened my eyes to that," said Josh Gilman, another Midwest roadie. "It's like a whole new world. I'm glad I'm doing it.

Gilman quit his job and dropped out of school to join Invisible Children two weeks after he viewed the film in his college sociology class.

Looking back on what many thought was a stupid, irrational decision, Gilman said it was all worth it to bring awareness to teens.

The assembly was held for around 650 students, one of the biggest optional assemblies the team had ever hosted.

Alicia Fore, another worker for the Midwest, said she always loves seeing the reaction of the audience turn from humorous as they watched the beginning to tears as the documentary nears a close.

Fore, who has traveled to Gulu, the place where the documentary was filmed, said she found out about the organization and very shortly afterwards quit her job and school and went to work full-time for Invisible Children.

She was chosen shortly after becoming involved to go to Gulu where the documentary was filmed and where the organization has been set up.

"You definitely see the signs of war," Fore said. "But the people. They're amazing. They're the most welcoming. I was just embraced as a sister."

Fore went to Uganda with Invisible Children to get a firm understanding of how their hard work truly pays off.

"I think it just made it a thousand times more real," she said. "Uganda is where my heart is."

Fore said she hoped the students of Central would enjoy the film, but also take action.

"I just hope that they're moved," she said. "It's inspiring and rallying a generation to do something."

Since the film was presented to the many students who attended, Central has started a club with meetings and members who will be working to continue Central's involvement in Invisible Children.

Club created to promote student awareness, raise money

BY ALI HODGE

Raising awareness for the unfortunate in Africa doesn't stop at an assembly.

At least not for sophomore Christina Chesters and senior Aaron French, the students who ave introduced two different awareness-promoting organizations to Central, Invisible Children nd Change the World.

Joining forces, the two held a meeting in the courtyard for anyone in the school who wanted o help out with the campaigns.

Many of the people there were there to support Invisible Children. However, some were here in support of Change the World.

Either way, both organizations got plenty of publicity and support being that many students howed up for the meeting.

The club now will focus on its major fund-raiser, the change drive, and work on promoting ther functions including organizing a trip to Kansas City for the Invisible Children-sponsored rotest, Displace Me.

At the first meeting, both French and Chesters wanted the members to start making posters o promote the change drive.

"I think any time students give their own time purely for the purpose of helping others in eed, I think it's a great way to use their time," Assistant Principal Ed Bennett said.

Bennett said he attended the meeting to check out what they were doing and to make sure he club had an adult sponsor.

He said if the club wanted to raise money, it would have to have adult participation.

Bennett said both of the organization heads, Chesters and French, had to get special ermission from Principal Greg Emmel and help from a teacher.

With all the work both organizations have done already, he said it was worth it.

"I think it's a great thing for Central," he said. "They seem to be organized, enthusiastic and notivated to support a worthy cause."

French said he was shocked at the turnout of over 50 attendants and he hoped they would ontinue with the organization to help raise money for amazing causes.

"Oh my God, I just feel really lucky and thankful that there are people who want to take it o the next level," French said.

He said when he and the others found out Invisible Children was putting together a club at chool, they thought it would only be natural to join with them.

Otherwise, they thought it would be pretty silly for two clubs with the same purpose to be ompeting against one another.

By joining forces, French said, he thought they would definitely raise more money for the hree organizations.

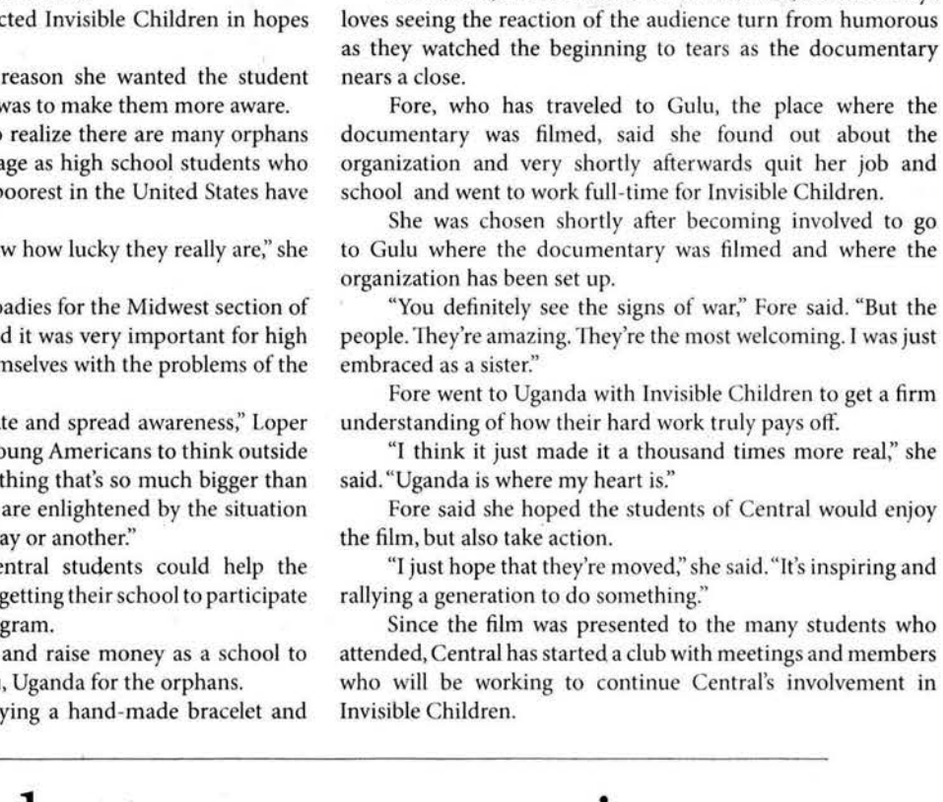


PHOTO BY ALI HODGE/ REGISTER

Sophomore Devon Taylor helps create posters promoting the change drive Central's Invisible Children/Change the World Club will be hosting.

French said his short-term hopes are to get a good turnout and raise lots of money with the change drive.

He said his long-term hopes are to possibly turn the club into a nonprofit organization and giving it a permanent status based out of Central. He said students should be excited about the project. It is something that could save hundreds of lives.

By students becoming involved, it beats the stereotype that kids can't do anything. French said adult apathy makes him angry, so if students can help, hopefully that would send a message to the rest of the world.

"These people, they're us. They just happen to live somewhere else," French said. "Why should they have to suffer with AIDS when we complain about going through the newest cell phones?"

Organization will promote awareness

BY ALI HODGE

Students are taking action and they want others to step up with them.

Promoting awareness of problems in Africa is the main goal of a new organization put together by Central students called Change the World.

And needless to say, as a new organization starting out, they hope all goes well and that they get a lot of student support and reaction.

"We wanted to start something on our own," said sophomore Anna French, a member of Change the World.

Seniors Matt Cronin, Tyler Magnuson and French's brother, Aaron, started the club.

French said she was introduced to it early on and was inspired by their plans and purposes.

Plans included hosting charity events at other schools and promotion concerts.

With much research, meetings with lawyers, the principal and their team, they have decided to start off by hosting a change drive at Central and surrounding middle and elementary schools.

The money will be pocket change donations students at the schools can put into jars that will be set up in key areas.

The amount raised will be split between two organizations with similar goals.

The first established organization is called Microloan. Its goal is to help provide better living conditions and opportunities for women in Malawi.

It is one of the most focused organizations Change the World has chosen to contribute to, as Microloan only works towards helping one country.

The second organization is Africare. It specializes in vaccinations for children on the entire continent of Africa.

The group chose this because it was one of the biggest medical corporations aiding Africa and it works for children.

"It's trying to promote awareness," French said. "I guess us teens, we take a lot of things for granted. It's mainly to promote awareness."

Senior Matt Cronin was behind the idea of Change the World.

Although he came up with the idea of the organization, he said it certainly was not all his doing. There were many more who contributed to the project.

Without them, he said, the club would be nothing.

For example, Cronin said there were special people assigned to make sure different things were all working well.

The club has a writer, an organizer and people to promote around the school and the community.

"It's an Africa relief fund," Cronin said. "But overall, it's more than that. It's more like everyone working toward a common goal."

Cronin said the project had some extremely big plans.

He said his personal main goal was to promote awareness around school and in other parts of the community.

To start with Central, he talked to Principal Greg Emmel.

When Cronin proved he knew the facts and had researched this, Emmel said yes.

Change the World's first order of business is to successfully conduct the change drive; not just at Central, but at surrounding schools as well.

By planning to put up change offerings all over the schools, in places where students spend a lot of time, they are hoping for a very good turnout.

With the help of posters and announcements in the morning, the group also makes a concerted effort to spread the word by mouth.

"I think a lot of it is getting down to the grass roots of it," Cronin said. "That physical connection is such an important thing."

He said they have been working very hard to get lawyers and other businesses involved for extra support and so far, they are looking at making it a nonprofit organization working out of Central.

After talking with lawyers, their firm decided to donate legal supplies and services worth hundreds of dollars to the budding organization.

Also, Whole Foods has agreed to donate food for some of the events.

With all the support it have gotten, Cronin said the group is looking forward to hosting a promotional concert at Memorial Park this April for whoever wishes to come.

The concert would take up a donation for their cause, feature local teen musicians, and also be a silent auction for high school artists as well.

He said many musicians and artists from Central have offered to donate their time and talent already.

Cronin said he hopes as well as promoting their cause, they can hand out literature and information on their club and its purposes.

All the plans for the club are numerous, Cronin said. It all comes down to the dedication and passion of the core people involved and the generosity of those helping out.

Cronin said he has always been into helping other people. This was just an idea he had and with the help of his friends, it has become something more.

"I'm very interested in social justice," Cronin said. "It's a problem everyone can relate to. It's something fun as well."

Cronin said he wants the school to realize a nickle a person lets fall to the ground could very well help someone miles away.

Maybe not just the one nickel, but if everyone chipped in, the school could raise a lot of money, he said.

"I think people a lot of the time just want something to care about," he said.

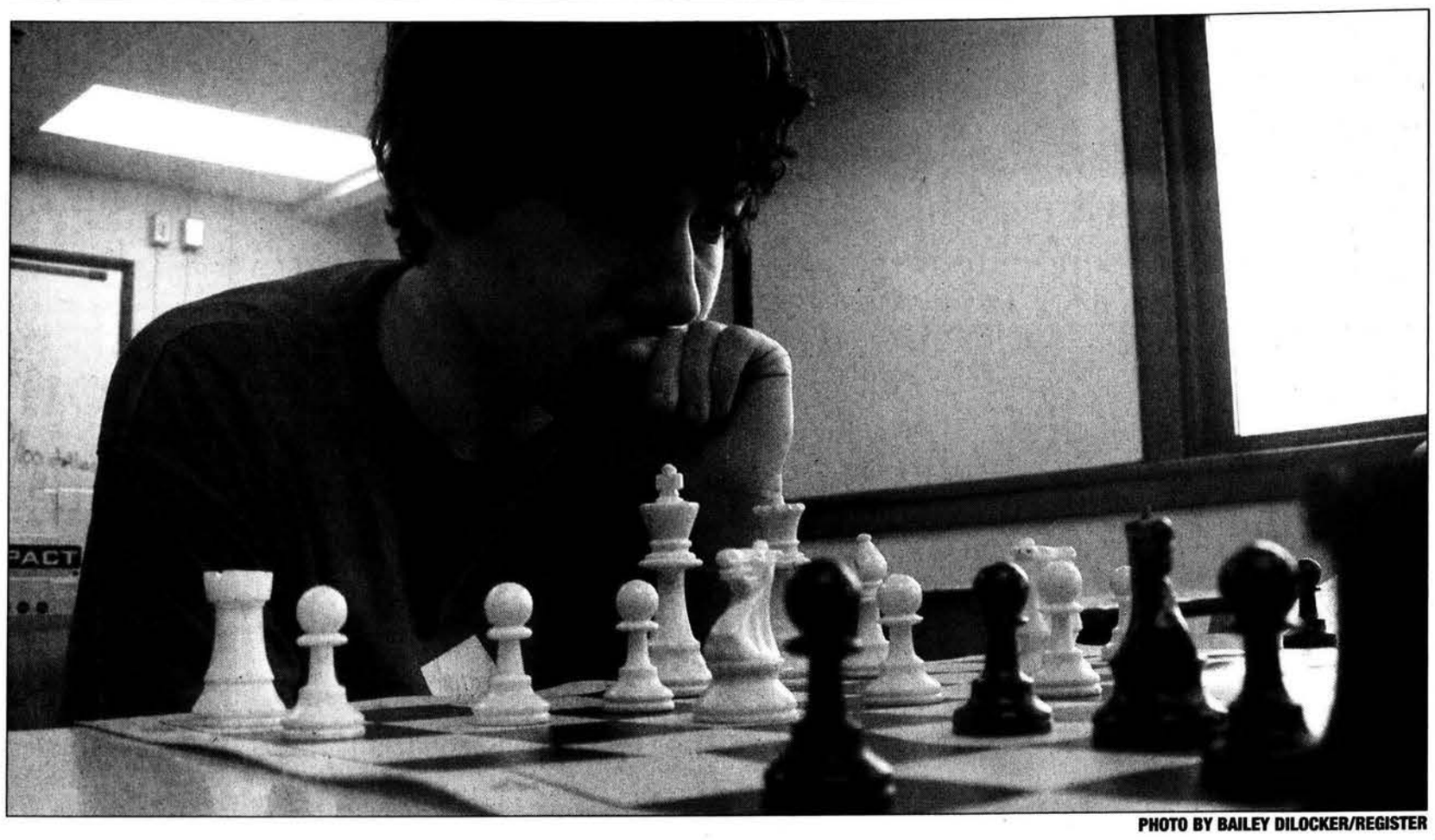


PHOTO BY BAILEY DILOCKER/REGISTER

Sophomore Ben Susman considers his moves in a practice game against an opponent at an after-school meeting of Chess Club. The chess team now look forward to Nationals in April.

Chess team takes State, again

BY BAILEY DILOCKER

"When we play each other, we play to win," senior LaVel Sterling said.

Members of the Central High school chess team went for another State Championship and got it. The team of eight proved to be small but mighty.

Forty years of playing chess, Drew Thyden, the chess coach, challenges the students by playing against them. His goal is for the students to beat him in a game of chess. He pushes the students by showing them good moves and mistakes.

"The season started out iffy, but at the end, we were the best," he said.

Practice certainly does make perfect as it is the primary thing learners can do to improve their skills in chess playing.

LaVel Sterling and senior Kevin Kennedy tied for first place against his own teammate in the individual State competition.

"It was a big win for us this year because we lost some good players last year, so I was very excited," Sterling said.

The undefeated season proved their success. They even smashed, what was supposed to be their biggest competitor, Westside 4-1.

"We are pretty confident going into competitions," Sterling said.

Their confidence is certainly earned, due to their records.

Thyden keeps a mini-library of about 30 chess books for the students to read. Reading books on chess strategies and playing experienced teammates is the key to doing better in an intense game of chess.

Freshman Caleb Koch first learned to play chess in the sixth grade because his teacher had made it a big deal.

"I got hooked into it and he made it interesting, enjoyable," Koch said.

Koch understands math better than the subject of English.

"I am a natural logical thinker, and chess is like a big puzzle, or a game of analyzing," Koch said.

Koch's most challenging moment of the chess season was said to be when he beat Thyden.

"I crushed him in that game of chess, and I was excited," Koch said.

He also said that he was more intimidated by his own teammates because they are his biggest competition.

"We aren't looking to win at nationals, but the students can compete against better players," Thyden said.

"Nationals is a good time to have fun with no pressure to win," Thyden said.

Thyden also said since the competitors are playing chess at the next level, the students will be able to play against the more experienced competitors.

Koch looks forward to nationals, which takes place April 13-15.

Senior tutors girl to gain more than volunteer hours

BY STEPHANIE WILHELM

"I'm more of a kid than the girl I tutor," senior Amanda Pintore said.

Every Monday for one hour, she tutors a fourth grade girl at Western Hills Elementary through OPS Gifted and Talented Mentoring.

"I heard about it through National Honor Society," she said. "I choose a school and hoped and crossed my fingers that I would have a match."

At first, it was a way to earn hours for NHS because she did not want to reach the end of the year without enough hours. Then, it turned into so much more.

"We were only going to go until Christmas," she said, "but I fell in love with her and really enjoyed doing it."

Both of them sat down and decided to continue until spring.

"She doesn't need help doing her homework," Pintore said. "She's ahead of her peers. I'm there to further her education."

Tina Buda, Challenge teacher at Western, supervises the program.

"She's really relaxed," Pintore said. "Most of the time we do the projects inside her classroom, but we'll go outside and she's fine with it."

For the most part, Pintore doesn't have projects approved because Buda trusts her and gives her freedom, but she does have some things approved.

She said there's only one problem she has had.

"It's a personal thing. The girl is 9," Pintore said. "She's a little too grown up. I'll be blowing bubbles and it's hard to bring out the kid in her. She's so serious."

Pintore wants to do a puppet-making unit, but the girl sees it as something for younger kids.

The two girls do different projects every week. Pintore made a list of basic units from poetry to science to history and from there she came up with random project.

They have done everything from reading "Little Women" to building a planet mobile to writing a fictional story where one of them will write a little and then the other would continue it.

The lessons plans are more than learning the cycle of photosynthesis. It includes going outside and making a collage of leaves and then labeling everything.

"She catches on fast," Pintore said. "She's even learned basic physics."

She chose Western because it is where she had gone to school.

"I know a lot of the teachers," Pintore said. "And it's close to my house."

The school is a magnet center and they have elective classes. The girl misses the last class of the day, but because it is an elective, she doesn't miss the same thing every week, so it is not detrimental.

"It's helped me further my creativity," Pintore said. "At the beginning of the year, I had no idea what I was going to do."

She said she knows she wants to work with kids and so this was a good opportunity for her.

"I hope she looks at me more than a teacher," she said. "It's more than a teacher-student thing. I see her as a friend."

Pintore said they don't just learn. They talk and have fun.

"I hope she learns that she doesn't have to be so grown up," Pintore said.



PROM

2007

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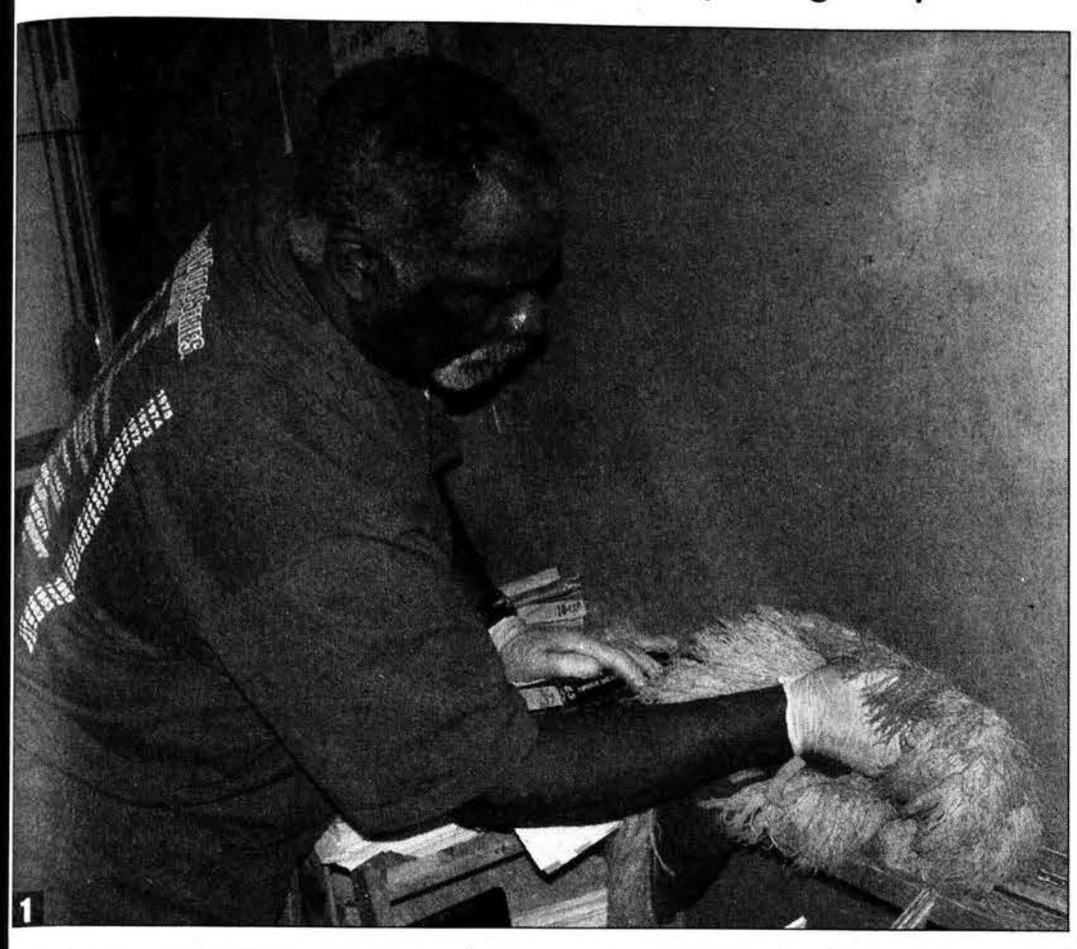
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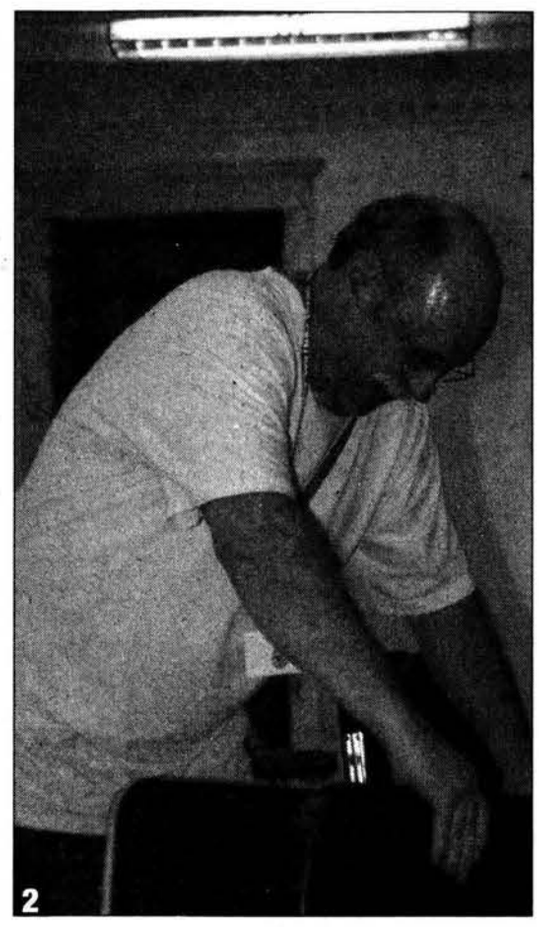
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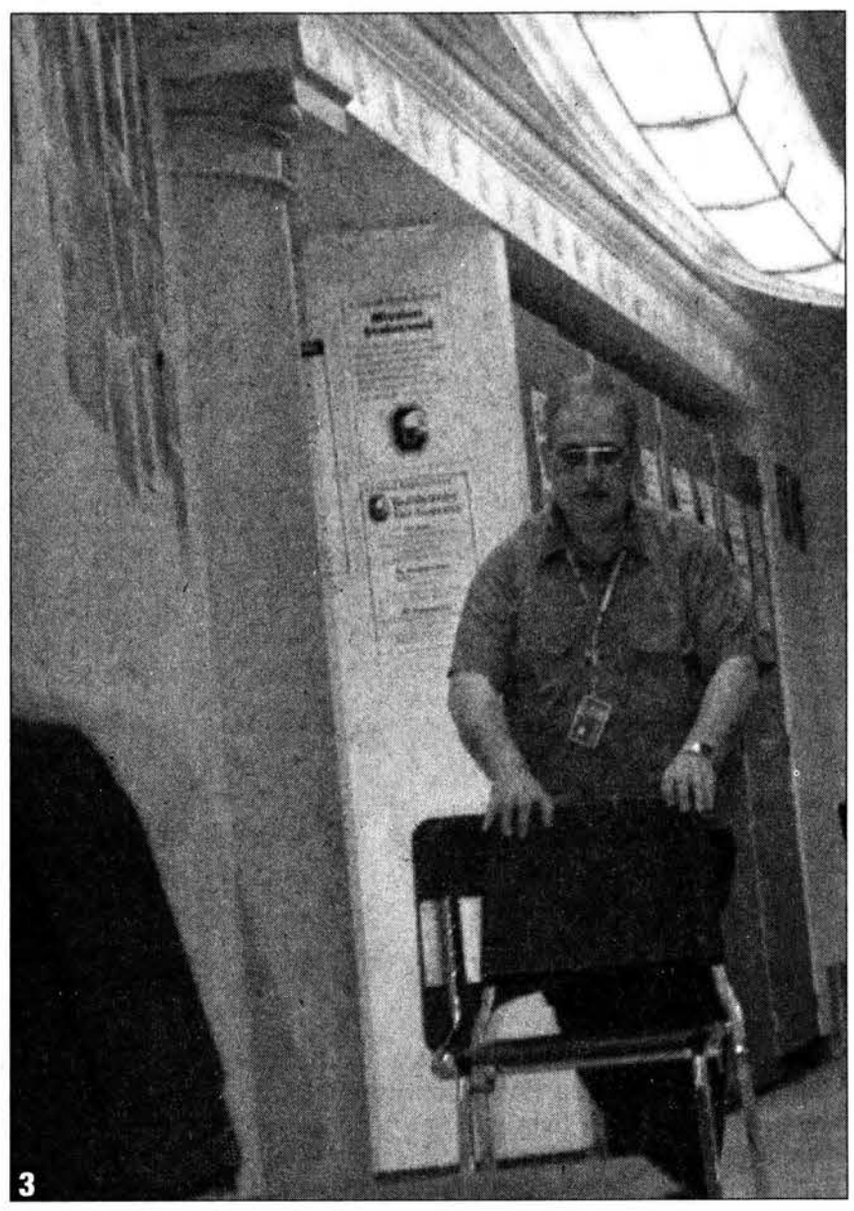
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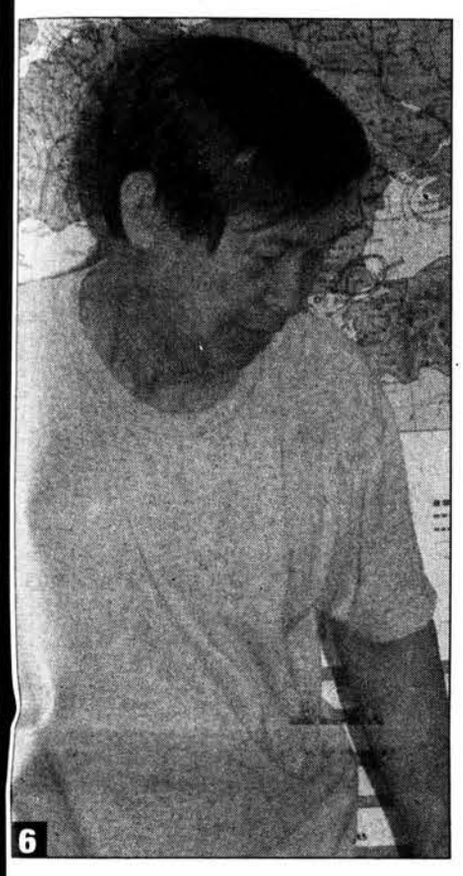
WORKING AFTER HOURS

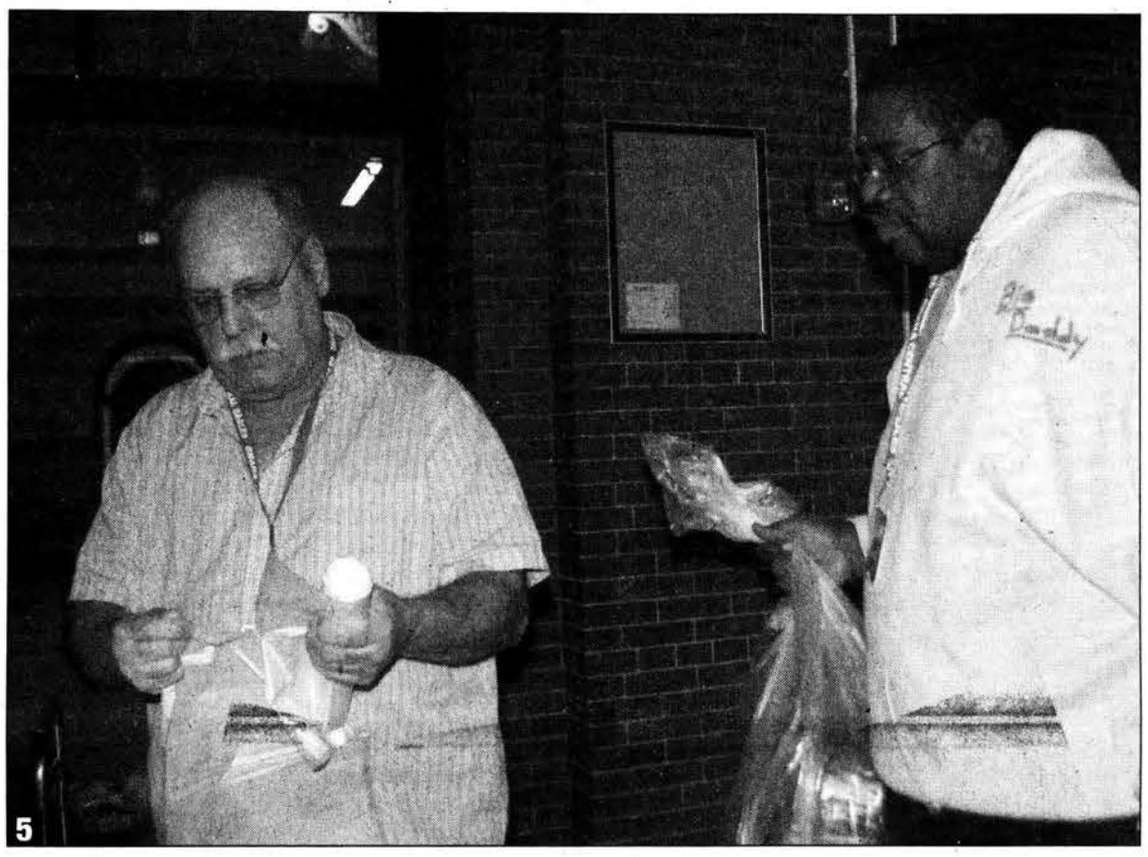
When all the students have gone home for the day, the custodial staff's job has only just begun. Every day and night they diligently fix the mess left by the students of the state's largest school.

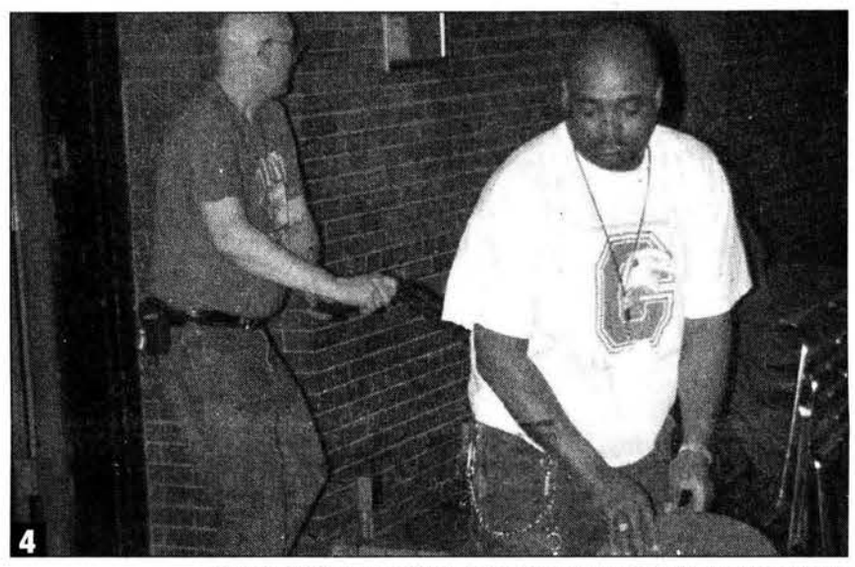

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PHOTOS BY BOB AL-GREENE, PAT O'MALLEY AND KIM BUCKLEY/REGISTER

1. Custodian Rufus Haynes cleans the chalkboard of one of the classrooms. 2. Custodian Ernie Redding put the chairs back into the choir room after parent-teacher conferences. 3. Night crew head Frank DeGeorge moves the chairs out of the hall and side rooms. 4. Gerald Henry and Anthony Hart move chairs from parent-teacher conferences back into the courtyard and push them into the tables. 5. Custodian Richard Scales clean up after the Indian Culture Society banquet. 6. Custodian James Nguyen vacuums one of the classrooms.

Night crew cleans messes, prepares school for every new morning

BY KIM BUCKLEY

When all of the students leave the building, the custodial staff is hard at work, making sure the building is clean when students arrive in the morning.

Teacher Christy Flaherty-Colling said she sees the night crew working every day.

She said she thinks the custodial staff is important because they maintain a historical building, which takes a ton of work to look nice. She said they also had to deal with over 2,000 people.

"They're (the custodians) an integral part of the school community," Flaherty-Colling said.

Head custodian Frank DeGeorge is in charge of the night crew, which consists of 11 custodians.

DeGeorge said the night crew works from 3:30 p.m. to midnight, and said it takes about 25 minutes to clean a room.

He said his main responsibility is to secure the building and make things go as smoothly as possible. He said securing the building takes about an hour.

DeGeorge also said he needs to set up and tear down things for any activities in the building.

He is also at the school every Sunday to do a building check. He said it takes a full hour to check the main door, the basement and the first floor.

Flaherty-Colling said when she enters the building she thinks how great it is to have a clean workspace and how thankful she is that the custodians are working on the building's behalf.

DeGeorge said there were a lot of good aspects about his job. He said he enjoys being with people and talking with them as well as helping them out.

DeGeorge said the most challenging part of his job was working with 11 different personalities.

Custodian Ernie Redding said on a regular school night he's at the school until midnight.

He said his job consists of emptying the trash, dusting and vacuuming the rooms, mopping up the pop spills and changing the light bulbs.

He said the best part of his job were the people.

"Everybody's nice and we all get along well," Redding said.

He said the worst part of the job was the hours. However, he said those were the hours and he had to do them.

Custodian Paul Gunter is one of the custodians who works during the daytime with all of the students and staff around. He said the custodians get to the school around 7 a.m. and stay until 3 p.m.

"We are more visible than the night crew because the staff and students see us more in the day than the night shift," he said.

DeGeorge said there haven't been any major problems this year, except for the minor problem of having a hard time getting the students out of the building at the end of the school day.

He said most students are good about it when the custodians try to get them out of the building.

Gunter said there are more people in the night crew than the day crew. He said there is no difference between the jobs that the night crew and the day crew do.

"We're (the night crew) more easier going, maybe because we don't have the stress of as many people here," Redding said.

He said the night staff was fun and he said they help each other out.

Gunter said the best part of his job was the satisfaction of knowing he is doing the best he can and hearing the students and staff tell them they're doing a good job.

DeGeorge said he has been working at the school for almost 14 years. He said he has had the job of being in charge of the night crew for nine or 10 years.

He said he is more comfortable in his job.

"I understand how to work with people," DeGeorge said.

He said the job has gotten more challenging from when he first started the job because it seems like the students are getting messier because there are more activities.

He also said having the gym being here for varsity games as well as the stadium made it more challenging as well.

Gunter said during the lunch hour it was busier for the custodians than the rest of the day.

He said the hardest part of his job was keeping the building looking presentable in terms of cleanliness.

DeGeorge said after breaks, the staff members tell the night crew how good the rooms look.

"Just verbal appreciation is great," he said.

Flaherty-Colling said she thinks the staff makes a point of speaking with the custodians and treating them with respect. She also said the staff also realizes that the custodians are the ones really keeping the building going.

Custodian lives life with new vigor after going into remission, losing hair

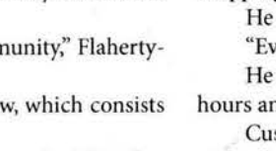
BY ALI HODGE

After surgery, all he remembers is being shaken out of sleep by the deep voice of a tall doctor.

"Wake up," he said shaking his shoulder. "Fun's over. Wake up."

Slowly opening his eyes, Gerald Henry looked up at the doctor and then around at the many more that were lingering in the surgery room.

This moment in which Henry returned to the world after his many months of medical turmoil was one that stuck out in his mind as he recalled his experiences with colon cancer.



It all started when Henry decided to raise his insurance a few years ago. As part of OPS' policy, Henry went in for a physical where the doctor told him that, due to his age, he should be screened for colon cancer.

Henry said he wasn't expecting any bad news. After all, he felt fine. He acted fine. He looked fine. As far as he knew, he was carrying on a completely normal life.

So the news came as somewhat of a shock. He had been diagnosed with colon cancer.

"That was the first thing out of my head," Henry said. "'Oh my God, I'm going to die.'"

Even though the doctors assured him the cancer was caught early, he still believed his days were numbered.

"You cannot believe the depression I went through," Henry said. He said he now blames it on basic human reaction.

He said his family was very supportive of him when they later found out, despite their worries. The one who took the news hardest was his daughter, who was 15 at the time.

"I think she thought it was the end for her dad," Henry said.

If the thought he could possibly die was not enough to scare him and his family, the effects the new medicine he took was.

Because the cancer was found early, what cured Henry were 42 pills and a surgery.

As simple as it sounds, the pills were much more powerful than estimated.

After pill 37, Henry said his hair started to fall out in weird patterns. For example, his hair on his head fell out in chunks instead of on the top of his head like a normal balding man.

After a while, all of his hair all over his body had fallen out. And it wasn't growing back.

"The last time I shaved was February 25 of last year," Henry said.

It's amazing the details you retain in a time of crisis.

Extremely worried, he visited his doctor again, who assured him everything was okay and that he would grow his hair back eventually.

Months later, it hasn't. Although his hopes are high, his expectation of one day having hair is not.

"If it grows back it grows back," he said. "If it doesn't, it doesn't. At first, I was really upset. When I was finally done with the pills, that's when I started freaking out."

Now, Henry is in remission, completely free of cancer. The effects of the experience will lat him forever, though.

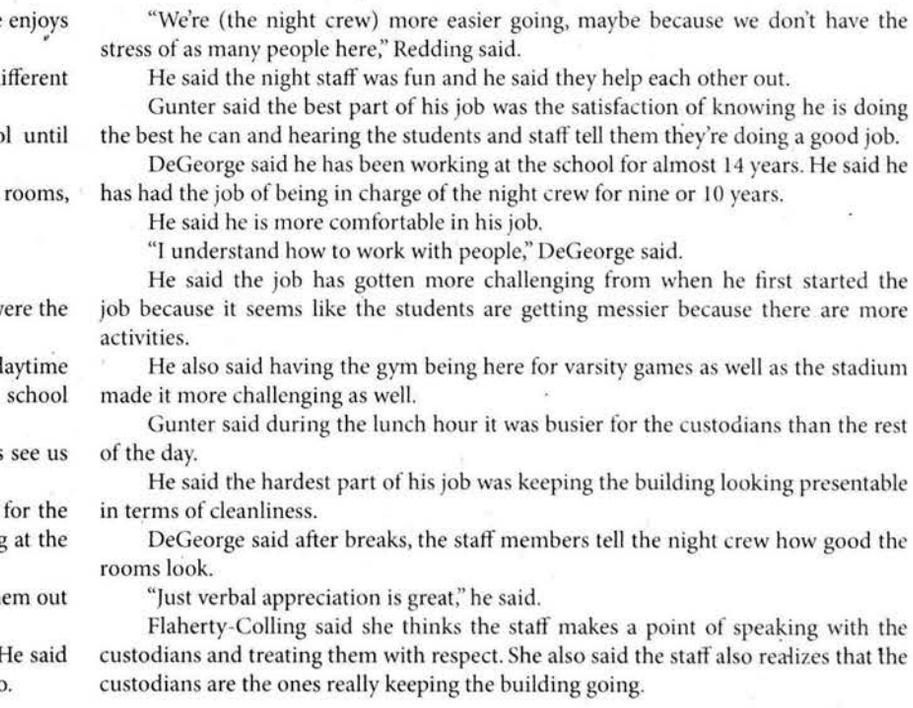
"The cancer probably saved my life, as strange as that sounds. It's made me a better human being," he said. "I enjoy today like I wouldn't have a tomorrow. I am OK and I'm going to be OK."

He said his life in the past was not bad, just normal in the sense that he didn't truly live and appreciate the little things in it.

"I enjoy everything more. Even the downs," said Henry. "I have a good outlook. Just looking at the sunset. I liked it before. But it's more beautiful now."

Realizing every day in his life is a blessing, he has decided to do some things that make him happier, something he never used to do.

Following a wish, he attended bartending classes, something he has secretly always wanted to do.



Gerald Henry wheels chairs on a dolly back into the courtyard after they were placed out in the halls after parent/teacher conferences.



COLLEGE CORNER

University of Missouri at Columbia

Location: Columbia, Missouri
Type: Public 4-year University
Admissions: 89% of all applicants accepted
Undergrad enrollment: 20,027 of student population are undergraduates
Freshmen Admissions: Majors offered in: Agriculture, Ethnic studies, Business, Biology, Journalism/Communications, Computer sciences, Conservation, Education, Engineering, English, Family and consumer sciences, Foreign languages, Health, Math, Religion, Psychology, Visual/Performing arts, NCAA.
Application date: May 1

University of Iowa

Location: Iowa City, Iowa
Type: Public 4-year college
Admissions: 84% of applicants accepted
Undergrad enrollment: 9,512 of student population are undergraduate
Freshmen Admissions: Majors offered in: Ethnic studies, Business, Biology, Computer sciences, Conservation, Education, Engineering, English, History, Family and consumer sciences, Foreign languages, Health, Math, Religion, Psychology, Philosophy/Religion, Public administration, Social Sciences, Visual/Performing arts, NCAA.
Application date: May 1

Harvard University

Location: Cambridge, Massachusetts
Type: Private 4-year liberal arts college
Admissions: n/a
Undergrad enrollment: all of student population is undergraduate. Harvard college is the undergraduate program within Harvard University.
Freshmen Admissions: Majors offered in: Ethnic studies, Business, Biology, Computer sciences, Conservation, Education, Engineering, English, History, Family and consumer sciences, Foreign languages, Health, Math, Religion, Psychology, Philosophy/Religion, Public administration, Social Sciences, Visual and environmental studies, Visual/Performing arts, NCAA.
Application date: Oct. 15

Northwestern University

Location: Evanston, Illinois
Type: Private 4-year University
Admissions: 33% of applicants accepted
Undergrad enrollment: 7,896 of student population are undergraduate
Freshmen Admissions: Majors offered in: Journalism/Communications, Ethnic studies, Business, Biology, Computer sciences, Conservation, Education, Engineering, English, History, Family and consumer sciences, Foreign languages, Health, Math, Religion, Psychology, Philosophy/Religion, Public administration, Social Sciences, Visual and environmental studies, Visual/Performing arts, NCAA.
Application date: May 1

INFORMATION COURTESY OF 2005 COLLEGE HANDBOOK

RIDE OF YOUR LIFE

HEALING POWERS AMERICAN HEALTH 2007

Students risk life and limb to jump on, hang on to, ride moving trains for dangerous thrill

BY MAX LARSON

Senior Morgan Shumaker has an unusually strong affinity for thrill seeking. Last year, he found an extreme way of feeding this appetite for adventure. Although he doesn't do it anymore, jumping onto moving trains became a part-time passion of his, an extraordinary weekend activity.

GETTING ON...

He said it was an idea that just came to him one night, and it was turned into a common practice between him and several other Central students, done about 12 times in all.

"It started when me and my friend were downtown behind the Qwest Center," he said. "I turned around and saw a coal train. I looked at my friend and he looked at me. I've always wanted to ride a train, and I just said, 'We have to do this.' We hopped the fence and rode it for a mile."

He said the train trips were almost always pre-meditated, rarely done on impulse like the first time.

"You don't just get on a train," he said. "You have to plan it out."

He said the train he got on by the Qwest Center was moving slowly, so jumping on and off was not very difficult. Fast trains are the ones that pose a threat.

"If you try to get on a train that's going 40 miles per hour, either your arms will get ripped out of their sockets, or you might get lucky and catch on, but get sucked underneath," he said.

Finding another train like the one at the Qwest Center, one that was tame and easily mounted, was the first task, and proved to be a challenge.

He said he needed to locate a place where the train would slow down enough for him to jump on, speed up once he was on so it would become exciting, and then slow down so he could get off again.

After many experiments to find the right spot, he said he found a reliable place on 50th St. He would ride from there to the Missouri River.

"It's an awesome ride through South Omaha," he said. "We go by all these big factories."

He said he discovered the route by studying train tracks on Google Earth.

Other planning included getting back to the starting point at 50th St.

"We usually go late," he said. "2 to 5 a.m. I have some buddies. They drive their cars and pick us up."

One of these buddies, senior Anna Knotek, said although she was tired when she picked up Shumaker and his friends, she was glad to do it.

"I want to be there so I don't miss out on anything, the fun stories of it," she said. "It's exciting to see what they've come up with."

Once the plans were made, Shumaker would arrive at the tracks and wait for a train he could board.

Despite any planning, he said a fair amount of the time nothing would happen. Either a train never showed, they were all moving too fast to catch, people grew tired of waiting, or there was no ride from the river back to the starting point.

"Sometimes it's disappointing because of how long we wait. Hours," he said. He has waited five at the most.

Even with setbacks and the difficulties of planning, he continued going for the satisfaction that comes with catching a train.

"Riding a train feels like a major accomplishment," he said. "You feel like you've conquered something."

The process he used to pull himself onto a train is one he said he created himself.

"I see the train coming, it starts slowing down and I jog along it to about 20 miles per hour," he said. "I give a few springs along the train. I mean, you have to go all out to get on. You look behind you to see when the handrails are coming by. You pick a handrail, grab onto it and run with it."

He said he would grab the rail and the force of the train would usually jerk him forward two to four feet. Then he would pull himself on, put his feet on the side of the train, and climb a ladder leading to the top of the car.

"Then you climb up in the coal, and that's fun," he said. "You can slide around in it. After a train ride, I'm covered in soot."

He said the coal in trains comes in powdery chunks. There is enough room on the far sides of the coal car to run and slide in it.

Senior Colin Conn, another train rider, said he has been covered in coal before as well.

"We can dump it out of our shoes," he said.

Knotek said although she didn't mind picking them up, they were certainly in an undesirable state.

"They're so messy," she said. "They smell and they're dirty."

Above enjoying the coal, Shumaker said the best thing to do on a train is to sit down and relax with friends.

"It's like a never-ending roller coaster," he said. "You just let the wind blow."

A fellow train rider, senior Jared Dittman, said his riding experience was an adventure, and made it worthwhile.

"It's hard to explain," he said. "It's something within you that pushes you to do it."

...AND JUMPING OFF

After riding a train for what Shumaker said was at most half an hour, everyone would get off.

He said he would climb down the ladder on the train car's side and put one foot on the ground to test its speed and his stability. Then, holding on with both hands, he would jump off the train, run along, stabilize himself, and then let go with his hands, running off and away from the tracks.

He said this is the most dangerous and difficult part of train riding. It was during this portion of the ride that he and a friend of his once experienced painful falls.

On a snow day he and this friend, a first time rider, found a train, but ended up several cars apart, a distance of about 40 feet.

"We were shouting to communicate," Shumaker said. "He didn't know when to get off, and he got off too fast. He didn't run along, he planted his feet. He did about five somersaults in a row. I thought I was going to be able to get off okay, but once I realized how fast it was going, I knew it was going to be a rough landing."

He said he tried running right away instead of stabilizing himself. He wasn't able to prepare himself for the sudden deceleration of dismounting a train.

"My legs couldn't move that fast," he said.

His foot became caught in the snow and he fell face forward. He put his elbows in front of himself and slid in rocks for about five feet.

"I hit the ground so fast it was crazy," he said. "I would seriously almost compare it to being hit by a car. It's like hitting the water after wake boarding at a really high speed."

Conn also has taken a few falls in his history with trains.

"It hurts like hell," he said.

He said his first time on a train, he didn't have an idea of how to make it slow down so he could get off. He tried waving his cell phone to attract the attention of the conductors. It didn't work, and he said he realized later that this probably wasn't a very smart idea. He decided to jump off.

"I fell so hard," he said. "I just hit and flew."

Dittman also said he experienced a fall, but his was while trying to get on the train. It was moving too fast while he was attempting to grab the ladder on the car and he slipped, landing on a large pile of rocks.

Even though he was never injured severely, Shumaker said he recognizes all the perils that come along with train riding.

"It's not a smart idea," he said. "If you don't get off right, you can seriously get messed up."

He said planning his trips out beforehand gave him confidence. If while trying to get on it seemed he would not make it, he was not opposed to stopping. For him, this cautious approach eliminated a fear of dying. But he still acknowledges the presence of fatal hazards.

"If you're getting off and your foot gets caught, bye-bye foot," he said. "Trains are so powerful. One wrong move on a train, you're dead."

Dittman said he also recognizes the risks.

"It's really dangerous," he said. "To be honest with you, you can die."

Shumaker's girlfriend, sophomore Erika Koenig, said she was apprehensive towards the hobby because he had gotten hurt, but since he had fun with it, she did not worry excessively.

Shumaker's friend, senior Mark Arehart, said he opposed the act for its unlawfulness.

"I think it's harmful and foolish," he said. "It's against the law."

Although he was not mad about it, he said he did not agree with it. He worried, like Koenig, of someone getting hurt. But he said he cannot stop Shumaker from doing what he wants to do.

THE RISK

Marmie Edwards, vice president of OLI.org (Operation Lifesaver), a group that promotes safety around trains, said just being around train tracks is bad enough, and that trying to jump onto one puts you in "double jeopardy."

"It may seem simple enough," she said, "but you can sl on the gravel while you are running, think you've got a goo hold, but slip and lose an arm or both legs. You can dislocat your arm when you grab and hit up against the railcar, then pain, release your grip and fall under the train."

Conn said from his experience of being on a train h could understand why it would be easy for someone to get r over if he fell the wrong way.

Union Pacific official James Barnes said trains could b harmful to someone without even getting on the tracks.

He said thousands of people have been killed whi trespassing on train tracks, not necessarily even trying to rid them, over the past decade.

"Quite frankly, they (the riders) don't want to be youn people missing limbs, visiting funerals or even getting a felony he said.

He said railroad tracks are private property and trespasse are subject to arrest and fines.

One risk Edwards mentioned, one beyond the trains an the law, was the other train riders.

"The people you meet there are breaking the law [enterin private property] just as you are," she said. "They may no welcome your company."

Shumaker said he has considered this threat as well.

He has heard of a group called the Freight Train Riders o America, an organization may be responsible for the murder of other train riders who were not members.

Shumaker holds different opinions on these types o groups. He said they are in some ways ruthless and worthy o interest, but also "a bunch of nobody's that want to be calle something."

He said his mixed view on the subject reflects his pas train riding experiences and their conflict with his decision t give up riding.

Shumaker and Dittman both said they quit train hoppin because they wanted to focus on other aspects of their live and that train riding was too big of a chance to take.

Conn said he only ever rode trains because Shumake convinced him to start.

"He talked me into riding the trains, but in the end it wa pretty fun, and I don't really regret it," he said.

He said he stopped riding when Shumaker stopped, an although it was fun, he was glad it was over.

Shumaker, who once had a desire to ride a train across th entire country, said he has replaced his train riding fascinatio with a new passion: running.

He said long-distance running has become his life, an riding trains presents too much of a risk of injury.

"I just really wasn't seeing everything in the big picture he said. "Running has always been important to me. It [trai riding] was just something I did for fun."

He said he plans to further his running career, and h wants to run cross-country in college if he can. He sai he would be devastated if he couldn't continue because t something he was doing only for thrills.

"Don't get me wrong," he said. "It was a lot of fun. No that I've had a lot of time to look back and reflect, it was still lot of fun, but I'm just glad I didn't die."

On top of injuries, Conn and Shumaker were once almos caught in the act.

Outside of Harrah's Casino, they were searching for bluff to climb.

"It was a pretty stupid idea though," said Conn.

A train came by while they were searching. Shumake said they decided to abandon the search and ride the train fo a short while. They took it only about 20 feet before jumpin off again.

Conn said they must have been seen, because an engin without cars that was moving down another set of track pulled up to where they had gotten off.

The conductor came out, and Conn saw a light th looked like an oncoming train.

"But then we saw it moving side to side," he said.

Realizing it wasn't a train, Shumaker and Conn tried t get away from whoever was holding the light.

They were running towards the river when they turne around to see a pickup truck speeding after them, someon inside holding a spotlight.

"We started running like hell," Conn said.

He said Shumaker hid in a ditch while the roaring truc shot up gravel and shined the spotlight in his face. He hid in ravine to avoid being caught.

His phone started ringing, which almost gave him awa but they were never found.

Shumaker said even though they weren't punished, it wa still scary.

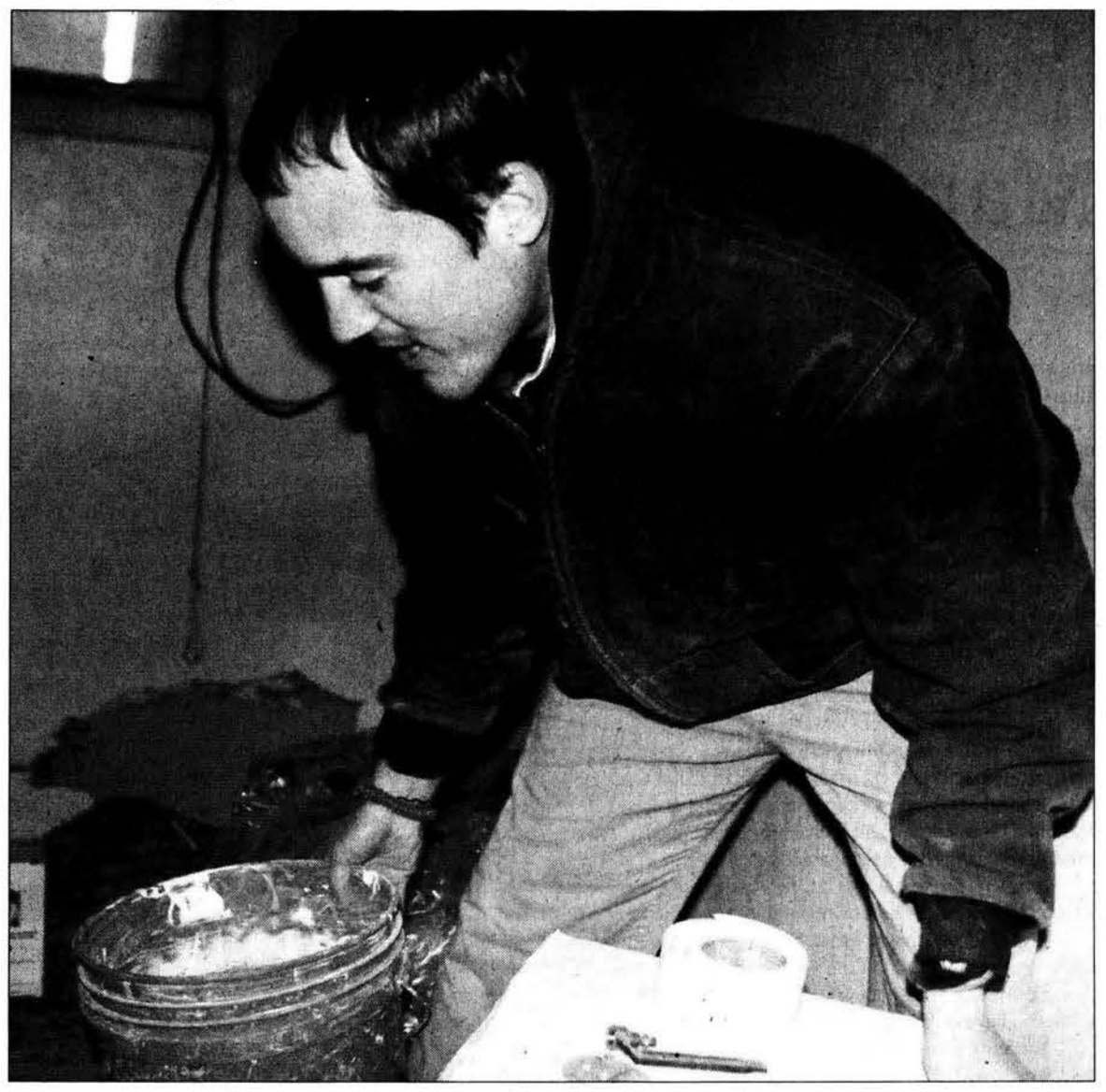
"It's part of the rush," he said. "It's why I did it."



JUST HELPING OUT

NHS members spend year helping non-profit community bike shop get up and running







PHOTOS BY PATRICK O'MALLEY/REGISTER

(Above) Senior Bailey Jensen cleans off a set of wrenches for the Community Bike Shop in a run-down building at 33rd and California St. (Top right) Emerick Huber, the Owner of the shop, helps students sweep a room in the basement of the building. Huber said he was inserting the non-profit bicycle store to provide another healthy activity to keep the neighborhood kids out of trouble. (Bottom right) Senior Ann Widdershoven helps remove excess nails out of the walls in the basement.

Volunteers work to promote bicycle enthusiasm in the area

BY PATRICK O'MALLEY

"We're doing it to fill a gap in a lot of people's lives in this area," Emerick Huber said.

Huber and many volunteers spent their time working to serve the community by inserting a Community Bike Shop on 33rd and California St. Huber is the owner.

Many people came together to help out in any way they could whether it be fund-raising or giving an extra hand in the renovating stage.

"When I was a kid, I rode my bike with freedom," Huber said.

Jill Westfall on the Board of Directors said she fell in love with the neighborhood and wanted to get people excited about more resourceful methods of transportation.

On Sat. May 24, neighboring restaurant California Tacos and More hosted a benefit party to raise money for the shop.

"We thought it would be a good way to kick it off," senior Tyler Magnuson said.

Music, food art and an auction filled the restaurant from 5 to 8 p. m.

Senior Matt Cronin sold prints of photographs he had taken. Senior Emily Harrison sold some of her art as well.

Magnuson said he and Cronin played their guitars after some junior musicians played.

He said there was no cover charge to get in the door. California Tacos and More agreed to donate 50 percent of the profits to the shop.

Magnuson said he was very proud of the turnout of the event and the effort from the National Honor Society (NHS).

"Promoting bicycle enthusiasm at large is a goal," Huber said.

He said he felt it would be a positive for the community because it would keep people active and help kids stay out of trouble, as well as learning simple mechanics and the importance of recycling.

Senior Anna Adams said she lived in the area and when she heard NHS was going to help fix up the shop she decided to help.

NHS sponsor Jennifer Stastny said she was presented with the idea by Magnuson to set out two days to work.

"I knew Emerick before we got the property," Magnuson said. "I put in a lot and I think it's pretty rewarding."

Stastny said she was very proud of the way Magnuson took the initiative to get involved and spread the word.

Huber said he knew Magnuson because he lived at the house where he prepared the food for Food not Bombs on Sunday mornings.

"Tyler has been here since the first day I walked in here," Huber said.

Stastny said there was still work to be done so they decided to keep helping.

"As long as they want help, I'll help," she said.

She said the students were very compassionate about helping.

"They were so earnest and altruistic," she said.

Senior Bailey Jensen said there were an average of five students who showed up each time.

She said they continued to work as long as the weather was cooperative.

"It's a good thing to do even though Omaha does not have a good bike scene," Jensen said.

Adams said she was not prepared for the cold weather in the building.

"I wish I would have worn socks," Adams said.

Jensen said most of the students were expecting to be working with bicycles, not fixing the building.

"I know nothing about bikes," Westfall said.

She said she spent her time doing paper work and planning for the opening of the shop.

She said the whole project started in August 2005 when Huber heard about it from one of the owners of the building.

Huber said he got the idea from two different shops he visited when he lived in Austin, Texas prior to coming to Omaha to study nursing at Creighton University.

He said he met the owners of the building and they all decided it would make a great addition to the community.

"It's 100 percent non-profit," Huber said. "Nothing is bought and sold."

Huber said he received all of the bikes through donations from a variety of people around town.

Magnuson said they planned on opening the shop in early May.

"We are going to have a soft opening," Magnuson said.

He said he planned on working for it during the summer or anytime he was in town.

"As long as I'm in Omaha I think its a great way to give back to the community," he said.

NHS members decorate lockers on weekend, induct new members

BY KIM BUCKLEY

National Honor Society (NHS) sponsor Jennifer Stastny said it is a nationwide service organization where membership is based on academic achievement, character, leadership and service.

She said National Honor Society was proposed in 1919 by Principal J. G. Masters. She said the organization wasn't officially founded until 1921.

Stastny said the first charter of the National Honor Society was a school in Phittsburgh, the Fifth Avenue High School.

She said Central was the Beta charter, one of the two oldest charters.

"They (students) get the opportunity to develop leadership skills," she said.

Stastny said the students in NHS benefitted because they also got the opportunity to engage in community service and to find their niche in volunteering.

She said she thought finding that niche in high school was so important because it helps the NHS members form the habit of helping their community and being part of their community.

Senior Brittany Krijan said the best part of NHS was helping out the community.

"There's a lot of stuff I haven't done before," she said.

Krijan said some businesses and organizations just need volunteers.

She said it was good because it was getting people to do good things for other people.

"I didn't know there were so many options in the community," Krijan said.

Stastny said NHS has participated in the Downtown Omaha cleanup, and when special events happen the members are called upon to help.

Stastny said some of the members volunteer with the Central High Foundation as well as baby-sit for the teachers.

She said NHS has held an actual night out for the teachers for Valentine's Day with the base at the school.

She also said a lot of the members are aides for teachers and guidance counselors.

Stastny said she thought a lot of projects have gone more smoothly and have more participation because of NHS.

"I think we can always do more," she said.

Stastny said they also helped out with recruitment at the Open House in January and passed out surveys at parent-teacher conferences.

She said they helped out even though they might not get obvious recognition.

"They help out in a lot of little ways," Stastny said.

She said they do essential jobs for the school and they also benefit the school by being who they are.

"They're very involved people," Stastny said.

She said they help set a good tone for the school and give the school good recognition.

"Those kids are a good public face for us because they go out in the world as NHS members," Stastny said.

Krijan said it wasn't really hard to balance NHS and other activities.

She said it was because most of the stuff she did with NHS was on the weekends and in the morning and the other activities she does on the weekdays.

She said the balance between NHS and other activities just evens out.

"It makes you more involved in the community," Krijan said.

Junior Sarah Burford will be inducted into NHS during the upcoming ceremony, which will take place on April 22.

She said she thought she would benefit from being in NHS because of more volunteering opportunities and varioius experiences.

Burford said it might help her with interviewing for jobs later and would look good on her resume.

She said she felt excited to be one of the new inductees.

"It sounds like fun," she said. "Other people I have talked to that are in it have enjoyed it."

Burford said it sounded like fun because she was going to meet new people and get new experiences.

Stastny said she believed there was a strong group of leaders who are already active in volunteering.

She said she has the feeling that the new members will help to broaden and increase the interaction in the community even further.

Stastny said she hopes to continue a legacy of quality and continue the tradition of a good reputation.

THE FACE OF VARIETY

We all put our marks on Central, and we all make it what it is. But what exactly makes us unique? What can you find here you won't find anywhere else in the state?

Many facets contribute to total image of diversity at schoo

BY ALI HODGE

Diversity acts almost as a genetic code for Central, preparing students for the kinds of people they will encounter after they graduate high school.

Central is known all over the country as the largest and most diverse school in the state.

Due to Central's policy that students from all over the city may attend, it gets a wide variety of students with different backgrounds, cultures and beliefs, making it the closest thing to the real world a high school can produce.

Of all incoming freshmen, 45 percent of them are black while 50 percent are white. Returning sophomores are made of 41 percent black, 54 percent white and 5 percent students of other nationalities. Juniors are 33 percent, 63 percent white and 4 percent other while seniors are 34 percent black, 63 percent white and 4 percent other.

As a whole, the entire school is made up of 40 percent black students, 56 percent white and 5 percent other.

"I would be bored working in a school that wasn't diverse," Principal Greg Emmel said. "Diversity is part of what makes life exciting, enriching, and enjoyable."

Emmel said he has worked in a number of schools, all of which are diverse in their own way, but none like Central.

"I would say that Central has more Latino students," he said.

Emmel said he believes it is extremely important for a school to have diversity to better prepare the students.

Students who attend schools that are not diverse, Emmel said, are missing an important part of growing up, the part that prepares them to deal with all kinds of different cultures, lifestyles, and backgrounds.

"When students experience all kinds of diversity, It will prepare them for the real world and teach them how to communicate," he said.

There are even a lot of clubs and organizations here at Central that pride themselves on contributing to the diversity of Central.

AFRICAN-AMERICAN HISTORY

"Everybody knows who Martin Luther King is and a lot of people know who Malcolm X is, but ask them... Jean Baptiste Pointe Du Sable," African-American History class teacher Rod Mullen said. "If they can answer those questions, they don't need the class. If they can't, then you'll see why the class is important."

He said the amount of diversity at Central defines the school and does more than contribute to its image.

"Diversity is Central's image," Mullen said, "So it's very important. You go to other schools, a Millard school... or even some Bellevue schools, and you'll see diversity here is of the highest percentage of just about anywhere."

He said though it's hard for him to tell since he isn't a student, he believes most of the students appreciate the diversity which surrounds them. He said from what he picks up they know how special the school is.

One thing Mullen said he would do differently, however, would be to increase the diversity of the staff as well. If the staff could reflect the racial diversity of the student body, they could get more out of the classes.

"You'd have to have people willing to do it," he said. "If you want to improve it (diversity) within the student body, you have to improve it within your staff. ...You can always have improvement. Compared to other school's, it's (Central) very ideal."

A problem with having such a diverse high school, he said, is the appearance of community stereotypes. He said sometimes Central is characterized as a "ghetto school" and gets a bad rap for it.

He said this was especially obvious in the coverage of the large fight which took place on Mon. March 27 outside the main office. He said reporters from local stations quickly jumped on the story and cast the school in a negative light because of it, but there was never any mention in the news of the athletic awards Central had received.

"Our youngsters," he said, "I'll compare them to any youngsters in the district. Or the state."

He said at the final day of the State Basketball Tournament, he was put in charge of monitoring the student section before they could take their place in the bleachers. They had to wait by the concessions stands, and one of the workers there pulled Mullen aside and told him they had never seen a more well-behaved group.

"And that's State," he said. "Waverly... St. Aquinas.... Lincoln.... She said she'd never seen more well-behaved students."

GAY/STRAIGHT ALLIANCE

Adding to the diversity of Central in their own way, the Gay/Straight Alliance (GSA) is demanding its place and respect among the student population and staff.

"I think it (GSA) contributes to diversity at Central because GSBT (gay, straight, bisexual, transgender) students and staff are invisible," said Rick Richards, counselor and sponsor of GSA. "It's easier to stand up and ask to be treated with respect when you're with a group."

GSA is a proud group of gay, lesbian and straight students whose main goal is to project its voice about sexuality and character and surround itself with a group of accepting individuals to can talk to.

"It helps up have an equal place at the table," Richards said.

The club is also known in other schools in OPS such as South and North, but Central has one of the most active GSA organizations.

The club holds meetings often to host guests, attend events, go on field trips, and have discussions on everyday issues that affect the students such as peers, homosexual slurs, religion, and other social aspects of school.

"Students are generally very forthcoming about issues," said Richards. "I think it's helpful for students to talk with their peers and share their experiences."

The topics in discussions are aimed at helping GSBT students make decisions about their lives as far as "coming out," expressing their sexuality to friends and family and how to deal with discrimination.

One of the issues Richard said has come up often is the use of the phrases "fag" or "that's so gay," and how that affects gay and lesbian students.

"I just think that it would improve the culture of this building so much if adults and students would understand that even if students don't mean the words, it can still hurt those it affects," he said.

Other than the discussions, the club also hosts guest speakers such as Meredith Bacon, a one of forty transgender individuals in Nebraska and Metropolitan Community Church of Omaha's pastor, Tom Emmit.

The club has plans to visit the Rainbow Outreach Center, a resource center for gay and lesbian students and participate more in community service.

"The ultimate goal would be that there would be no need to see us," said Richards. He and GSA want to see a new side of humanity that reacts to gay and lesbian individuals as they would any other person.

Gay Straight Alliance adds diversity to Central outside the typical ratio of black and white students.

"I think diversity is one of the things Central is about," said Richards. "Everyone's here. I think it helps students still see value in people who are different then they are."

ENGLISH AS A SECOND LANGUAGE

Students at Central are from places circling the globe: Panama, Peru, India, Korea, China, Jordan, Sudan, Togo, Somalia, Nepal, Albania Ethiopia and many more. All these students are involved in the English as a Second Language (ESL) program.

"Central students embrace diversity," ESL department head Linda Ganzel said. "Some of the Central students have gone out of their way to make the ESL students feel welcome."

The program is set up for students from other parts of the world learn English and adjust better to being thrown into the English culture.

The students still have to graduate with the same requirements as the regular students; they just do it without any or with very little knowledge of the English language.

As hard as the whole experience can be for students, Ganzel said they seem to have a pretty good time and they interact very well with one another.

One of her classes, where the students only speak their native language, represents 7 different countries and 5 languages.

"It's amazing," Ganzel said. "They all do very well. It's fun for me to see different students from different parts of the world build friendships and help each other. It's fun to meet students from different parts of the world. It brings their cultures to life."

She said one of the ways some of the students involved themselves in the school is soccer. Some of her students have joined the soccer team, a universal sport that brings them closer to the other students.

Ganzel said even though they don't speak the language they feel proud to be a part of something they're not so foreign to. Soccer presents them with something they're good at, lifting their morale in a situation which can be very stressful.

She said rubbing elbows with students from different cultures in the hallway will help others understand the different cultures and customs and ultimately help them accept all types of people.

"I think it (diversity) prepares our students to work in the real world," Ganzel said. "It erases fear and discrimination and stereotypes that we might have."

MINORITY SCHOLARS

Minority Scholars is an organization designed to give minority students support and encouragement as well as assistance during their high school careers and as they go about applying for college.

It provides them with support they might not otherwise have at home.

"Minority scholars is to give high-achieving minorities help and teach them skills in the process of entering college," social studies teacher Jimmie Foster said.

Foster is one of the sponsors of Minority Scholars along with English teacher Diane Allen.

Together they host students during lunch hours, teaching them how to write essays, apply for colleges, fill out resumes and deal with all the stress that comes with being a high school student entering college. The students are also given time to eat lunch, do homework or just hang out in an atmosphere that is encouraging yet laid-back.

"We're a multifaceted club," Foster said.

Minority Scholars at Central started about 11 years ago and has been working ever since to help the minorities at Central.

They get a lot of student members who are from a wide variety of beliefs, socioeconomic backgrounds and cultures.

"We stop some of the stereotypes of minorities," said Foster. "And we learn from each other's cultures."

Bob Al-Greene contributed to this story

THE SPICE OF LIFE

Here's a small sample of the diversity in the state's largest high school



English as a Second Language. Students from all over the globe, such as Oryem Oringa from Sudan, move to America for whatever reason and are enrolled in English as a Second Language to further their language skills.

Foreign Exchange Students. Ah Young Oh, a regular high school student from South Korea, decided to spend her junior year of high school in America through the program Nacel Open Door. Many students attend Central from all over the world to experience what it's like to live as an American.

JROTC. Teaching teamwork, discipline, courtesy, and respect is what JROTC/ROTC is about as well as preparing the students interested for their future careers in the military. The students in the program are required to participate in extra events and dress in their uniforms once a week.

Drama/ International Thespians Club. "My Fair Lady," "The Music Man," "Cinderella"... All plays performed by Central's drama department. For those not involved with the plays, there is International Thespians Society, a club for the actors and actresses of the school. Stage crew and lighting are also some things students may learn in drama class, all to put together a spring and fall play for the school.

Sophomore Winslow Dumaine

Art. Stud... interested... pursuing a... in the wide... of art are ac... involved in t... art program. ... department of... large variety of... and skills anywh... from drawing to ... history to pottery. ... It is one class wher... individuality is mor... than encouraged.

Junior Chelsea Conn

Sophomore Sam Satzinger

Junior Ah Young Oh

Freshman Robert Moore

Senior Oryem Oringa

Senior Karima Al-Absy

Speaker lectures on social problems facing communities

BY BOB AL-GREENE

"Race hits you the day you're born," Glenn Singleton said.

Singleton, the executive director of the Pacific Educational Group, traveled to Omaha on Tues. March 27 to give a presentation and host a forum on the topic of diversity, both in school and in society in general. The forum was held in the 5th floor cafeteria of the TAC building and was open to the public.

Among the topics he spoke on was the idea of stages of consciousness of the problem with diversity in America. These were shown in pie-chart form, with a majority of the population being represented under the "I don't know I don't know" or innocent/ignorant level and a very few being shown at the other end of the spectrum.

"The most conscious are the most hated," Singleton said.

He said growing up in Baltimore, a city where Singleton said everyone he saw was black, there was a curiosity as to white culture. Thanks to the popular media, he said, such as television programs, many blacks became educated to the other world and spent years trying to fit themselves into it.

Their counterparts in white neighborhoods, however, did not have any of that education, nor did they get any knowledge of black culture until college. Singleton said as a result of his four years in high school during which he tried to learn what meant to be Caucasian, he spent college living with a white man from Kansas who was not as "white" as Singleton was.

"You can't be conscious of something," he said, "that you don't believe exists."

Singleton filled his presentation with anecdotes from his childhood. He talked about the idea of culturally-responsive teaching methods, relating a story about joining a Cub Scouts group in inner-city Baltimore. When he and his friends had trouble understanding the meaning of the words to a chant, his mother simply told them to change the words to something they would understand. Singleton said this technique could and should be used more.

"We don't need strategies," he said. "We need educators who want a change."

Singleton showed a picture of his sixth grade class from when the students in his school were beginning to be put in "tracks," like the Gifted and Talented program or the AP program. He said this was a poor idea of a way to educate youngsters.

"Our school was divided," he said. He said officials thought it would be better to stock a whole school than to educate people in heterogeneous groups.

"After sixth grade," he said, "I forgot what it meant to be just one of the students." He said this lesson applies directly to the problems facing schools in Omaha and all of Nebraska.

Though the mood of Singleton's presentation was for the most part light, he also focused on serious racial topics from around the country, such as the social constructions related to skin color. One of these was the idea black people can't swim well. He said growing up in Baltimore he spent plenty of time on the beach; he said if not for black people going to the beach there would be no one there.

But when, later in life, he talked to a swim coach he was amazed to be told black people couldn't swim. Simply by pursuing this idea, or myth, Singleton said, the coach was changing or worsening the predicament for an entire race of people.

The next time he tried to go for a swim, he said, he sank. The reason was the coach had purported blacks to be "negatively buoyant." Singleton, try as he might, had been convinced.

"So what happens," Singleton said, "if the school system convinces kids they can't learn?"

He said it has to be his job to convince people his own experiences are valid and to show entire races can't be held back by the power of ignorance.

"No matter what we're told," he said, "we're going to try and push ahead."

Unfortunately, there are some major obstacles on the road between the "dys-consciousness" which he sees as prevalent now and the ideal total consciousness.

"Black men are the most feared entity to walk the planet," he said. "We are feared globally."

Singleton said this is largely due to the negative portrayal of black men on television which is beamed out across the world. This stigma, he said, sets black men apart and depletes their participation in any matters of importance.

"Unfortunately for black folks, we turn against each other just like society turned on us," Singleton said. "Nothing is more scary than a black man who fears a black man, because that means you fear yourself."

Janice Garnett, director of staff development for OPS, said Superintendent John Mackiel heard Singleton speak in Lincoln about his book "Courageous: Conversations about Race."

Mackiel met him and invited him to OPS to talk to the staff about diversity and demographics. She said planning began as early as last August.

Garnett said some of the most interesting things Singleton talk about included the idea that all students should have access to opportunities and resources. She said he talked about setting the bar higher for college preparation and empowering parents by getting them engaged in conversations.

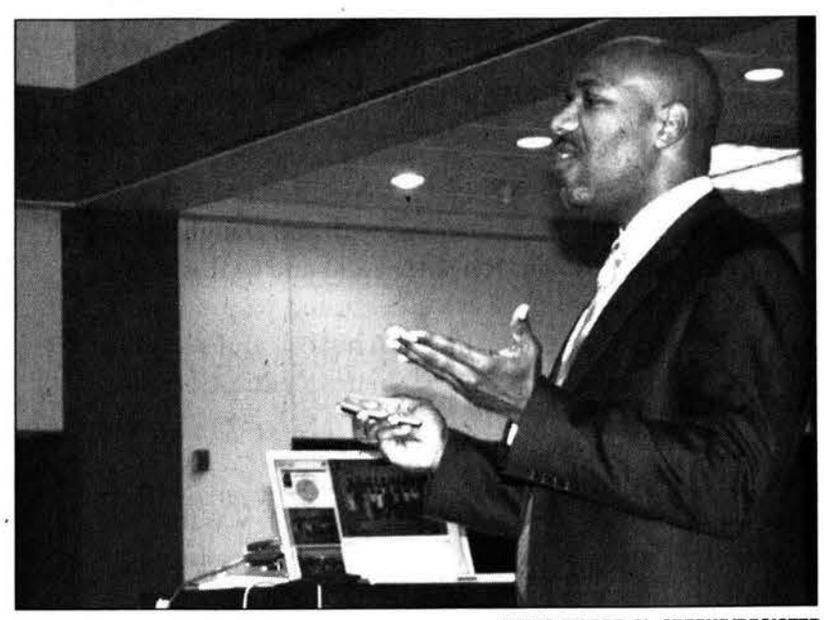


PHOTO BY BOB AL-GREENE/REGISTER

Glenn Singleton, the executive director of the Pacific Educational Group, talks to a cafeteria full of people at his open forum discussing diversity at the TAC building on March 27.

Senior honored with diversity award for active involvement, grades

BY ALI HODGE

"Francesca Hannah is a senior at Central High School, where she has taken on many leadership roles," read the program handed out to the over 200 guests who attended the Women of Color Awards presented by the University of Nebraska at Omaha. "Her teachers praise her nurturing and caring attitude. Hannah is being recognized as a role model for younger students of color at Central."

On March 7, Francesca Hannah was awarded with the Women of Color Award, a prestigious award only presented to one student every year.

The award is given to diverse students who have shown a great deal of leadership and have proven that they have a strong, kind character.

Hannah was honored at the conference held at UNO where she was given a crystal globe in a velvet case as an award and then a five minute video documentary of her was shown to the audience as she and the four older women stood on stage.

"She's always very enthused and willing to do anything she's asked," Latin teacher Titan Ryan said.

Ryan, who is close friends with one of the ladies involved in the organization, nominated Hannah for her exemplary involvement at Central and in the community.

Hannah has been involved in the Latin Club as an officer for four years, and in that time period, she never missed a single event.

"It's the opportunity to meet new people," Hannah said regarding her involvement in the Latin Club.

She said she has fun in the club and even if it's not a true interest, she keeps coming back because she loves the people and the fun time she has there.

She is a percussionist in the marching band and a participant in the pit orchestra for all of the school plays. Outside of school, she volunteers at Boys and Girls Club and with the Special Olympics.

Hannah said she works with the Boys and Girls club because they have done so much for her family. Her two sisters have been involved in the club for years.

She said when she goes to college, either at UNO or the University of Arizona, she intends to continue her work with the club and become a full-time staff member.

Ryan said her decision to nominate Hannah for the award didn't take a lot of thought.

With the help of Pete Wilger and Rick Richards, who also wrote recommendation letters, Hannah won.

"She was thrilled, very thrilled," Ryan said. She said she believes Hannah was very deserving of the award with her outstanding grades and extensive extracurricular activities.

Ryan said she was more than impressed with the overall attitude and achievements of her Latin student.

Hannah's attitude of being completely selfless and supremely helpful made a lasting impression on her, Ryan said.

She said when her friend from the University told her about the award, the person who entered her mind immediately was Hannah because of her outstanding performance in school and in the community.

She said of all the students at Central, she thought Hannah was the most deserving because she was supportive, kind, intelligent and reliable.

"I felt special," Hannah said. "Really special."

Hannah said she was appreciative of the teachers who nominated her for the award. She was very excited when she found out she had won.

She said she was surprised at all the support she received in winning the Women of Color award.

"I was really excited," she said. "The Boys and Girls Club came."

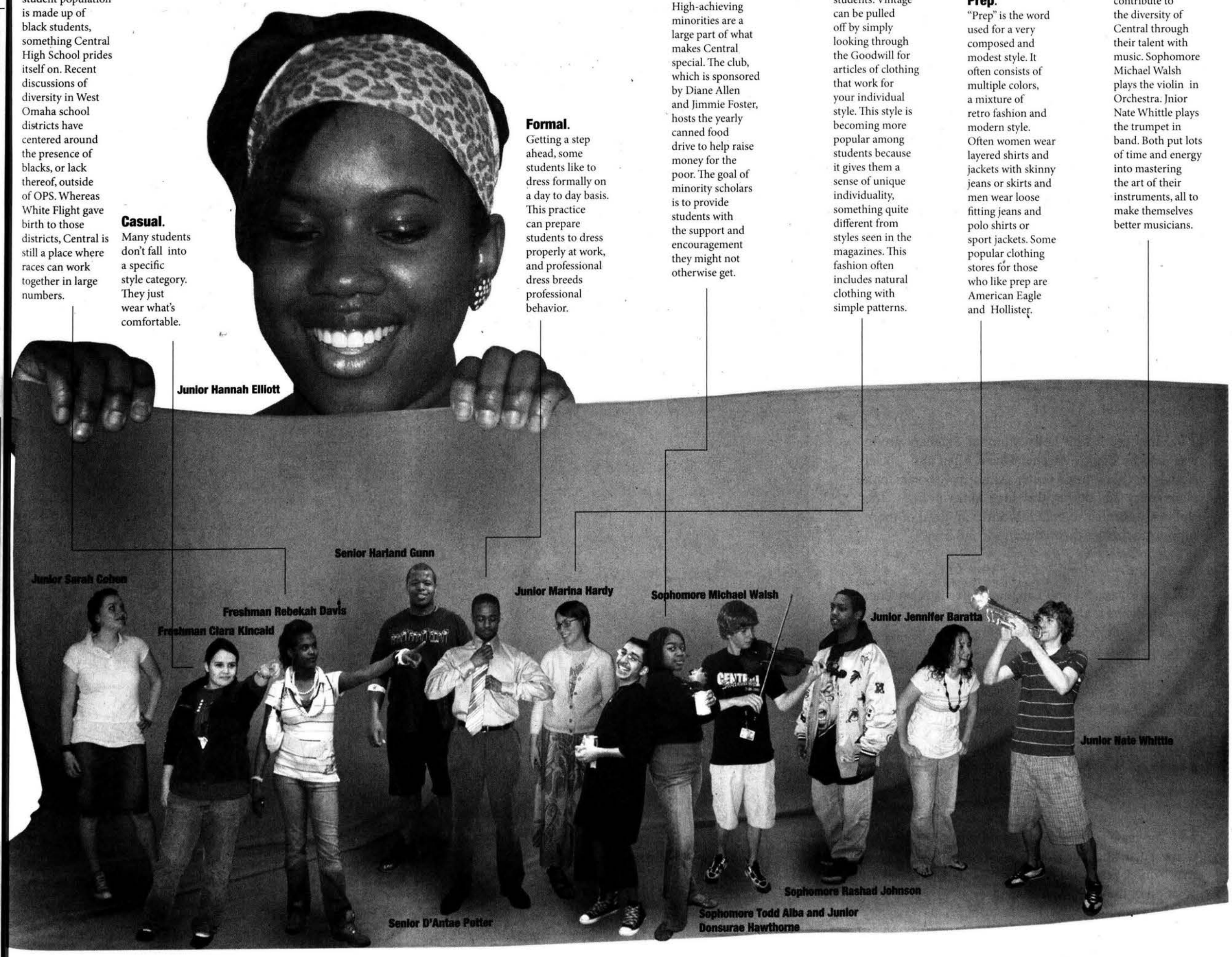
Apart from support from her fellow community workers, Hannah's family and teachers, including Ryan and Assistant Principal Dionne Kirksey, came to the event as well. Tickets for admission were $25.

Part of the evening included the presentation of a five-minute film, which Hannah had to take a break from pep band at one of Central's basketball games to film, something she said never happens.

Hannah said it was awkward, but she thinks the video and the entire event turned out well.

Hannah said she was stunned she received the award and feels very blessed for all of the individuals who supported her.

"I think it (the award) means I've done something great," said Hannah. "I've provided a good example for the younger generation and my peers."



HOW WE'VE CHANGED

Student involvement in clubs and programs can define the interests of the entire generation. So what were those interests 100 years ago, and how do they compare to today's?

1. The Priscilla Alden Society club existed in 1919. The organization has been involved with the Daughters of the American Revolution since 1890 and to this day is a volunteer women's service dedicated to promoting patriotism, preserving American history and securing America's future through better education for children.

2. The Video Game Club exists today. This was the first year the Video Game Club existed and was sponsored by math teachers Kelly Murphy and Nathan Hill. Dance Dance Revolution club also started this year and was based off of the video game.

3. The 1912 boys basketball team won the State Championship. The team had to face hardships such as Coach Clarke being called out of the city on important business trips at critical times.

4. This year's State Champions boys basketball team won in overtime for the second year in a row against rivals Bellevue West Thunderbirds.

5. The Senior Student Council, led by sponsor Judy Storm, completed a school-related and a community-related activity monthly. There were groups of student council members designated for every grade. Student council helped out with prom and participated in leadership conferences.

6. The 1919 Student Council gained "open halls" for the student body. The 1919 *Register Annual* said "It has been denounced by many as ineffective, indolent, a figure-head, merely a means of securing added honors."

7. Captain Oury and the commissioned officers of the 1908 battalion group secured seven sponsors. Oury promised many improvements in 1908. He promised a wireless telegraph connection with Omaha and separate company messes.

8. This year's JROTC Staff, led by senior Alicia Bender, was a compilation of JROTC members excelling in various groups of specialized interests. The staff had to plan and create events for other JROTC students.

9. The girls' basketball team from 1905. In that year the boys team met all the teams possible in Nebraska and defeated the Iowa teams of Sioux City and Shenandoah, winning every game but one because one member was sick and unable to play.

10. The 2006 girls basketball team finished runner-up in Districts this year. Their season record was a mirror image of the varsity boys season, finishing with a record of 16-6.

11. This year's fifth-hour Minority Scholars group was held by English teacher Diane Allen and social studies teacher Jimmie Foster. Minority Scholars took place every day during the three lunch periods. The club was invented to help minorities in need of more support to further their educations and lives.

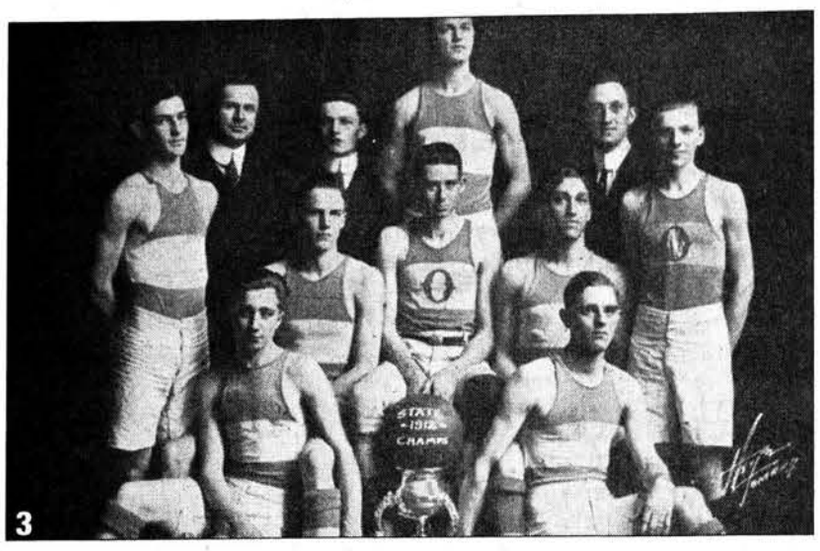
12. English as a Second Language International Club gave students a chance to experience some of the American culture. It was a stepping stone to greater extracurricular involvement by the students.

13. The Gay/Straight Alliance focused on increasing its visibility and cooperating with other groups to work for acceptance of diversity and social justice issues. GSA was led by English teacher Kami Boje and guidance counselor Rick Richards.

14. The varsity cheerleading squad cheered on various teams such and competed. Along with sponsoring Pom Squad, English teacher Jane Leuthge took on the position of the cheerleading sponsor.

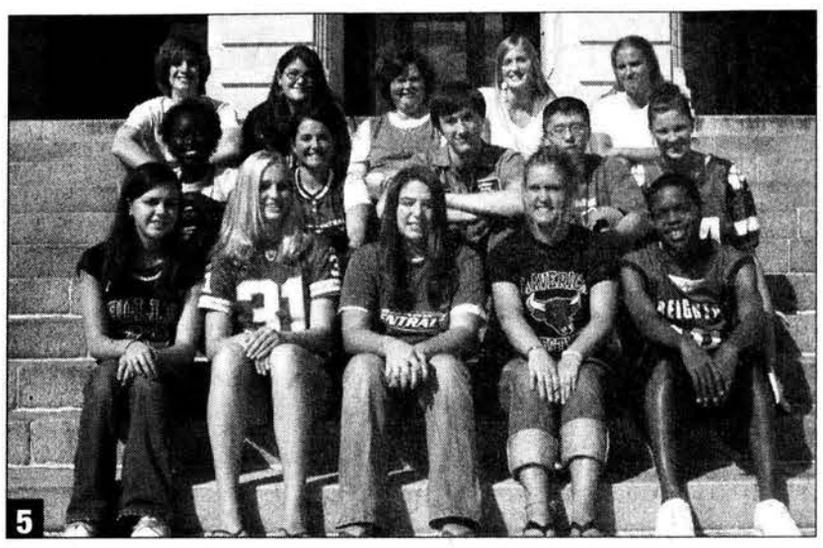

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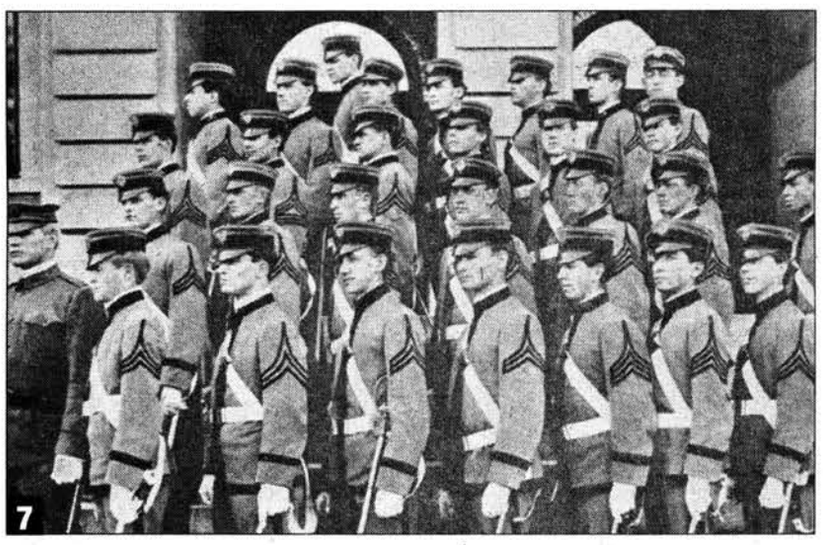

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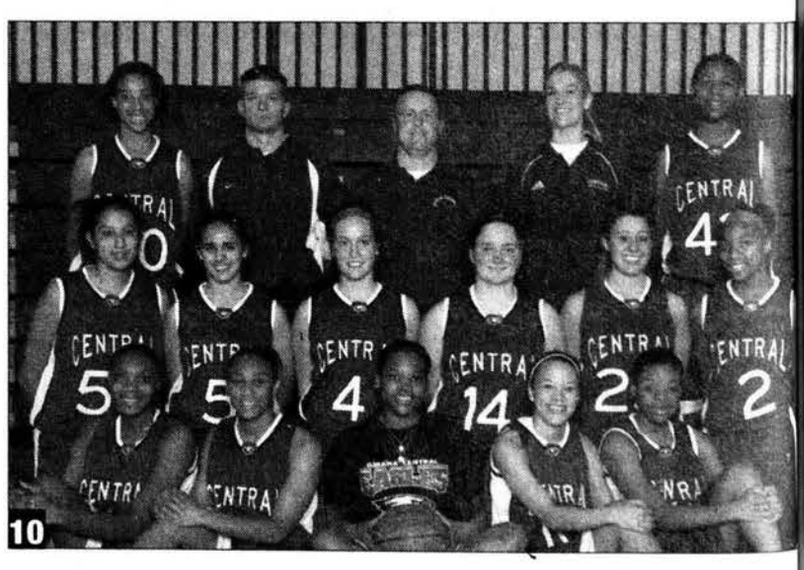

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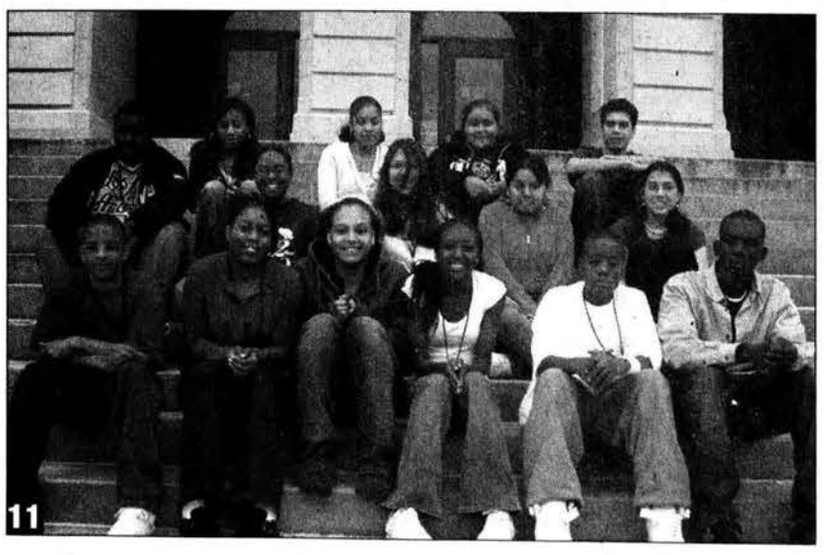

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WELCOME TO OMAHA HIGH

For many years, that's how Central was known. But in over a century, a lot more has changed about the school than its name. Has the state's most diverse high school always been that way, or has Central changed just as much as the rest of the country?



PHOTO COURTESY OF 1919 REGISTER ANNUAL

"Uncle Sam's Boys in Camp" was a play the Glee Club performed at Fort Omaha in 1919. As seen above, there was blackface involved. Blackface was a style of theatrical makeup which originated in the United States. White actors would cover their faces with black paint to darken their skin and accentuate their eyes and lips with lighter paint. Such over-the-top portrayals of African-Americans would become part of American theatre, and looking back on the time period it's hard not to see blackface as blatantly racist. Yet in 1919, such a play was acceptable to put on in a high school. Could it be possible everyone then was a racist? To some degree, maybe, but the entire culture of race relations in that era is impossible for any modern student to comprehend. Perhaps instead of causing a knee-jerk reaction, the image above should inspire students to look back on what came before them and how the changing face of Central has represented the shift in values in the nation as a whole over the last century.

Century held much change in attitudes, demographics of students

BY ALI HODGE

Diversity has had an important role in shaping the individuals of this country both in the present and in the past.

For more than a century, Central has been thought of as a place where youths of different nationalities can come together for a common education, giving them an equal place at the table of success.

Schools all over the country have commented on the reputation of Central and its almost 50-50 percent black and white student population. It is a place that teaches students how to react with others who are completely different from they are, a true reflection of the real world.

"A mono-culture perspective on the world can legitimately be considered education ill-prepared," Superintendent of Omaha Public Schools (OPS) John Mackiel said.

He said students who attend a diverse school such as Central end up far more rounded later in life than others who attend somewhere else.

Mackiel said the purpose of Central was to bring together high school students from all over the city, no matter their nationality, ethnicity, religion or belief to present them with a common school experience.

"Common school experience," a phrase Mackiel said OPS uses a lot, expresses the practice all students at Central are given equal chances in their high school careers.

Over the many years Central has been in existence, Mackiel said it has helped equalize the nation as it reflects worldwide demographics.

The students who have graduated Central in its history have all entered the real world with a sense of understanding and knowledge of how to interact with individuals of different races, Mackiel said.

Central held students during the times of racism, discrimination, World Wars and other times that shaped the future of our country.

Of those times, Mackiel said the students have brought their experiences to the classroom, making it a diverse school even in times when such diversity was unpopular.

"Historically, the youngsters who attend Central over time bring their life experiences to the classroom," Mackiel said. "I can only indicate they've responded in a much more complete, comprehensive manner as a result of a variety of perspectives, backgrounds and experiences."

Mackiel said the fragmentation of school districts, real estate and other aspects of the city are not an accident, they are a product of the city and the country's history.

"Central has always prided its self in a diverse community," he said.

Central, even during the times of isolation and fragmentation, has always been at the forefront of promoting equality among its students.

Mackiel said the school played a pivotal role in breaking down some of the walls races had between one another during some of those time periods.

"Central has positively contributed to the awareness and understanding that must exist in order to break down barriers of racism and isolation," he said. "I look forward to the continuation of the rich and diverse quality of education that Central offers all of it's students."

That's not to say the school hasn't held students and staff with less then reputable views, and it hasn't always been a 50-50 school.

There were times when the school, even though it was accepting of diversity, had little racial differences.

In the past, as the many other schools in the area are now, it was mainly Caucasian with a small percentage of minorities.

According to information provided by the Teacher and Administration Center (TAC), in 1969-1970 the school's student demographics included 77% Caucasian students and only 23% minority. African-American students took up 22% and Asian-Americans made up 0.5%.

There was diversity at Central during the time, but records show the school was generally mono-cultural.

In 1985-1986, the school made improvements when its African-American students made up 30.8% of the school's population. However, Caucasian students still ruled over minorities in terms of numbers with 66% of the population.

Finally, in 2005-2006, Caucasians made up only 48% of the population while all minorities came to a total of 52%.

Central could call its self truly diverse when the minorities outnumbered the white students, giving each race an equal chance to achieve and intermingle. Although the school has been encouraging diversity, only recently has it taken on a similar demographic of the real world.

"The diversity was not a problem," 1945 alumni James Keith said. "We didn't notice it."

Keith said at the time he was at Central, he was involved in choir and art, so the demographics of his classes were mainly one or two races, Caucasian and Italian.

Keith said during his years at Central, the country was going through World War II.

The school was involved in conducting a lot of recycling, as well as metal and rubber drives.

He said the students were very involved in the latest war updates and followed the battles avidly.

He said it wasn't like the Iraq war. Students cared about the updates and they seemed to understand a little more about what was going on in the world.

One would think the racial conflict over the war may cause arguments and hard feelings.

However, Keith said at that time, the entire student body was united in its hopes of winning the war.

Blacks and whites at the time faced tension for reasons closer to home, but regarding the war they were unified in their views.

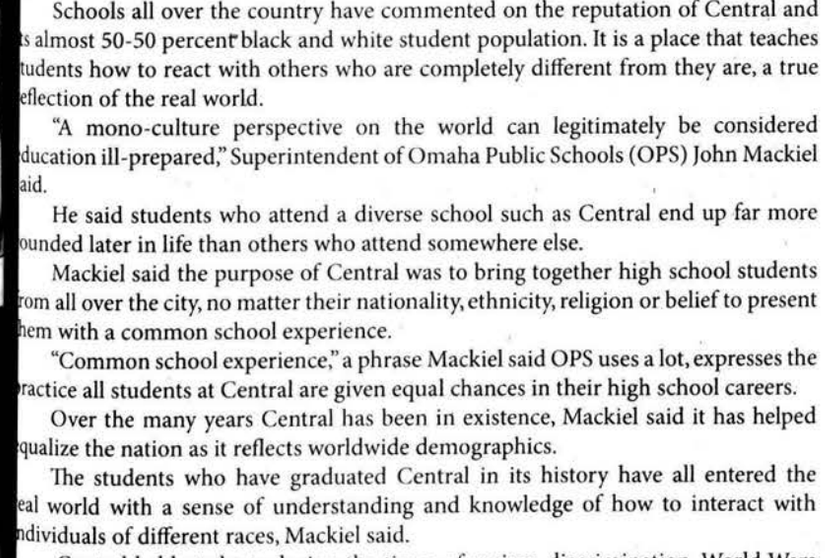
He said there was no denying that there was probably some racism, but overall, the school was a peaceful place.

Central was not very diverse at the time, but it was nothing to comment about. However, there were some students from unique racial backgrounds.

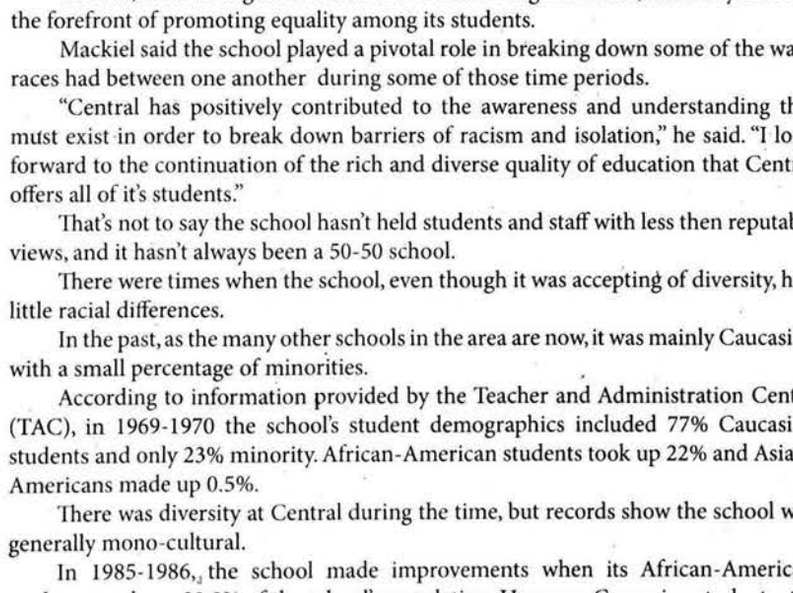
Keith said some of his very close friends now are Jewish and Italian friends he met at Central.

Keith said family members who graduated nine to 10 years ago commented on the growing racial tension of Central and its affects on the students socially, mentally and physically.

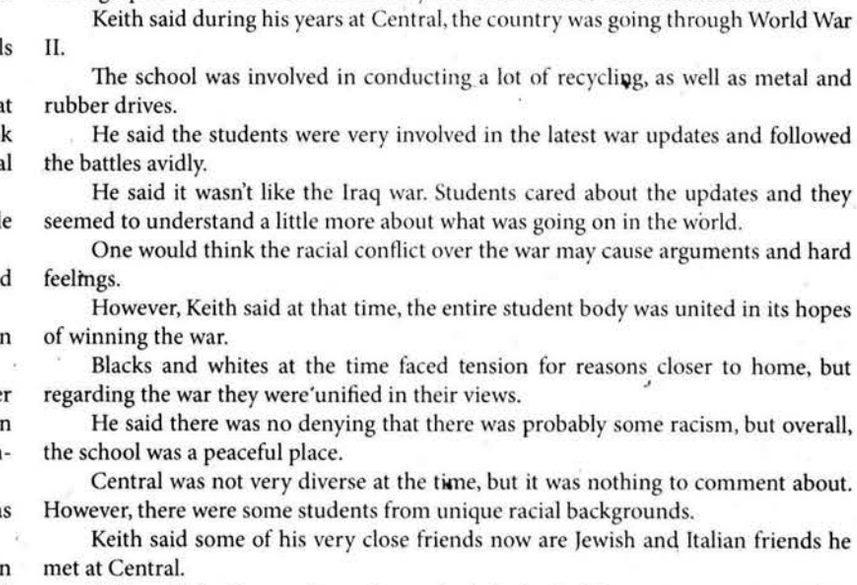
He said he had heard stories of problems the school had because of such a large number of students.



15. The all-male cheerleaders of 1928 had a successful year leading cheers at the football and basketball games. "Eagle Echoes" was adopted as the official name of the organization.



16. The current *Register*, led by adviser Matthew Deabler, a has won 11 Best of Show awards at JEA/NSPA national conventions.



17. The *Register* staff of 1905 was led by Editor in chief Lyman L. Bryson and put out issues of the newspaper as well as an annual because there was not an *O-Book* yet.

RED, WHITE AND PURPLE

Clubs such as Young Republicans and Student Democrats are providing after-school opportunities for students who will one day decide the fate of elections

Organization allows club to become more involved in politics

BY KIM BUCKLEY

The Student Democrats have been speaking with one voice for the school, but now they are becoming one voice with the entire state.

During the mid-term elections, the Student Democrats registered with the Young Democrats organization.

Senior Emily Harrison, co-president of Student Democrats, said the organization has made buttons and provides a place to create a web page.

"I think there are a lot of opportunities they have access to through the organization," she said.

National Committee Man of the Nebraska Young Democrats John Owens-Ream said the Nebraska Young Democrats is a state-wide federation with chapters with members aged 13 to 36.

Owens-Ream is an alumnus of the class of '04. He said being on the national committee means he was one out of three people from Nebraska who votes.

Harrison said speakers were supposed to come and talk to the Student Democrats about camps to train for campaigns and benefits, but the speakers didn't show up as scheduled. She said by joining the organization, there would be funds available and more opportunities for fund-raisers.

She said the organization would allow the Student Democrats to coordinate with other clubs in colleges and high schools and the events they put on.

"Hopefully, in the next election, there would be more coordination that would help make youth more of a force," Harrison said.

She said she found out about the Nebraska Young Democrats because she knew some of the leaders in the organization from some of the campaigns she has been in, and they invited her to register.

Cronin said he hoped to use the organization as a core club base for support. He said he also hoped to make it a core leader.

He said Student Democrats has gotten involved with projects that are socially based, and thinks the Nebraska Young Democrats organization has people who would be willing to help out.

Cronin said the Nebraska Young Democrats will help out with organization skills and give his group more confidence.

He said because the Nebraska Young Democrats has people all over Omaha, it is bigger than what it seems, which he said would help give more confidence to the Student Democrats.

Harrison said she hoped that being in the organization could help their efforts have more power, both in projects and throughout the year. Sponsor Tim Shipman said being registered with the Nebraska Young Democrats should help the Student Democrats with more organization, leadership and networking.

Cronin said the Student Democrats have been working hard this year with early campaigning and the members will be taking a break and having some fun for the rest of the year.

He said next year he hopes Student Democrats will be more involved with the upcoming election, get more involved and help raise awareness of issues. Cronin said hopefully the two organizations will help out each other and help build up voter registration. He said hopefully the Nebraska Young Democrats will help break barriers down.

"It's so easy to break it down into saying Democrat or Republican," he said.

He said the Nebraska Young Democrats would help explain the differences between the two parties and make the club stronger.

Shipman said Student Democrats give the members more understanding of the political process as well as get involved in it. He said this was his second year sponsoring the club with teacher Rita Ryan.

"The earlier they get involved, the more say they have in the future of the state and local government," he said.

Owens-Ream said he was involved in Student Democrats when he attended Central.

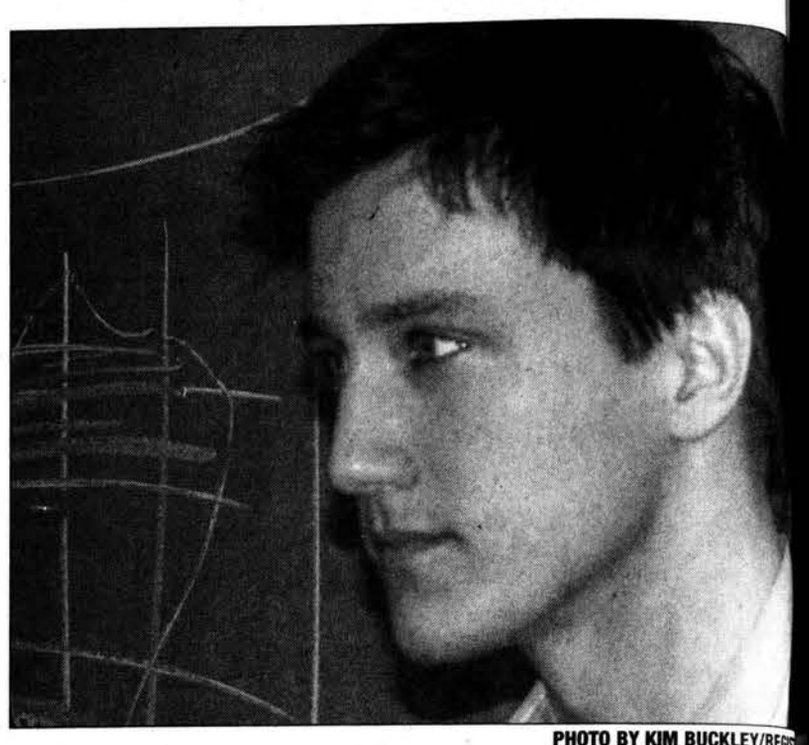


PHOTO BY KIM BUCKLEY/REGIS

Co-president Matt Cronin talks to the Student Democrats about participat in "Change the World." Cronin said he hopes to use the Nebraska Yo Democrats Association as a sponsor group.

Sponsor hopes for more student voices in the political proces

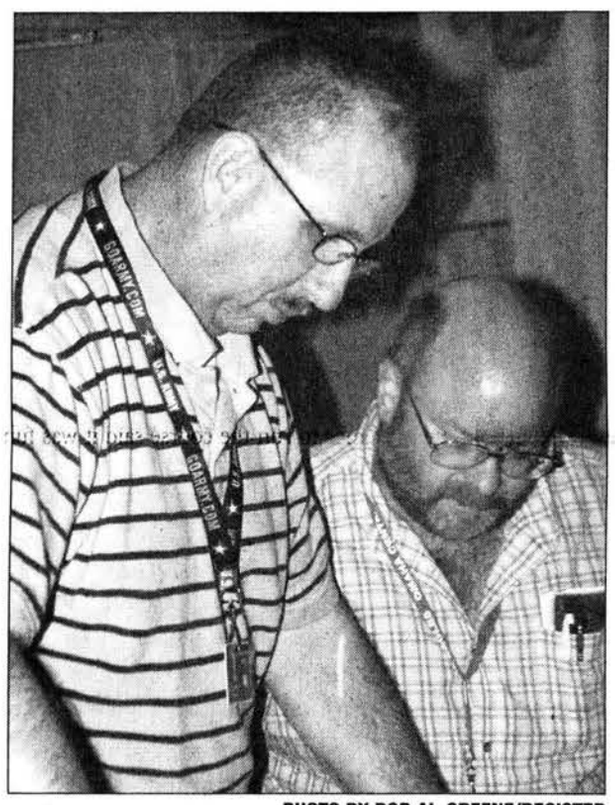


PHOTO BY BOB AL-GREENE/REGISTER

Dwayne Sutter (left) shows Barry Branson a piece of equipment which needs fixing.

BY BOB AL-GREENE

"The issues we have today are some of the most partisan issues that have faced the country in a long time," Sgt. Maj. Dwayne Sutter said. "And teenagers have distanced themselves from the process."

Sutter, the sponsor of Young Republicans, said the group started about two years ago after students approached him and former administrator Paul Semrad.

"I sat here my first couple of years and saw Student Democrats," Sutter said, "And I wondered why there wasn't a Teen Republicans."

Sutter said when the group started it was small and remains relatively small to this day.

"I'm hoping we would get more involvement in the student body," he said. He said he wished more students would show their interest in the process of electing officials in this country, especially since they will be the ones to decide the outcomes of the next elections.

He said many of the issues which have arisen since 9/11 go beyond politics and are going to affect students' lives. He said he lets students run the meetings and tries to only give directions instead of purposefully persuading them or influencing their opinions. He said once he tells a student what he thinks, he becomes "just another adult" who is always right, which he said isn't the case.

"I don't follow party line," Sutter said. "I don't. I believe in the Republican Party and where they stood in the past." He said students should look at the facts along with their own morals and values instead of only listening to adults to get their opinions.

"There's some intelligence around here (Central)," he said. "There's got to be a change."

He said it was frustrating to look at the numbers in his group and Student Democrats and see them so low. He said there were at most nine students in Young Republicans this year. Couple that, he said, with maybe 16 in Student Democrats, and there are maybe only 25 students in a school of 2,500 who take part in the two groups.

He said with so many issues affecting students, from LB 1024 to No Child Left Behind, there have to be more young people out there with opinions. They just need to express them, since otherwise the only people speaking their minds, for many of whom issues become focused on money, not morals.

"It's their (the students') future we're talking about," he said. "I know our kids are out there and are adamant and dedicated. But who's going to hear them?"

Sutter said if more students would get their voices heard, maybe officials would start t recognize the intelligence and forcefulness of the youth in America.

"I can't believe this," he said. "I'm 50 years old. I'm worried about retirement. Social securit whether it's going to be there... The environment.. And what do we harp on?"

He said frequently-occurring scandals in Washington, such as the recent controversy ove the administration's firing of public defenders, draw the public eye away from matters of rea importance.

"I'd think there'd be much more out there to talk about," Sutter said. "I wish we'd get mor interested in the bigger issues."

Sutter said one of those issues was the Iraq War, which he said is obviously not working th way it's going, but the question of what to do next does not have a definitive answer.

"It's going to be you (teens) which are going to have to bear that burden," he said. "So wha do you want?"

Suttter said he served 25 years in the Army, and as a member of the armed forces he would never want to go to war.

"I'm prepared to die," he said. "But it's the last thing I want to do."

He said the bottom line was there needed to be more teen involvement in all aspects o politics.

"If you have an opinion, just tell me," he said. "That's all I ask."

He said simply voting was an important way to take part in your constitutional rights.

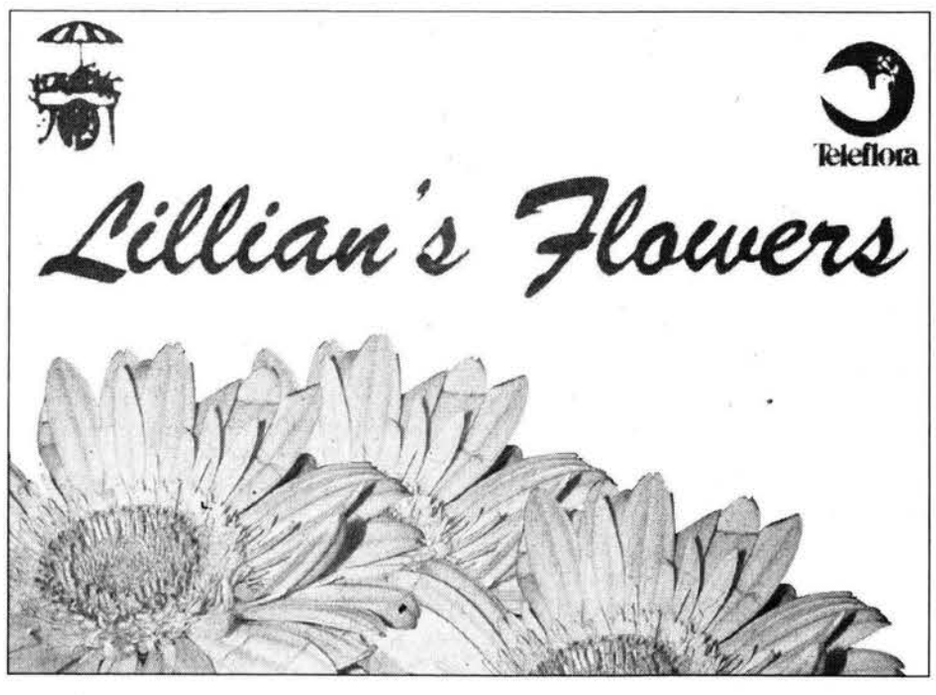
"It's hard to decry the person in office if you didn't vote," he said. "Yet the right to decide wh runs our country is the most under-used right we have. I don't care... Republican, democra liberal, leftist, it doesn't matter; just vote."

He said he liked being the sponsor because he can take the responsibility of being of th election process along with the group, especially at a time when so many candidates are now announcing their candidacies for president.

"I truly believe that one vote can decide an election," he said.

Sutter said if you can't yet vote, it's still possible to influence politics.

"Get your voice heard in whatever way you can," he said. "Local, city council, schoo board... Go up and talk about it."



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Sophomore basketball play ses talents to impact kids, community

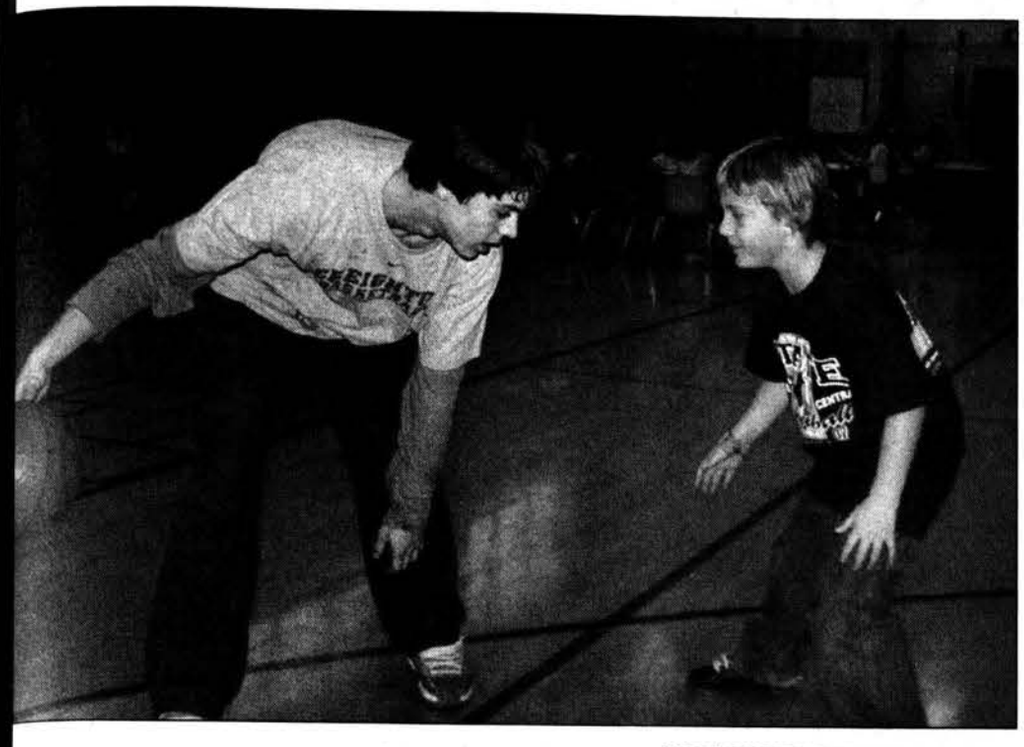


PHOTO BY PATRICK O'MALLEY/REGISTER

ophomore Doug Knickrehm plays basketball with 10-year-old Marcus McGee, a boy he has ecome a big brother to through the "Big Brothers, Big Sisters of America" program.

BY PATRICK O'MALLEY

Everyone could say they could probably do more giving back to the community.

Sophomore Doug Knickrehm spends a small chunk of his time giving back his talents in basketball to a young group of boys.

Every Friday for one hour he ventures to Bancroft Elementary School to hang-out with his "little brother," he was set up with for volunteering purposes.

Kay Nedrow, case manager for Bancroft school, said she dealt with them on a monthly basis and said the match-up was no problem.

"It's a mentoring program," Nedrow said.

He volunteers through "Big Brothers, Big Sisters of America," where he is to spend an hour with one boy every week to learn with and have a good time.

Knickrehm's younger brother, Marcus McGee, is 10 years old and in the fourth grade at Bancroft.

"It was a very good match," Nedrow said. "We got them introduced and they hit it off right away."

Nedrow said they apply to become "bigs" and then they go through an interviewing process.

She said they interview applicants to find special interests and match them with those of the children.

She said their situation was different from any of the other cases she dealt with because they normally don't have volunteers on Fridays, but because of Doug's basketball schedule they had to.

He said he went Friday after school every week to spend 40 minutes playing a game for some physical exercise and 20 minutes helping him with his homework.

"We play tag, basketball, kickball and dodgeball," McGee said.

He said he didn't help him with his homework very much because McGee didn't get very many assignments on Fridays, so he had to come up with a way to improvise.

He said he would teach him and some of the other students basic rules of playing basketball.

"I felt happy, he's nice and good at basketball," McGee said.

McGee said he enjoyed playing dodgeball the most because it was the most interactive.

He said he was disappointed that Doug had to miss two week in a row for the State Basketball tournament, but he was relieved when Doug brought him back a T-shirt and candy.

"I got to watch them on TV, and saw his name in the paper," McGee said.

Doug said there is usually the same group of boys that play with Marcus and him.

"I like working with all of them," Knickrehm said. "They are all interesting."

He said he started the year-long program in January.

Nedrow said the program normally lasted the span of an entire school year.

"I think it's a good way to volunteer because you see what you are working with, also it kind of reminds you of being a kid," Knickrehm said.

Nedrow said there were many Central students who have been a part of "Big Brothers, Big Sisters."

She said there are students who volunteer at elementary schools such as Benson West, Howard Kennedy, Hartman, St. Pius, St. Leo" and Walnut Hill.

"Luke has been involved a couple of years," Nedrow said.

He said spending time with Marcus outside of the hour they spend on Fridays was a more complicated process they had not done.

"The only thing we can do outside are Big Brothers, Big Sister events," he said.

Nedrow said the reason was because of liability issues.

If he were to do that he would have to have Marcus' parents there at the event with them.

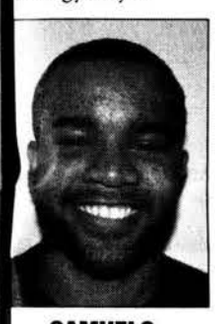
Alum works to get job in medical field

BY PATRICK O'MALLEY

Alumnus, 2006 senior class esident Alvin Samuels, has taken his ducation and skills he gained at Central nto the next level toward a career in the edical field.

"I want to be a dentist," Samuels aid. "I've always been interested in the ealth-care industry."

He said he has been taking his erequisites at Creighton University as biology major.



SAMUELS

"I always wanted to be a pediatric physician and now that's changed to pediatricdentist," he said.

The reason he said he switched was because he said it still fulfilled is desires to help and it required fewer lasses.

He said getting all of his core classes ut of the way will consume his studies ntil his junior year.

He said he will be spending the first emester of his sophomore year in the Dominican Republic.

"It will allow me to be a resident r a semester next year and I'm looking rward to taking advantage of that."

Some things Samuels said he has one to prepare him and learn was hadowing professionals in all sorts of edicine.

He said he shadowed a physical herapist, physicians and a family doctor see different areas of the medical field.

"The total high school package, I ally felt adequately prepared me for ollege," Samuels said.

The transition from high school to ollege was not a difficult one for him. He id adjusting to a heavier workload was mewhat troubling.

"The English classes at Central did onders," he said.

He said being involved in so many xtra-curricular activities and being he senior class president helped him eal with a heavy workload and having ccountability.

"I stay pretty busy," he said.

He got involved with a number of ifferent activities both at Creighton and ut in the community.

"I volunteer with the Boy Scouts at ellum Elementary on Tuesdays."

He said he also tutored children uccess skills at his church along with laying in an intramural football league t school and a member of multicultural roups like the Creighton University frican American Student Association CUASA).

Samuels said he was disappointed e has not had as much involvement ith Central.

"I haven't been invited to help out uch," he said. "I came for the junior igh math contest because I promised Mr. Sand I would help out."

He said he has also fielded some uestions over the phone from current enior class president Mark Arehart, ut had not been asked to help with any rganized events.

He said he has enjoyed the whole ollege experience and has been meeting any new friends.

Samuels said communicating with is friends in college came down to acebook, instant messaging and getting gether on breaks.

"Everyone has their own agenda," amuels said.

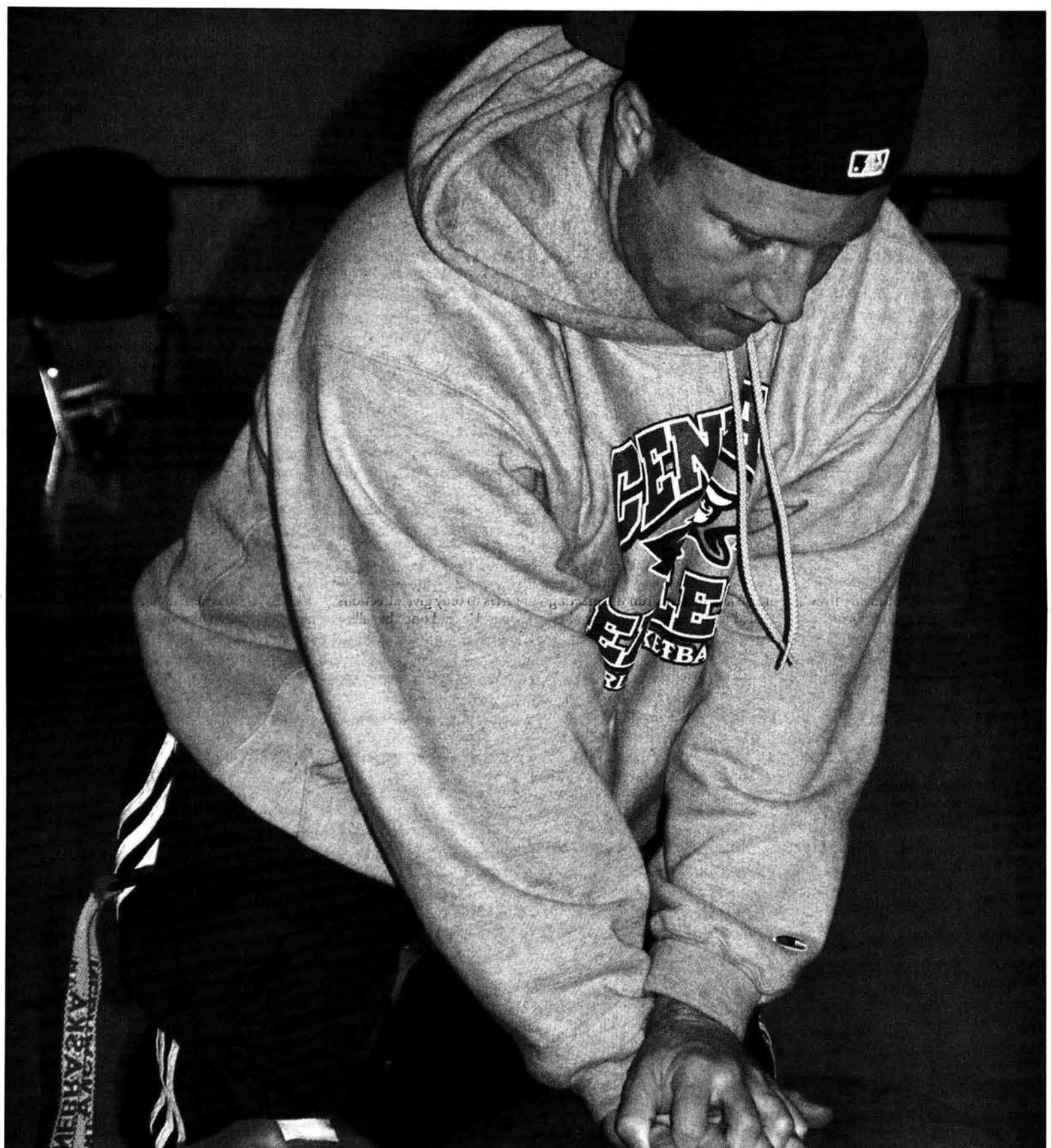


PHOTO BY ALI HODGE/REGISTER

Chad Townsend practices CPR and life-saving techniques on an "Annie," a torso doll made to take the place of a victim. Townsend was one of the teachers in attendance for the seminar which took place in the cafeteria.

Teachers get certified in CPR

BY ALI HODGE

Hosted by Jenny Conahan, Central's registered nurse (RN) and Jeanee Weiss, a health professions teacher, the yearly CPR training had around 40 participants making it the largest training class the school has held.

"I was just happy that we had such a large number," Conahan said. "It shows that we have a staff that is willing to participate and they understand and feel the need for it."

The class will teach the requirements of the adult version of CPR.

Conahan said the participants took a written skills test and then watched eight segments of an informational video.

Finally to pass, they would have to complete a skills test performed on a dummy.

The group would divide into groups and sit around two dummies.

As they were graded, the individuals would complete the proper procedure to perform CPR, including calling for help.

After finishing the class, which lasts only a few hours, they will leave with a CPR certification good for one year.

Every certification is good for a year because the requirements of CPR change all the time.

Conahan said the main point of hosting the class was to prepare the teachers for incidences of emergency that they may come upon.

"They can feel more comfortable being a respirator," she said.

Conahan said it's her responsibility as the nurse to make sure she has at least 18 people in the school building who are trained in CPR.

So, she thought it was smart to offer the class so that there will be more than that number of people who are able to save a life.

By offering the class, she said she usually gets much more than the required 18 people, so there is a wide number of individuals in the building she or anyone else could call on if there was an emergency.

Conahan said she was pleased to see there was a large number of the coaches that signed up for the class as well.

She said the class would probably be most beneficial to them and she sees that in the future, they will more than likely be required to take the class.

With athletes working their body so hard, there are a number of things that could make an adult or student's heart stop.

"It's a life saving skill," Weiss said. "Everyone should have it. Not just teachers."

Weiss said she was a certified CPR instructor and trainer in Texas around 1996. When she came to OPS to work as a teacher a number of years ago, she was shocked to hear that they didn't offer a class.

After hearing this, she pushed hard to convince the school to let her start the classes.

Statistically, everyone will know at least one person who has had heart-related problems. If presented with the opportunity to help, it is an important skill to have. It may save a life.

Weiss said there have been incidences in Omaha where the teachers have had to use CPR to save lives.

At North, a baseball student had to have CPR performed on him after there was an incident on the baseball field.

There were also two incidences at South where the skills were needed to help a student and a teacher.

Weiss said because of this, every teacher at Central should know how to handle the situation, something the class can teach them.

"I take it every year to make sure I'm ready for an emergency," English teacher Christy Flaherty-Colling said. "The more people in the building who are experienced, the safer we are."

She said one never knows what kind of situation is going to come up, with staff members or students. By taking the class, the teacher will always be prepared.

Also, with the high attendance at the class this year, that means more staff members in the building are prepared for a medical emergency.

If there were only one or two people who were certified to perform CPR, a life might be lost because it may take some time for that staff member to get to the student especially since it takes so long to get around the school sometimes.

"It's quite an advantage for staff members who are able to help in the building and in the community," Flaherty-Colling said.

Marines give exercise and information

BY PATRICK BREEN

Students jumped through holes, climbed up the ropes and bolted down the other side.

On Feb. 9, students in gym class and JROTC were given chances to run through an obstacle course set up by Marines.

"We wanted to let people know we're out there," Staff Sgt. Thomas Waugh said. "A lot of people know the Army and Navy, but we wanted people to get the chance to learn about us."

And the Central students had the opportunity.

The course was put up a week earlier and tested out.

The students who received the chance to run the course said it was fun and worth a gym hour.

The first four gym classes of the day used the inflated course and the response was so well that the Marine group decided to come back again for the whole day.

The Marines worked with the teachers setting up a day when they could have part of the gym.

"We set up the time to be convenient for everybody," Waugh said.

The obstacle course was set up in the morning, and students were allowed to use their gym period to climb run and jump through it.

There was no cost to the students, but they did have to sign waivers to protect themselves.

The waivers had no commitment to the Marines, but offered more opportunities to learn about them.

"At the end of the form," Sgt. Homer Cave said," it asks if they would like to receive information about the Marines."

Some students felt as if they were signing up for the Army, Cave said.

They thought by signing the waiver that there name would be put in a recruitment list.

But both Waugh and Cave rebuked the remarks.

"This isn't about recruiting," Cave said. "The purpose is to show the opportunity that being a Marine gives and also have some fun."

Students said that the time spent playing in the obstacle course was fun, and they look forward to it every year.

Senior Dave Saniuk helped out at the event because after he graduates he is joining the Marines.

He said he considered joining the Army, but reconsidered after seeing the opportunity and lifestyle the Marines offer.

He thought that there could have been a more positive turn-out.

"Not many people are wanting information," Saniuk said.

Waugh and Cave disagreed. They said the event was raising awareness even without the many sign-ups for information.

Waugh said the day was positive and everyone benefited from it.

"Teachers got a day to relax, students got to have fun," Waugh said," and now they know we're out here."

Cave agreed that the day was a success despite the number of forms asking for more information about the opportunities offered in the Marines.

"We had a good time," Cave said. "It was well worth it."

The group plans to return annually and make an enjoyable and knowledge time in hopes of raising thoughts about the career. Cave said that the idea will be one worth exploring.

"Our goal is just to tell people about us," Waugh said. "We offer a chance for those who are struggling through high school."

A NEW ADDITION

Central's neighbor, the Joslyn Art Museum, has big plans to build garden galleries designed to create a welcoming environment for the community

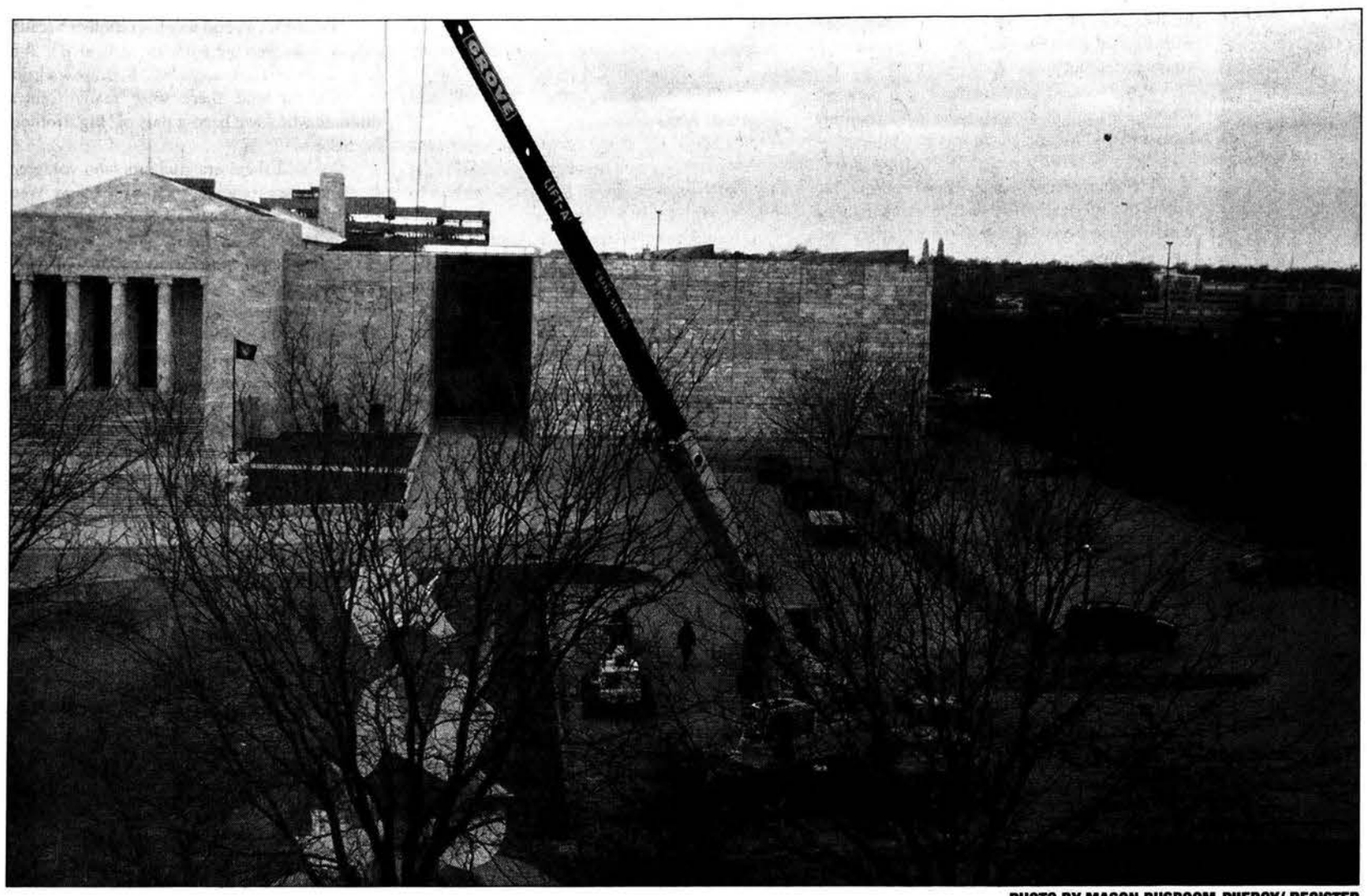


PHOTO BY MASON BUSBOOM-PIIERCY/ REGISTER

Joslyn Art Museum's renovations started with the removing of the statue, "Yellow Rising." The complete product of the gardens are to include a reflection pool, a sculpture exhibit and plenty of landscaping. This photo was taken from a window in Central.

Project leaves Central with even less room

BY ALI HODGE

Construction and renovation will present even more problems for parents and students of Central as it will ultimately take away one of the school's main outlets for students and their rides.

However, the renovations of the Joslyn Art Museum will present the entire community with a beautiful garden complete with an outdoor sculpture exhibit and beautiful landscaping.

"It's something the museum has wanted for quite a long time," said Sandra Reding, president of the Joslyn Foundation.

The project, officially referred to as "Nature Vision," has two phases. Phase one, which involves cutting off access to the campus for students, moving the entrances and building a decorative rod iron fence around the majority of the campus will begin April 2.

One of the first steps in phase one was removing the large yellow sculpture from the edge of the campus. The project of disassembling the piece of art was headed by Steve Wingender, owner of Wing's Transfer and Rigging.

Wingender said a sculpture called "Yellow Rising" was being restored and refurnished off site.

He said it was being restored because it was a nice piece of art work.

Wingender said the sculpture is scheduled to come back in August. He said it would take only a couple of months to restore, but it was needed out of the way for the renovation and construction phase. He said the sculpture was not going back to its original spot, but was going to be moved to another spot. However, that spot hasn't been decided yet.

"It won't take that long to restore it," he said.

Wingender said the sculpture was named after the artist, but there was no historical significance connected with it.

He said the sculpture was going to be sand-blasted, and the color of the sculpture was going to be a bright yellow as opposed to the faded yellow.

Phase two of the project, after the construction for redirecting traffic and closing off the campus is complete, will include the assembling and landscaping of the for garden galleries and the completion of what will be called, the "Discovery Garden," an outdoor educational garden.

The garden will be a landscaped outdoor classroom for students any age to come and listen to a speaker, create art or take educational classes.

"The whole idea is to create a new entrances and garden galleries," Reding said. "Hopefully it will be a very welcoming place and encourage more visitors and provide a museum experience outside of doors."

Reding said the project has been in the back of the Joslyn's mind for many years, but only a year and a half ago did the project actually start to come together.

The Joslyn Art museum has long been in partnership with Omaha Public Schools and Creighton University, connected by the 16 blocks of property the three organizations share.

Reding said since the alliance of the three, they have created a symbiotic relationship in which they all help one another out.

"I think it's been very good," Reding said. "We're working together."

She said the Joslyn has allowed OPS groups to enter the museum for free and Creighton University professors have come to the Joslyn to offer classes.

One of the ways Joslyn has worked with Central is the buying of the old football field and cooperating with Central as they built the stadium last fall.

Joslyn has also allowed parents and students to meet in their parking lot for drop off and pick up after and before school.

Central High School Administrator Ed Bennett said the school has been having conversations with Joslyn for at least three years.

He said starting after spring break, on April 9, it was no longer possible to drop off or pick up people in the Joslyn parking lot because of the construction and renovation. He said the parking change will be permanent.

Reding said she has spoke quite often with Central's Principal Emmel, agreeing that they would close off the gate between the two properties after spring break.

Information will be going out to the students at teachers so they know the entrance will be blocked off and they will have to create additional plans.

However, he said that Central still has 40 parking spaces at Joslyn that are able to be used until the end of the school year.

Sophomore Crystal Overgaard is one of those many students who get dropped off at the Joslyn parking lot. She said being dropped off and picked up was a lot easier and a lot closer to the school. She said not having the Joslyn parking lot wouldn't really affect her.

"It's not a big deal, I just get more exercise," she said.

Bennett said it would be inconvenient at first, but said eventually parents will find new places to drop their students off.

He said the main places they could do that was on Dodge Street and 20th and Davenport.

Bennett said in the summer the school district will explore other additional options for parking, but said they haven't come up with a final plan, yet.

Overgaard said after the Joslyn lot was unable to be used for drop off and pick up, she just got picked up and dropped off at the stadium parking lot.

She said she believes that the loss of the Joslyn parking lot for the school might cause a lot of traffic congestion.

"I know a lot of competitive people right now," she said.

Bennett said the school district is exploring the west side of the school for more parking.

He also said other changes include the fence between Central and Joslyn will no longer have a walk-through.

Bennett said there will no longer be a way for students to go directly from Central to Joslyn.

"I think it will affect their after-school and before meetings and traffic patterns," he said.

Overgaard said she thought this would affect students by getting them to walk more and get exercise.

"Exercise is always good for you, a little bit more wouldn't hurt anybody," she said.

Reding said she and the Joslyn staff were not concerned about the students of Central disturbing the gardens and the grounds too often.

She said that in the past, there have been room for concern such as recent thievery at other schools, so there will obviously be additional security.

Reding said she wasn't sure about whether or not they would hire new staff members for the maintenance of the grounds or if they would just use the workers they already have.

However, she said a more sophisticated security system, lighting and the iron fence will help prevent vandalism. Joslyn is working together with two major partners in the project, Kiewitt construction company and HGR Architects.

"My hope is that it makes people feel even more welcome," Reding said. "I hope that it's a positive impact on the community."

Kim Buckley contributed to this story.



PHOTO BY ALI HODGE/ REGISTER

Matt Hazelton (right) and Steve Wingender continue disassembling the statue outside the Joslyn Art Museum.

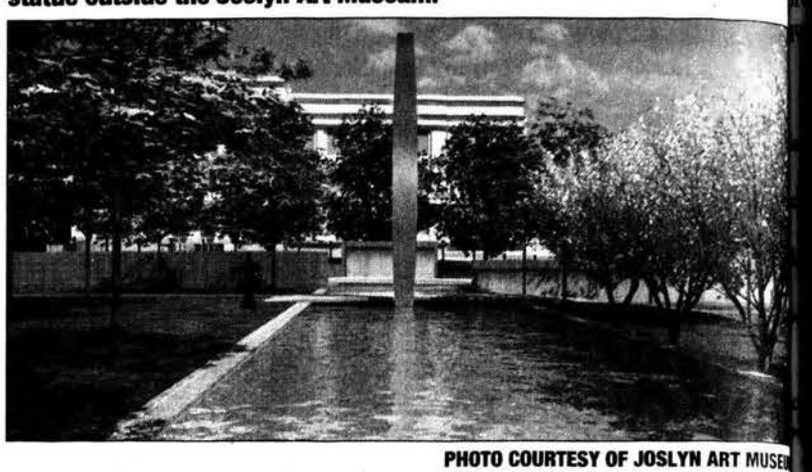


PHOTO COURTESY OF JOSLYN ART MUSEUM

Computer images of the project show the gardens in relation to Central. The construction of the sculpture garden shows that it will take up its entire property, coming very close to Central.

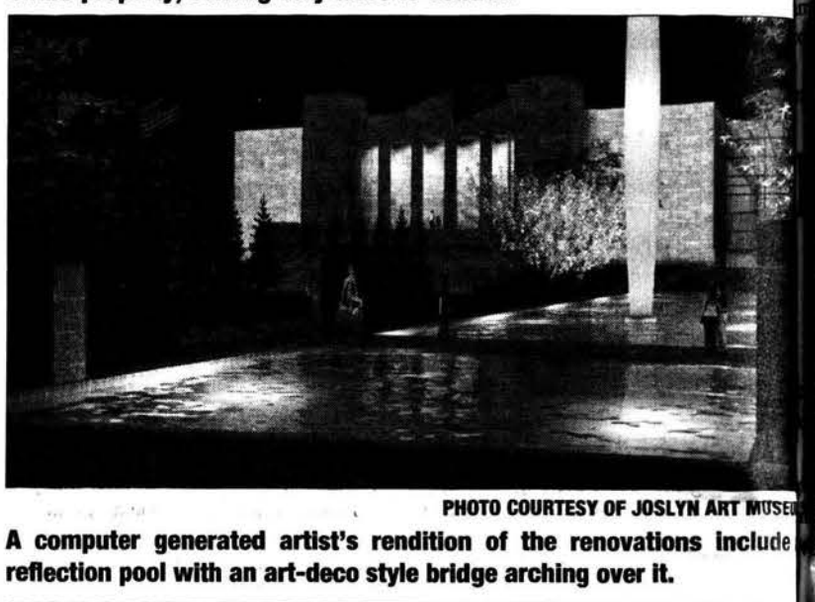


PHOTO COURTESY OF JOSLYN ART MUSEUM

A computer generated artist's rendition of the renovations include reflection pool with an art-deco style bridge arching over it.



PHOTO BY KIM BUCKLEY/REGISTER

Matt Hazelton attaches the crane to the top of the sculpture.

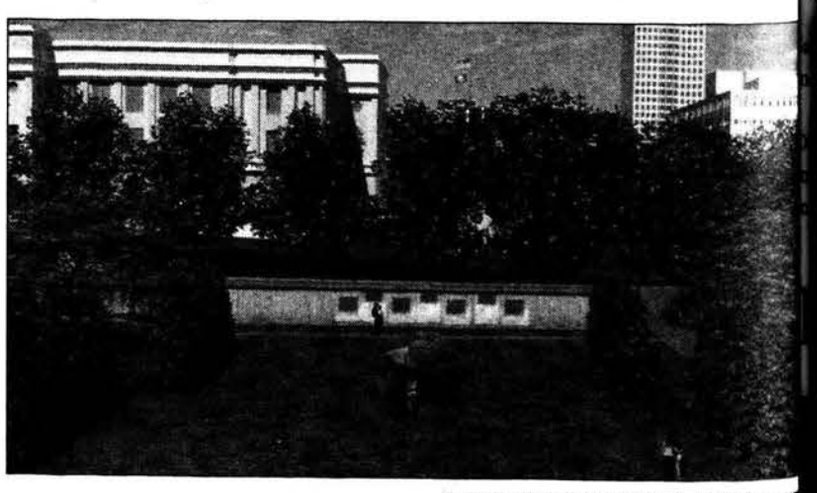


PHOTO COURTESY OF JOSLYN ART MUSEUM

This computer illustration of the sculpture garden shows the exhibit that will be placed outside.

Creighton University's India Banquet promotes Indian, South Asian culture



PHOTO BY PATRICK O'MALLEY/REGISTER

Central alumni Sopnil Bhattarai pretends to look at his hand as he sings India's national anthem at Creighton University's India Banquet.

BY PATRICK O'MALLEY

"Masala Madness," which means Spicy Madness, in Hindu, was the theme for this years Indian Banquet put on by the Creighton University Indian Culture Society (ICS) in the auditorium and courtyard.

On Friday, March 16, people came to Central from Creighton University and their homes dressed in their native clothes to eat and perform.

"It promotes the culture of not only India, but South Asia," 2006 graduate Sopnil Bhattarai said.

Bhattarai said he was from Nepal and became a member of the ICS when he started at Creighton University last fall.

"This has been considered Creighton's biggest cultural event in past years," Bhattararai said. "We have quite a big Indian community."

He said he helped out as much as he could.

He said he sold tickets, $10 to students and $15 to everyone else.

"I'm in the fashion show. I'll be singing the National Anthem, both Indian and American."

Bhattarai served food in the courtyard after the show.

He said there were separate tickets, depending on if you bought a meal.

"I'm just here to help out wherever I can," he said.

Teri Dameron, coordinator of multicultural student services at Creighton, said this was the first one in her past three years as coordinator.

"They've been doing this for years," she said. "It's kind of a celebration and an educational opportunity."

She said she did not do any of the planning. The students did the whole thing and started planning in September.

"Central is the chosen area because of the stage and dining area," Dameron said.

She also said they preferred Central because it was so close to campus, students were able to just walk over.

Anjali Chhatre, member of the ICS board, said she had to help plan everything.

Along with getting the performances lined up, she had to watch the door in the courtyard during the meal and was also in the fashion show.

"We basically had to figure out how many people were coming to figure out how much food to get."

"We had about 20 performers," Bhattarai said.

Chhatre said it was not difficult to find performers until the end when they were a few short with not much time left.

"I'm here to support the Indian culture," 2006 Central graduate Alvin Samuels said.

He said he had friends who boasted of the good food and fun time they had at the banquet so he decided to go and check it out.

He said there were many different styles of dance involved and many of the performers took lessons at a Hindi temple in West Omaha.

The first style performed was the Bharatanatyam, which was a classical dance originating in the South Indian region of Tamil Nadu.

The next was Jatiswaram, which had a large Bharatanatyam style.

The Bollywood Dance: Dil Vich Lagya ve! had dance and lyrical characteristics of Northern India infused with traits of hip-hop culture.

Garba Madness was a style of dance from the West Indian region of Gujarat.

After a short intermission the Kuchipudi, dancers displayed their style origination in the South Indian region of Andra Paradesh.

Bhattarai said on of his favorite styles was the Bhangra which was a folk dance from the region of Punjab spanning Northwest India and southeast Pakistan.

The last dance of the show was the Natanum Seyyum which was a devotional expression to Shiva, the god of dance.

The fashion show ended the night with the latest trends of Southeast Asia depicting how rich India's culture flourishes in the west.

Fair made to educate students through local organizations

BY ASTRIKA WILHELM

The first ever Resource Fair occurred simultaneously with parent-teacher conferences in rch.

Counselor Ron Moore and Family and Consumer Science teacher Jeanee Weiss came with the idea. Weiss said they were brainstorming different ways to make valuable services ilable to the students.

Many different organizations were invited to the fair, such as the Salvation Army, PFLAG d the Nebraska AIDS Project.

A committee was formed to pick any helpful organizations and to organize the first fair. ch member of the committee called between five to 10 non-profit organizations and set up an ial contract and sent out information about the fair.

The organizations set up their booths on the four side and in the hallway leading to the t cafeteria.

Principal Greg Emmel said he was disappointed about the location of the booths.

He said he felt there wasn't adequate access for parents and students to visit the fair. Barely parents or students visited with any organization.

One of the organizations that came was the Salvation Army. It attends other similar fairs at ces like Metropolitan Community College, Kids Explorer and the Teen Parenting Conference. goal is to let people know about the services it offers.

"The fair was very helpful because we were able to reach a wider variety of people," Salvation my volunteer Tracy Jones said. "We were able to communicate with any potential clients."

She talked with people at the fair about such programs as the Early Head Start and other grams for teen parents. At other fairs, it usually receives 10 to 15 phone calls asking more estions about the various services.

The Salvation Army was contacted by Central.

"I just hope to reach more teens," she said.

Ann Osborne who represented the Jewish Family Service also had similar goals for the

"We offer lots of programs that are open to anyone," she said. "You don't need to be Jewish receive our services, like adoption information, parenting classes."

Osborne said she wanted Central students to know that the organization could help anyone, spite any financial burdens.

"I think it's (the fair) so helpful," she said. "If we help one out of a 100 students then it's n a success."

Weiss said she heard many positive comments.

One organization that caused a bit of a stir was the Nebraska Aids Project. Weiss said she d the organization that representatives could not bring any birth control because of an OPS licy.

She said the organization agreed not to bring any condoms or other types of birth control. wever, somewhere along the line there was some miscommunication.

Representatives of the Nebraska Aids Project did bring condoms with them.

Weiss said she felt she made it clear to the organization that it was not allowed to bring birth control items to the school. Emmel said he was very disappointed that such a thing uld happen.

The director of the organization, Victoria Wagner, did apologize for the sunderstanding.



PHOTO BY ASTRIKA WILHELM/REGISTER

Ann Osborne, from the Jewish Family Center, sets up her booth before parent-teacher conferences and the fair begins. She said she wanted to inform students of the help offered to them by her organization. The fair lasted several hours, during which many non-profit organizations described to parents and students the help they give to people in need. It was the first resource fair at Central. Sponsor Jeanee Weiss said she hopes to hold another one next year that is even bigger and more successful.

Freshman learns law enforcement skills from local police officers

BY KEVIN GIBBS

Have you ever been told to run into a building and find a ial killer? Have you ever had to restrain a person three times ur size and strength?

Have you ever had to speed your way through rush-hour ffic, knowing that even the slightest mistake could result in astrophic damage? Well there are about 35 teens who would e anything for the opportunity.

They are called Police Explorers.

They are members of the Explorer Post, a group set on ching teens about their career ambitions.

The Explorer Post is a group affiliated with the Boy Scouts America. The program is for high school students interested a specific career.

There are several different posts in different kinds of work, cluding everything from architecture to medical to criminal tice fields. Freshman John Hogan is one of only two Central dents in the law-enforcement program.

In the post, explorers are taught a variety of subjects. They rn everything from officer safety, to radio procedures, to ilding searches, and all the fun paperwork in between.

"It's pretty much telling you what the police department is out," Hogan said, "It's a good place to learn handcuffing and ilding searching."

Hogan liked the handcuffing section due to its practical e.

"It's like the most vital part," he said.

Hogan found the explorer program through the annual fety Expo at Westroads Shopping Center, although many embers of the group find the program though their schools.

Explorer Post 591, belongs to the Omaha Police partment. Officer Nikki Lasater is one of the primary structors. She is one of approximately four officers who help the program.

Lasater joined the Crime Prevention Unit of the Omaha Police Department in September of last year, at which time she began working with the Explorer Post.

Beforehand, she had worked on the street as a patrol officer for seven years.

"She's funny," Hogan said. "She jokes about a lot of police stuff."

Lasater had plenty of praise to give Hogan as well.

"He's an extremely dedicated student who put in over 20 volunteer hours with the explorers since October of 2006," Lasater said. It was this effort that granted Hogan a special award.

"You can be picked as the Outstanding Explorer," Hogan said.

Hogan was one of three explorers to receive the Outstanding Explorer award.

"It's for explorers who have gone above and beyond the requirements of the regularly scheduled meetings," Lasater said. She said the award is given through the Boy Scouts of America.

Hogan said behaving and doing the best you can are all the instructors look for when giving the award. Hogan has certainly enjoyed the program.

This year the explorers have already visited the Omaha Police Department Headquarters building, where they met detectives and crime scene investigators. They also visited the horse barn for the mounted patrol, and the training academy where they were given access to the driving and shooting simulators. Few officers have even been given the opportunity to use these machines.

Recently the explorers also got to participate in the Ride-Along program, where they were able to ride with an officer in a police cruiser for two and a half hours while responding to calls and conducting traffic stops.

Hogan got to ride along with Officer Ted Wesack for a few hours, although he said it was mainly uneventful.

Each Wednesday from 6:30 to 8:30 p.m., the explorers hold weekly meetings.



PHOTO BY KEVIN GIBBS/REGISTER

Freshmen John Hogan and his mother prepare to go on a ride-along with Officer Ted Wesack. Hogan got to ride for over two hours all over the city with the officer. Hogan was also named the Outstanding Explorer.

During this time they either watch a power-point presentation teaching them about the most recent lesson, or they break off and begin putting the skills to use. Lasater said she prefers the practical classes to the presentations just as much as the explorers do. During the officer safety section for example, explorers were taught how to stand when interviewing a suspect, and then the next week, they were told to act out a scenario.

They would test their reaction speed as one explorer playing the suspect pulls something out from behind their back, the other acting as the officer has to respond in the half a second available correctly. If not, everyone critiques and criticizes the failing explorer so that next time, he won't end up dead.

Another unique activity the explorers do to keep the information in their heads is their method of consistent testing. Each week the explorers get a short, one-page test and try to out score each other.

nternational language banquet dinner brings students, teachers together



PHOTO BY ALI HODGE/REGISTER

nior Raja Philip serves herself food at the open-buffet style ternational Language Dinner. The tables set up were filled ith foods students cooked that related to the language they ere learning.

BY ALI HODGE

There was music, clothing, words, food and students representing all different parts of the world.

Students from the different International Language classes joined in together for the annual International Language Dinner that is held every year as a tradition to unite the different cultures and languages of the world.

All came together to enjoy food representing the different countries whose languages are taught to students such as Spanish, Italian (Latin), Chinese, German and French.

The main purpose of the event is to bring together the entire International Language Department together for a night of unity.

"Each culture has its own foods," department chair Bev Fellman said. "This is a highly multicultural school and we celebrate that diversity not only in our own community, but in our world. Each one is beautiful."

The event is held in the courtyard once a year and has been a tradition at Central for over 30 years.

It is decorated with the posters submitted to Rita Ryan's poster contest, all of which promote a foreign language offered at Central.

Special guests as well as a large number of participants showed up to the event.

All the students from the language classes made a certain dish that pertains to the language they are learning.

Fellman said she thinks students have fun cooking the foreign dishes. She said she knows families who have cooked for hours trying to prepare.

It's an opportunity for students to go outside of the box to try something new, Fellman said, especially a recipe that is so hard to create such as some of the Chinese dishes.

The event gives families the opportunity to come together and learn about different cultures as well as have a good time with friends as they eat.

The evening started out with a small speech by Fellman.

A short introduction of the International Language teachers was also given.

After that, the guests were free to go serve themselves food from a large variety of nationalities.

The food was set up on tables just outside the entrance doors of the courtyard on three sides.

The guests of the evening, who have been participating for the last four to five years, were the Omaha International Folk Dancers. They were there to add color to the evening and teach dance to the students who attended.

The dancers practice at the University of Nebraska at Omaha and have been an organization for over a decade.

They specialize in international dances from Eastern Europe, South and Central America, Canada and some African.

The choreographer of the group, Roman Kozac said they very rarely do any dances from Asia because they are very hard and the body movements are supremely different from the types of dances they usually do.

"The trick is to find a dance you can teach quickly," said one of the members of the group, David Nickles, a professor from Creighton who has been in the dance organization since 1981.

The seven dancers who attended were dressed in brightly colored and sequenced Hungarian outfits.

Once the meal was finished, Fellman announced the dancers and asked all the students to join in with the dances.

They pushed the tables back to welcome the student dancers, and they formed a large circle in the middle of the courtyard to watch the dancers demonstrate.

"It was interesting and fun to learn something like that," senior John Green said. "It was nice."

Green, a Spanish and Chinese student, said this year was his first time attending the banquet and he enjoyed it.

He said it was a good thing the school put on, and the dancing and food were very good.

The event, held mainly for the students, hosted a very good turnout.

Freshman Clarice Dombeck said she enjoyed the event, although she thought it would hold more guests.

Dombeck is enrolled in French 1-2. She said it was interesting making her contribution to the buffet.

She made two French quiches made with egg, cheese and bacon. She said they weren't too hard to make.

It took about an hour.

Dombeck said she enjoyed the dancers and their enthusiasm.

"I thought it was good," she said. "It was hard. I got a work-out. It was pretty fun."

Dombeck said she heard about the event through her French class even though she is involved in French Club.

She said her teacher did a good job encouraging students to come to an event that was an old tradition at Central.



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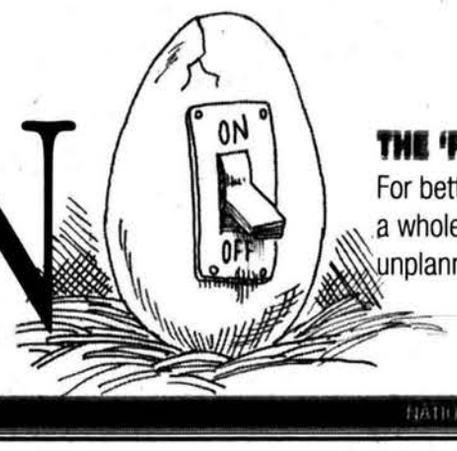
THURSDAY, APRIL 5, 2007

OPINION

THE CENTRAL HIGH SCHOOL REGISTER

A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM

NATIONAL PACEMAKER AWARD WINNER



THE 'PLAN B' PILL

For better or for worse, it just got a whole lot easier to eliminate that unplanned pregnancy.

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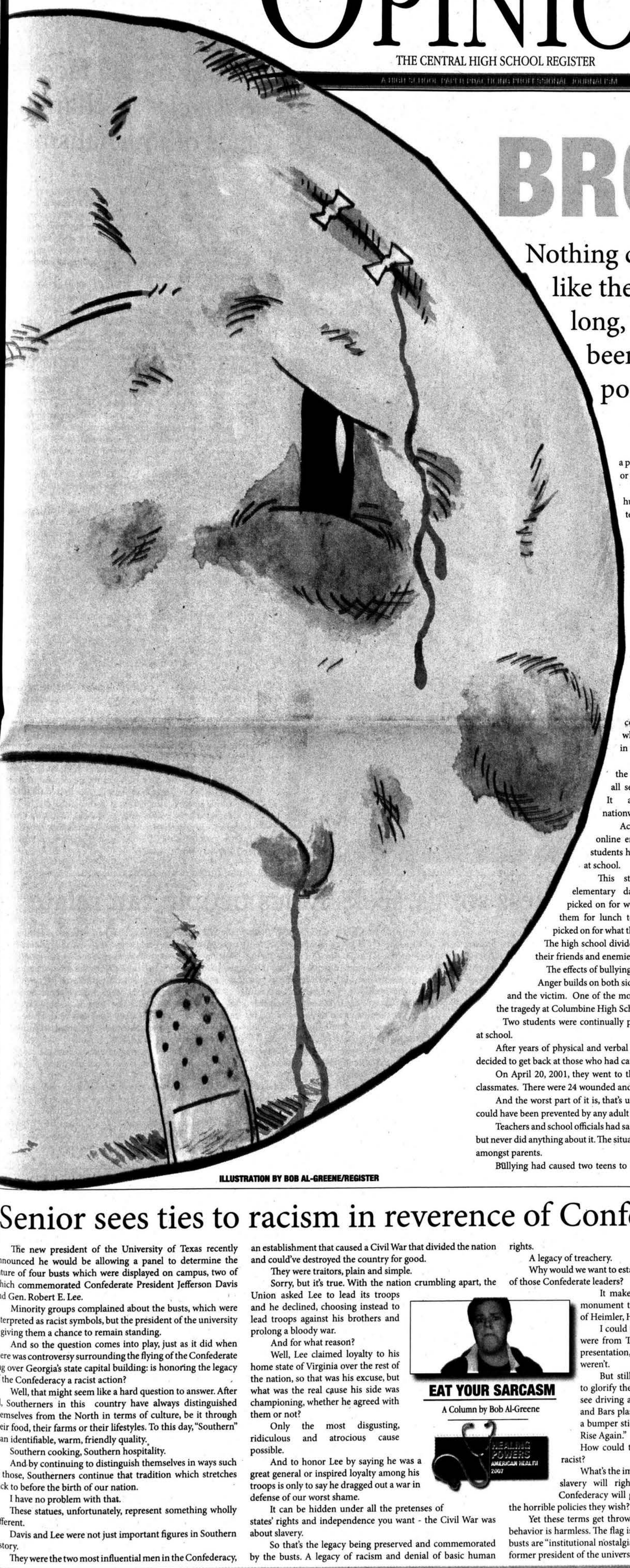


ILLUSTRATION BY BOB AL-GREENE/REGISTER

BROKEN UP

Nothing can interrupt the life of a student like the tormenting of a bully. For too long, these classroom antagonists have been written off. Now, something positive is finally being done.



EDITORIAL

The **OPINION** of the *Register* staff

Bullying has always been a problem. Whether it is verbal or physical, the damage is felt.

It is the ugly side of human nature. It terrorizes teens. And angers parents.

After years of cries for help from schools across the country, more and more adults are taking notice. And now, trying to make a difference.

Over 32 percent of high school teens say they have been or are being bullied at school, according to the National Center for Heatlh Statistics' (NCHS) National Vital Statistics System.

And that doesn't compare to the 88 percent who have witnessed bullying in the past year.

High schools, no matter the size and diversity, have all seen the effects of bullying. It affects many students nationwide.

According to Encarta, an online encyclopedia, 42 percent of students have friends who are bullied at school.

This stretches from the early elementary days when students were picked on for what their mom had packed them for lunch to now, when students get picked on for what they wear and what they like. The high school divide causes students to choose their friends and enemies.

The effects of bullying hurt everyone.

Anger builds on both side of the exchange, the bully and the victim. One of the most infamous examples is of the tragedy at Columbine High School in Colorado.

Two students were continually picked on and made fun of at school.

After years of physical and verbal abuse, the outcast students decided to get back at those who had caused so much torment.

On April 20, 2001, they went to the school and shot at their classmates. There were 24 wounded and 12 killed by their violence.

And the worst part of it is, that's undoubtedly something that could have been prevented by any adult intervention.

Teachers and school officials had said they noticed the bullying, but never did anything about it. The situation caused quite an uproar amongst parents.

Bullying had caused two teens to kill their fellow classmates. Parents and teachers alike were outraged by the fact that there was not enough being done to stop bullying.

Several years later, people are actually doing something about this epidemic.

On the east coast, elementary, middle and high schools are having the students take pledges to help students band together against bullying. It holds several lines not only asking students not to bully other students, but to tell adults about it when they see it. They say that students have had a positive attitude towards the idea.

The schools, mostly in South Carolina, North Carolina and Virginia, have not reported any results, but remain positive the pledge will help. Even if the idea doesn't completely eliminate bullying, it is a step in the right direction. A step that needs to be followed up.

If organizations, parents and students continue taking steps to eliminate bullying, the problem, which may never go completely away, will be at the very least lessened.

Violence has been growing in schools across the nation. Its a sad but true fact. NCHS reports that one out of every three students has been in a fight.

And two out of five fights result in injuries that need medical attention. Bullying is the main cause of these fights. To lower the violence in schools, the nation needs to stop bullying first.

But physical fights aren't the only damge bullying has.

"Sticks and stones may break my bones, but words will never hurt me."

Some phrases were never true, even since the time they were conceived.

Verbal bullying is the most prominent type of bullying in high school. According to Encarta, 77 percent of bullied students are verbally abused. The words hit and stick with students.

"The pledge" specifically states students will not engage in the taunting and/or teasing of any other student.

Some of the most prominently bullied are those who make different decisions.

A student in Ohio, was repeatedly picked on for being gay.

He chose to tell his story to a local news station, and the students were relentless in the way they picked on him. For several weeks, the student reached out to counselors, who only offered their words of advice. The student was still picked on. He became extremely depressed.

Two months later, the student decided to take his own life.

Although it may be another tragic end to a story, the events aren't uncommon.

NCHS said that one out of every 11 students bullied tries to commit suicide. And just under half are successful.

Students who express themselves in different ways are often the most picked on. But a recent bill hopes to lessen the pressure bullies put on them.

An Iowa legislative bill proposes stricter punishment for bullying. Hate crimes don't begin once we're all out of high school, after all. They start early and affect many.

Senior sees ties to racism in reverence of Confederacy, Southern mentality

EAT YOUR SARCASM

A Column by Bob Al-Greene

The new president of the University of Texas recently announced he would be allowing a panel to determine the future of four busts which were displayed on campus, two of which commemorated Confederate President Jefferson Davis and Gen. Robert E. Lee.

Minority groups complained about the busts, which were interpreted as racist symbols, but the president of the university is giving them a chance to remain standing.

And so the question comes into play, just as it did when there was controversy surrounding the flying of the Confederate flag over Georgia's state capital building: is honoring the legacy of the Confederacy a racist action?

Well, that might seem like a hard question to answer. After all, Southerners in this country have always distinguished themselves from the North in terms of culture, be it through their food, their farms or their lifestyles. To this day, "Southern" is an identifiable, warm, friendly quality.

Southern cooking, Southern hospitality.

And by continuing to distinguish themselves in ways such as those, Southerners continue that tradition which stretches back to before the birth of our nation.

I have no problem with that.

These statues, unfortunately, represent something wholly different.

Davis and Lee were not just important figures in Southern history.

They were the two most influential men in the Confederacy, an establishment that caused a Civil War that divided the nation and could've destroyed the country for good.

They were traitors, plain and simple.

Sorry, but it's true. With the nation crumbling apart, the Union asked Lee to lead its troops and he declined, choosing instead to lead troops against his brothers and prolong a bloody war.

And for what reason?

Well, Lee claimed loyalty to his home state of Virginia over the rest of the nation, so that was his excuse, but what was the real cause his side was championing, whether he agreed with them or not?

Only the most disgusting, ridiculous and atrocious cause possible.

And to honor Lee by saying he was a great general or inspired loyalty among his troops is only to say he dragged out a war in defense of our worst shame.

It can be hidden under all the pretenses of states' rights and independence you want - the Civil War was about slavery.

So that's the legacy being preserved and commemorated by the busts. A legacy of racism and denial of basic human rights.

A legacy of treachery.

Why would we want to establish anywhere a remembrance of those Confederate leaders?

It makes as much sense as erecting a monument to Nazism, complete with busts of Heimler, Hitler and Goebbels.

I could understand it maybe if the men were from Texas, or if they were part of a presentation, like in a museum, but they weren't.

But still the supporters of movements to glorify the Confederacy, the people you'll see driving around in trucks with the Stars and Bars plastered on the back window and a bumper sticker that reads "The South Will Rise Again."

How could that statement be anything but racist?

What's the implication there? That eventually slavery will rightfully be reinstated and the Confederacy will get to take over and impose all the horrible policies they wish? What?

Yet these terms get thrown around and we act like such behavior is harmless. The flag is a symbol of "heritage", and the busts are "institutional nostalgia" for Confederate values, as the former president of the university said.

Yeah, that makes sense. If they're really such a popular nugget of the South's past, why don't we see more black faces at the rallies?

Oh yeah, that's right: because the hero-worship of men like Davis and Lee, and the South's desperate need to cling to its horrific practices, spawned the most important terroristic presence in this country's history and made the ex-Confederacy into a living hell for blacks for another 100 years after they lost the war.

This cycle will only repeat itself in time, however, because what breeds this kind of misunderstanding of history is ignorance of history.

Teens today have no ties to the past like that, and no desire to connect themselves to it. The Civil War might as well have taken place in another millennium, with the perception we have of being so far removed from any of its causes or consequences. My father has met veterans of that war, though. They were still around when he was a child.

So easily we forget what an important place racism has and has always had in America's heart. It could have ended us as a nation if not for great men like Lincoln who fought to preserve it. Don't try to downplay his influence by claiming he was as racist as anyone, though - his morals were ahead of their time. Men with his morals are still ahead of the times.

I have no sympathy for those who would try to deify and glorify men like Jefferson Davis or Robert E. Lee.

They were not heroes. They deserve no honors.

JUDGING ITS IMPORTANCE

POINT/COUNTERPOINT ON MEDIA COVERAGE

■ PRO

Cable news channels lose sight of mission, focus on bottom line

In the midmorning of Feb. 8, Anna Nicole Smith died of an apparent drug overdose. Within hours, the media had descended into a feeding frenzy of terrible proportions.

From blog to newspaper to 24-hour news network, the news seemed to be the most exciting of the day-not dead soldiers in Iraq, the state of America's penal system, or the plummeting performance of public school students. No, as always, it was the trivial, useless superficial story that won out that day.

The tradition of celebrity obsession is a strong one in America, and as such it tends to dominate the news. The economics and politics are shunted to the side in favor of the flashy stories about nothing. This trend in modern news has two groups to blame. The blame falls directly on the public and the media.

The media supports the short attention span and gullibility supporting this process with very little tact and sensitivity, pandering to the nature of the masses, always retreating from publishing the real news in the pursuit of more money and an easier job.

EDITORIAL
The **OPINION** of the *Register* staff

The media cannot change the natural appetites of the public, but it can get serious about reporting what really counts. The media does not necessarily have a bias towards these kind of serious stories, but they do have biases of profit and laziness.

Which headline will get more people to read a paper, "Mary-Kate Collapses After Drunken Binge," or "Feith Falsified Power points?" The answer is clear, but should it matter? After all, a newspaper is a business that needs to make money to survive, but does the media also have a serious responsibility to educate readers about facts that matter?

Perhaps the people won't listen, or they'll change the channel- there's a reason CNBC has lower ratings than FOX- but the current situation, in which superficial stories consistently triumph over serious ones, is mostly a product of media greed, not public complacency.

Laziness is the most obvious problem with the media. As soon as a story runs somewhere, who cares if the facts are wrong? There's pages to fill here.

Why check sources and facts? Someone has already done the work, so why bother? Remember the 2004 Presidential Campaign, the Swift Boat Veterans For Truth?

Remember when Dan Rather was forced into retirement after not checking the facts on a false document apparently proving George Bush's absence from the National Guard? Once the stories ran somewhere, they multiplied all over the country. Political opportunism and laziness overtook the search for the truth.

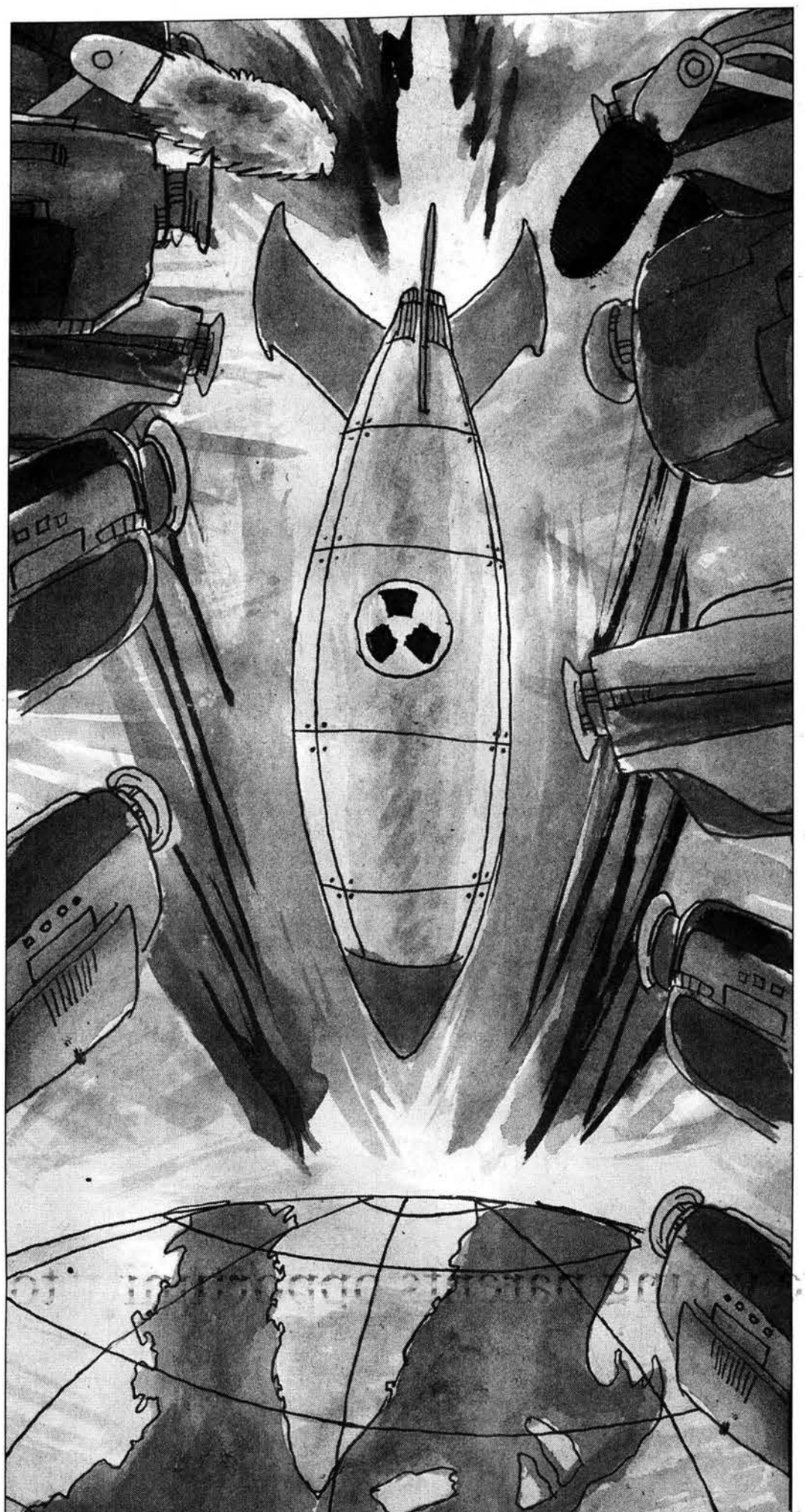
The media needs a change. Bogged down in political, lazy, or pecuniary opportunism, they hardly, if ever, publish the news that counts in the way it deserves.

Vested deep in corporate interests, they are often unable to get the real news published for fear of losing funding, and stories that matter disappear into the nether. The media needs to stand up and declare that their job is to provide the news- that the importance and impact of the story will override the demand for profit.

We the public also need to change and realize our own role in this downward spiral.

While our own addiction to superficial news has helped force the media into the present position, they have allowed this to occur and have encouraged our love of easy, simple stories in the interests of profit.

Together, we as a nation of newsmen and watchers need to get serious.



■ CON

Major media face obstacles in changing face of journalism

Journalism is dying.

That's not news (if you'll excuse the pun); it's a trend wh has been visible for years. You can see the symptoms in the same communications equipment which has revolutionize the way we see and hear the world we're only now beginning become accustomed to. Cell phones, satellites, the Internet - t move news much faster, and they move it from every direct This flood of information is choking traditional media sour whether it means to or not.

Broadcast journalism was born in London in 1939. Its fat was Edward R. Murrow, whose name should be at the top of ev journalist's list of idols. Murrow, who at that point was still in late 20s, was sent to London as the Europe Bureau Chief and was his duty to report on the German blitz of England. Night after night he reported from a London rooftop as buildings around him were reduced to rubble; U.S. listeners, who were then unaware or willing to ignore the brewing trouble, became in the span of months avid supporters of American involvement in the war.

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Decades later came one of print journalism's defining mome - it was Bob Woodward and Carl Bernstein, two *Washington P* reporters who, through persistent and professional work, brou about the end of a presidency. No matter how you want to l at the number of problems Richard Nixon faced directly bef his resignation, this stands as a true example of the power of press.

The Watergate scandal had a profound effect on polit the public, the media and the way they have interacted with ea other in the last 30 years - that much is evident even in the way identify scandals ("Monica-gate", "Katrina-gate"). The people l to believe they're more cynical and mature nowadays - oh, the grown up since Watergate, they know how corrupted and evil the politicians are, they're familiar with the soft white underbe of our capitalist regime. They can see past all the lies and disgui promises.

But that's the wrong interpretation of the same set of fa Yes, the government has ceased to business in the same way least in a way which won't get them caught as easily), but in so ways politicians are allowed to be even more blatantly corrupt a backbiting in today's environment. And yes, the media, especia cable channels who depend on an intravenous feeding tube meaningless news briefs to keep themselves running, have be to bulk most of their coverage around topics which can satisfy intellectual appetite. But it's not because the public has matu enough to handle the meaty, personal, real topics.

No, quite the opposite. In point of fact, the people of t country have devolved into a ravenous mob of faceless view whose perception of "real news" has been so warped by their o inner desires, they are now surprised at the extent to which t media have molded to keep their attention. Scandals break ev few months to keep the viewers satisfied, not to feed some lust hair-raising entertainment harbored by the journalists.

Amazingly, the public seems to be aware of its own thirst debauchery in musings over potential scandals from the past - can you imagine if they'd broken a story about John F. Kenne and Marilyn Monroe's affair?

Sophomore disgusted with meaningless songs, seeks lyrics people can relate to

MUSIC TO MY EARS

A Column by Ariana Peppers

"Oh my god. That was horrible!" I say to a friend while we listen to the radio.

Looking back on the music my parents listened to and comparing it to the music we listen to today, I would have liked to have been born back then just to get a taste of real music. Every time you turn the radio on to the oldies station you can hear a good song that makes snap your fingers and bob your head.

Lately, R&B and hip-hop are becoming, well, painful to listen to. Sometimes it's so bad it almost hurts your ears and sometimes you listen to the first two seconds then you have to turn the channel. Don't get me wrong, there are plenty of songs out there, but for the most part they talk about stupid stuff. One song for example is "Lip Gloss" by an unknown artist.

In this song, all she talks about is guys chasing her and being called into the principals's office just to talk about her lip gloss. And that's really sad.

People get paid for anything. They don't even have to think about their lyrics. They just write about the first thing they pull out of their pockets or the microwave.

That's where DJ Webster and Young B. got the idea for "Chicken Noodle Soup." Well hopefully, not really. It's a dance but you look so dumb doing it and that makes the song even worse. I can't see how people actually buy these CDs. The only reasons I can think of are so that you can make fun of their songs or maybe even that they are wishing and hoping that they came out with better songs.

Then getting their hopes crushed when the whole CD is just as bad as that one song. But on the other hand, there are plenty of good songs. For example, "Runaway Love" by Ludacris, featuring Mary J. Blige.

This song is very meaningful. It talks about some problems many teens go through like abuse, parental problems and pregnancy.

And how the runaway from they runaway from their problems. Also another song is "Circles" By Marquess Houston. This is one of my favorite songs I might add. This song is about a guy who is still in love with his ex-girlfriend, but who is in a new relationship. And when he comes home from school vacation all he can think about is her. In the song, he says that he let her go because he loved her and if she comes back then he'll know if it was meant to be.

I think everyone can relate to songs like that. Music of the future will be very interesting. People will probably have to change their taste in music or maybe the songs will actually have a good message and point.

Like they did "back in the day" when groups like AZ-Yet and Silk or Monifah and Anita Baker were out.

They were all very good R&B groups mostly because they had really good songs that had meanings and they w songs that everyone could enjoy. They also sang about love a emotions which were topics everyone could relate to. I think good songs in hip-hop and R&B are the songs that don't t about money and how popular the artist is all the time.

The good songs are the songs that talk about love and l in general. Real-life stuff, like a story in a song. Rappers becoming way too cocky. They think too much of themsel and it's reached a point where that's the only message they n to express through their art.

All they talk about now is money, cars and having s Good rappers like Tupac talked about real things like life, l and things like that.

Also, a lot more rappers are making dance songs, like Unk and 2XL. Some of these songs are good, but when w make a song called "Chicken Noodle Soup," it never comes right. Some good old dance songs are: "The Cha-Cha Slide" the "Electric Slide." They were always the songs being played parties and other gatherings. Where did these songs go?

06-07 Register

The Omaha Central High School *Register* seeks to inform its readers accurately as to items of interest and importance.

The staff strives to uphold the principles of journalism in all its proceedings.

The *Register* is a member of the National Scholastic Press Association (NSPA), the Nebraska High School Press Association (NHSPA), the Journalism Education Association (JEA), Quill and Scroll and the Columbia Scholastic Press Association (CSPA).

The *Register* is an 10-time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Francisco, Boston, Phoenix, Dallas, Washington D.C., Seattle and Chicago.

The *Register* staff is also responsible for the publication of the *EDGE* feature magazine, which has also won a first place Best-in-Show award for specialty publications.

The *Register* has won multiple NSPA Pacemakers.

The Pacemaker is considered the Pulitzer Prize of high school journalism.

It has also won many Cornhusker awards from NHSPA.

It has been awarded Gold and Silver Crowns from CSPA for its overall work.

Unsigned editorials are the opinion of the *Register* staff and do not necessarily represent the opinion of Central High School or its faculty.

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Letters to the editor are encouraged.

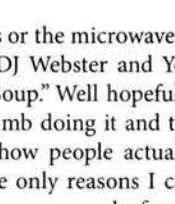
They can be sent to the *Register* at 124 N. 20th St., Omaha, NE 68102 or via e-mail to Central.Journalism@ops.org.

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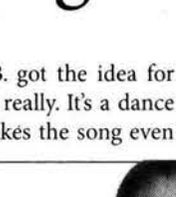
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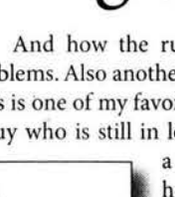
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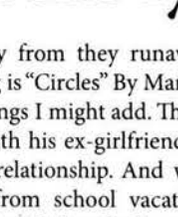
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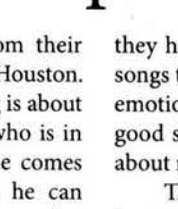
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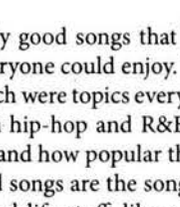
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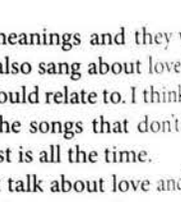
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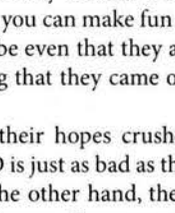
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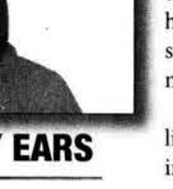
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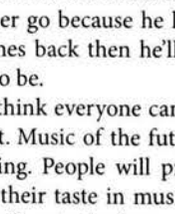
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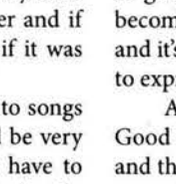
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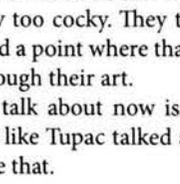
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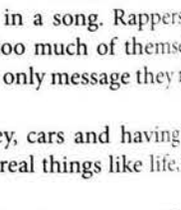
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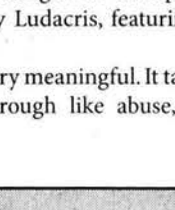
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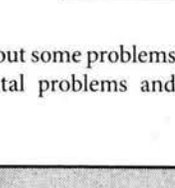
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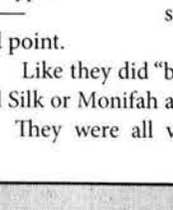
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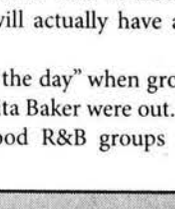
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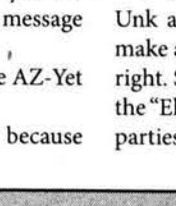
Patrick O'Malley
Photojournalist



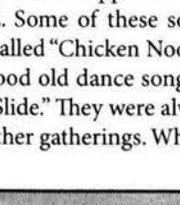
Luis Lopez
Visuals



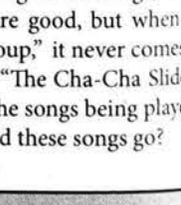
Mason Busboom-Piercy
Visuals



Katie McMillian
Reporter



Jasmine Fitch
Staffer



Matthew Deabler
Adviser

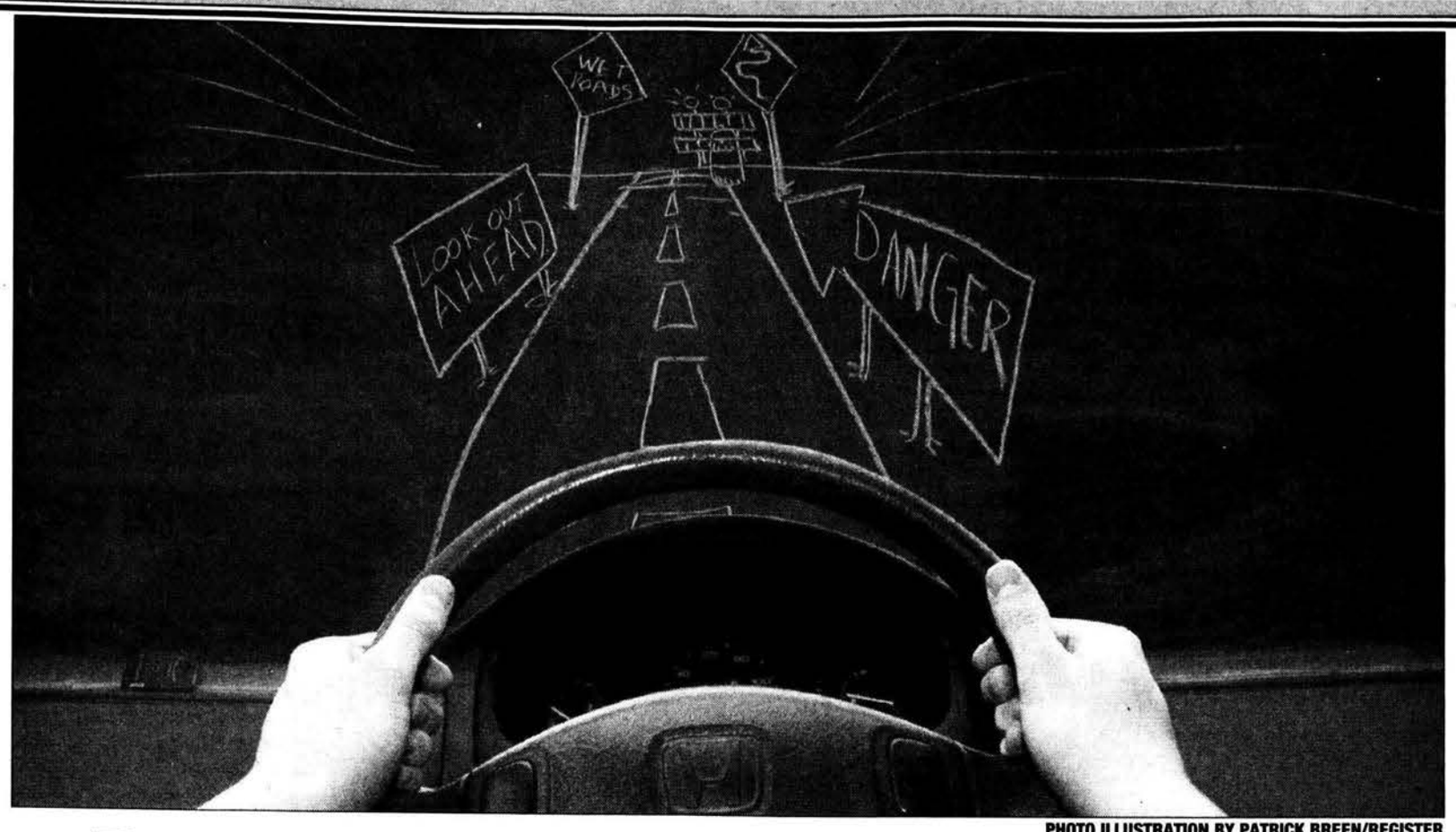


PHOTO ILLUSTRATION BY PATRICK BREEN/REGISTER

BEHIND THE WHEEL

The death of a Nebraska teen has spurred parents to push for the inclusion of Driver's Ed in school curriculums. Whether or not it would help matters is still in question, however.

Careless driving is a problem, and it's shown by the number of traffic fatalities that occur each year. It's not a minor dilemma as some might think and Driver's Ed is not the solution.

With new ways of becoming distracted, it is becoming easier and easier to be involved in a car accident, minor or fatal. People of all ages are becoming overconfident, thinking they will never be in an accident, while talking on their cell phone and drinking and eating. This is especially true for teenagers.

The majority of drivers who are speeding, while at the same time multitasking, are teens. Therefore, teens are the ones who are involved in most car accidents.

Recently, a 15-year-old boy in Nebraska died in a car accident. Unfortunately, this kind of things happens multiple times each day. In this case, Nick Peters lost control of the vehicle he was driving and he died. After his death, his grieving parents felt he did not receive the proper education for driving. So the boy's parents turned to the Legislature.

The parents are trying to get a law passed that requires all schools, public, private and parochial, to put Driver's Ed in their list of classes, so it would be more available to students. Sen. Arnie Stuthman of Platte Center introduced the bill that would give students in grades 10-12 a chance to take Driver's ed in their school. The course would be optional though.

The parents and the senator think that having the course available in school would encourage more students to take the class, which they said would lower the fatality rate of teen car accidents.Presently, only 20 percent of students take the course. Before, when Driver's Ed was in the high school curriculum, more than 16,000 students took the course. But, in 1985, the state eliminated government funding for the class. According to the Nebraska Department of Education, only 69 Driver's Ed courses are offered in Nebraska and last year 1,021 students enrolled in the course.

But, at present, the bill does not state who would teach the course and who would pay for the course, a major factor of whether the bill would become a law.

One large factor is overlooked though. According to the Insurance Institute for Highway Safety (IIHS), Driver's Ed does not produce better drivers. In fact, students who take Driver's Ed are actually statistically worse drivers than those students who took the option of driving 50 hours with an adult in the vehicle.

IIHS said that when students take Driver's Ed, they become overconfident about their driving skills. Insurance company Allstate supports this. Allstate said traditional Driver's Ed courses have come under fire because of research that suggests the course does nothing for the production of better drivers.

IIHS said Driver's Ed draws in younger students, and according to IIHS, younger students are worse drivers.

Based upon this information, introducing Driver's Ed into all high schools would not be a good thing.

During Driver's Ed, most of the time students are in a classroom, listening to a teacher drone on about the fatalities of traffic accidents and the essentiality of wearing a seat belt. Most students are not going to listen to the teacher and change their views on driving because of a video about how teens die because of reckless driving.

AMERICAN HEALTH 2007

EDITORIAL
The **OPINION** of the *Register* staff

School day cares give young parents opportunity to succeed

With so may teenagers having kids, should there be day cares in schools?

One might say it is too expensive. Others would say something has to be done to keep teenage mothers in school. We want an educated public, right? It's kind of difficult to educate teens if they are never in school. However, is the price tag too high? Could the money be spent in better ways.

For example, there is a school in Columbia, Md. that has a day care. Their annual budget for the year is over $133,000. Is this too expensive? Another issue could be school pride. What school would want a day care? Wouldn't it tarnish the school's image?

There would also be a lot of paperwork. The school would drown in liability papers. Also, each parent would have to pay money each day. This could get to be too expensive for a teen parent to spend each day.

Out of all the schools that have day cares, there is a problem with waiting lists. A school day care can only have a certain number of slots open. There will not even be a guarantee to have your kid in day care.

However, would school day cares promote teen pregnancy or just make it easier for teens who are already pregnant? Do we want to punish teen parents for a mistake that will affect them for the rest of their lives?

According to research done at Yale School of Nursing, school day cares help the teen parents succeed in school. The parents had better attendance, improved academics and improved health care for their children.

A school day care also comes with parenting classes. This helps the teen parents learn how to take care of their babies. This is important for the teen parents to understand what is physically and emotionally going on with their baby. This would help them to be better parents.Day cares would be helpful for students who have transportation issues. Imagine driving your baby back and forth from day care then going to school. One might just have to do this each day. A day care would help with this issue.

Attendance is also issue among teen parents. Their children may have doctor appointments, or just have to stay home because they are sick. These issues must be addressed by the parents. A school day care would help make these situations easier.

If there were to be a day care at Central the parents could see their kids any time they had a chance. This could help the separation anxiety between the parent and child. This could also make it easier to contact the parent if their child is in the same building.

The government has sponsored programs to provide child development services. An example could be Head Start. Head Start provides grants to agencies for economically disadvantaged families and their children. In 2005 ,there were 5,080 children enrolled in Nebraska. Nebraska funds just under $36 million worth to this program. The most important thing to consider is having the student graduate from high school. School day cares would help the dropout rate of teen parents.

It's that simple. When it comes down to it, the positives just outweigh the negatives.

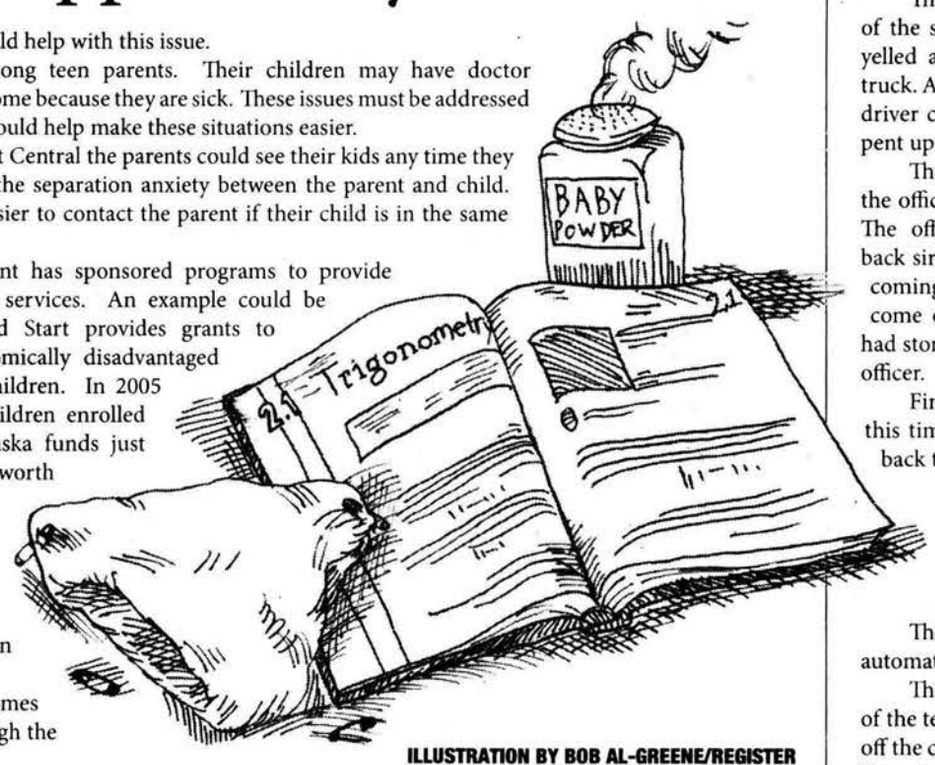


ILLUSTRATION BY BOB AL-GREENE/REGISTER

AMERICAN HEALTH 2007

EDITORIAL
The **OPINION** of the *Register* staff

New advertisements on buses deceive unsuspecting teenagers

On your next bus ride to school, you may be either pleasantly surprised or annoyed to hear a new sound replacing the screams and chatter of middle and high school students.

"Bus Radio" is a radio show now being delivered on school buses nationwide. The programming is mainly made up of music and public service announcements, as well as advertising.

The concept of "Bus Radio" is to distract kids from being loud and breaking rules on the school bus to direct interest towards popular but age-appropriate music, guest DJs on the program such as Beyonce and Pink, and of course, advertisements.

"Bus Radio" representatives say the intention behind this new radio program is to make bus drivers' job easier by keep students preoccupied as an alternative to talking, or in most cases, yelling.

Unfortunately, the main drive behind any business endeavor is money. It would be naïve to think that the businessmen and women behind "Bus Radio" don't have other motives.

Large corporations will be paying this radio station to advertise their products to kids every morning and afternoon, students being unable to change this channel and their parents unable to exercise any control over what their son or daughter is exposed to. That privilege would be left to the bus driver.

Students as young as 6 will be targeted for the business endeavor, having to endure eight minutes of commercials for every hour of programming.Due to the ads, more profit will be made to these corporations, who in return will pay "Bus Radio" executives to feature more ads, resulting in more power to the entertainment agenda. The station doesn't benefit kids at all. It's another way for companies to make money at the expense of unsuspecting students.

When a first-grader is on the way to school, that's what their mind should be preparing for, not a new pair of sneakers. These ads get into the subconscious and alter standards because they're most likely the first interaction a person will get in a day.

Things are being taken a bit far concerning this marketing scheme.If products are being pushed in school buses, you have to wonder what else they'll come up with.

Reebok sponsoring textbooks? Cell phone companies providing pens and pencils?

If anything is played on a school bus, it should be something with learning purposes.

Our society already places too much emphasis on material things.

How about we start concentrating on education instead of selling a product and making money?

EDITORIAL
The **OPINION** of the *Register* staff

Top 10 places you don't want to see an ad

10) Imprinted on your toilet paper.
9) Read during a sermon at Sunday mass.
8) Subliminally inserted into every television show or movie you've ever seen.
7) Shaved into the back of your head.
6) It's engraved into the inside of your engagement ring.
5) It's printed on the backside of your birth certificate.
4) Stuffed into your pizza crust.
3) Two words: Pop-ups!
2) It's tattooed on your stomach **(right).**
1) It's tattooed on your girlfriend's stomach.

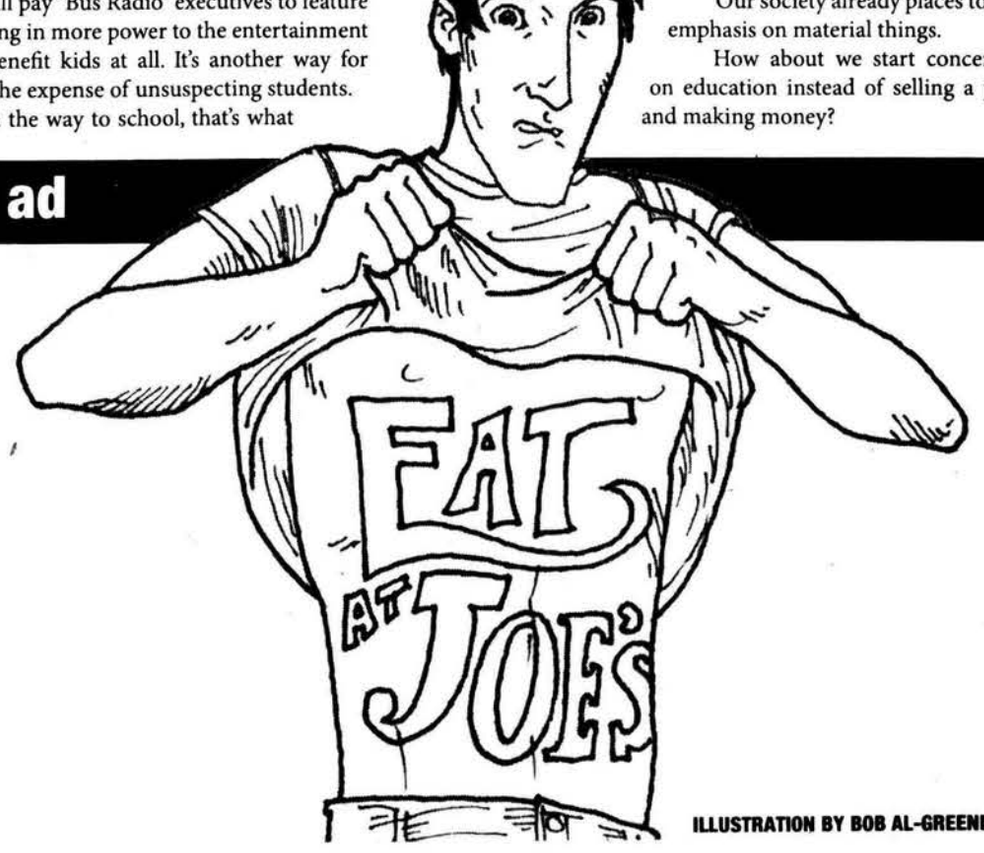


ILLUSTRATION BY BOB AL-GREENE/REGISTER



HERE'S THE DEAL

A Column by Kevin Gibbs

Junior shocked by daily perils policemen face

Sometimes life is taken from those who do everything they can to protect it.

One day, I drove into the parking lot of the northwest police precinct.

I was there to attend another Wednesday meeting of the Explorer Post. Every week, some 25 teens met there, all interested in the same thing.

We loved the world of law enforcement.

And each week a group of Omaha's finest showed us the ropes. We'd get to sit in police cars and conduct makeshift traffic stops, and do building searches at high schools. All of it was fun, and all of it got me closer to the reality of police work.

But this week we had our first guest speaker. The officer in charge of firearms came to talk to us about the wide world of tasers. It was really interesting, and yet again I learned much more than I thought I would.

He even took out his taser and fired it at a piece of Styrofoam. It made a loud clacking sound. It was enough to make you hope you'd never end up on the receiving end.

The officer also included a power point presentation. It went through some quick facts. Then he got to his biggest point.

Tasers can help save lives. In instances when officers were forced to choose between deadly force and pain compliance, they now had a happy medium. Tasers don't kill, and leave no permanent marks on the victim.

He then made a point that came across loud and clear. Officers have been killed when in fights with suspects.

Then the videos came.

The first was a traffic stop for speeding. The perspective was from a dashboard camera like you see in those police chase shows. There was a white truck in front of the police cruiser, on a desolate country road with trees shielding the street on either side.

The officer got back the information of the suspect vehicle on his radio and yelled at the driver to step out of the truck. After asking a few more times, the driver complied, but not without a little pent up anger.

The suspect started walking toward the officer, getting closer than necessary. The officer started yelling again. "Go back sir! Go back sir!" But the man kept coming at him. The officer had never come on screen, and now the suspect had stormed all the way off screen to the officer.

Finally the suspect backed up. Only this time he backed up too far and ran back to the truck.

The officer was still yelling, "Go back sir! Go back sir!" clearly in too much of a panic to realize he didn't want the suspect to go that far back.

The suspect then emerged with an automatic machine gun.

This is the point where the producers of the television show "Cops" would shut off the cameras. This was the point where "America's Most Amazing Police Videos" would cut to the next clip. But this wasn't cable TV. This was real. The camera kept rolling.

Suddenly all sound stopped and stuttered. The officer, who was the guest speaker in the class that day, informed us the reason we couldn't hear anything was the people in the video were now exchanging fire.

The suspect was shooting toward the camera and a large crack appeared across the windshield. The suspect began to dance around the police car attempting to dodge the fire from the officer.

Then sound began to come back, in pieces. The officer had been shot. He started to cry out.

He shouted in a blood-curdling yelp of pain that I still can't get out of my head. The suspect ran back to the truck. The officer wasn't saying anything anymore. The truck began to drive away, and the video ended.

The officer died, according to the speaker.

During the video he died. I felt like I had hit a brick wall. I had wanted to be like that man. I wanted to be a part of that thin blue line.

I couldn't believe I just heard this man die. I thought maybe I could console myself with the fact that I only heard him die and I didn't see it.

That was saved for the next video clip. All these videos were simply used as examples of police assaults. People sometimes criticize the police for using weapons like tasers or physical violence against unruly suspects.

They want police to be perfect. Able to talk down any suspect, and avoid any violence at all costs, even if it means their own life.



NEVER A CLOUDY DAY

A Column by Else Richards

Junior learns about life, death through care for stray cats

I was responsible for the lives of three newborn kittens.

One day my dad visited his parent's farm. He found three abandoned kittens and decided to bring them home. I was extremely surprised. This was not typical of my dad at all. Both of my parents were born and raised on the farm so they dealt with the death of animals a lot. Also my dad doesn't even like cats.

So he called my mom and me to get prepared for the kittens. I immediately went online to find what to get. My mom and I ran down to PetCo to get supplies needed to care for newborn kittens. We were rushing around the store trying to find feeding bottles, formula or whatever else we needed. In the process, I about slipped on a little yellow puddle in the aisle.

When the kittens arrived, they were practically half dead. They were cold and shivering. We prepared some formula to feed them. It was kind of difficult at first because the kittens never drank out of bottle before. The kitten that I was feeding had mud in his mouth and nose.

To be quite honest we expected the kittens to die the first night. This was a spur of the moment deal. We had no idea how to raise kittens.

We had to feed the kittens every two hours, night and day. Luckily, I did not have school for the first few days. So I was able to feed them during the night. After school started my dad was the one feeding the kittens late at night.

I basically structured my life around these kittens. We were their parents. So of course, like a parent does, we had to feed them, bathe them and wipe their bottoms.

I did not necessarily want to get too attached to these kittens. So I did not name them or really play with them. Well, I guess I would call them names like Booger or Stinker. The kittens also smelled horrible. Because the kittens were bottle fed, they did not get as much nutrients and had digestive issues. Every time we fed them we would have to change the towel because it was always covered in poop, just like the kittens themselves were. One time I had to take the plastic container outside and hose it down. No matter how many times we washed them, they still smelled.

We faced another problem, if I was at school and my parents were at work, who would take care of the kittens? We learned there are organizations that take in abandoned animals and take care of them. So during the day we took are kittens to their day care.

It was a little after three weeks I found one of the kittens dead. I did not cry. My mom, on the other hand, was bawling her eyes out. The next day we put the kitten in a little box and buried it under our tree.

We noticed one of the remaining kittens was significantly larger than the other. There would be times when we would dread going downstairs to check on them. We thought one might have died while we were away.

One time I was downstairs watching TV and I heard this yowling. I sprang up and saw that the little one had climbed up out of the box and had his neck wrapped around in the towel. I immediately went in to go and help him. Luckily I was at the right place at the right time.

I would come home after school and take the kittens outside. I would let them crawl around on the grass and feel the warmth of the sun.

After another two weeks the little one started having problems. He would not eat and he was really cold. I remember holding him against my chest with a heating pad to keep warm. Its little nose and lips were purple with cold. So we took the kitten to the vet.

A week later the runt died. This time I cried. This little kitten struggled so long. I felt bad his life had to end like that.

So now we were down to one kitten. My brother named him Huey.

So the next step was feeding the kitten hard food. I would sit down in the basement trying to feed this kitten. He was 10 weeks old, still drinking formula food. I tried feeding him hard food for two weeks. I tried everything. I stuck the baby food on his lips, I put the food in his formula, and a lot of other things. I sat on the cold concrete floor in the basement crying because the kitten wouldn't eat. I was getting so frustrated because he wasn't getting the right form of nutrition and would therefore die. Three months of mothering kittens couldn't go down the drain. I could not lose this kitten. Finally, after all of my attempts, my mother stuck the feeding spoon in his mouth. It worked! The kitten was finally eating hard food.

Through this experience I learned the difficulties with parenting. It's not always easy, but it goes by really fast. Every moment is important and should not be taken for granted.

So now we were faced who wants this kitten? Turns out my brother and his wife adopted it. I love going over to their apartment just to see Huey.

Without even knowing I got attached.

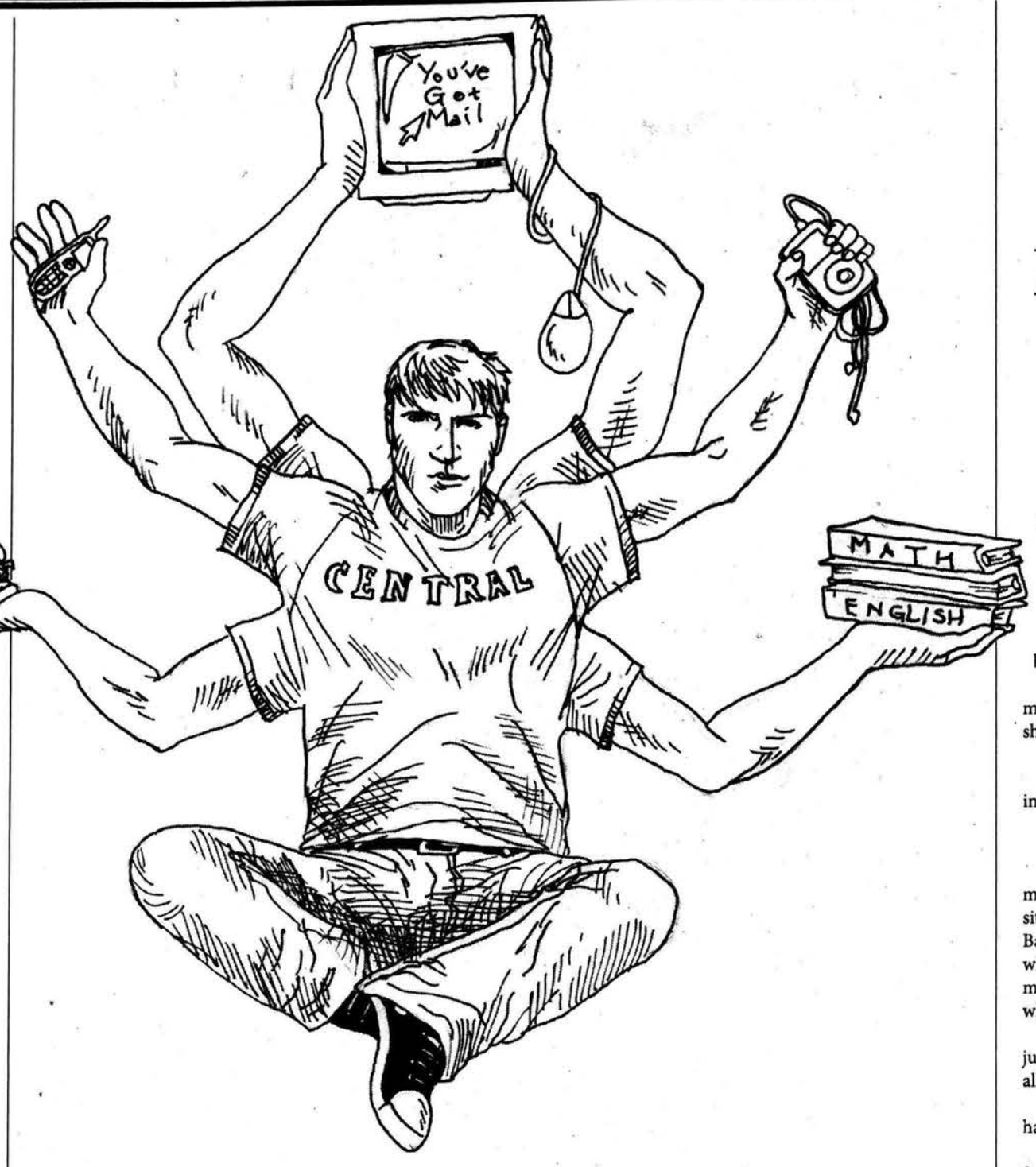


ILLUSTRATION BY BOB AL-GREENE/REGISTER

BALANCE DELICATE

Teens juggle work, pastimes constantly

If Norman Rockwell was born 20 years ago, his paintings wouldn't be the well-known. classic representations of the American dream and a simple western lifestyle.

Those little boys running away from the lake, trying to throw on their clothes in an instant of excitement, would instead be three little boys at their houses playing an Xbox Live match of "Gears of War." They would also be listening to their iPod's, talking on Motorola Razor cell phones and doing their homework for the next day.

Multi-tasking has always been a struggle. Now, it's an issue of enjoying an infinite number of luxuries in a finite amount of time.

It seems that what's really important, like schoolwork and productivity, becomes increasingly subordinate to fast food and convenient technological devices.

If a kid spreads himself out too much while doing something like his homework or driving, then how is he putting enough focus into the main task at hand?

When it comes to homework, there are a few guidelines. Most of the time the main concern is just getting it done, so that it's no longer a worry.

This defies the point of even doing it, which would be to get something out of it. Homework becomes a lost concept.

Perhaps the homework is completed, but not as much can really be gained from it. Focus should not be so divided. It's a rule of efficiency and productivity.

It's important to know if talking on a cell phone while driving, the driving requires more attention than the talking. Failure to comply with that rule could be disastrous.

According to a study done by Nationwide Insurance, 81 percent of 1,200 polled drivers confirmed they drive while under the influence. They're not driving while under the influence of drugs or alcohol, but distractions.

And this particular situation, one of driving, could include many activities, like changing CDs, balancing a sloshing drink, or talking on the phone.

This study also found that younger people, aged 18 to 27, were most likely to drive while distracted.

This means the high-school generation is going to be following up on a growing problem.

The idea behind the danger of talking on a cell phone while driving is not always holding the phone itself, but the conversation, one in which the other participant is oblivious to what's going on outside the car.

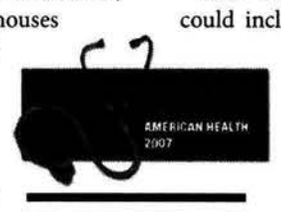
Talking while driving is irresponsible, but text messaging is just inexcusable.

An act that requires eyesight, the use of hands and an understanding of a practically alien system of writing, text messaging behind the wheel is begging for an accident.

The issue is attention: what it's on and how much there is.

The heyday of Attention Deficit Disorder is now. The number of children afflicted has been multiplying recently. In some senses, the recent explosion of ADD cases has been ridiculous.

It's a reflection of the time. It's an accessory that goes perfectly with the contemporary youth, accenting habits and tendencies.



EDITORIAL

The **OPINION** of the *Register* staff



SOMEONE'S GOTTA SAY IT

A Column by Ali Hodge

Baby-sitting lets teens mature, care for kids

"Ali, thank you for doing this. I'll only be gone a few hou My friend just got engaged and we're going out to celebr grown-up style," said my neighbor as she rapidly put makeup that made her look scary and far too young her age. Running her fingers through her hair, she turn to look at me extending her arms showing me her fi product. What a transformation. She went from huma being to monster. "How do I look?"

I could have sworn I was here to watch television a make sure her kid didn't kill herself. Was lying to her telling h she looked fabulous in my job description?

"You look good," I said simply.

"All right, I'm leaving. Feel free to help yourself to anyth in the fridge. And make sure she's in bed by 9:30."

The kid can't tell time. She'll be in bed by 7.

"Ok," I said. "Have fun."

What this poor woman didn't know when she entrus me with her daughter is that I can be one of the worst ba sitters in the world. I can't cook, I don't clean, I don't p Barbies and I don't give make overs. I make sure she's bath without drowning herself and I monitor her television inta mainly because the more of what she watches means the les what I do. That's it.

I've never been able to care for another human being j just not good at it. It's not that I haven't had practice, I baby- all the time, and I'm just a social worker's worst nightmare.

Her mother grabbed her purse as she yelled down t hallway, "Jordan, baby! Mommy's leaving."

Shortly after the words exited her mouth, a little blon 9-year-old girl came jogging down the hallway and into h mother's arms. As soon as she left, Jordan wasted no time befo pulling me into her bedroom and showing me all her pre things. Is it bad to say the only thing I was thinking was that t show was coming on in a few minutes?

"This is my new video game," she said happily. "And this my backpack and my homework, my school supplies. Hey? D you want to see my class picture?"

No.

"Sure, honey."

As she bolted out of her room I ran to the living room a searched for the remote.

"What are you doing?" she asked standing in the hallw photo in hand.

"I-I was just going to get settled," I stuttered. Why am explaining myself to a 9-year-old? "I have a lot of homewo to do."

"Homework can wait!" she exclaimed, dropping the pho on the floor and bolting into the kitchen. "I'm hungry, I'm goi to make soup."

"Don't use the stove," I called after her as I threw myse on the couch.

"My mom lets me do it all the time," she replied.

"Liar," I yelled nonchalantly turning on the television.

"Whatever," she said as I heard the burner turn on.

Like a bolt of lightening I jumped off the couch and ra into the kitchen. Jordan was standing over the sink trying t open a package of Ramen Noodles with a steak knife. An emp pot was sitting on a burner turned on high.

I don't think I could count how many things were wro with this picture. I pulled the knife out of her hands and turn off the burner with a heavy annoyed sigh. I put a can of so in her hands and told her to go watch TV. I'd make the stup Ramen Noodles for her.

One thing that is quite obvious is that no amount t training and practice will make me a good cook. I burn, so and ruin everything.

Knowing this, I open the pack of ramen noodles a throw away the package wrapper figuring since I had watch my sister make them that I could do it easily.

I put a half a pot of water on the stove and waited for to boil. Then I threw the noodles in and waited another fi minutes. After I was sure they were done (turns out they we far over done), I poured the seasoning packet in.

My product: small, curly, over-done Asian noodles in wa with chicken flavoring floating on top.

Yeah it looked a little weird, but who cares? She's 9. She ea her own boogers I'm sure.

"Jordan, it's ready," I yell. "Wanna eat it out of the pot?"

"Yeah," she said as she came into the kitchen. Peering in the pot on the stove, I could see her face curl. "Ali, what is tha she sighed. "Do you expect me to eat that?"

Half insulted and half impressed by her quick words. I taken aback.

"Eat 'em." I say and walk out of the kitchen. From the livi room I hear the noodles fall down the sink.

"I'm making popcorn," she yelled to me. "And I'll make better then your Ramen Noodles!"

I couldn't help but laugh.

ATMs in schools spoil students, present more problems than solutions

The typical high school girl 20 years ago was a different image from what we see today. She didn't have the freedom and modern technology students have been gifted with by the 21st century, which makes her a pretty good depiction of how far students have fallen.

What does she look like today?

A cell phone glued to her ear, non-existent rules, and access to her bank account right in the hallways of her school. How shallow does that make our generation look?

With the possibility that ATMs could be put into the halls of school, one has to wonder why.

Obviously schools with ATMs, which are presenting banks with the opportunity to get more advertisement and business, are getting money off every transaction.

By allowing students to access their bank accounts in the hallways, schools are setting themselves up for a new bad reputation.

The name the schools will take on will be that of materialization and consumerism.

By installing the machines, it is also presenting students with the chance to withdraw some ungodly amount of money which is both unwise and unsafe. Imagine hundreds of students walking around with their life savings in their pockets.

Needless to say, some students are not nearly self-disciplined enough to keep them from doing that.

If a student is publicly displaying the fact that he has $80 in his pocket, he becomes a target for a robbery. Even a student who just has a bank account is put into financial danger.

There is nothing stopping someone from forcing them to make a withdraw.

The dividing line between the wealthier students and the underprivileged students would become much more apparent if the ATMs were there as a showcase as to how much money one had.

It could create even further social separation between those who have money and those who don't. You think cliques and social groupings are apparent now? You haven't seen anything yet.

A study by the Christian Science Monitor said one in every 100 students has access to a cash machine in his school. Hardly a majority, and hardly a statistic we're all suffering because of. The proposal to adopt the act is only an idea.

However, those studies have proven students don't want to access their account in school.

On the campuses they are installed at, the majority of users were adults, teachers and visitors coming in for tournaments.

Students are right in never accessing ATMs while at school. The bottom line is there is nothing of significant value at school which requires students to run to a cash machine.

Keeping in mind the dangers, the consequences and even the possible successes of installing ATMs in school, students and teachers alike would realize this would not be a wise decision.

EDITORIAL

The **OPINION** of the *Register* staff



ILLUSTRATION BY BOB AL-GREENE/REGISTER

'TRUCE'



ILLUSTRATION BY BOB AL-GREENE/REGISTER

Proposed bill gives students hope, ends quarreling

Just when it seemed the fury of the storm would never die down, there was calm.

Out of nowhere, 10 superintendents from districts spanning two counties revealed they had convened and formulated a strategy to fix the jumble that had become the future of their students.

John Mackiel from OPS, along with all the other district leaders who had been his bitter enemies for a year and a half, were suddenly sitting at the same table, throwing ideas back and forth and looking with the same eyes at the problem.

It's about time.

But it would be rash to call their proposal, which has since become the legislation known as the Student Advantage Act (SAA), a perfect solution.

One of the main points of the bill is the freezing of district boundaries, which leaves the impression the last 18 months have been for nothing.

At least for the foreseeable future, there will be no cataclysmic schism of OPS, just as there will be no tidy annexation of the suburban districts.

But maybe that's for the best.It seems obvious the most efficient plan would be the one that wouldn't crush the spirit of any "loser" and cause hard feelings for years to come.

It's a relief to see there is a place for civil discourse and legitimate agreement.

When the news about the new proposal first broke, Mackiel hinted at secretive connections and silent dealings which took place after the halting of the Learning Communities Act passed in the spring.

He always spoke optimistically of the need for an end to finger-pointing and politics, and no doubt his counterparts in District 66 and Millard wished for the same.

Now, with their conflicts resolved and their egos intact, maybe the educators can get down to their real business, which is helping the students.

Which is, thankfully, what it seems they finally have on their minds - student achievement.

Since the beginning of the debate, the underlying issue has been race.

Whether or not administrators from any district wanted to say it out loud, the division of blacks and whites between districts is visible and troubling.

And Mackiel, like other superintendents, is right: diversity is key to a quality education.

Students with such limited experience with and understanding of communities different from their own are not ready to function in society.

It's that simple, and the ever-merging village that is the world and the United States only underscores the point in the future.

But when the SAA outlines a voluntary integration plan, it can be viewed as a mixed blessing.

First of all, the idea of diversity is not as clearly racial as some would like to see it. Apparently, race has to be viewed through the goggles of socioeconomics for there to be any relief sent that way.

The SAA is very careful to stay away from any overly progressive statements concerning integration.

That's not to say the plan itself is not revolutionary.

Mackiel has stated it is the first time in the nation superintendents from across county lines have come together and mandated integration by law.

Perhaps it simply appears justice is inhibited by compromise, when we should know this country is built on compromises.

Defined by race or not, the people behind the SAA do seem to be trying to find every way to increase diversity.

The Focus Schools detailed and touted by the proposal are of special interest because they would exist for the sole purpose of promoting diversity. With a small number of students in these schools' attendance areas, districts would be allowed to send their own students to fill the seats.

Opponents of the proposal have focused on the inclusion of busing in the plan, which has failed before within OPS and would only be allowed to students who contribute to the socioeconomic diversity of their new school. Just by stepping off the bus, they would be labeled as "the poor kids," a problem only intensified for blacks.

On the other hand, elementary school students are clearly the most inexperienced when it comes to diversity.

Students' time attending school with those different from them is limited to junior high and high school, and possibly only the latter.

Therefore, the solution is as clear as the problem.

Integration, especially voluntary integration, leads to more complete social experience for students beginning at a young age.

The plan should be given a chance at the very least.

In the end, though, none of the ideas presented are that ground-breaking or astonishing.

Perhaps its only natural for the public to get excited about integration again after leaning so far over the precipice of legislature-approved segregation (much to Nebraska's chagrin).

Then again, maybe the plan doesn't mean as much as what it represents.

Yes, by thinking about the students' well-being the superintendents have at last given us a viable option for the future of schools in the state.

But by coming together and cooperating as they begin down the road, they've also given us something that hasn't been present for a while: hope.

What would a nation be without hope? What would the future of education, which is the key to a healthy society, be without hope.

At least we're now on the right track.

EDITORIAL
The **OPINION** of the *Register* staff

'No Pass, No Play' law would further academic success of athletes

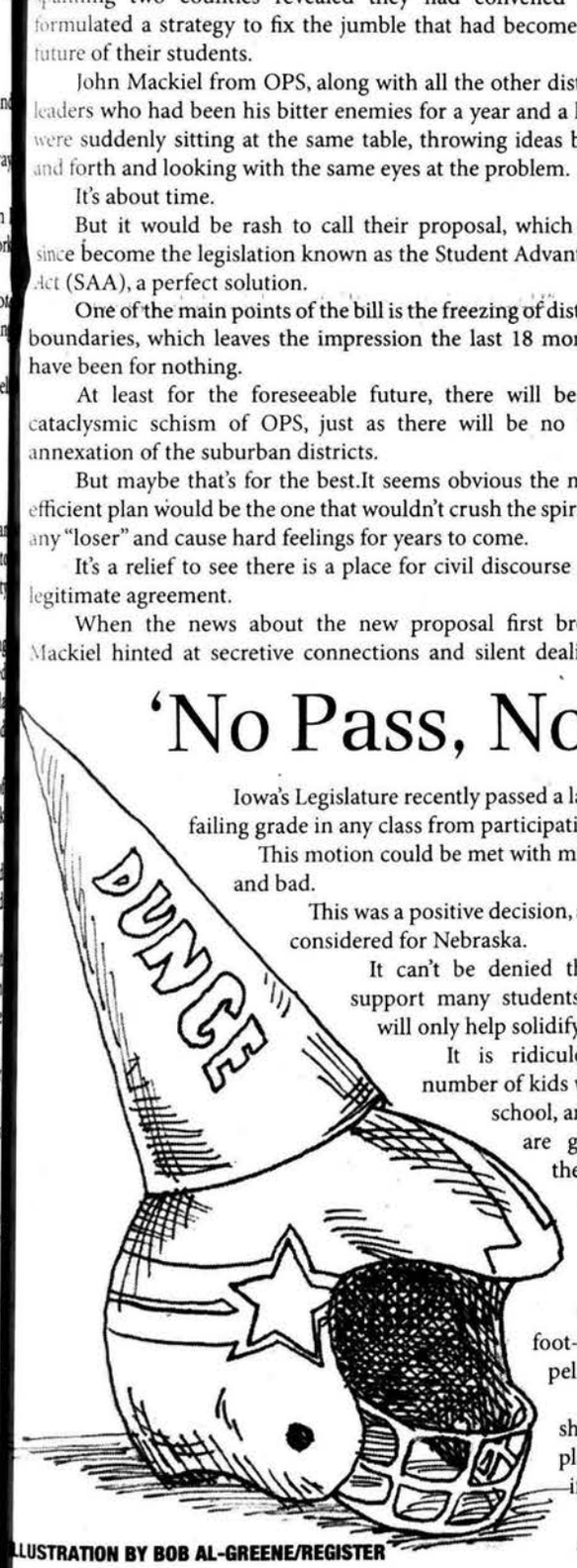


ILLUSTRATION BY BOB AL-GREENE/REGISTER

Iowa's Legislature recently passed a law prohibiting student-athletes with a failing grade in any class from participating in athletic events.

This motion could be met with mixed views, with justification for good and bad.

This was a positive decision, and the same sort of system should be considered for Nebraska.

It can't be denied that sports have helped support many students' educations. This step will only help solidify that fact.

It is ridiculous to think of the number of kids who coast through high school, and when asked what they are going to do afterwards, they reply, "I'm going to be the point guard for the Detroit Pistons."

In reality, this kid with determination to achieve basketball stardom is 4-foot-9, and has the footwork of a drunken pelican.

But that's not to say the kid shouldn't dream. Let all 4-foot-9 kids play basketball to their hearts' content if they can make the team.

Just make sure, for their own sakes, it doesn't interfere with their grades.

There's a largely understood idea that sports are what keep a substantial number of students in high school.

Just sports, and that's it.

This makes it reasonable to question why someone might want to jeopardize its appeal.

But keeping kids in high school is not anywhere near as difficult as getting them to benefit from it.

Perhaps, with this law, the true definition of "student-athlete" can be realized.

An ACL tear, a car crash, a pregnancy, a crippling disease, these are all are career-ending accidents.

If sports were all that person had to rely on, then his entire future would be destroyed by a mere mistake, or maybe someone else's drunk driving.

In some Iowa high schools, athletics officials have estimated that as many as 25 percent of their fall athletes are failing at least one course.

That means a fourth of their athletes are most likely relying on their sport for the rest of their lives, with little to fall back on.

With the new law in place, hopefully this number will decrease.

It most likely won't diminish completely, as there will always be some kids who don't see much of a value in an education.

There will also be those who realize that if their future includes sports and they need an education to play sports, they will accept the challenge, and put more effort into an education.

If a teen fails in his efforts to become an athlete, and cannot find another way to contribute to society, then he is hurting everyone.

There is concern regarding the class choices of athletes who need good grades.

It is thought that in order to assure a passing grade, they won't take challenging courses.

It's sort of like opting for the easy way out instead of learning the most that they can while given the opportunity.

But the alternative would be the challenging class, and then they could fail it. This way they are either taking the easier class and passing, or the harder class and passing.

A major part of students' performing well in school comes from finding a form of motivation, and the more ways a student can be motivated to succeed, the better.There has to be a necessary method to make sure sports aren't all kids are getting out of high school.

And if they can be used to accent each other, if sports can be the draw and education the benefit, then this law could be deemed successful.

High schoôl is, no matter what anyone thinks, a place of learning.

Sports can do a great job of teaching people, but academic classes are the priority.

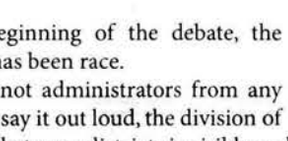
This law may hurt a few legitimate cases, but will improve a greater number of those of students who need it, even though they might be in denial.

Our neighbors in Iowa had the right idea, because their athletes will be made to get something out of their schooling, which can only be a positive.

That's why this should be implemented in Nebraska.

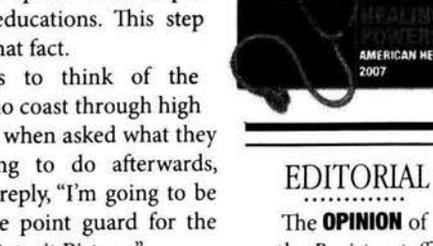
Not that many Ahman Greens have come out of Central.

It does happen, but when it comes to school, sports and the future, it's better to play it safe.



EDITORIAL
The **OPINION** of the *Register* staff

Junior uses skills, personal talents to land first job in adult working place



CHANGES ALL OVER

A Column by Astrika Wilhelm

Some say it's the first step into becoming an adult.

A job.

I have always been a spoiled brat, and I can still remember my father telling my mother I was a spoiled brat. But, it's true.

So many people I know think I am spoiled just because I don't have any chores.

Also, I never had a job unlike all of my friends, who always complained about their bosses, coworkers and their meager wages. But, it's not I really was a spoiled brat. After all, I was one of the few kids who didn't get an allowance.

I had a plan though.

A successful plan. My first job would be a hostess when I was in college. Simple enough.

But, somehow, in the past two days, I have landed myself a job, in my junior year of high school, two years early before my plan would begin.

My weekend had gone horribly wrong already. I took the ACT on Saturday, then slept the rest of the day out of grief about the standardized test. Sunday wasn't much better either. Got up in the morning, did my homework, went to Church, did some more homework, and then that's when it happened.

My older sister had mentioned something to me about a Job Fair that Sunday, but I just ignored her since I thought I wasn't getting a job. Sunday came, she went to the Henry Doorly Zoo and got a job as an admissions person.

I was jealous then, and I wanted a job. Now, it was a competition, and I wanted to prove something, though I am still not sure what I wanted to prove. Maybe that I was more responsible than her or my brother, or maybe because I wanted something fun to do during the summer, which had always been a time of me sitting around the house complaining that I had nothing to do.

My dad decided to take me to the job fair, thinking that it would make me more responsible person. The 25 drive to the zoo went by so fast. In the car, I was asking my dad what I should say if they asked me this or that or whatever. We finally got there though.

Walking out of the car into the parking lot, I felt alone for the first time in my life. My parents had always babied me; after all, I was the youngest child.

Telling the admissions person I was here for the Job Fair, I felt lost. It didn't help that he told me to go to a building, which I had no idea where it was. Luckily, a boy and his parents, who were behind me, were also going to the job fair. I just walked slow, and then followed them.

Walking into the Treetops Building, I walked down the steps, conscious of every step I took, just waiting for someone to jump out and tell me I couldn't handle a job.

I walked up cautiously to the first table, and a lady handed me my job application. I sat down at a table, and began reading the questions, becoming more and more nervous as every second went by.

I didn't know my social security number, one of the most stupid mistakes I repeatedly make. I didn't have any references in mind, so I just put down some of my teachers. I didn't have any job experience. I didn't know what days or hours I wanted to work. I didn't even know what I wanted to do.

Finally putting acceptable answers, I gave the application to the lady, and she sent me to my first interview.

Once again, I was conscious of what I was going to say to the interviewer, finally making sure that I gave all the right answers, all the politically correct answers, as I watched her every movement, trying to decipher any movements or emotion in her eyes. I discovered what kind of person she was, and I gave her all the right answers. I practically had her eating out of my hand.

That's another thing I can do well. I can read people, and I know what they want to hear. I did all of this just so I would get my job.

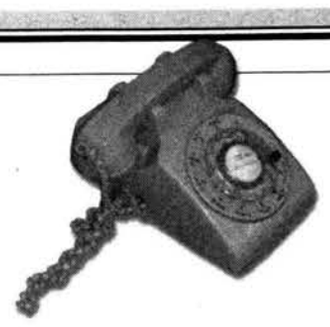
So, not surprisingly, I did get the job.

Standing up from the chair, I again felt lost. Nervously walking out into a hallway, I was confronted with that same emotion of growing up. Then, it struck me what was happening. In less than two years, I would be thousands of miles away from my family. I would have to do everything for myself. And, just like now, I would be employed.

I never thought a job could be so good for a person. I want to work. I want to have a boss. I want to be an employee. I want to be a part of the economy.

Working outside in the middle of the day, with the sun hitting my body, is what I can't wait for. Seeing all the children bouncing up happily just wanting to get their ice cream on that hot day at the zoo is what I can't wait for. The future is also what I can't wait for.

Also, it's nice getting paid and having more money in my pocket so I can actually buy whatever I want.



IN THEIR OWN WORDS

Jennifer Conahan
NURSE



PHOTO BY ASTRIKA WILHELM/REGISTER

Nurse Jennifer Conahan speaks with the assistant nurse Ruth Worner about a health concern a student brought up during the school day.

Nurse discusses the difficulties and benefits of promoting health in a school atmosphere



Q: Why did you decide to become a school nurse?

A: I enjoy working with children and you can't beat the hours. I came from a job where I had to work weekends and twelve-hour shifts. I worked in a skilled nursing home.

We would get patients that need round the clock care. A friend of mine was the travel nurse in OPS and she gave me the idea.

Q: Is the job what you expected it to be?

A: It's more challenging than I expected it to be. People think I just sit around all day and read magazines. But, there's so much responsibility and it's more challenging. Normally, in the hospital there are other nurses.

I have to make the decisions. We're up to twelve diabetics, and there are hundreds of asthmatics.

Q: What does an average day's work entail?

A: I administrate medications daily, administrate first aid- about 80 to a 100 kids per day. I keep the immunization records. I also do the staff health. I'm in charge of the medical referrals. I teach CPR to the staff and the district. Sometimes several times a year. I do so much. I get every type of reading, including not having a hat to wear. If people don't know where to send someone, they send them to the nurse. Also, I have a lot of meetings with parents. A lot of committees.

Q: Is the interaction between you and the students enjoyable?

A: It's getting to be. It's changed since the 11 years I got here. It can be fun, frustrating, every emotion. The cool part is no day is like every day. There are always new experiences. You get to know all the different personalities.

I get to be exposed to all the different populations in Omaha. This is the largest school in the district. We have poor and rich. We have every minority possible. I couldn't imagine working at one of the schools out west. You really have to adjust though. Every type of child is different.

Q: What's the hardest thing about your job?

A: I would say the hardest thing, it's not the paperwork, when you are the only nurse and everyone wants you to make the decisions.

You don't get that (support staff) in a school. Also, being needed by more than one student at a time. Sometimes, I feel so drained. Sometimes a child can take the whole morning. It can drain you. Then again, this can be the adrenaline high.

Q: What's the best thing about your job?

A: Probably the kids. Half of the kids aren't sick, and I know that. They don't want to be in class. I just enjoy the day-to-day interaction with the kids. Like I said, working with a large diversity of kids makes it fun.

Q: Is it hard to promote good health?

A: Probably yes. It is kind of hard. Students, teenagers stay up a lot, they eat out, they eat on the go, they're really into caffeine, they have many sports, many activities, many clubs. Adults understand mortality, and kids don't. Kids don't see the big picture.

Program would give too many chances in forgiving truancy

EDITORIAL
The **OPINION** of the *Register* staff

High school is supposed to prepare its students for real life, where your mom doesn't pack your lunch, your dad doesn't check your work and your boss doesn't allow you to skip out "because you didn't want to come."

But schools are still giving teens the second, third and fourth chances.

"The Police Truancy Program," as it is called, gives students who have missed the opportunity of receiving a passing grade the first time, a second, third or fourth chance.

With a new grant and two new staff members, students can now skip school and make up their credit through a shorter computer class. The computer class wouldn't teach everything, but as much as possible in a few weeks period. A police officer and a coordinator monitor which students are skipping, and how often. Then, the officers involve the family, hoping to get a family-school connection.

After that, the families are supposed to motivate the kids to do better in school. The families would have a connection, and might, either by force or by a compassionate intervention, make the students go back to school.

The hope was that students who were in trouble for skipping class would be able to make up for the "F" in the class, and still graduate. The classes wouldn't replace the initial grade, but act as a summer school grade.

This program has already been installed at Omaha North, and other schools are thinking of adopting it. This is the first year North has adopted it, but the school hopes to continue using it to lower drop-out rates.

But are the schools lowering drop-out rates standards? Although this plan is noble for trying help the students, it actually hurts them. Stude are given homework to learn the responsibility completing a project or assignment w given. If a student doesn't complete assignment or project they are give lower grade, something they could ma up through hard work.

Giving students a second cha after making a mistake is not a g concept. Some will take the chance and run wit creating opportunities that they never would h had if they had dropped out. They have a chance make a better life.

But that extra opportunity should be gi with the exact same purpose as the first: to teach lessons. A second chance could be given thro summer school, not computer classes. This doe send the right message to those kids. "Go ahe Take the easy road out." The students should forced to take every day they missed in a classro not on a computer.

By allowing the student to take the class o the computer, and not put in the actual time the rest of the students, you are giving them impression they can do the work at their leisure gives them the idea they can dictate how long hard they have to work.

The idea is just being started in Nebraska, states on the East and West Coasts have tried program with mixed results. In California, only of the students enrolled actually did the compu class.

The schools aren't helping the students; th are slowly but surely hurting them.

Online personal librarians give busy students chance to learn

EDITORIAL
The **OPINION** of the *Register* staff

Any high school or college student in major desperation over getting that last little bit of information, or even your whole report for tomorrow?

Well then, you're in luck. Procrastination has just been taken to the next level.

"24/7 Reference" is an online information center that provides students the luxury of librarian searching information for you all hours of the night.

The Metropolitan Cooperative Library System 24/7 Reference is an association of 31 independent city and special district public libraries located mostly around the Los Angeles area.

Not only can you just get the last piece of information you need, you can get feedback from the librarians to ensure the quality of your report.

Now how many people are wondering, how much do I have to pay for this?

Well, thanks to a federal grant, students all over the country have been using 24/7 reference for free.

Don't be scared or feel guilty because the librarians work in fair shifts to cover all hours of the clock.

The specialists work at libraries, or their homes and have skills ranging in fields from art to history to culinary skills in places from California to Hawaii.

Getting started is a simple matter of answering a series of basic questions for to insure safety and comfort.

Once you've logged in you decide if you want to contact the librarian over the phone or work on the Internet.

The program is constructed into 15-min sessions so as many questions can be answered possible.

The information searching process is sim once you have finished the safety procedure a contacted a librarian. While you chatting with the librarian on the ri side of your screen you can watch w they are searching for on the left sid

After that you receive an e-m transcript of every web page t librarian visited, and every link t accessed after the end of the session

So if you were searching for basic informati you were not able to find, the session would go o smoothly.

However, if you were searching for so obscure fact that is harder to find, it could tak little longer. You would be referred to a speci who would search for your answer and reply with e-mail within the next few days.

Teachers might think students should be able find their own information and do their own wor

But not only is it beneficial for the busy stude in need of a homework assignment; anyone w needs a source of information at all hours of t night could utilize.

Another benefit that will improve stude writing habits is the fact that the information being told to them, not handed to them begging be copied.

Whether it is the librarian telling you on t phone writing an e-mail 24/7 helps to redu plagiarism, leaving teachers happy and stude more knowledgeable.

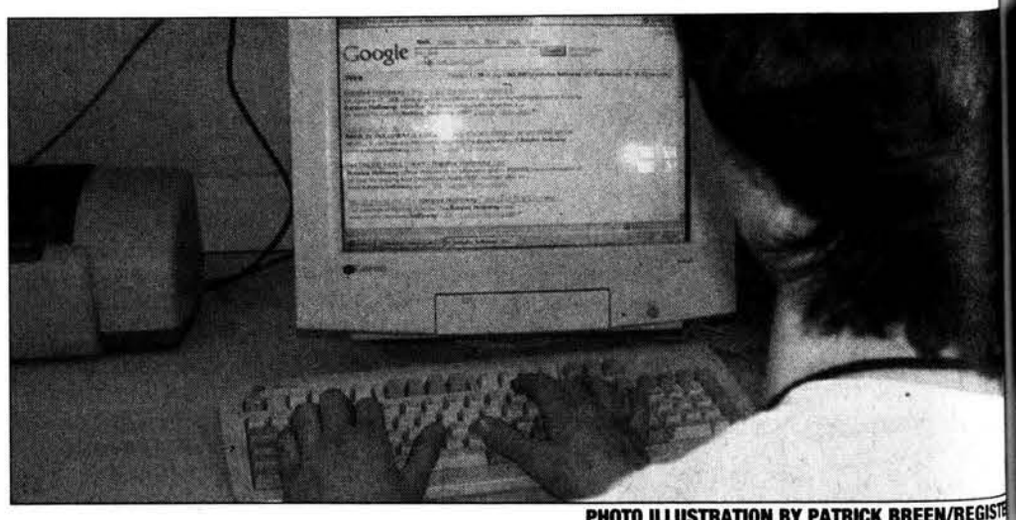
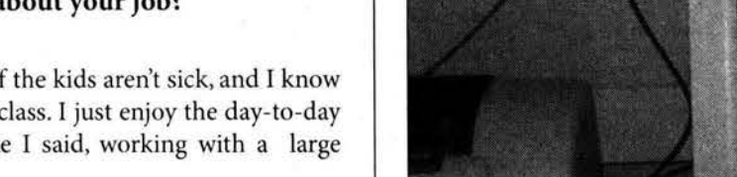


PHOTO ILLUSTRATION BY PATRICK BREEN/REGISTE

With every new leap in technology, it becomes easier for students to get the information the need in a blink of an eye. With 24/7 Reference, it becomes a more personal experience.

Adolescents need to find other ways than drugs to relieve depression



EDITORIAL
The **OPINION** of the *Register* staff

According to the National Youth Violence Prevention Resource Center, major depression hits one in 12 adolescents. And in any six-month time period, about five percent of 9- to 17-year olds are thought to be suffering from major depression.

So what are some advice professionals give to those who are suffering from depression due to stress?

Keep a journal, meditate, take up yoga, breath, play a game, laugh, enroll in music and aroma therapy, take a walk, plant a garden, practice your communication, drink green tea.

You'd think they were kidding, but they're not. These are all proven ways that an individual can lower their stress level.

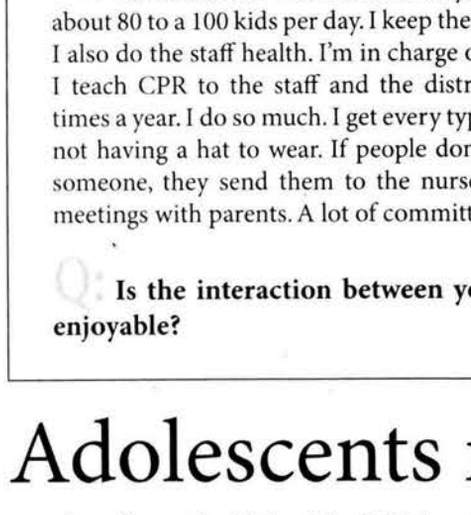


ILLUSTRATION BY BOB AL-GREENE/REGISTER

Yoga is believed to be the oldest form of self-development. It is believed to be very healthy for the body physically and mentally.

Some proven effects of yoga is that it reduces stress, improves sleeping habits, improves medical conditions, lowers heart rate, reduces anxiety and muscle tension and helps an individual grow spiritually.

Sounds great, right?

However, yoga requires a large time commitment and can be expensive. Also with people with physical limits, yoga can be impossible.

So yoga's not your thing? Try meditation.

Meditation is proven to result in lowering heart rates, lowering breathing rates, normalizing blood pressure, clearing minds and increasing creativity.

On the other hand, meditation requires 15 to 20 minutes of undisturbed silence, sitting in a relaxed position, focusing on the sound of your breathing or nothing at all.

Honestly, if a student is stressed because they can't keep up with their homework, do you think they'll have time to practice yoga, play a game, or plant a garden?

If a student is worrying about social problems, do you really think they could focus long enough to meditate?

No.

A less time consuming way of lowering stress is believed to be drinking green tea. The tea is full of antioxidants, so it is healthy and the heat from the tea is supposed to relieve stress.

If you think about it, these are all pretty frivolous ways to try to fix a problem that runs deeper than just having mean classmates and too much homework.

What teens need to do to relieve stress is simple. Live up to expectations, stop worrying about what other people think and find ways to have fun and be productive. It's all about a state of mind instead of trying to spend money to do something physical or psychological.

However, kids are under stress whether people like it or not and they are taking it out in more ways than just drinking green tea and meditating.

More like drinking alcohol and snorting drugs.

Teens are stressed.

However, some are not being smart about handling it.

Spending too much money on yoga classes and music therapy is not being sma however damaging your body by filling it with drugs isn't smart either.

Students have resorted to some odd ways of getting high such as inhalin injecting, snorting household cleaning items and using over the counter dru irresponsibly.

They are also taking up drinking and smoking.

The percentage of 18- to 25-year olds using drugs increase from 15.9 percent to 18.8 percent.

10.1 million people in 2001 between the ages of 12 and 20 sa they are currently addicted to alcohol.

But why do students want to get do these things? Could it be due t stress whether they'd like to admit it or not?

Students have more stress than people realize. Stress at home, stre with school, stress with friends and people who are not their friends. Th kind of stress can lead to overdosing, drinking, and other destructi tendencies.

Some effects of these stupid decisions are health problems, troub with the law, and maybe even death.

But why in the world would people resort to something that can be perilous t their health in order to reduce stress and avoid depression?

Can't they see how stupid that is?

If they could see the long-term affects, they might think twice about doing thing like that.

If a student is depressed due to stress, they should actually think twice abo keeping a journal, practicing yoga, and laughing if it keeps them away from a irresponsible use of drugs, driving drunk, and smoking.

THE USUAL SUSPECTS

The market is huge for drinks that wake teens up, give them energy or just quench their thirst. In recent years, after the introduction of Red Bull especially, the number of such energy drinks has risen dramatically. But it's hard to believe teens pumping their veins with chemicals has any long-term benefits.



PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

Above are some of the "energy" drinks which have become so popular in the last few years. The classic, Gatorade, might stand tall as the favorite drink of athletes, but it doesn't stack up against the sheer caffeine content of drinks like Red Bull or Rockstar.

Teens foolishly choose overly-caffeinated, sugary beverages

In the age of growing concern about obesity, the list of unhealthy food products includes fast-food chains, chips and popcorn and now finally, sports and energy drinks.

More and more athletes and teenagers are drinking more sports and energy drinks to get them through busy schedules and grueling practices without thinking about the other healthier options out there.

Those sports drinks that athletes are drinking are filled with sugar and other unhealthy substances that are designed to give athletes more energy to play sports. It's even replaced water as the sports beverage of choice.

There are numerous advertisements on television where athletes promote sports drinks even though some of them have ingredients like pentothenic acid, maltadextrin and selenium.

Doesn't that sound appetizing?

A good amount of sport drinks have mostly carbohydrates, sugar and water. They do not have a lot of essential vitamins or other substances that the body needs.

The only thing it seems to do is give athletes energy, but that's about it. Sports and energy drinks also have physical effects on the body. There is also a study done by dentists that report that some sports drinks are harmful to the teeth because some the ingredients help wear down the teeth.

Energy drinks are just as popular with teens as sports drinks these days.

All kinds of students, not just athletes, are turning to energy drinks to get them through the day and the late nights.

It's hard to see why teenagers chug energy drinks down when they can be pretty expensive to buy.

The most popular energy drink, Red Bull costs around $2 a can.

That means a week of energy drinks can cost more than $10 dollars. That is a good amount of money to spend on such a thing.

According to the Brown Health Educational Department, energy drinks have twice as much caffeine as some sodas.

That is too much caffeine in just one drink. And lets not forget that most energy drinks have more than one serving in each container. That means twice the caffeine content in just one can. That means a can of energy drink can have four times the caffeine

They also raise blood pressure and heart rate, which can put stress on the heart. It can also lead to dehydration because of all the caffeine in the drink. Teenagers need to start thinking about the future consequences of drinking all of that caffeine.

In the future, are teenagers going to have to worry about getting a heart attack by the time they are 30 just because of the energy drinks and all of the caffeine they are chugging down?

Are they going to have to have caffeine every morning just to feel awake?

Are they going to have to go to the dentist every month to make sure their teeth are healthy?

If that is the case, the country is going to be in serious trouble in the future.

It's disturbing to think that sugared and caffeinated drinks are being used more than water, a healthier alternative to the sugar-loaded sports drinks.

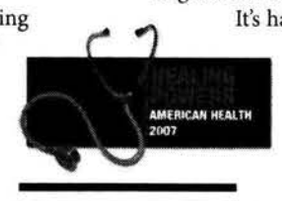
There is even a study out there that chocolate milk helps fatigue after exercise, and is a much healthier option than sports and energy drinks.

However, these option are not being used a lot by teenagers because teens simply choose not to use them.

Teenagers need to start making healthier choices because they need to take care of their bodies. When are teenagers finally going to get that their health is important?

From the way teens are chugging down the energy drinks and sports drinks, it seems as if they only care about having enough energy to last through the day and not of their health. The vending machines in schools sold those sugared drinks in school for a while, and those companies are still selling and promoting those drinks in other places.

Sports drinks and energy drinks are almost everywhere teenagers hang out at, from the bowling alley and the grocery store to sporting events.



EDITORIAL
The **OPINION** of
the *Register* staff

Student stops cutting self with help of friend, music

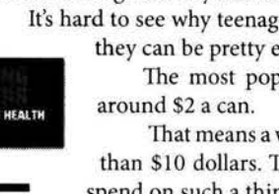
The blood drips down my arm. How many people have experienced this. How many are hiding it. Many of those you see around you could be one.

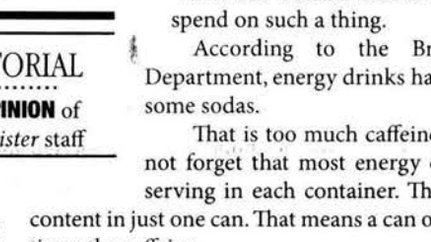
A cutter. This is scary. A lot of people lose their lives to suicide because they don't know how to deal with problems at home, in school or work. And even relationship problems. I know how they feel. They are sad, scared and alone.

In my freshman year of high school I was a cutter for almost three months. I had a best friend almost die in the hospital. There was trouble between me and my mom, and my mind was full of many things that made me sad or depressed.

I though a lot about myself and what was going on in my life and it hurt. It didn't physically hurt, except for the headaches from stress. It was all mental pain. I cried a lot.

When I cut it wasn't deep enough to kill me. Only enough to take away the tears. I was scared I would get out of control. So I went to a friend. My friend had gone through a rough time before and cut herself also, but she had stopped for almost half a year. She got into painting more and didn't cut anymore.





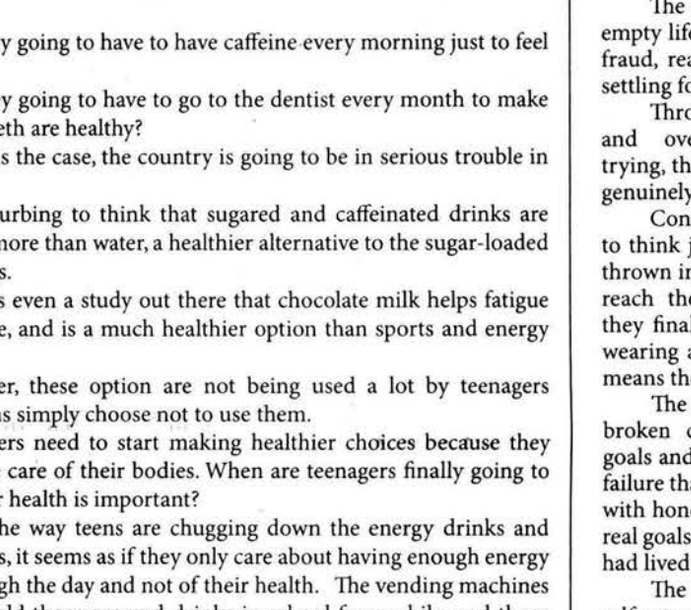
WHAT'S IMPORTANT

A Column by Amber Yates

I asked her how she got over cutting. She said she just painted how she felt. She gave me advice that saved my life.

She said, "When you feel like cutting, just think about something that interests you. Even try to find a hobby or something to do other than cutting." I replied by stating that I love music. She said to listen to more music when I feel sad.

I doubted but I tried the theory. I found the sound of loud music blaring in my ears was a lot better than a blade cutting into my skin. I was so much happier doing something I liked. I haven't cut for a very long time, but I have expanded my music knowledge and love. If you or someone you know is sad or suicidal, see if there is anything you can do to help. Do things they would like that would make them happier. Make them laugh just don't ignore the scars. Help them through when they need you. Cutting is a serious matter, so it can't be taken lightly because it could get worse and end in death.



Online videos give opportunity, know-how to potential criminals worldwide

A teenager sitting in a police station for attempted robbery is confronted by one of the policemen in the room. Angry, the man leans down into the boy's face. When asked why he did it, the boy answered,

"Because YouTube told me to."

You can imagine the expression on the cop's face.

However, believe it or not, this excuse has been used in the past thanks to the well known web site, YouTube.

Teenagers in the past, could easily access a how-to guide to delinquency from the Internet phenomena, YouTube until the videos were pulled off the Net when officials found out about them.

The video topics ranged anywhere from how to break into a car to how to steal from a department store.This is working off of teenagers' interests to the extreme. Wouldn't you say?

The videos purposely catered to the fact that some teenagers want to cause trouble for other people whether it is for revenge or fun.The videos, even though they were only about four minutes long, gave a step-by-step guide, showing how to commit vandalous acts. They were certainly not appropriate.

For example, for a teen interested in breaking into a car, the video showed exactly how to pick the lock and hot wire the engine using tools that are common.

To be honest, if a student wanted to break into a car, they would find a way of doing it. They wouldn't need a step-by-step guide to teach them.

Unfortunately, committing crimes is almost second nature for some young people.

It also says a lot for the individual who would submit the video, who was probably a teen as well. It says his mind was on creating crime rather than something productive.

What does that have to say about the future we look forward to? The leaders of our future country have a past of submitting and using a stupid YouTube video on how to become a delinquent.

The videos were viewed by thousands of people who visit the site every day. Although it may not seem like it, younger teens are influenced by videos like this.

Acts such as putting a how-to guide to delinquency on the Internet are only creating a bad influence for future generations.

Who in their right mind would follow such a thing like that even if it was a joke?

Surely teens are not too stupid to know stealing from a department store is wrong.

They're not stupid enough to know a minute-long video on how to steal a car is encouraging crime and is also not going to provide enough information to keep them out of jail.

Or maybe they are.

They probably are.

Teens broadcasting themselves on YouTube should be responsible enough to know what they submit and what they watch could be damaging.

They should definitely understand that whatever they put out there on the Internet is fair game for anyone to view and use however they want.

YouTube on average broadcasts 100 million videos per day and has hundreds of visits to the site every minute. And being that YouTube has been in the headlines lately for various accounts of inappropriate videos, the traffic rates have gone up 3 to 5 percent.

Most of the material on the site is harmless and is intended to be humorous. However, some of the videos are not. In the past, YouTube has had to remove videos from the site that contain criminal actions, pornography and most recently, terrorist threats. A student in LaVista is facing terrorism charges after he and a friend broadcasted a threatening video a few years ago as a promotion for his band. Although his true intentions may be harmless, according to YouTube and officials, he is dangerous and his video promoted terrorism.Broadcasting anything on YouTube puts a teen in a position for possible trouble.

Naturally students should be smart enough to know that a video teaching one to commit criminal actions is probably not the best idea for a possible past time.

Teens also should be smart enough to know that crime in any light is inappropriate. Whether it is stealing a car or breaking into a home, a teen who is dumb enough to try it is probably dumb enough to base their knowledge off of a four-minute Internet video.

EDITORIAL
The **OPINION** of
the *Register* staff

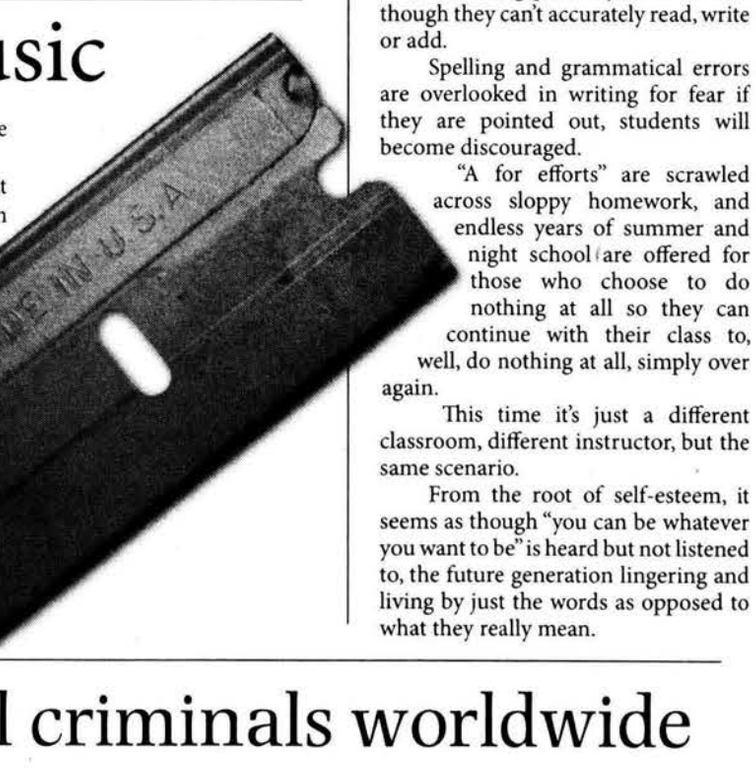


ILLUSTRATION BY ALI HODGE/REGISTER

EDITORIAL
The **OPINION** of
the *Register* staff

Optimistic messages give students little motivation

"You can be whatever you want to be" is an expression sugary sweet enough to rot teeth, but not substantial enough to do anything else but coat people in false confidence.

Along the way, it was decided by kids they could be whatever they wanted to be, the only flaw being it was ignored that they actually had to work for it.

Those who refuse to do homework narcissistically shout their intentions of future occupations as lawyers and doctors, while cursing their instructor, their eyesight, the students around them for their failing grades.

To them, there will always be another day for success, and it's not today.

Today, they'll skip class to do not much of anything.

There are ways to justify this actions and others similar to avoid guilt, and they've thought of all the ways to do so.

Praise is received for the days they, at their leisure, attend class. This only verifies their "about me" mentality.

The others scuff their expensive Nikes with their eyes lowered to the ground whining "grades aren't important" because of their solid future as a professional athlete, but they're "just not trying out for the team this year," nor did they the previous year.

It seems as though a simple motivation has reversed as a crutch to those with big dreams and low drive.

The empty praise will end in an empty life, living under the blanket of fraud, reaching for achievements but settling for "some days."

Through trophies for participating and over-eager compliments for trying, there is no longer a need to be genuinely good at anything.

Consequently, kids are built up to think just trying will cut it and are thrown into a frenzy when they finally reach the point in their life where they finally grasp that though they're wearing a "Yale" sweatshirt in no way means they'll be getting into Yale.

The act is up and all that's left is broken confidence and shadows of goals and dreams fading into a deeper failure than one that would be instilled with honesty about the real world and real goals as opposed to the façade they had lived and took comfort in.

The idea of promoting a positive self-esteem is no way a bad one

However, it this process has been taken to the point in which students are so high on it they will never be low enough to hit rock bottom, continuing an ongoing feel-good emotion of oblivion, living perfectly fulfilled lives though they can't accurately read, write or add.

Spelling and grammatical errors are overlooked in writing for fear if they are pointed out, students will become discouraged.

"A for efforts" are scrawled across sloppy homework, and endless years of summer and night school are offered for those who choose to do nothing at all so they can continue with their class to, well, do nothing at all, simply over again.

This time it's just a different classroom, different instructor, but the same scenario.

From the root of self-esteem, it seems as though "you can be whatever you want to be" is heard but not listened to, the future generation lingering and living by just the words as opposed to what they really mean.

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or of the right of the people to peaceably assemble, and to petition the government for a redress of grievances."

FIRST AMENDMENT OF THE UNITED STATES, RATIFIED DEC. 15, 1791

EDITORIALS

Athletes risk health by 'bulking up'

Obsession about high school athletics has not only become mentally unhealthy, but now it is also physically unhealthy.

The pressure for high school football players to succeed in college and become professional players has proven to have a bad side effect, overweight and obese football players.

HEALING POWERS AMERICAN HEALTH 2007

EDITORIAL

The **OPINION** of the *Register* staff

According to the Centers for Disease Control and Prevention, in 2004 the number of people aged 12 to 19 who were overweight was over 17 percent and high school football players were a part of those teenagers.

Football players are encouraged to bulk up to become unbeatable forces on the field. However, a study from Iowa State University has shown that out of 3,684 football players, 45 percent of the linebackers in Iowa high schools are overweight and 9 percent are medically obese. There is no doubt this is a big problem, both literally and figuratively.

Even though that pressure to make it to the top is not the major cause for athlete obesity, it certainly does not help the mind set of the players. High school football players cannot all be expected to weigh over 350 pounds and not all of them should be expected to play football professionally. It's unfair to demand those type of things from teenagers, but time and time again high school football players are expected to be big and weigh a lot, just like the professional athletes.

College recruiters, coaches and parents need to stop pressuring teenagers to gain more weight to be able to compete athletically. Having all of these teenage football players overweight is unhealthy and dangerous. Even though the weight gives them an edge in football, it could have serious consequences in the future.

Studies have shown that teenagers who are overweight have a higher chance to developing diabetes, something that stays with a person for his entire life. Other health risks include hypertension, stroke and heart disease. Do parents really want their child to become obese just so they can get a chance to be drafted for the National Football League? The answer is no, but sometimes parents place high expectations on their kids without thinking about it. They should lighten their expectations for their children and not put so much pressure on them.

In the past football players weren't expected to weigh 300 pounds, but today that has become the norm. High school football players need to weigh more to compete. Naturally, they are persuaded to gain more weight. Just the level of competition has risen right along with the number of pounds of teenage high school players. Expectations have also risen when it has come to high school athletes. With students being drafted for the pros before they get out of college, students are pressured to perform better than their best every game. It's no wonder that some high school football players decide to become heavier so they tackle harder.

Coaches should also make sure that the players do not become overweight.

They should also make sure that if players want to gain weight, then the players do it in a healthy way. Coaches should also make sure players gaining a few extra pounds don't lose control and gain more than they should.

High school football players don't need to gain a lot of extra pounds to be able to play football.

They should be at a healthy weight and not have to worry about fitting into their jerseys.

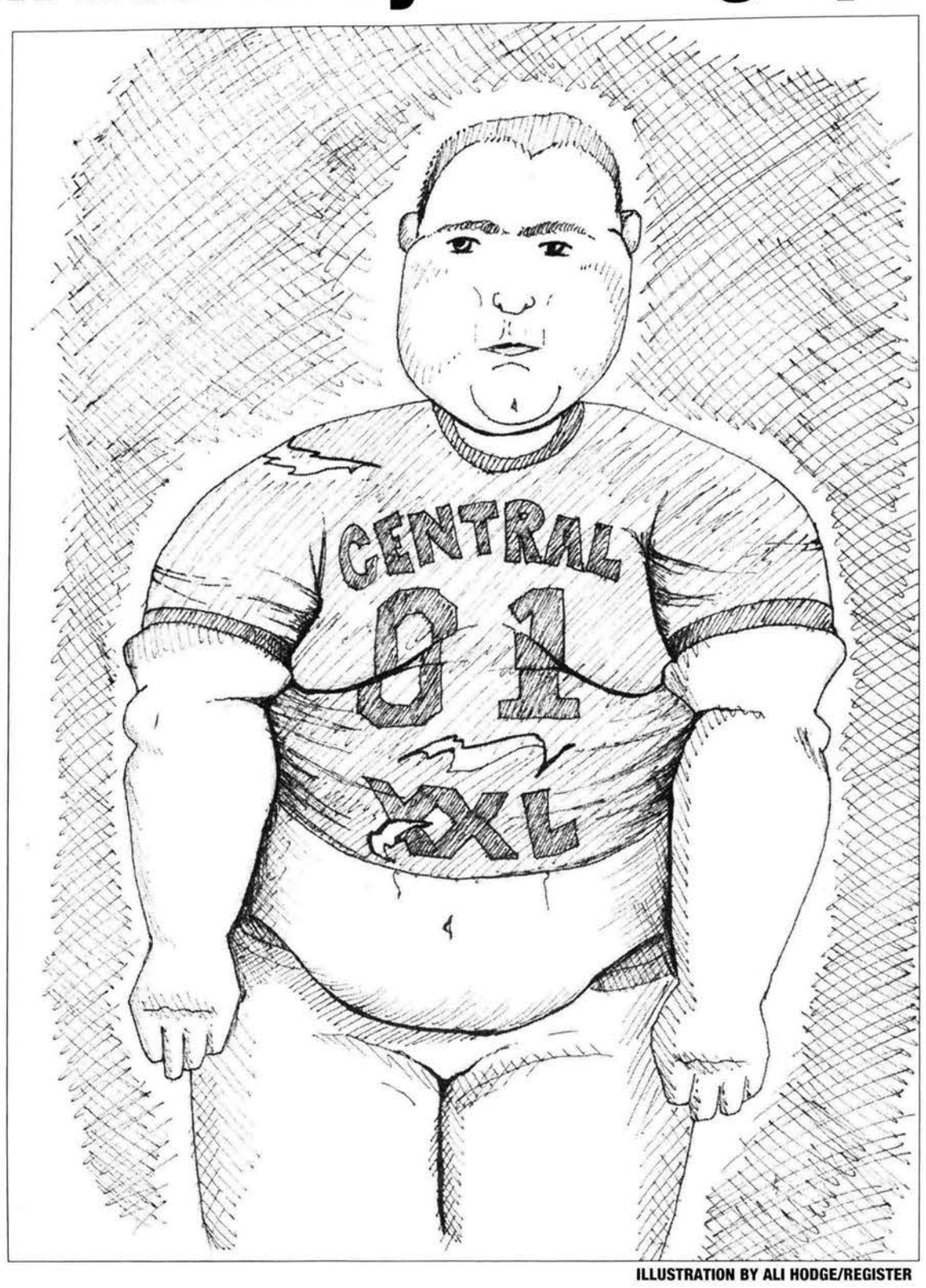


ILLUSTRATION BY ALI HODGE/REGISTER

Greg Emmel
PRINCIPAL
Matt Deabler
ADVISER
Bob Al-Greene
EDITOR IN CHIEF

Disgusting sites promote eating disorders, lifestyle

Freshman Jane Doe is surfing the web and happens to stumble across a web site one day that has a tag line promoting thinness.

She reads tips on how to lose weight really fast by starving herself or throwing up. She is already on a diet but decides to try starving herself because she wants to be thinner. She even gets tips from the web site on how to hide it from her friends and her parents.

There are hundreds of web sites that say eating disorders are OK, and promote the harmful habits of those disorders.

HEALING POWERS AMERICAN HEALTH 2007

EDITORIAL

The **OPINION** of the *Register* staff

People should be getting concerned that there are web sites out there that promote eating disorders like bulimia and anorexia nervosa. The fact that those web sites are not making big news makes it even easier for teenagers to find them.

While most of the sites do not encourage visitor to become anorexic or bulimic, they do put the idea of thinness in people's mind.

According to the South Carolina Department of Mental Health, about eight million people in America have an eating disorder and about half of the people in the country know someone who has anorexia or bulimia. What kind of messages are these web sites promoting?

The message is that it all right to starve yourself or to throw up after eating in order to be thin and beautiful, that the most important thing is to be thin, even if it harms your body. There are even pictures of photos of too thin models and celebrities who are used for inspiration.

This is the wrong message to be sending to teenagers and people in their 20s. This is saying you need to be one way to be considered beautiful. Those messages the web sites are sending do nothing to help the self-esteem of teenage girls. According to the National Girl Scout Research, a third of the girls in high school believe they are overweight, and 6 percent are trying to lose weight.

Some of those web sites say that eating disorders are only a "lifestyle choice." That cannot be further from the truth. Eating disorders mean there is something wrong with the way a person perceives him or herself, and that person should get treated.

There is nothing on these web sites about the people who actually die from those disorders. The web sites don't mention the fact that people with eating disorders are not getting the variety of vitamins and minerals that the body needs to be healthy.

It's also frightening to think of the other possibilities. What's next? What other web sites are going to be popping out promoting some other unhealthy and dangerous thing?

These web sites are harmful for young women who feel the pressure to be thin because of a obesity problem. It reinforces the idea that thin is beautiful.

They are also harmful for those who have those eating disorders because most of those sites do not encourage treatment. Those sites are counter-productive to the sites that encourage getting treatment for eating disorders.

People who have an eating disorder should get treatment.

Even though modeling agencies over in Europe are starting to ban models who are too thin, these web sites still show society has a long way to go concerning eating disorders.

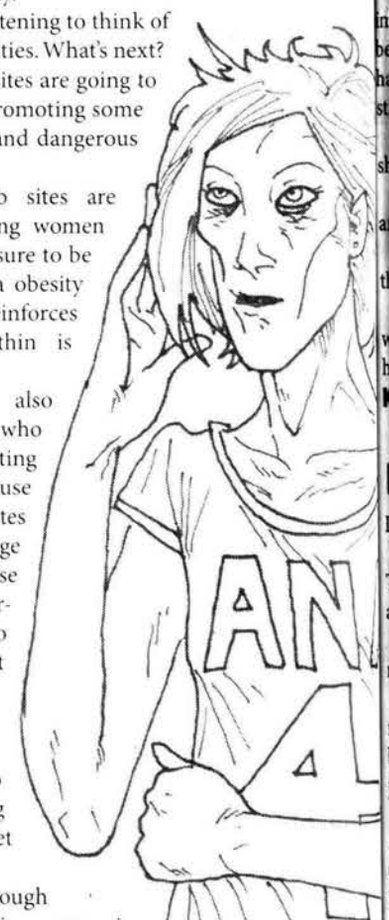


ILLUSTRATION BY BOB AL-GREENE/REGISTER

Rude comments hurt body image, perceptions

Over one million girls in the United States have an image problem with their weight. I am now able to admit to being one of them.

I am of perfectly normal size, and I don't consider myself fat or painfully skinny like some of the models. People are continually telling me I'm skinny and they wish that they could be my weight. Sometimes I look in the mirror in the bathroom and I see a layer of fat on my stomach that I want to get rid of. Sometimes I get worried that I look chunky or just a little bit fat even though I know that it is ridiculous.

Don't get me wrong, I would never throw up after eating or not eat at all to lower my weight. I know better than to do that. I've been taught from an early age that doing that could endanger my life and I don't want to harm myself. Besides, I wouldn't be able to last a day without eating; I would be too hungry and would have to eat something.

But there are times when I feel that it would be all right to just skip lunch for the rest of my life and those are the times when I'm worried that I'm actually on the path to an eating disorder. That the next thought will be that it would be OK to skip breakfast for the rest of my life as well. That the only thing I would be thinking about in the future is my weight and making sure I stay thin.

In fact, one of my doctors suspected that I had an eating disorder. My mother and I had a good laugh over that because that notion was ridiculous.

Looking up facts for bulimia and anorexia on the Internet, I stumbled across web sites that actually advocate bulimia and anorexia as a lifestyle instead of a mental disorder. Looking at those sites with photos of painfully thin people scared me.

With the popular tag line of "I love you to the bones," I'm afraid that one day I'll end up like those people. I don't want to be one of those people who become obsessed with their weight.

After getting off of the Internet that day, I have never been so freaked out in my entire life, even when I've watched murder mysteries on television. Every time I see my uncles, in some way or another they tease me about eating a fair amount. Just this Thanksgiving they teased me when I took a second helping of Thanksgiving food. Every time they do it hurts me, even if I don't let them see that it does. It makes me wonder if eating all of that food is going to make me fat.

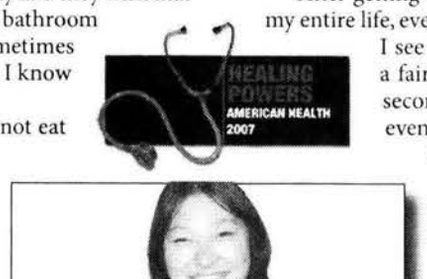
It makes me think there is something wrong with me and the way that I look. Even my father has unintentionally done that, wounding my feelings.

I hate it. I really hate it because my uncles don't seem to worry about me eating healthy, but about how much food I eat. I know they love me, but when they comment about the amount of food on my plate, I just want to tell them to shut up.

It has gotten so bad that whenever I eat with my relatives, I am careful to not go back to seconds without making sure other people have gone back for food as well. I just want them to stop with the comments and just let me eat. I know I shouldn't listen to them seriously because they don't mean it, but the comments still make me feel self-conscious about my weight.

It makes me want to scream at them, "Do you even realize what you're saying? Some girls actually get eating disorders because of comments like those." Every time I worry about my weight I feel guilty because I know there are people out there who do have weight problems.

HEALING POWERS AMERICAN HEALTH 2007



NOT A STEREOTYPE

A Column by Kim Buckley

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HEROES & ZEROS

Boys Basketball

The team made the school proud by taking home the second State Championship in as many years. All the hard work and dedication that went into this season finally paid off, with much better results than some expected early in the season.

Invisible Children

Bringing the educational film to Central was a good choice on the part of the administration and an excellent showing of world knowledge and morality on the part of the students who championed the cause.

The Custodial Staff

After school lets out every day, the unbelievable messes left in the halls, rest rooms and classrooms are diligently picked up by the unseen custodians. The next time you see one in the hall, thank a janitor.

Foreign Language Volunteers

Students in foreign language classes volunteered for six weeks teaching elementary school kids by playing games and reading story books. There should be more programs like this, to teach lessons which will come in handy later in life.

The Senior Prank

Some imaginative students decided it would be witty to simply spell out derogatory insults in the snow on the football field. The idea of a Senior Prank itself is immature, but the unwarranted insults made this year's a new low.

Student IDs

Enforcement of identification tags in the state's largest high school has all but stopped as students' straight refusal to wear them has worn down administrators. Students need to grow up and stop romanticizing the fight against IDs.

After-school hangout

Sometimes for hours after the end of the school day, there are students loitering by the West Entrance with no supervision or apparent reason to be there. Security at Central won't be adequate until something is done about these loiterers.

Recycling

The big green bins were abandoned after they became a fire hazard. With all the soda, water and paper products students run through in a day, however, the time has come to renew recycling at Central with a more controlled approach.

OPINION

"Body image is a problem right now with teens in high school and junior high. There is no denying it."
Devan Hardy (11)



: THINNING THE HERD

There's no doubt Americans are focused on superficial beauty and body image. Tabloid magazines rage about models and movie stars being too thin, but we've become the fattest country on the planet. Is there a perfect body type or is a happy medium impossible?

ILLUSTRATION BY BB AL-GREENE/REGISTER

It seems for many the ideal weight is either unknown or unattainable. Many feel confined to one end of the spectrum. Some people are oblivious to the health risks their obesity can cause, while others endanger their lives by doing anything to lose weight.

Media causes unattainable image

Dear Editor,

Within today's media, we often see the "perfect" body image, and how one should look. In fact, this subject seems to be important to many teens and adults today. The perfect size has been getting smaller and smaller as time goes on. People are starting to believe that it is OK to be nearly anorexic.

This is because they see many people in magazines, TV shows and movies who appear to be this designated size.

So, in order for people to look like all of the popular models and actors, they develop extremely unhealthy eating habits.

People may even turn to obesity, which is because they feel they should give up on accomplishing such a hard task.

Body image seems to rely on today's common media, which means teens and adults are turning to unhealthy eating habits.

Kyrie Lynch (9)

False self image causes suffering

Dear Editor,

Body image is not nearly as important as everyone believes. The pressure to look beautiful is a beauty that can never be achieved.

Because of this minds go crazy, trying to be perfect, and many go to great lengths to be "model-material" pretty.

This is unfortunate because nothing should matter that much. I know I and many people around me suffer each day, believing something is wrong with us, when really we are perfect.

Girls especially are constantly reminded they're too fat or ugly. I wish everyone didn't think thin was in. But it is so we must comply.
Caleigh Conn (9)

Body image problems lead to learning

Dear Editor,

Body image is a problem right now with teens in high school and junior high. There is no denying it.

But, I don't think it is so major that something should be done.

The way people view themselves is going to change regardless of what their peers find as adequate. This is normal.

If a person didn't ever feel insecure about the way he looks, then how would he learn to appreciate those features later on? He wouldn't, and they would be taken advantage of.

So yes, poor body image is a dilemma, but it's just like puberty or school.. It is a pest you can learn life lessons from.
Devan Hardy (11)

Fashion trends provide unrealistic views

Dear Editor,

So Spring is making its way around again and most likely there are going to be more people showing a little more skin. Of course there's gonna be a discussion over body appearance.

There will always be media affecting the way we think about ourselves, but kids today just don't understand that the celebrities have professionals helping them get in shape. You don't have to shove your finger down your throat to lose a few pounds; doing so only, ironically, makes your body hold onto the calories you will eventually intake-causing a body crash. Teens have to understand that a good diet and healthy exercise will do the trick.
Crystal Huynhcao (11)

Peers, public re-enforce views

Dear Editor,

Well, I hate it that everywhere you go there is another picture of some skinny model in a magazine. Girls shouldn't worry their bodies. But, we do. We're always saying we're too fat or we're ugly. It's not true. There isn't just one body type. There isn't just one look.

There are many. It's not just magazines. It's our peers, too. It hurts when people make fun of you. Believe me and it can make you change.

I think this one idea of body image needs to go away.
Emily Angelloz (9)

Males unaffected by body image

Dear Editor,

I think today in our society it really affects us especially the way girls look. I don't think guys are really affected. When I saw other girls skinnier than me, I was mortified because I wasn't like them. In the years to come and even in the past their has always been an idolized body.

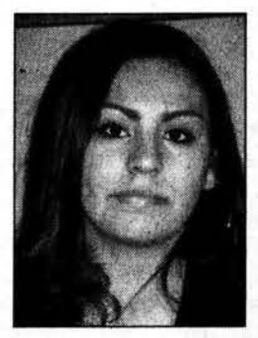
The perfect thighs, tummy, butt, etc. You get the picture. I just think it truly makes girls want to be more like them. The sad part is girls will go to certain lengths to accomplish this "perfect" body.

The thing is everyone deals with it differently. I've dealt with it and with a couple of my friends and it is upsetting to see my friends starving themselves just because they want that look. It just hurts me to see others and sometimes myself comparing different bodies when we were all blessed with different genes.
Kassi Woods (9)

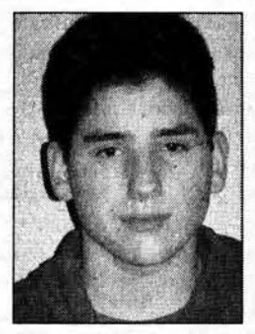


REGISTER YOUR OPINION

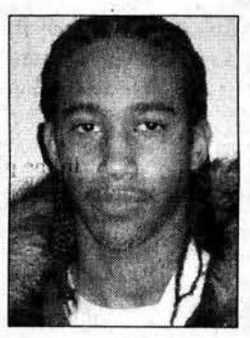
Does society place too much pressure on teens to be thin?



"Yeah, because they're always putting pictures of skinny people in magazines."
Lizzette Carrizosa (10)



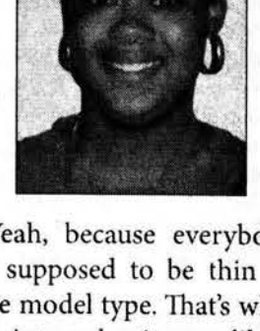
"It's kind of half and half because society is kind of growing in weight and celebrities are losing weight."
Daniel Fields (10)



"Yeah, because they have all those diet pill commercials... all competing."
Tommy Todd (9)



"Yeah, because you see skinny people in magazines. There are never fat people in there."
Ashley Schueler (9)



"Yeah, because everybody is supposed to be thin or the model type. That's what society makes it seem like."
Tiarra Turner (12)



"Yeah... because a lot of people are trying to make themelves smaller by not eating... when really they're making themselves sick to look good."
Tiara Robinson (10)

LETTERS, E-MAILS, FAXES, POLLS, CARTOONS

Teens shouldn't worry about looks

Dear Editor,

I think body image affects how students feel about themselves in every aspect. Teenagers shouldn't have to worry about how they look. If we all got over our appearances we could really improve the world.
Paloma Nazar (11)

Student urges self-confidence

Dear Editor,

I think that the pressure to be skinny comes from someone's personal confidence or lack thereof, because if someone does not have a good self-image of themselves they always want to be skinnier, or even if they already are. If people would just learn to be comfortable with themselves, then they would not have to feel like that had to be skinny.
Chandler Sanders (9)

Society influences 'perfect look'

Dear Editor,

I think society puts too much emphasis on how people look. There's too much pressure to be a size zero and no one cares about their brain. It doesn't seem to matter to them that in 20 years they'll be poor and living on the street because they'll look good in their jeans.
Bailey Ceillen (10)

Media makes girls feel inferior

Dear Editor,

I think that body image doesn't really matter as long as you think of yourself highly, but the way they show people on TV and magazines makes girls feel like they need to be skinner.
Timesha James (9)

LETTERS TO THE EDITOR WANTED

Letters to the editor are gladly accepted in room 030, via e-mail to Central.Journalism@ops.org or can be placed 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.

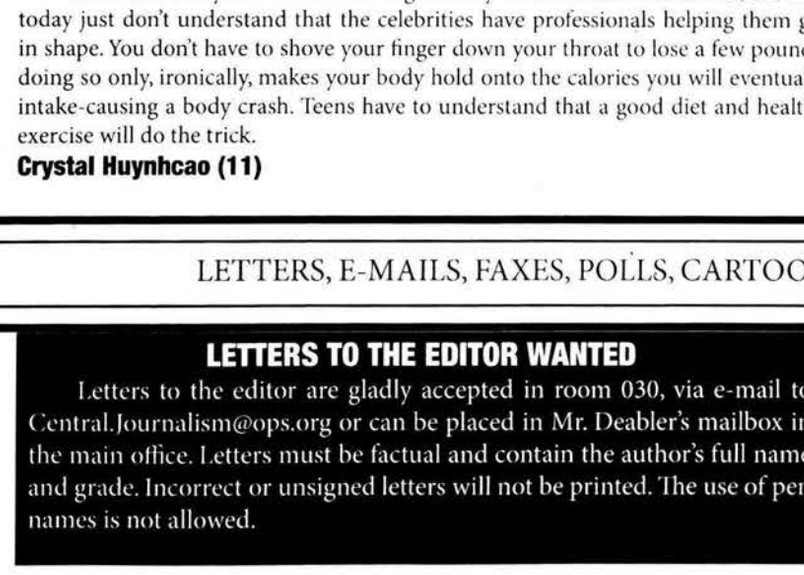
Freshmen saddened by teens' obsession

Dear Editor,

I think most girls try to hard to be perfect and it makes me sad. It's good to be healthy, but it's not good to obsess about the way you look.
Alyssa Thomas(9)

STUDENT POLL

Is the ideal body type depicted in fashion magazines?



288 polled

INFOGRAPHIC BY BOB AL-GREENE/REGISTER

Society dictates specific image

Dear Editor,

Everyone is unique. They were made who they are for a reason. If you're skinny, you're skinny. If your fat then your fat. Society today judges people mainly on image, convincing people they are not the right image. This is where we get problems like anorexia and bulemia. If society didn't push a certain image then people wouldn't strive to be what society considers perfect. Be who you are and be proud.
Elizabeth Reynolds(10)

More to life than perfect style

Dear Editor,

Everybody thinks that it's all about being skinny. People look down on people who are "bigger." You always see the skinny people being the "popular ones" in the movies. Today, our society is all about the perfect body. There's weight-loss pills, workout videos and you can always just stop eating. This is what the trend is now.

Celebrities are doing it, models are getting thinner and thinner. This is not the way I want the world to be!
Lindy Dilocker(9)

Peers influence body perceptions

Dear Editor,

I think that the pressure to be skinny or muscular comes mostly from peers.

So many of my friends are skinny and what the average teen would consider to be "the perfect image."

I hate being the only one who seems to be insecure about my body. But then again the grass is always seems greener on the other side.
Leah Frell (9)



HOPE ON THE SURFACE

A Column by Michelle Rieger

Daughter misunderstood by her father

I guess I never really considered myself to be "daddy's little girl."

My dad happens to think of me that way.

Sure, I'm his oldest and only daughter, but I don't think that automatically makes me his "little girl".

I've always been sort of scared of him, almost like he brought me up that way - to be scared of him. Sometimes he'll come home from work and slam the door shut.

Right after that everything just turns stiff and serious. It's just a tense, unnerving presence that lingers in the air when he walks in. There is so much tension. The whole atmosphere is just so uncomfortable.

No one can relax when he's around. My brother, mom and I are up and cleaning and picking everything up so he doesn't kick it around like our stuff is in his precious way. The stress level rises from 0 to 10 in an instant.

When he is in a bad mood that makes it even harder to communicate with him. The thing is, it seems he's having more bad days than good. When I really need him the most I can't talk to him because he's in a foul mood.

We can't really relate to each other because his life in high school was so different than mine. He didn't really have much of a social life. He never did any sports and never went to any school dances. He didn't even have his first real girlfriend until he was out of high school.

This brings me to my next point: The "No Boyfriend" rule. You could guess that this makes me just a tad angry. What really irks me the most is that he claims that I'm 'too young'.

Well let's see... I'm 16 years old, a sophomore in high school, and I do consider myself mature for my age. He has no idea what is going on in my life.

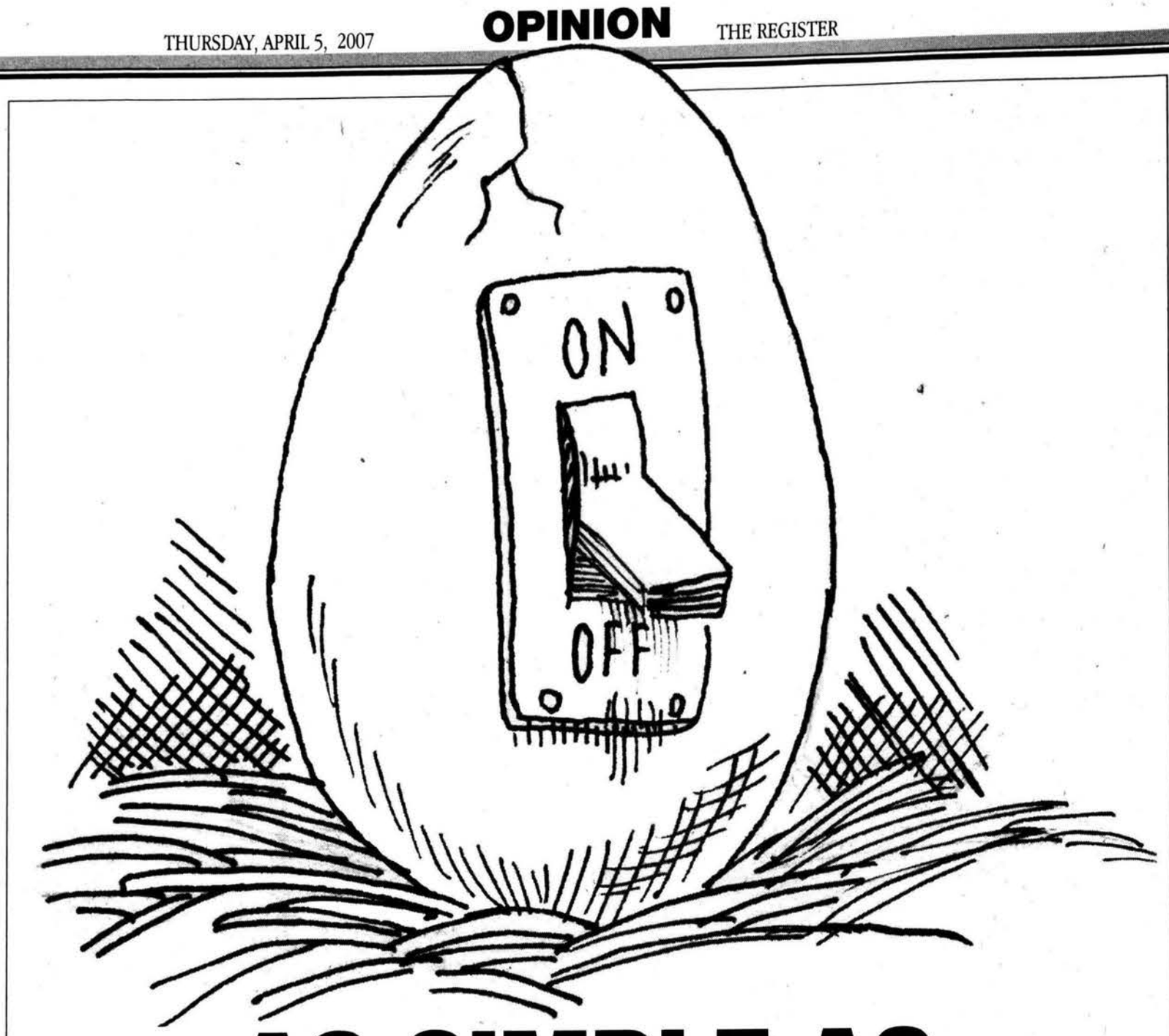
He has given me his point of view on how he feels about me growing up. He doesn't like the fact that he and my mom raised me all these years and all of the sudden they have to let me go.

Like any other dad, he doesn't want to let his daughter go, you know, get married. It feels like he's trying to hold me back from the real world, but every other day he's telling me, "You need to stand up for yourself, it's going to be even harder than you think in the real world ."

Why can't he just listen and understand how I feel? I'm still going to be around even when I move out. I'm not going to live in a different country.

I have a social life and good friends I can rely on. I have self control. I have morals. I'm not going to give up my morals just because I'm in high school.

I just wish he was by my side when I struggle.



AS SIMPLE AS FLIPPING A SWITCH

'Morning After' Pill legalized for sale to women

No other pill has been as controversial than that little blue pill known as the Plan B Pill.

It has taken a few years and a lot of debate, but the Plan B Pill, also known as the morning after pill, can finally be purchased without a prescription.

The Food and Drug Administration (FDA) made it legal for women eighteen years old and older to buy the pill over the counter at pharmacies and stores where there is a licensed pharmacist on duty by the end of the year.

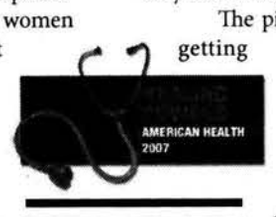
This is a good thing, because the pill will be easier to buy and most of the women already on the pill will not need to get a prescription from a doctor. Most women on the morning after pill need to get it in advance. This makes it more convenient for women on the pill.

Women seventeen years old and younger would still need to get a prescription from a doctor to buy the morning after pill so it is not as if the FDA is encouraging teenagers to have sex.

To insure that seventeen year olds won't be buying the product, identification is required to buy the pill, and it will be held behind the counter. It's not as if just anybody can buy it.

The FDA is taking every precaution to make sure that teenagers will be getting the morning-after-pill legally.

According to there are over 3 million unplanned pregnancies, and making the Plan B Pill widely available can help prevent those unwanted pregnancies. According to the FDA, the morning after pill helps reduce the risk of pregnancy by 89 percent if it is taken within 72 hours.



EDITORIAL

The **OPINION** of the *Register* staff

The new policy will help make the pill even more effective for women because they can get it the day after more easily and without much trouble.

There are people who believe the Plan B Pill is a form of abortion, and they don't want the pill to be given to women without a prescription.

The pill is only a form of birth control, and blocks the sperm from getting to the egg. That is not different from condoms or any other form of birth control. In fact, it has most of the hormones used in the birth-control pill.

There are also people who say that making the morning after pill an over-the-counter medicine will encourage more reckless behavior from teens. Teenagers still need to be careful about sexually transmitted disease, so they would still exercise caution and use protection.

However, women no longer have to worry as much about getting pregnant, which is a good thing.

If people are having sex, then they need to have a variety of options to keep them safe. The pill helps make sure people, who are not ready to be parents, or don't want to be parents, don't get pregnant.

In 2004, the FDA did not approve the request to make the Plan B pill over the counter because it wanted sixteen years olds to be able to buy it legally.

Since then, several states have made it legal to buy the pill over the counter before the FDA approved the pill. It's a good thing that all states are going to be legalizing the morning after pill after the age limit was raised.

People need to stop thinking of this as a negative thing, and start looking at some of the positives that can come out of this.

International language classes should be taken advantage of

After living in Spain for eight years, sophomore Jane Doe is very familiar with the Spanish language.

However, she does not appear as if she would be since she looks very American with her green eyes and red hair.

Doe recalls a time when two girls in the bathroom were talking about her in Spanish, assuming she could not understand. They did not realize she was bilingual and she could make out every word they were saying about her.

Let's face it.

These girls were right in their assumption that an American could not speak another language other than English.

The fact that Americans are monolingual has been criticized for years.

Soon that may change, however. Schools all over the country are now looking into making Spanish classes mandatory so Americans will eventually become closer to calling themselves bilingual.

Teaching American students to speak another language is an idea that should have had attention long ago.

EDITORIAL

The **OPINION** of the *Register* staff

It makes complete sense. America is the melting pot of the world. We have so many different cultures in our country. We don't have a national language because there are so many different people, yet many Americans can only speak English.

Teaching Americans to be bilingual, especally since they live in a country where being surrounded by different languages is normal, makes sense.

The law would require students to take mandatory Spanish classes.

Not only take the classes, but also pass tests so that they can be sure the students actually understand the language and are prepared to use it.

Spanish is the most common other language in America, and speaking the language would greatly prepare students for people they will encounter in the future. Also, bilingual individuals are more likely to get jobs compared to someone who does not speak another language.

In countries around the world, being bilingual is critical to business success. Students are taught to speak English, thus resulting in a well-rounded country.

Also, individuals who grow up speaking English in another country are better prepared to come and lead a successful life in America when they get older.

A national poll said 67 percent of all non-Hispanic Americans polled were in favor of bilingual education. They said that the change would be beneficial to the whole country in the future.

This idea of mandatory Spanish classes should be adopted by Central.

Spanish is a language students hear in the hallways on a daily basis, so it would be a good idea for them to know it.

Students should also be encouraged to take other languages as well.

French, Latin and German are just as important as Spanish, depending on what the student wants to accomplish in the future.

The thought of bilingual education is now finally getting the serious attention it deserves.

Being bilingual and even trilingual is one of the most important skills a student can be taught in school, however many don't realize it.

Maybe now, they finally will.

Cell phones provide communication, unnecessary disruption in classes

As soon as the bell rings the click and clatter of fingers on small rubber buttons erupts and the conversations begin.

Cellular phones are common electronics that drive the relationships around Central. The text messaging business brings in over a billion dollars a year for cell phone companies, and most of the money is driven by the teens texting every moment of the living day.

Text messaging is the new fad interrupting the school environment and keeping Central's population from learning.

EDITORIAL

The **OPINION** of the *Register* staff

Phones connect people. They are meant to bring people closer together, and use when in between the land lines. They are not meant to undermine the teachers and the classes, which happens every time a student opens that phone to check their last message.

Students might say that as long as they are getting their work done, than the usage of phones won't matter. This idea is the empty promise that students won't back up or follow.

When electronics interfere with a student's success in life, the electronics are directly inhibiting the students from learning.

Some students are going to pay attention, but their [illegible] are interrupted by a subtle buzz or a quiet beep. And the constant messages don't end till the next loud bell shouts to go to the next class. And even then students still drag their conversations into the halls and continue them in their next class.

This is totally an inappropriate activity at school. The student handbook, which every student has signed to say they read, specifically states that cell phones aren't even allowed in schools. Although this rule seems extreme, it does provide the insurance that students won't be interrupted during class.

In the old days, students would pass notes to each other to transfer their information or digits. The class was second to every written word in that paper.

Most violate the rule of not bringing cells to school, but some keep them in their backpacks and do not interrupt the student from learning.

More and more, students are not paying attention to the class, but the incandescent light that emanated from the expensive electronic that isn't even allowed in school. The quick fingers and deceptive eyes keep these cell phones hidden.

School should be the one and only focus of the student's life. A public education is a valuable thing, and something that shouldn't be wasted. Students should take advantage of the knowledge that can be learned through school.

Knowledge is power.

[illegible] that silenced phone isn't going to teach someone about the communist revolution. And that next message isn't going to teach someone anything important.

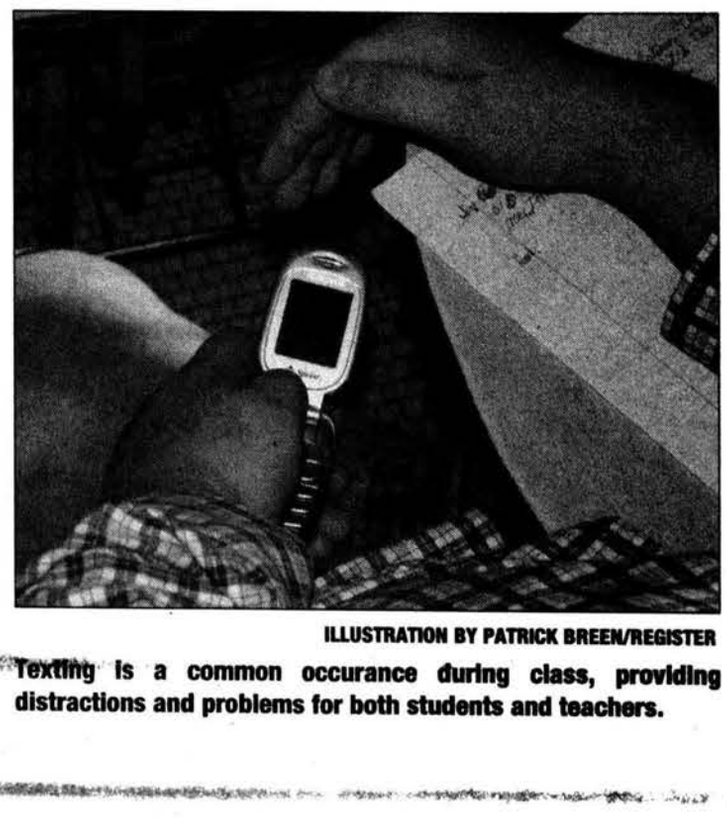


ILLUSTRATION BY PATRICK BREEN/REGISTER

Texting is a common occurance during class, providing distractions and problems for both students and teachers.



A QUIET PRIDE

A Column by Elizabeth Alfaro

Teen misses friend from earlier in life

There are times when I miss [illegible] simple days of elementary school. I [illegible] to keep in touch with my old friends, [illegible] when we all split up after middle sch[illegible] it was challenging.

After middle school, my best frie[illegible] and I took two totally different paths.

We now go to two different h[illegible] schools, we take part in totally differe[illegible] activities, and have two opposite ty[illegible] of friends.

Realizing we were going to be a[illegible] from each other a lot more, was one [illegible] the biggest changes of my life.

When we were little, we w[illegible] attached at the hip. If you saw me, [illegible] was not far behind, or the other w[illegible] around.

Every once in a while we ha[illegible] out or somehow fall back in touch a[illegible] reminisce about what we used to [illegible] when we were younger and what [illegible] going on in our lives now.

We don't really see much of ea[illegible] other, now that we are both involved [illegible] different things at our own schools.

There are many things that ha[illegible] split us apart: new schools, hard[illegible] classes, new friends, becoming clo[illegible] to old friends, boyfriends, clubs a[illegible] sports.

When we do get together, we ha[illegible] a lot of fun and take advantage of t[illegible] time to catch up on each others lives.

It is just like old times; we slip o[illegible] favorite movie into the DVD play[illegible] which just happens to be "Sandlot," g[illegible] a bunch of junk food, sit down and t[illegible] the night away.

The night rarely consists of actua[illegible] watching the movie. Usually we g[illegible] so caught up in conversation, that [illegible] just let the movie run and our voic[illegible] overshadow the actors' lines.

We disregard that my mom told [illegible] not to stay up late, and we are usually [illegible] into the early hours of the morning.

Our nights are filled with gos[illegible] and new adventures in our lives. [illegible] talk about what has gone good and b[illegible] for us, and how our families are doing.

No topic goes uncovered; we ta[illegible] about everything that is going on in o[illegible] lives.

Sex, drugs, boyfriends, people w[illegible] have lost touch with and the pressure[illegible] do everything right, these are just a fe[illegible]

I always wish we had more tim[illegible] but there are always other things w[illegible] have to do.

When we go our separate wa[illegible] again, I usually think about all the ti[illegible] we had when we were little.

Playing at the park, riding bik[illegible] running around the neighborhoo[illegible] eating popsicles from the ice cream ma[illegible] these are just a few things that wou[illegible] occupy our time in the summer.

I live in walking distance to th[illegible] park, so we used to go and play on th[illegible] swings and teeter-totter, or play tag. W[illegible] could always find something to do, th[illegible] we could be outside for, warm days we[illegible] never spent inside.

Now our summer days are fille[illegible] with work, practices, vacations an[illegible] bigger better activities than when w[illegible] were five.

When I finally realized my be[illegible] friend and I were drifting apart, I didn[illegible] really know what to do. We have know[illegible] each other for 13 years; it's sad to admi[illegible] after that many years, we never ha[illegible] time to spend together.

It was during the summer befo[illegible] ninth grade when we stopped seein[illegible] each other as often as we used to. Sh[illegible] had made the dance team at her hig[illegible] school and I had feeling we would b[illegible] seeing less of each other.

I just didn't know that it would b[illegible] months before we had a free weekend t[illegible] hang out.

The best thing about our friendshi[illegible] was race has never been an issue. Sh[illegible] never cared and it was never a problem[illegible]

Skin color was never and issue fo[illegible] us, really it shouldn't play a part in [illegible] friendship at all.

I don't think any of those things[illegible] ever mattered to either of us.

Our friendship was not based o[illegible] race, religion or skin color. The onl[illegible] thing that really ever mattered to me[illegible] was that we stayed friends no matter[illegible] what happens, and so far that has been[illegible] true for 13 years.

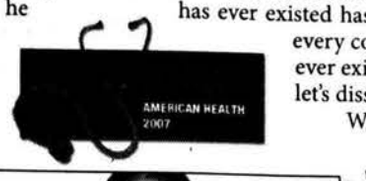
I still remember how we made[illegible] a promised each other we would b[illegible] friends forever. Kind of childish yes, bu[illegible] for now, I will still believe it.

If one day we drift totally apart, an[illegible] have nothing in common anymore, the[illegible] I will deal with it.

But for now, she is still my bes[illegible] friend, and I can tell her anything I need[illegible] to get off of me chest.

Being friends with her has been[illegible] the best 13 years of my life.

Variety of high school relationships confuse, frustrate teen





HELPFUL HEART

A Column by Lucy Schroeder

People don't often talk about what is really behind relationships. You hear everyday, so-and-so is going out with so-and-so, or he broke up with her. But no one ever digs into the story to figure out what really happened and why it happened.

Or, they simply don't know where to find the answers.

Someone once told me you will never enter or leave a relationship without learning at least one thing about yourself and at least one thing about that other person.

They also said every single relationship in life, whether it is between you and your best friend, you and your father, or you and the person you want to marry; every single one is different.

This makes sense because every person who has ever existed has been different and therefore every combination of two people that ever exists is going to be different, but let's dissect this a little bit.

What makes a relationship?

Sometimes you just end up telling someone you like them and then maybe they tell you, they like you back and then you live happily ever after, right...?

Or maybe it all starts with lust and just evolves into a label. Well, I am lusting after you and you are lusting for me, so maybe we ought to put a label on it.

It often comes down to what other people think.

What would people think if they saw us together but we had no label? We had no definition of what we are.

Can you imagine high school relationships without labels? You never really see one without the other.

If you don't its probably because it's a secret. That's when people are in some way afraid of what you think or they just hate labels.

They just want to love and be loved without a school of about 2,500 people judging them for what they are or aren't.

Can you imagine how much easier a relationship would be if no one ever cared about what it "was"?

I think often times high school relationships start as real feelings that two people have for each other. But, so often I see them evolve into a security blanket.

You care about that person so much, but you also care so much about what other people think that you become torn.

Anytime you put a lot of people together on a daily basis there is going to be judging. But, where do you draw the line? Does judgment become so prevalent that it can make or break your relationships, or even make or break you.

Your security should come from yourself and not other people.

This is often where relationships are lost. Of course, people care about you and will always care about you, but it is when they lose their security that they lose themselves and feel inclined to drop you.

I believe it is when we think we have everything we truly have nothing, and when we think we have nothing, we have everything.

Sometimes we get so caught up in out wants, we become driven to just get and get and get.

We strive so constantly to receive the things that we want they become nothing at all. It becomes just you proving what you can get to really no one but yourself.

Relationships most often break when selfishness overtakes.

THE WHEELS ON THE BUS

Bus companies should provide better background checks

EDITORIAL

The **OPINION** of the *Register* staff

Parents are putting so much trust in bus drivers. So, it shouldn't be very difficult for bus companies, such as Laidlaw, to hire decent individuals, not drug addicts or child molesters.

Recently, a first grade girl was placed in harms way because of an OPS bus driver. She got on the bus and fell asleep.

The bus driver didn't see her, and when he left the bus, the girl was still sleeping in one of the seats. The bus driver didn't follow proper procedure and sound an alarm, ensuring that no one would be left on the bus. The girl was left all alone. When she woke up, she had to flag down a complete stranger who ended up driving her home.

A complete stranger!

The little girl was lucky that the stranger was a nice, law-abiding citizen. Just imagine if she had tagged down a drug addict or a child molester. And all because a bus driver couldn't follow procedure.

But, the problem isn't just a driver forgot to sound an alarm.

Bus drivers are supposed to have a background check on them, making sure that it is safe for children to be around them.

In New York, it was discovered that three quarters of school bus drivers had not had a background search done on them, which is required by state law.

A former New York state school bus driver was recently arrested and charge for child pornography of 10- to 12- year olds. 10- to 12- year olds. The same age of the children on his bus.

Children are the most vulnerable individuals in the world. They are naïve, and they don't realize the dangers of the world. This even goes for high school students as well. Despite what many teenagers think, teenagers are still for the most part very naïve and trusting.

It is not enough to mandate background checks for all school bus drivers, but someone needs to be checking that these checks are actually happening.

It won't do anyone any good if only a quarter or a half of drivers are checked.

An alarming large number of criminal drivers was discovered in one area. How is it possible for buses to be driven by humans who have been in jail, prison, or convicted of serious crimes?

OPS should make sure that all of their bus drivers have had background checks. OPS should make sure that all bus drivers have been properly trained, so that no other little girl will be left on the bus.

School districts should mandate security cameras on all buses, not just to make sure the bus driver is doing a good job, but also to see that there aren't any disturbances made by the children. A bit Orwellian, yes, but changes need to happen.

Parents will, and have, lost faith in various school bus companies, such as Laidlaw.

Schools need to ensure that students are safe; schools need to reassure parents that their children are safe. And these much-needed improvements won't be expensive for school districts either.

A few cameras is not going to bankrupt the district, especially if it's for a good cause.

School buses need to have a safe atmosphere.



Sophomore pursues second dream of joining Pom Squad

DON'T CRY ABOUT IT

A Column by Wynter Davis

What would my life be like if I was one of them? One of the cheerleaders?

I never thought about being a cheerleader. I really just wanted to go to school, play volleyball, and meet some dudes while I was doing it.

I watched "Bring it On," but was never moved by it. Maybe I can't think of any good cheers and can't smile when I am yelling.

Now it is sophomore year and I want to join the Pom Squad.

A lot of dancing and no yelling what so ever, so it's perfect.

The thought came to me when I was playing at a volleyball tournament and I saw my friend Lauren. She is on the Pom Squad I said to myself, I want to join also.

So I started to talk to her and she thought the idea was great.

I can adapt to any dance beat, either hip-hop or pop.

I just want to dance.

A lot of people don't know I can actually dance. I don't broadcast my talents around the school building.

I started in the drill team when I was 8 years old. I've practically been dancing since I was able to walk.

My whole family has been in a drill team some kind of way.

My mom when she was about my age, aunts, uncles, and my cousin. You name them, they were in one.

So dancing isn't some silly joke to me. The problem is, I never got to actually shine and come out of this shell of being too prissy to dance. Give me any dance and I can either duplicate or make it into my own.

Pom Squad would be the perfect start. Dancing to the sound of the music and my heart racing before the performance. And once the music starts, I would break out of my shell and dance on the school gym in front of my peers.

When I told my friends about my Pom Squad ideas, all of them were cool about it. No one discouraged me or told me I wasn't good enough to compete with those girls. I that if you want to do anything, you have to take it.

There are no black girls on Pom Squad. I was hoping I would be one of the few to make it, the first in I don't know how many years to join.

If I want to start, making a change now is the time. I have to learn so much, like leaps, turns, and dance techniques.

I know a couple of moves, like Russians - sideway jumps.

After high school, it stops being a joy ride and starts becoming real life. When I get to college, I want to major in dance or go to a performing arts school like Julliard.

When I am at the basketball game, I love to watch the Pom Squad perform.

Watching different moves, I can try to go home and do myself.

The one thing I can say is the music is really good.

Mixing R&B with flips and twists is amazing. One of my favorite moments was at the Prep game. The music started and the girls started to dance like normal and the wrestling team came out to dance also. Everyone was shocked to see the guys dancing.

They got more attention than the girls get. The finishing touches were when the Pom Squad did Russians and the guys did it right after them. I wouldn't have thought guys could do that. It was both entertaining and humorous.

The Pom Squad doesn't get enough credit. Everyone worships the cheerleaders and think that it is all about cheering. To me Pom Squad is better in many ways - the girls don't yell, they do more stunts, the dancing is dramatic and the music is evolved.

It would get pretty boring always standing around stomping your feet and yelling the same cheers that almost every school broadcasts when you're at the games.



CHANGING THE FUTURE

A Column by Angelica Genovesi

Expensive device breaks repeatedly

Music is a universal language and the 21st century brought with it a new way to communicate in that language: the iPod.

Its sleek designs, eye-popping colors, special effects and commercials made it easy to overlook the fact that the cost of one is more than most teenagers can afford. But still everyone and their mother want one simply because they are pretty and look cool.

I have to admit, I was one of them. I saw all the catchy commercials and watched my friends get them. Of course I wanted one.

The idea was new and creative and the cost didn't even cross my mind when I first asked my parents if they would buy one for me. But as soon as the price was mentioned, they had ultimately made up their minds that I would have to buy it myself.

Of course I argued, but their minds were set. Eventually I saved the $300 I needed to get the iPod I had wanted.

The moment I had the money I went to Best Buy and purchased the little white iPod I had forever desired.

It seemed so high-tech and special at the time.

For almost the first week, it was practically glued to my ears and my parents feared I was going to go deaf.

I loved being able to control the music and not have to cart around a CD player that barely fits in your purse, let alone your pocket.

It made a perfect companion when cleaning the house or waiting for a ride home.

Now every dull moment could be filled with music and lyrics that would pass the time away.

It was something that everyone should have, and something everyone would have. Today you see almost everyone walking around with those bright white ear buds stuck in their ears or hanging out of their shirt collar. It has even been labeled a school distraction.

But what happens when it breaks?

What happens when the hundreds of dollars you spent on something that is supposed to be so idealistic are all for nothing?

The first thing I did was freak out. I hadn't had my special little player for more than six months when it crashed.

I couldn't turn it on and the charge wouldn't hold. It was simply by luck I got it fixed, but less than two months later, it broke again.

This wasn't supposed to happen.

Only barely did my warranty fix it this time.

I was forced to pay the ridiculous shipping and handling to send it into the gods of iPod: Apple Inc.

But they sent back a faulty product again and not very long after, it broke once again.

Now my once-beloved iPod lies on top of my microwave waiting to either be disposed of or miraculously fixed.

At first, I thought I was the only one who encountered these problems, but it wasn't surprising when I realized many others had experienced the same things.

When you spend a generous amount of money on something you expect it to work and I began to get really frustrated with my iPod, and Apple in general.

As if the problems weren't enough, not soon after my second iPod was returned I learned they don't send you back a brand new piece of machinery.

They simply refurbish old hard drives from other broken iPods, put a shiny, new casing on and once they think it works properly, they send it back to you.

This didn't seem right for a company which charges at least $200 for one player. You would assume they could at least have the courtesy to send you a properly functioning, new MP3 player.

How fair is that?

The people constructing these tiny machines do it every day.

It is their job. They get paid to sit for hours on end and piece together hard drives and wires to build the electronics we see and use.

They should be experts.

It seemed unfair I spent hundreds of dollars on one tiny player that didn't even function properly after a short amount of use.

We spend the money on something we believe is going to last us at least a few years and it's disappointing to anyone when it breaks.

When you watch a commercial or read an ad or talk to anyone who has just gotten an iPod, they will tell you that it is the best MP3 player on the market.

Through my own personal experiences I have come to the conclusion that an Apple iPod may not be the best thing in the world.

Or even worth the $300 it takes to buy one.

They come in many different styles and designs and with them come many different problems, which is expected with any type of electronic device.

But there should be a way to fix the problems without having to spend another large amount on a faulty, half-new player.

It's time Apple took a second look at their blueprints and develop a better working machine.

Students should appreciate high school's diversity

Walking through Central's crowded halls, one can see or run into a plethora of races and ethnicities.

Look around. Go ahead, right now.

Count how many different ethnicities you can spot in class, before school or at study hall. The number will be large. Try that same thing in a Millard school.

If someone were to a take a gander at schools out further west in OPS, that person would not see the diversity of its population.

Central prides itself on diversity. 2,444 students walk through the doorways every morning to learn.



EDITORIAL

The **OPINION** of the *Register* staff

Central has the largest school population out of any high school in the state, containing more freshmen than other schools' upperclassmen all combined.

The school has always been the focal point of any OPS argument. When the news stations talked about the LB 1024 bill, they used Central as a backdrop.

This is called the "flagship school," because we are supposed to lead the way for other schools. And this school and its diverse population do lead the way.

The proposed plan LB 1024 would have been a travesty, not to mention unconstitutional. It would have divided up the students into schools that would be racially the same.

Instead of promoting diversity, Sen. Ernie Chamber was promoting segregation.

His plan was initially accepted, but then the public realized the implications of his plan.

And finally it was thrown out by the courts.

Central celebrates its diversity. It's something to be impressed by. While less than 1 percent of Papillion LaVista-South's student population is African-American, Central holds a larger percentage than all Papillion schools combined.

Diversity breaks barriers. Students cross racial and ethnic lines with having classmates and friends at school.

Some statistics tell everything someone needs to know about the largest school in the district.

The most noticeable statistic is dealt with in percentages. Caucasian students at Central number 48 percent.

Compare that to nearly 90 percent at Westside.

The difference is incredible. Central has 14 percent Hispanics, 3 percent Indian and 2 percent Asian population.

In the statistics listed online, those three combined to become part of the "other" population that made up less the 10% of the population.

Once, the land on which this building sits represented the capital of Nebraska. Now it represents a perfect picture of the melting pot America has become.

African-American students make up 33 percent of Central's student body.

Compare that to less than 4 percent in Millard Public High Schools.

The stats don't tell the whole story.

Central celebrates its diversity by creating and maintaining clubs that uphold the philosophy of a diverse culture. Clubs like the All-Nations club, the South Sudanese club, African-American history club and many more that are to numerous to mention in one single editorial.

These clubs represent how well-rounded the true student body is at Central. The numerous members in each club work to keep the many different races and ethnicities in harmony.

And Central clubs sponsor weeks where students can appreciate the diversity we have to offer and enjoy.

"Mix it Up Day" was a day when students were encouraged to sit at a new lunch table with all new people.

Student Council often sets up weeks, plans and parties in which Central's diversity is exemplified.

"We are Central Week" also offered opportunities for students to meet new people and broaden their spectrum.

The staff also encourages building relationships with other students and making a difference in all societies.

With the many different races of thousands of students and hundreds of teachers, the diversity is something to be very proud of at Central.

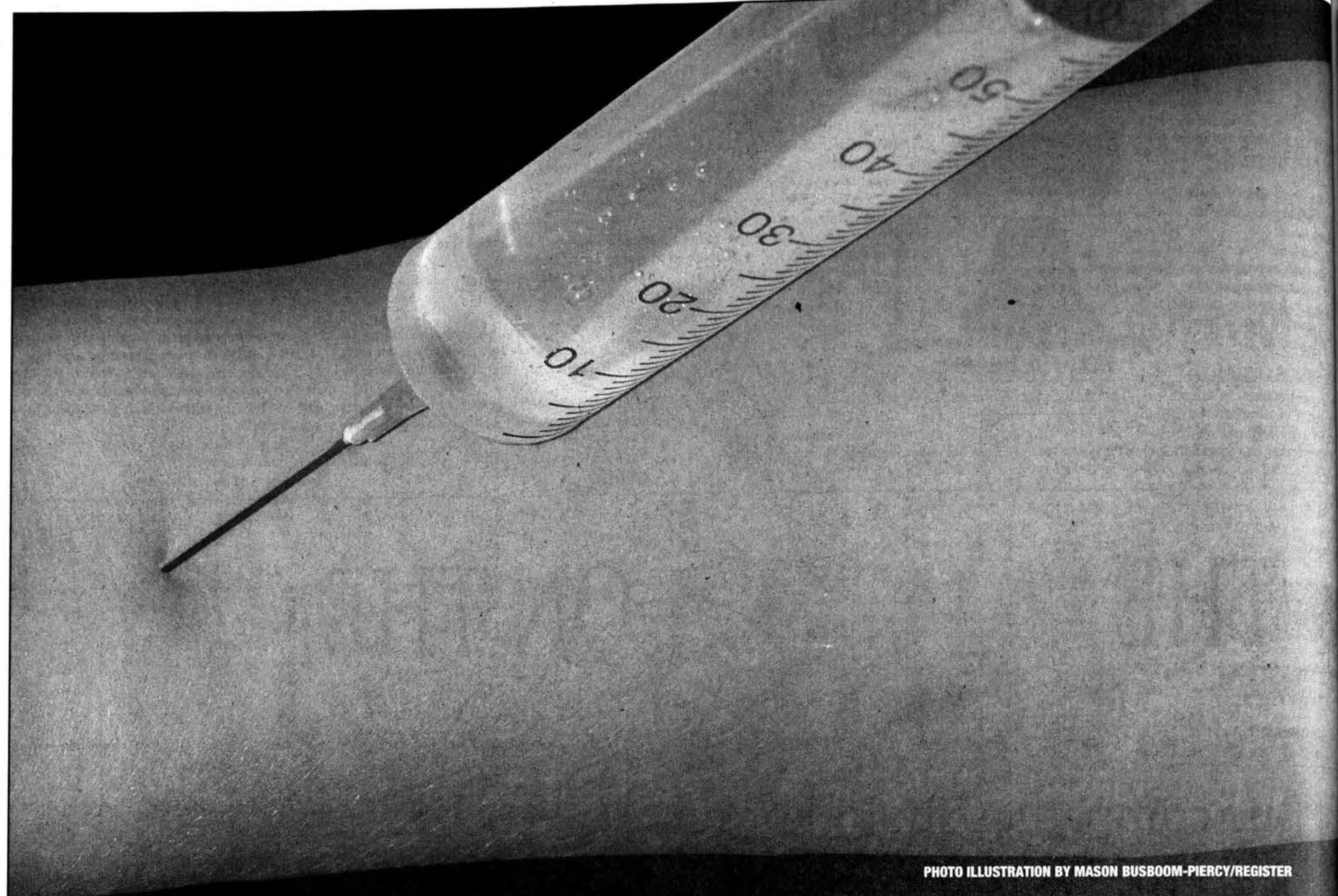


PHOTO ILLUSTRATION BY MASON BUSBOOM-PIERCY/REGISTER

INJECTING FEAR

Sister's condition reminds senior of needle phobia

I hate needles.

My worst nightmares deal with landing in the hospital and waking up to see an IV in my arm. I go hysterical, yelling at anyone and everyone to take it out.

I wake up before it can happen.

I dread going to the doctor for any reason, especially a vaccine. I still remember one shot where I swear I felt the needle touch my bone. I shiver just thinking about it.

The one time I had to have a shot for anesthia in my mouth at the dentist's, it took over an hour for the dentist to give me that shot. I flinched every time the neede came near me. It didn't matter what kind of calming techniques he tried using.

The thing he had working for him was he was cute and I felt bad for taking so much time. I finally gave in and held still with a death grip on someone else's hand.

I know and love someone who deals with needles everyday of her life. I can't even imagine sticking a needle inside myself.

My sister started having daily injections when we were little children.

When other kids were playing during recess, she was inside taking another injection.

She has four daily injections.

I always think if I was in her place, I could handle it better. I don't know if I could last past day one because of the needles. I break out in cold sweat just thinking about it.

She never could give herself the shot. If no one else was around, I would giver her the shot she needed to survive.

I would rather be giving the shot to someone than giving it to myself no matter how hard I tell myself else wise.

Everytime I give her the shot, I worry so much about hurting her. I cringe at the thought of casuing her to suffer anymore than she already does.

She ended up in the hospital because something went wrong. I have always thought if I was in her place, I would never go to the hospital because I would have to get an IV stuck in my arm and I couldn't face that, but I probably would end up there faster than she did because I wouldn't let the first daily shot go into my arm.

I had fought with her before she went to the hospital and I hated myself afterward because she is my only sister. We stay up late talking about our hopes, worries and life.

I hated having to visit her in the hospital. I was scared stiff. Time just stops there. She was laying on the bed watching a movie and laughing with a needle in her arm.

My sister taught me courage and strength.

No matter how much she believes otherwise she has been my inspiration. She is a living reminder to me of my goals.

She lives everyday of her life with diabetes, a diseases that causes one's blood sugar to go awry.

While other children were busy eating a cake, she was busy checking her blood sugar to see if she could eat. She lost the ability to eat when and what she wanted when she was only five years old.

I saw her struggle with watching her diet daily not because of a fad, but because she could end up in a coma and die otherwise.

She was a young child who did not want others to know she was different. She grew to accept herself and her illness. She opened up to her friends and classmates and educated them.

Some students could not grasp what she had and always thought she was not allowed to have any sugar. Others opened up and told her they too or a relative of theirs also had diabetes.

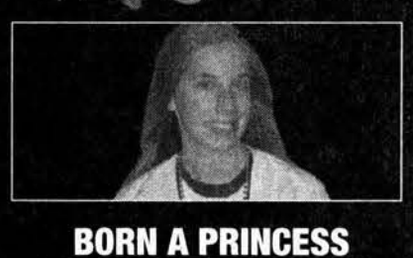
When we went away to camp together, I would become her protector. I worried she would go into a coma because the supervisor on duty had not dealt with diabetes before. I became the educator teaching the counselor and campers what they should do if she went into shock.

I learned the ins and outs of the disease before I could tie my shoes. While other children were playing computer games that dealt with killing other people, I played a computer game so I could help keep my sister alive. The game taught me about what happens in the body and what must be done to keep one's blood sugar at the right level.

I learned from her how some have to practice self-control.

She shows me everyday how a disease does not slow anyone down and how much stronger of a person it can make someone.



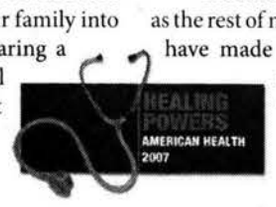


BORN A PRINCESS

A Column by Stephanie Wilhelm

Lack of emotion after grandmother's death surprises senior

Someone close to me was taken away from my family. My grandmother on my mother's side lost her battle with cancer and sent our family into an emotional wreck. Only I was wearing a seat belt. I am usually a very emotional person when death is involved, but for some reason I couldn't find it in me to show any emotions except for sympathy for my family.



My mom cried a lot, where as I just stood by her side and comforted her. It still puzzles me why I didn't shed any tears. I've heard about people showing their emotions at different times so I guess I'm alright. I felt like was being inconsiderate in a way because my family expected me to be just as upset as everyone else.

The fact that I wasn't as close to my grandma as the rest of my family could have made an impact on my emotions. That could be a factor in my lack of tears.

In a way, I felt cold-hearted because even though I wasn't close to her, she was still my grandmother.

At times I felt like my family thought I was being the typical "I don't care about anything but myself" teenager, but that's not the case. I was devastated by my family's loss of someone we all loved, but I didn't feel the need to express my devastation with tears.



ATTITUDE TO SPARE

A Column by Erin Finch

My grandmother had been suffering for about three years with cancer, yet every time she would come through just fine. Three days before he passed away my mom and I went to visit her at the nursing home where she was being treated. My family had tear-filled eyes and yes, I felt devastated with the fact my grandma wasn't going to win this battle, but had to be strong for my mom because she had an emotional break-down.

I remember seeing my grandma for the first time. She didn't look like the last time I saw her before that, at Thanksgiving.

Her face had lost weight and she looked like a completely different person. When I used to see her on holidays, her smile would light up the room and I looked forward to seeing her light shine. The last time I saw her it seemed like her light had dimmed.

I didn't cry because I knew she was happy now. Her struggle was over and now, her light can shine again in heaven.

Friend's withholding of truth hurts more than use of dangerous, popular drug

"I would like him if he didn't lie about stupid stuff," my friend Nina tells me as I round a corner. I nod.

"Like, we were talking," she continues, "And he was like, 'When I did Ecstasy, all I wanted to do was sleep.'"

I make a derisive noise and stop at a red light.

"Honestly," Nina goes on, "Ecstasy is nothing like that. Why would you lie about taking drugs? That's so dumb."

"Like you know what Ecstasy's like," I scoff, glancing at her out of the corner of my eye. Her eyes flit out the window.

"Oh God," she mutters, "I can't believe I didn't tell you." And I honestly can't believe it either. I have nothing to say. There is nothing to say. It feels like betrayal on two levels.

The first being that she didn't trust me enough to tell me.





OUT OF THE SHADOWS

A Column by Briana Kosmicki

The second being that she did E in the first place.

Maybe my priorities are a little skewed. I'm more upset that she didn't tell me what happened, and not that she did a major drug that screws with your mind.

I stay silent.

Of all the questions I could ask, none of them matter enough for me to as them. Because if I try to talk, I start bawling.

I don't want her to know how much I am hurt my this.

"Are you okay?" she ventures.

I nod. I'm lying.

Just like she did.

"It's not that I don't trust you. Because I do. God, you know I do. I didn't want anyone to know. I didn't want you to think differently of me."

I tell her I don't. But really, I don't know what to think.

"Oh man, you can't tell anyone. The only people who know are you and Chris," she adds.

"I can't believe I didn't tell you," she says again. This is a fact I've heard before. And it doesn't make it any better, the morre she says it.

"Wow, I mean, it was in October," she finishes.

Four months, almost.

"Who with?" I ask. Because there's no way she would do that on her own.

"Chris and Mike. It was so nice, too. Not like shrooms at all. Those were scary,. But E was so nice. Do you remember, how I said you could do E once a month and not get addicted to it? We were going to do that. I don't know what happend with that plan," she trails off. There are no surprises for me in that sentence. She trusted me enough to tell me she did mushrooms, after she'd already told four other people.

I feel like my stomach may be forcibly ejected from my body.

"So not just Chris knows then," I say, looking at the road. She mumbles something that I don't hear.

We are halfway to her house.

In five minutes, I can cry.

"What was it like?" I can't help my question. I'm curious, was it worth it for her?

"It was amazing," she starts, "We all felt jut so free. I felt so close to the earth. And Chris and Mike and I, we were all so close because of it. Mike really opened up to us. We were all so close after that."

I remember how near my birthday, they all started acting different. I didn't think they seemed closer, just sketchy.

I was initially upset because Nina didn't tell me something major from her life. Now I'm wondering if she should've told me at all.

I don't know if I really do feel any differently towards her, but our relationship will probly never be like it was again.

There's a cloud of drugs hanging over all of our heads.

Mandated STD vaccine should be universalized

Sexually Transmitted Diseases (STDs) are big problem in America, especially in Douglas ounty, which has the highest gonorrhea rate in e country.

So when something that can prevent a major roblem caused by a STD is introduced, shouldn't e American public accept it as godsend?

Cervical cancer kills over 300,000 women the world each year, of which almost 5,000 are merican. The majority of the time, the cancer is used by an STD, specifically human papilloma rus (HPV).

The Food and Drug Administration (FDA) pproved a vaccine that was put on the market ecently. Shortly afterwards, Texas passed a law equiring all 11- and 12-year olds to be vaccinated gainst HPV in an effort to decrease cervical cancer talities. Republican Governor Rick Perry issued e executive order requiring the HPV vaccine to be added to list of vaccines students must have to be enrolled in Texas public schools.



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The **OPINION** of the *Register* staff

However, after Perry made the order, much criticism arose from religious and parental groups. They said they believed the vaccine would promote pre-marital sex among eens, who would think they were immune from ll STDs. However, the Texan Government did oncede the right of parents and guardians to refuse e vaccine on grounds of religious or philosophical eliefs. In a few Texas school districts, 2,314 students ave philosophical or religious exemptions.

Many questions have been raised as to why e governor, a conservative, promoted this specific exually-related vaccine. The company that roduces the only vaccine, Merck, has connections o Perry. One of Perry's former top employers is an xecutive at the company.

Also, another organization which supports e vaccine, Women in Government, has a very mportant member: the governor's mother is one of e top officials in that organization.

Merck lobbied the governor. No one is enying anything. The company donated $6,000 to is campaign.

The company's hope is all states will mandate e vaccine for students. Just from Texas alone, e company is expected to make over one billion ollars in the first year.

The benefits of the vaccine dwarf any negatives, ough. In a series of tests, the vaccine was shown be 100 percent effective against the two most mmon strains of HPV. Experts have estimated if l girls take the vaccine, 75 percent of HPV cases in exas would be eliminated.

However, even more promising, if all girls and oys take the vaccine, 90 percent of HPV cases ould be eliminated. Therefore, the government hould go even further and require all boys as well s girls be mandated to take the vaccine.

Presently, the vaccine is available to all girls ged 9 to 18, and it will be free for them. But the ost for boys and all other females is extremely igh. It can cost from $360 to $600.

This price is ridiculously high. HPV affects e lower classes mostly, so how will people with mited amounts of money be able to afford the accine? Most insurance companies will not cover e majority of the cost also, further straining oorer people to pay a drastically high price for omething that should be free for everyone.

The price should go down drastically, and the accine should be mandated for boys as well as irls. Whatever the means, the end is justified. This andate of the vaccine will help many teens in the uture.

In a world where STD rates are rising, omething needs to be done to reduce not only the eath rates of one common STD, but also eliminate e number of cases of STDs altogether.

The pain many cancer patients suffer can be educed significantly with this vaccine. It doesn't matter that company will increase its profits a hundredfold. All that matters is less people will contract the dangerous disease, which causes a deadly cancer.Cervical cancer does not only affect the person diagnosed with the fatal health problem, but it also affects everyone the cancer patient knows. All of these people will suffer, knowing someone they love is suffering continuously because of something which could have been prevented with one simple vaccine.

STDs are horrible enough. Dealing with an STD would be even harder, knowing that you also have cancer, cancer that could have been preventable if the government had mandated the Merck vaccine.

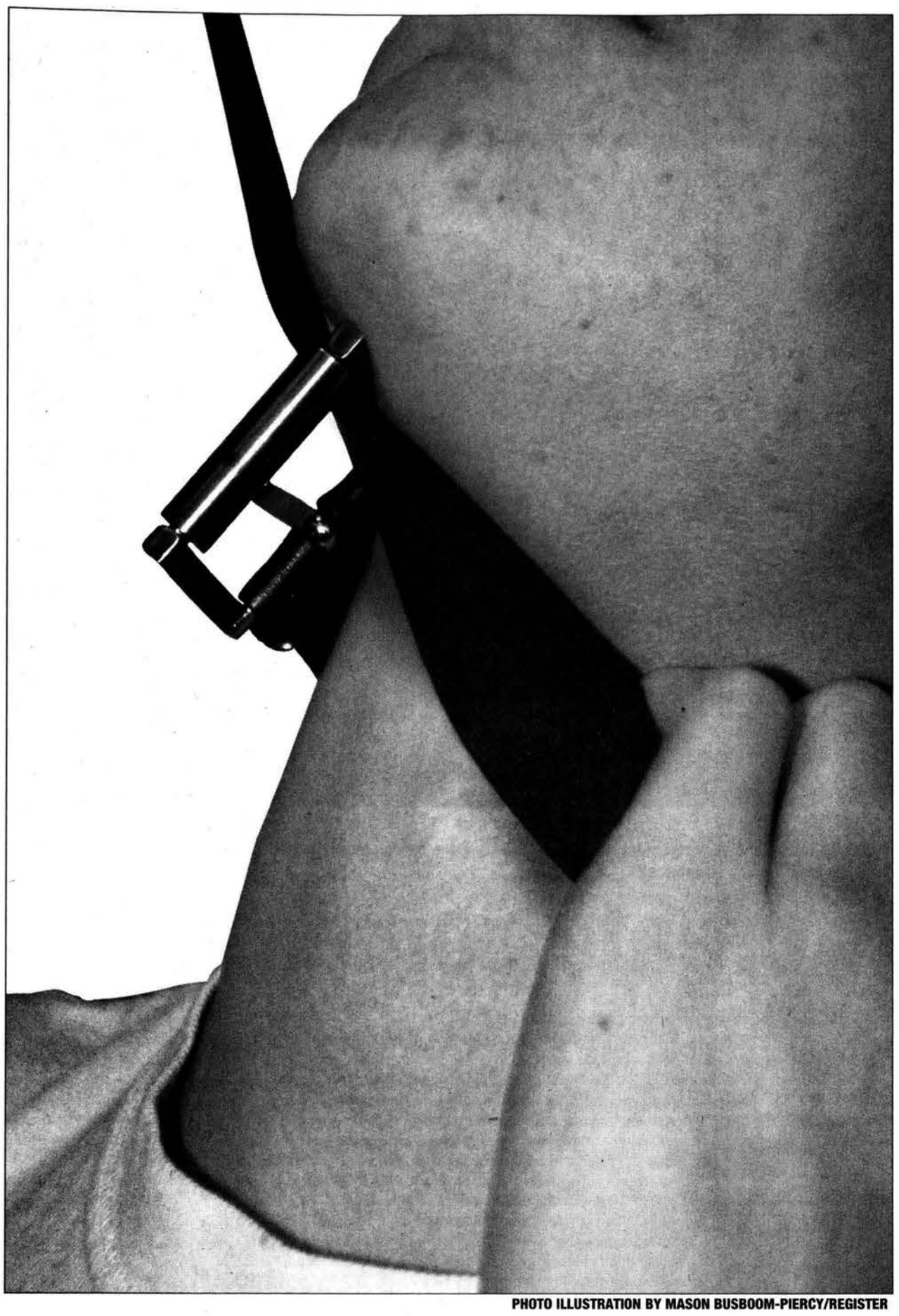


PHOTO ILLUSTRATION BY MASON BUSBOOM-PIERCY/REGISTER

Some teens are getting their high through asphyxiation - many believe it is a safe way to get high, but there's no doubting the very real danger involved when looking at the situation.

THE CHOKING GAME

Teens go to dangerous lengths for a fleeting high

You're at your friend's house. The two of you are hanging in his or her basement talking about the new game you just heard about, the "choking game." Your friend exclaims that he or she wants to try it, rope in hand. You, being all for it, tell them to hold on as you run upstairs for a moment.

As you run up the stairs, you're excited. You can't believe you've found a legal way to get high.

When you return ten minutes later you see your friend hanging from the ceiling, dead.

As horrifying as it sounds, incidents like this happen due to an underestimated killer known as the "choking game," or asphyxiation.

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The **OPINION** of the *Register* staff

The death rates are high enough to create a cause for concern, let alone the perverted behavior in the first case.

This "safe" way to get high is flying under the radar, when in actuality it is one of the deadliest and most mentally damaging ways to get buzzed.

The "choking game" requires one to choke themselves until they pass out, therefore stopping the flow of oxygen-containing blood to the brain. When they regain consciousness, they are met with the feeling of a brief high.

What students don't know when they try this is it may either cause an accumulative number of brain cells to die or the death of themselves.

Students who are becoming more familiar with this are creating an increasing amount of alarm for adults.

Some schools have taken precautions to protect their students, such as holding parent-teacher meetings, talking with the students and sending letters home to parents.

The school board members of Licking County Schools were very concerned for their students after a sixth grader died playing the game.

Fearing future deaths, the school sent letters of emergency home and held meetings.

This game is becoming more and more popular with, shockingly, the younger generation. Children ranging from age 10 to 13 have been influenced by this new trend, students who don't have the same level of accessibility to drugs and alcohol.

So, where did they learn it? Their role models. High school teenagers.

Again and again we hear of teens trying absurd ways to get high, all of them equally or surpassingly stupid. But choking themselves?

All forms of delinquency have their consequences, but none as clear as the consequences of literally trying kill yourself just to get high.

The death rate of this dangerous act is mainly composed of individuals trying to do this on their own. Obviously, once one passes out, he or she must immediately be released from whatever is choking him or her or risk death in three minutes

Why one would even think they could do this on their own is unreal.

Other effects of the game for those who are "successful" include strokes, seizures, and retinal damage.

There have been 933 victims in the United States between the years of 1995-2005 who have died from the "choking game." In the years 2004 to 2007, the ages ranged from 6 to 33 with a majority of deaths between the ages of 10 to 16. In 2007 so far there have been 11 deaths already and the number is rising.

When will this idiocy stop?

Children and teens are participating in an action that could possibly kill themselves in order to get high.

Teens should do own research to learn about world

In the past few years, there has been a growing realization of the vast American empire- a network of satellites, bases, and colonies spread throughout the world. The American people are awakening to a fact that has been clear to the rest of the world since World War II and before, stretching back to the 19th century conquest of Southern Asia.

Currently, the United States has over 800 official military installations in 19 countries around the world.

This number does not include any of the CIA training camps in third world nations worldwide, and if it were to include the nations officially housing American or American-trained troops since World War II, it would soon become easy to see the extent and magnitude of American imperialism.

The most interesting part of this empire is the spirit with which it is carried out. U.S.-trained troops rape and pillage while politicians talk about spreading democracy. American-backed dictators brutally crush and oppress their people while the President and his staff reassure the American people and the world about preventing the insidious spread of Communism, or now terror.

EDITORIAL
The **OPINION** of the *Register* staff

Even while the United States builds bigger nukes, it counsels others to stop the creation of weapons of mass destruction; the Pentagon sells billions of dollars worth of its most advanced weapons to countries worldwide while attempting to pose as the impartial mediator in conflict.

The United States no longer has any credibility in the world in war and peace. The government endlessly criticizes other nations for their human rights abuses, but evidence of horrific abuses by America are practically next door.

The validity of American rhetoric about human rights is seriously compromised when the CIA, FBI and the Pentagon all actively support death squads, drug runners, murder, and genocide in countries like Nicaragua, El Salvador, and Guatemala- in the national and economic interests of the United States, of course.

But to an observer, it appears as if the American government and public are completely oblivious to the volatile situations created by American empire worldwide.

The United States speaks glowingly about the spread of democracy and freedom of the oppressed, about the glorious freedom of speech and capitalism reaching the repressed citizens of dictatorships, but in doing so apparently forgets that it had a role in the creation or spread of war and almost all the most oppressive and terrible regimes in recent memory.

The Contras, who murdered thousands of Nicaraguans and supplied the United States with cocaine in the 1970s were funded through illegal arms sales to current enemy and possible nuclear nation Iran.

Syngman Rhee in South Korea was propped up and supported monetarily and militarily for years, even as he mercilessly slaughtered tens of thousands of his citizens and reperssed the South Korean people.

General Suharto in Indonesia killed close to a million of his citizens between 1965 and 1998, at all steps strongly supported by the Pentagon and especially covert CIA operatives who trained his infamously cruel and ruthless Kopassus (Secret Police) and ABRI (an Indonesian army and Pentagon appendage).

And yet, the American government and people maintain we are the only nation with the accountability, strength and determination necessary to keep the corrupt and evil nations of the world "in check."

The backbone of the American Empire is arms sales (the United States now accounts for more than half of all arms sales worldwide) and capitalism. The evils of capitalism and the free market of the past are easy to discover.

American corporations in the modern world have even worse implications- the cheap goods, foods, technology, and toys we consume with a bottomless appetite are created in conditions that rival any romanticized Industrial society factory. Corporations like Coca-Cola and IBM were in close negotiations and business with the Nazis throughout World War II (accounting machines used to count the toll of the Holocaust had to be checked on a regular basis by IBM employees), and corporate destruction of the environment and its trampling of human rights world wide have continued and worsened ever since.

It was Carter who began arming the Taliban in July of 1979, Reagan funding them and the Contras and the ethnic cleanising in Guatemala, Clinton supporting the genocidal Turkish commandos slaughtering the Kurdish minority in Turkey while supportng Kurds in Iraq and George W. Bush causing the deaths of approximately 100,000 Iraqi civilians..

The most fascinating aspect of the current situation is smost Americans are oblivious. Maybe they are misled by the establishment cronies, but I think it's more than that. Modern imperialism and its effects are a bigger issue than any man, party, or nation- even if that nation is the world's largest and most powerful. Don't be oblivious to the problems of the world today.

It's your world, and you have a right and responsibility to learn about and protect it. In a few years, it will be us up there on Capitol Hill and in the United Nations, our peers sitting in the seats of governors and presidents and CEOs. If we all take the time now to find out about the world in which we live, maybe, just maybe, we can turn around the disastrous trends threatening us today and begin a new era of unity, creativity, and progress in a new world.

Junior uses adrenaline, pain to overcome stressful situation with friends

"There is no way I'm fitting through that."

Five minutes later my torso was stuck in between the snow covered ground and the couch just out of reach of my feet.

My legs swung desperately trying to grab hold of the couch and provide support for my body.

"I can't fit. I can't."

Being a teenager is about the adrenaline rush. I do things just to get my blood pumping. To feel alive.

Most the time the acts needed to get teenagers veins going is something completely idiotic and unnecessary.

Like breaking into a friends house.

To play ping-pong.

Being the arrogant snot I am, I bragged about my superior ping-pong skills. Talking of spin, power shots and net play I seemed like a professional. But then, one day, a friend called my bluff.

He challenged me to a game of ping-pong. My charade was over.



FAKING A SMILE

A Column by Patrick Breen

And now I hung half-way into the basement and our ultimate goal. The ping-pong table just out of reach with both of my friends saying "take one for the team."

Because I needed to conserve as much energy as possible I didn't reply. But I thought, "What team? I'm hanging through a window and you're watching. To the best of my knowledge, this isn't a team!"

The frame and glass pushed on my side. My lungs grasped for breath, and my friends stood in wonderment. I wiggled both ways slipping one arm in, then switching. No matter which way I turned, I couldn't fit my shoulders through the hole.

Not that my shoulders are like that of a football player, but they still couldn't seem to collapse into the small opening.

And that's when I realized it. I was stuck.

I saw my future flash in front of my eyes. A neighbor would see me breaking into a house and call the cops. My friend,s being their noble selves, would leave their wounded, stuck comrade behind. I'd freak and my small, already-broken heart would dissolve as the cops arrived on the scene.

The headline the next morning would state, "Criminal dies breaking into house..." and the caption under my lifeless body would say "He deserved it."

Determined to change my fate and manifest my own destiny, I struggled and tried harder. In my mind I yelled, "I can. I can."

My hand clasped hold of the broken glass beside me. I felt my hand slide and open painfully against it. It tore apart my skin as easy as a knife slipping through butter. My blood dripped on it. I was permanently linked to the scene.

And there it was. Adrenaline. The cut wasn't the trigger, but it wouldn't kill the flame. My heart began pounding like a bass drum in the front of my chest. A slight ringing pierced my ears, and my mind went on a high.

It was perfect.

One friend was laughing hysterically and the other more determined friend grabbed my shoulder and pushed. Logic told us it wouldn't work. We were determined to beat it.

In elementary school, we learned the square block went into the square hole. Maybe that learning technique needs to be revised, because my body somehow finally squeezed through the basement window.

My body flopped to the floor. I was in.

Joy enveloped my body. Still on my adrenaline high, I bounded up the stairs and went to find the front door to let my friends in.

The cold metal lock felt good against my fingers. Like a cold oasis for my hot hands. I opened the door and we were in.

Going down the stairs, I felt the rush slowly drip back through my pores. Coming down from the high, my eyes drifted back to their weary state. Jam band music turned everyone's mood relaxed. I covered up the cut on my hand and let my other friends play on the table.

Several paper napkins wrapped around my finger later, my friends were done.

When it came to my turn, I lost. They both beat my cocky attitude into a bloody pulp.

Taking the loss with whatever dignity I had left, I laughed. Because although I got beaten down in a game of ping-pong, I got to fit through a basement window and experience a rush and memory that would last forever.

I lust for the next rush. I can't wait till my body is hanging off the edge of that building. Till my lungs are crushed from the running and my body is weary from the physical threat of pain. Because when my body may be lying on that ground or top of that roof, my mind will be off.

Off on that natural high.

Adrenaline. It keeps teens going.

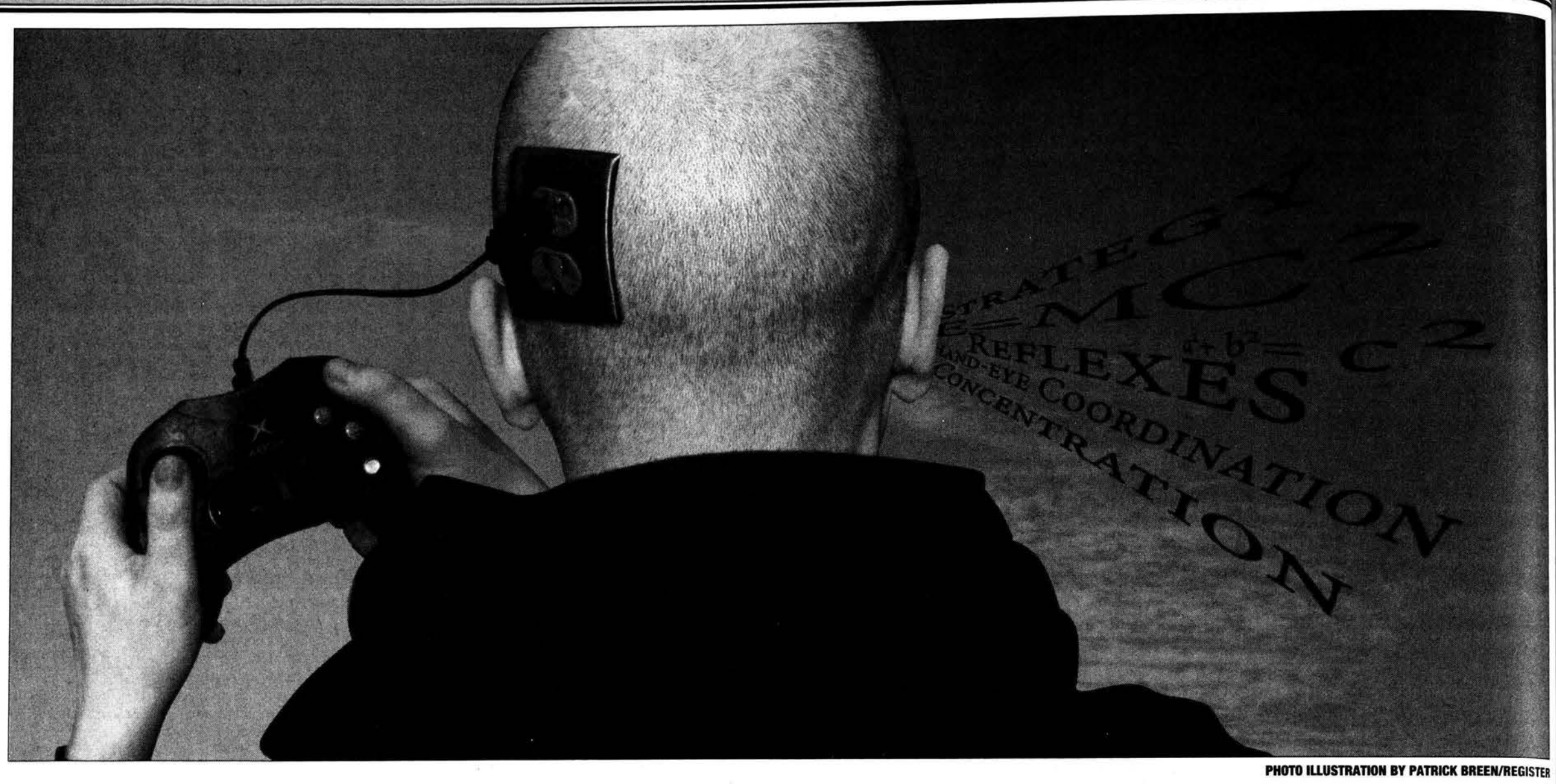


PHOTO ILLUSTRATION BY PATRICK BREEN/REGISTER

Are video games as much an educational tool as an entertainment device? Whether or not most teens want to play video games based on math or science, many popular games have been shown to help students with such skil as seen in the graphic above. But does the good really outweigh the bad in these situations?

Video games create some positive effects

Playing video games may not be as harmful to teenagers as originally thought, but that doesn't mean it's okay to blow up bad guys on a television screen all day.

Serious game players are saying all of the hours that they spend playing video games aren't bad for them.

According to National Purchase Daily, video game sales almost reached $10 billion in 2004. According to a study, those billions of dollars may have actually gone to learning.

The video game industry has already started making video games educational as well as fun for young children. Systems like the "V-Smile" are trying to appeal to parents who want their children to be productive.

However, very few teenagers would ever play those games in favor of violent ones. While video games have shown some benefits to teenagers, for the most part the negative effects cause video games to be more harmful than helpful.

The study has shown playing some violent games like "World Conquest" can actually be helpful to teenagers. Some experts claim playing those type of games improves strategy-forming skills and hand-eye coordination along with confidence and reflexes. It is, of course, helpful for teenagers to have confidence and other skills video games can help sharpen.

However, teenagers cannot use that excuse to slack off from doing their homework and chores. Students shouldn't get lazy and not do their best in school because they're playing "Grand Theft Auto."

Teenagers already spend a lot of time blowing up and shooting things in video games and they shouldn't get any lazier.

It is a stretch to claim it can be used to help educational purposes. It is not as if teens go to play video games purely because they think of it as improving strategy-building skills and helping them become educated.

For the most part, teens go to play video games and think of how many people can be killed or knocked out. For the most part, video games encourage violence in some form and not education.

A 2004 study showed less than 2 percent of video game players preferred playing video games with educational content while 32 percent preferred games that were fantasy violence. Even among the teenagers who play sports video games, the violent ones are most popular.

Teenagers quite obviously itch to play video games because of the violence in them, not for the educational value.

To actually place such video games in school would be unwise. No video game should take the place of hard work.

Playing these types of video games does not help with math or reading skills, nor does it improve other actual classes in school.

However, it's good the school has not reinforced video games as tools for learning. It would be a new low for teachers to just allow students to play video games in exchange for their regular classroom lessons.

Students are still going to school and learning the basic subjects instead of trying to conquer virtual lands through brute force. However, with advancing technology you couldn't be blamed for being a bit concerned.

Even at Central, some students are on the computer during class and playing video games. Even though many sites are blocked, it doesn't stop students from playing "Tetris" or other games when they should be focusing. To applaud "Mario" for its strategic merit and compare it to actual learning is more than absurd.

Even if video games do serve some helpful purposes, students cannot trade in their free education in exchange for mindlessly stealing virtual cars.

And let's not forget there are some negative effects that come along with the benefits.

Video games encourage laziness. Instead of doing something productive video game players spend hours on end just staring at a television screen and pressing buttons.

Take the game "Dance Dance Revolution." Instead of actually exercising and moving around like in arcades, players can now control their dance moves with by pressing a few keys. Where's the value in that? Heck, where's the fun?

And let's not forget studies have shown that there could be a possible link with video games to an increase of aggressive behavior. The negative effects of video games cast the positives in shadow.

The violence in popular video games was not meant to serve as a learning tool and it never will.

EDITORIAL

The **OPINION** of the *Register* staff

Junior unsure about introduction of mom's new boyfriend into house

Who is this guy?

I come home from a long day at school or work to find the surprising presence of another male in the house.

Now, even though this man has been around for about a month and at my home frequently, I still am a little bewildered by the sight.

Divorce is now becoming commonplace in America. My mom will have been divorced 10 years this February. It's tough having to go through your middle and high school years while only seeing your father every two Saturdays.

Most of the pain has been dealt to my sister, though. I think a father figure may be more important to a young girl because he is supposed to be there when she is hurt or distressed. There have been numerous situations I'm sure he could have cured if he were around.

My mother has been the calm in the storm. I mean this metaphorically because she can get pretty irate sometimes. She hadn't even thought about dating until this guy. All through this complex and difficult decade my mother has always put us first and tried to do what is best for us, and for that I respect her and love her dearly (although sometimes I have odd ways of showing it).

Many kids experience their recently-divorced parents getting back into relationships very quickly. I've known friends whose mother or father has a different friendly relation monthly. Mom has gone above and beyond the basic "put a roof over your head."

One day I notice a card sitting on the dashboard of the car. It contains the phone number of one of the mechanical gurus at Old Mill Toyota.

Of course, I immediately tease mom about it. My sister and I always point out when we think a certain dude is eyeing her longingly. It's funny to see her face blush and listen to her annoyance.

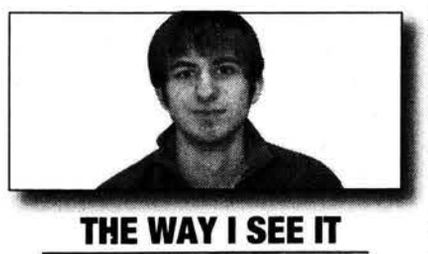
This man from the Toyota shop has been fixing my mom's '93 Camry for a while now.

One night, to my utter astonishment, he walks in with flowers and an all-too-friendly hello.

He is very polite and has impeccable manners. This guy's physical attributes wouldn't agree with his attitude. He is a fairly heavy-set man sporting a thick mustache.

This guy starts to make daily evening visits, often staying for dinner and bringing more flowers (he knows what kind my mom likes now). He has shaved at my mother's request, and now no one could ever catch a speck of stubble on his face.

What the heck is going on? He has a few vehicles, so sometimes I get to drive to school. He picks me up from work. He drops me off at places I need to be when my mom is in a bind. He gives me cash when needed. Why am I so uncomfortable with him being around?



THE WAY I SEE IT

A Column by Connor Bailey

The fact that I'm not used to my mom being with another guy could be the cause. Maybe I'm just an emblematic cynical teenager. I know for a fact my sister, for lack of a better word, despises him.

She makes a concerted effort to leave the room whenever he enters. Shouldn't I be glad my mother has found companionship?

I am very happy for my mom, and I certainly want what is best for her. However, I also hate to see my sister so distraught and troubled all the time. I'm often called upon to "figure out what's wrong with her." Most of the time, my attempts to "figure out" are shut down by a slammed door or random obscenity.

Making everyone happy these days is an extremely difficult goal to achieve.

I'm not really sure about the effect this guy has on me. Most of the time when he walks in and says hello I just return the favor blankly and without any hint of politeness or even emotion. Some part of me wants to accept moving on and finding new things is a part of life. But the other part contains my vicious annoyance and hatred of this harsh realization.

The need for some sort of older male camaraderie at hom is something which has always been in the back of my min With all the different things I have going on and everything school that keeps me occupied, I'm afraid that the thought w always be in the back of my mind.

Now that I am getting older and preparing for life aft high school, I am finally thinking about what the future hol for my family.

The next year and a half will turn out to be some of th most interesting days of my life. With the introduction of th guy, it adds another ingredient to an already spicy dish.

Whether or not this new element will make the journe more difficult still remains to be seen. The one constant th will always be present is me and hopefully my ability to medi a tough situation.

Ultimately, I think he's a good man. My skepticism an initial distrust have recently morphed into near-respect an friendship.

Maybe this nice, well-mannered dude is a needle in haystack. Maybe, after a decade of fluctuating emotions an uncertainty, I can find a certain measure of peace. It's not goi to be easy (younger siblings can be stubborn roadblocks) but think it's not only possible; this reality is on the horizon.

Who is this guy? Only time will tell. However, it is m personal opinion that he is a blessing in disguise that is turnin out to be a great surprise.

Friends' behavior after friends' death insulting, irresponsible

A memorial erected at the site of a fatal car crash can be an effectively poignant reminder of a lost loved one.

It is a place where people can leave memoirs, candles and, recently, beer cans with messages inscribed on them, standing to demonstrate remorse over losing such a great drinking buddy.

The latter occurred recently at the memorial of two Gretna High School students who were killed after they got into a car with an intoxicated driver.

The driver crashed, but lived. The two passengers died.

The friends of the deceased decided to mourn by littering the memorial with small trinkets of alcohol-inspired memorabilia, like a beer dispensing helmet and a Captain Morgan key chain.

The two issues apparent are irresponsibility and insensitivity.

Obviously, the idea drinking and driving is deadly did not reach the teens' friends. The deaths seemed only to be an unfortunate mishap, not a result of negligence.

If anything good could come out of a fatal drunk driving accident, it would be to serve as an example.

However, this particular situation rules out the chance for a positive consequence. The friends involved are overlooking a warning which should be screaming at them, pounding them in the head, and choking them purple.

A teen loses a close companion to drinking and driving, and has a beer to reminisce. He is clearly missing the point.

If someone's close friend dies as a result of drinking and driving, and that person is unfazed by the loss, what else could show him driving while intoxicated is wrong, aside from crashing himself?

What stronger message against drunk driving might there be?

Teen drinking is a problem already rampant enough in today's society. Now, the youth are being desensitized to any sort of negative consequence they might have to face. They're more than willing to take deadly risks.

A teen has too much to drink, but still has confidence in his abilities to drive.

Resting on some ludicrous belief of self-superiority when it comes to drunk driving, he takes to the wheel.

Inebriated, on the road in a powerful vehicle, he loses control or reacts too slowly, plowing into some massive object.

Metal twists and buckles as the car collapses. The outside of the car's frame might as well be an aluminum Coke can as it crunches in on itself.

The teen dies. Whether it's on impact, in the ambulance, or on a bed in the emergency room, he is no longer living.

It's not a new story. In fact, it happens all the time.

According to the Nebraska Highway Safety Division, from 2002 to 2005 over 40 underage drivers were killed in alcohol related accidents. The amount of crashes with an injury easily surpasses 500.

If this can't prevent others from walking down the same path, then something else should be done to ensure teens, or anyone for that matter, will not turn themselves into a motorized hazard to their own and others' lives.

And at least if they choose to look past the warnings, they should not be allowed to, or even be in a mental state where it seems acceptable to commemorate a loss by polluting a memorial with something as disrespectful as alcohol paraphernalia.

Last summer when Steve Irwin died, no one would have thought it was appropriate to appear at his funeral with a picture of a stingray captioned, "Great times in the water! XOXO"

Leaving beer bottle-inscribed notes about missing the victim for a drinking partner not only shows a serious absence regarding the morals of the friends, it's an insult to the memory of the deceased.

The victim becomes identified by the act that ended his life.

The two boys most likely meant the world to someone, and as more than drinking buddies.

The degradation of their memory should not pass with a shrug of the shoulders and a simple explanation, "kids will be kids." Freedom of speech, while giving someone the right, does not give the justification to litter insensitive garbage wherever he or she wants.

Teens find drinking exciting. It's rebellious and it's illegal. Now, it's numbing people to the severity of death.

The trend is distressing, and hopefully will not continue, as losses must be learned from, and memorials kept respectful.

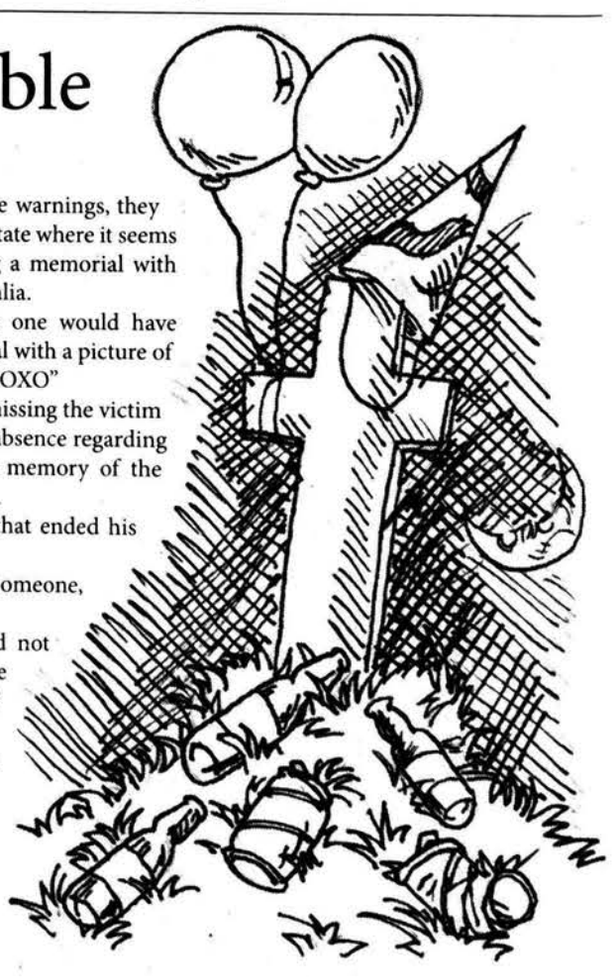
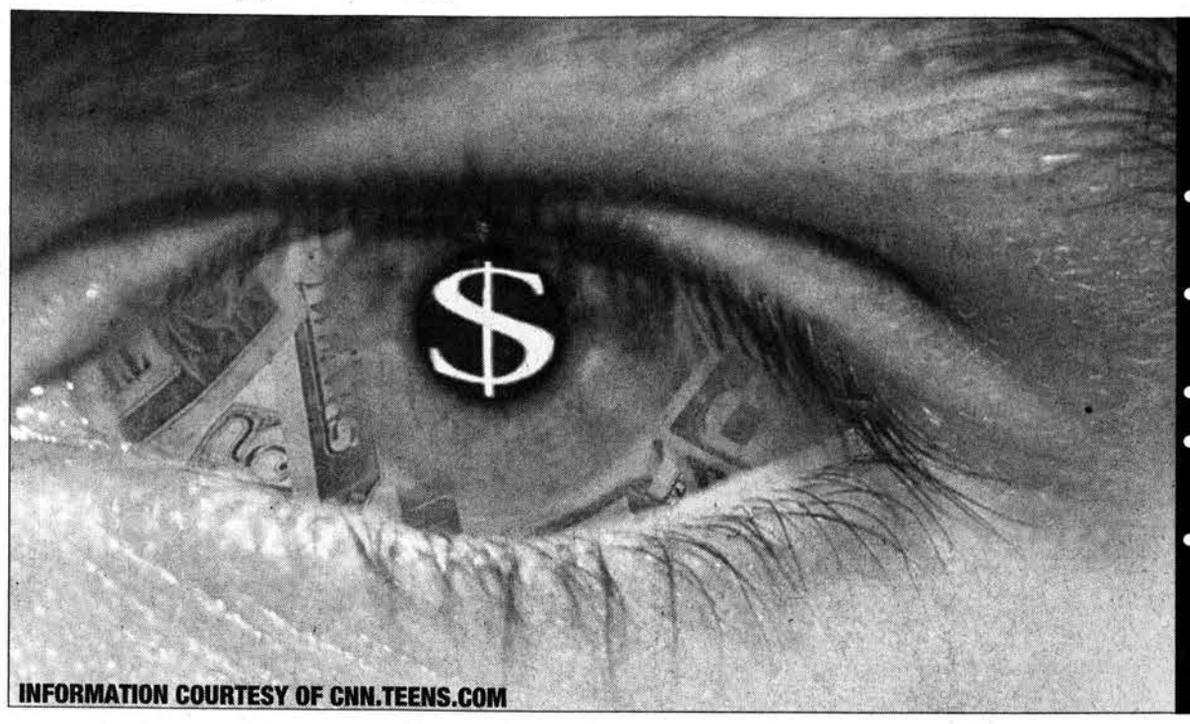


ILLUSTRATION BY BOB AL-GREENE/REGISTE

EDITORIAL

The **OPINION** of the *Register* staff

Love of money symbolic of larger trend



INFORMATION COURTESY OF CNN.TEENS.COM

TEEN GREED

- Teens spent over $196 million in 2006, and will spend over $210 million in 2007.
- Over half of teens carry more than $50 with them.
- On average, one teen spends $155 a week.
- Teens spend 68% of their money on electronics.
- Only 8% of teens are saving money for their future.

INFOGRAPHIC BY PATRICK BREEN

It used to be a house in the suburbs, or a healthy family. It was what every boy and girl on the block hoped to have by the time they were adults.

Today, it's a different tale. This generation is all about money. And lots of it.

In a poll conducted by CNN, in 1966, 42 percent of teens said that it was essential or important to be "very well- off financially."

That percentage rose dramatically to 62.5 percent in 1980, and rose yet again by 2006 to 75 percent, almost double the amount of people from 40 years ago.

The point is, youth in America have become obsessed. That's the only word for it.

Not only are they going back on the goals and dreams of previous generations in search of less meaningful possessions, but they're also risking themselves in a dangerously unhealthy addiction to material goods.

Years ago, any parent who thought they knew what good parenting was also knew they should not stifle their children's dreams, however difficult it may have been to achieve them.

Little Billy isn't going to make 50 K in his first year after high school, but he doesn't know that.

Little Sarah may not become a veterinarian just because she wants it bad enough.

But she wasn't prepared for the truth to come crashing down on her. Unfortunately, that is not what we've all been told to believe.

Parents are sending all the wrong messages in a vain attempt to make children content and happy.

However, now those children are growing up, and finding that life doesn't work like mommy and daddy lied to them about.

Everyone expects to be in a well-paying career by age 20, and when that doesn't happen, all hell breaks loose. This is supposed to be America! Land of opportunity!

Nothing prepares teens for the reality of college expenses, all their meals, housing and everything else.

Parents are in fear of making their children unhappy and try to buy their love to avoid temper tantrums.

This holds parents mostly responsible for the disappointment and feelings of alienation endemic of today's youth.

Generation X or Baby Boomer parents were much more likely to buy their children things than a parent during the Great Depression or World War II.

So this growing trend of material attachment is advancing with each generation.

Showing love only through gifts is a lousy moral and has caused this problem.

Sure, shame on the parents, but the way they raised their kids is said and done now.

No turning back the clock. Instead we need to be focused on getting back into the right mentality.

The shoes, the clothes, the cars, all of this needs to take a backseat to the necessities.

This kind of misconception and in turn attraction to material items has to stop.

Unfortunately the people who started this trend are in no position to halt it.

Our generation has to take the reins and show we know the difference between love, money and love of money.

We need to show we comprehend things are expensive, even the necessities.

We need to show regardless of how much we want those new sneakers, or that new iPod, or the cell phone or the video game, the future is far more important.

All of this will take a change in the routine, but the routine is nothing more than a bad habit anyway, and it should start stopping here.

Sure, you get what you want now, but what happens in a few years when you need cash to support yourself and anything you'd pawn has already depreciated in value?

It's dangerous, and it's popular.

The change needs to start now, and it needs to start here. If you don't own a savings account, get one, and use it often.

If you regularly buy things outside of what you need, stop now and save yourself from an unforeseen fate.

Sure, we aren't at fault for our value of material things, but we can be the reason that the problem stops here.

Let's start thinking of finances seriously folks, because the fairy tale rarely ends happily ever after anymore.

Trend of early-morning soda fix unhealthy, pointless for teens

HEALING POWERS AMERICAN HEALTH 2007

EDITORIAL

The **OPINION** of the *Register* staff

All of the concern about obesity hasn't stopped teenagers from making unhealthy eating decisions like drinking pop in the morning.

Breakfast is the most important meal of the day and to compliment it is pop.

Teenagers as well as adults are starting to trade coffee for pop for their morning beverage.

According to a National Purchase Daily (NPD) study group, the number of people drinking pop in the morning has doubled in the past 15 years.

The study also showed outside of the house, coffee consumption has fallen 25 percent.

Even though coffee is still the leading breakfast beverage, pop is catching up.

Soda is being consumed than ever and the bottles are getting bigger all the time.

According to the Committee on School Health, between 56 percent and 85 percent of teenagers have a soft drink daily.

A good amount consume more than one soda a day.

Even though the school vending machines are turned off in the morning, students are bringing in a bottle of their favorite soda to drink during their morning classes.

Various health studies have shown students who drink a large amount of pop are more at risk for obesity; the danger of diabetes also goes up.

The NPD group also reported that in restaurants 15 percent of their customers order a pop for breakfast.

The age group that consumes the most pop is teenagers and early adults around the 18-25 years old.

This generation is the main reason why pop in the morning has increased.

Teenagers may have busy schedules, but that doesn't mean that they can't drink healthy, especially in the morning.

Teenagers are drinking pop earlier in the day and probably are helping themselves to more pop in the afternoon, thus causing an increase in the amount of pop drunken through the entire day.

Instead of just an afternoon thing, drinking pop has now become an all-day thing.

What's next?

Teenagers in the future will choose to only drink Coke or Pepsi products?

Teenagers will regularly eat chips and other junk food for breakfast instead of a balanced meal?

In fact, the number of people drinking pop in the morning has gotten the Coca-Cola company to announced recently that the company is going to start their own morning drink.

The fact that people seem to want a pop company making coffee shows how much America loves caffeine.

Are teenagers really so tired they need pop to keep them running in the morning?

Teenagers need to make healthier choices for their breakfast beverages. What ever happened to drinking some kind of juice or milk in the morning?

Both teenagers and adults know that drinking pop in the morning is unhealthy, but they still do it anyway.

It's because of this kind of attitude that obesity is a problem.

Teenagers know that there are studies showing that obesity has become a major problem in society, yet they don't make the simple choices that are obviously healthier.

Welch's grape juice may not provide the caffeine that pop does, but it's obvious those types of drinks are healthier options that teenagers are ignoring by drinking pop in the morning.

In fact, doctors are worried teenagers are drinking too much pop and forgetting to have milk. Studies by scientists have shown the lack of calcium from milk leads to brittle bones and osteoporosis later in life.

Teenagers really don't need to drink all of that pop in the morning. It's that simple.

Is having caffeine in the morning more important than the health of this generation as well as future ones?

Drinking pop in the morning is unhealthy because the only thing it offers is a couple of unhealthy substances.

Basically the ingredients in the pop we love to drink are only sugar, carbonated water, some acids and empty calories. There is nothing remotely nutritional about them.

Teenagers should limit the soda they drink to only the afternoons so this nation can get healthier.

Pop is fine to have in the afternoon, but nobody needs all of the sugar in pop in the morning.

It may give you a burst of energy and keep you awake, but doesn't give you vitamins or minerals that the body needs.

A 12 oz can of pop contains 10 teaspoons of sugar in it, which means a good amount of the beverages is sugar.

Instead of worrying about getting a caffeine fix in the morning, teenagers should concentrate more on choosing healthier choices for their diets, especially for their breakfast.

Pop in the morning may taste sweet, but the lasting effects of drinking it won't be.

DUSTING

In their never-ending quest to get high, teens have locked on to the newest and cheapest way to inhale a drug.

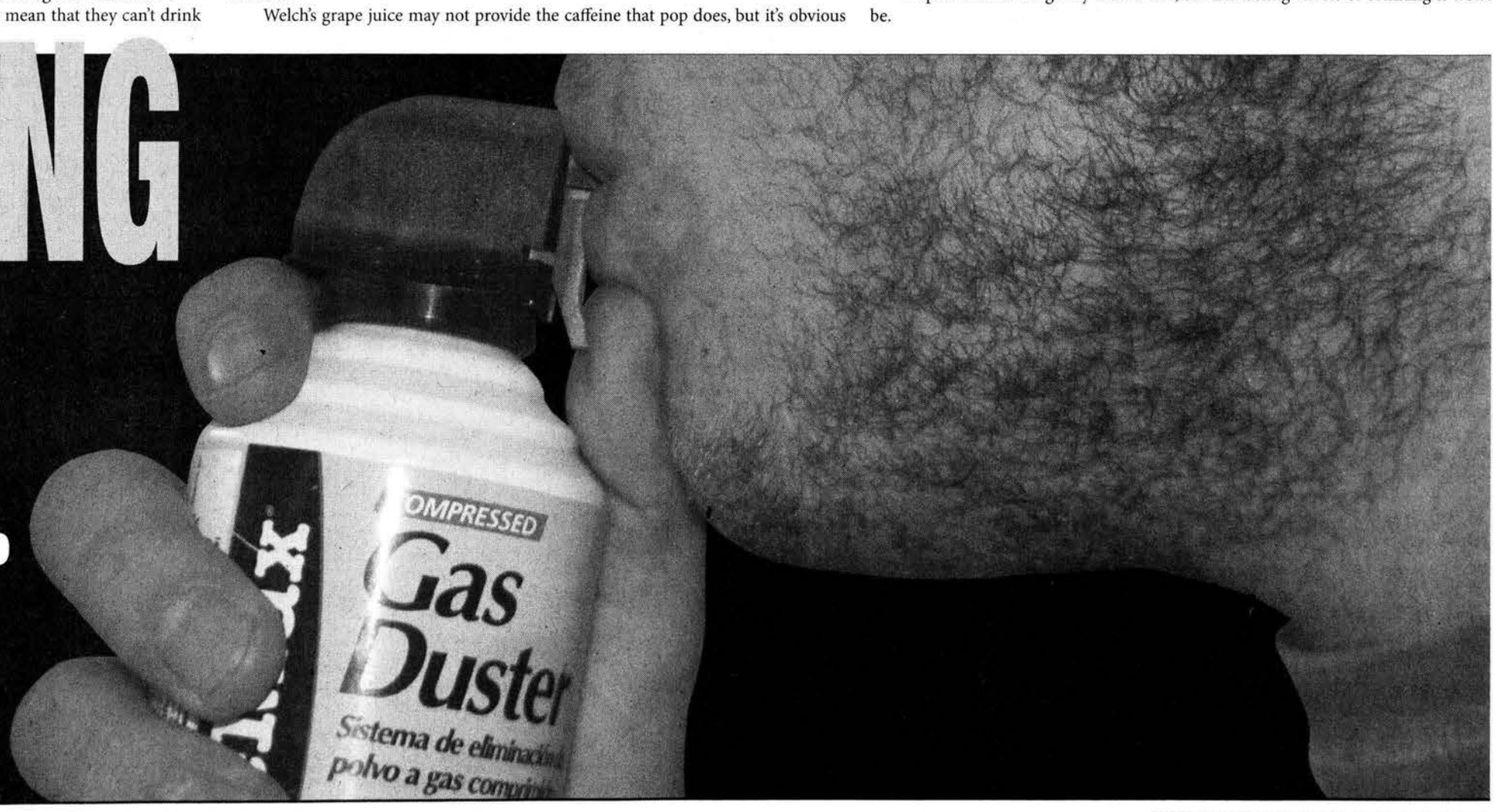


PHOTO ILLUSTRATION BY BOB AL-GREEN/REGISTER

HEALING POWERS AMERICAN HEALTH 2007

EDITORIAL

The **OPINION** of the *Register* staff

Anyone who says that teens aren't productive is wrong.

Just look at all the exciting ways that they come up with to get high.

Snorting, sniffing, injecting, inhaling, smoking, eating, absorbing: they can create a rush out of just about anything, each is as dangerous and disgusting as the next.

But not all highs are easily achieved, and some teens are desperate.

Luckily, there's a new, legal way to get high. It is called "dusting."

It's a type of inhalant whose name comes from the source of the high, a cleaning product called "Dust Off."

"Dust Off" is used in offices to clean areas like computer keyboards.

It's also an inexpensive inhalant that is available to many kids, although its accessibility is being limited.

Its effects are disgusting, and the fact that some people would sink so low for a high is equally disgusting. Dusting is extremely dangerous.

Yet it seems as though many teens are at a point where they don't care. They would risk their lives for anything to get them high.

What are the benefits of the use of an inhalant? It is legal in some cases, it gets you high, and it is easy to conceal its use.

The drawbacks are that the high is short, the drug is illegal, and it can easily be lethal, even on the first use. The high, lasting only seconds, can cause paralysis. And the drug also decimates brain cell counts.

Does the good really outweigh the bad?

Of course not. Death wins.

It stands as a poor reflection on society that anyone would succumb to the use of such a drug.

Someone would have to crave a high so badly that he would be willing to risk anything for a high so brief, whether its his brain cells, his future, or even his life.

In all cases of drug use there are hazards and chances taken, but how far must someone be in his own addictions to actually want to stand in the face of death? It makes for a risky bet.

Why stack the odds against yourself?

Don't think that everyone who touches a bottle of "Dust Off" falls over and loses his pulse, but the chances are high enough to make it confusing why anyone would resort to dusting.

If there were a chance that you could die as easily from caffeine ingestion, or even if it killed brain cells, soft drink companies would go bankrupt in a heartbeat.

Gambling with an idea like death, which is done when using most forms of substance, does not yield very lucrative odds.

It's is especially true in this case, in which death doesn't come from long-term use, or even an overdose, but just one single use.

Inhalants are easy to get your hands on, so maybe that explains its high usage, but sudden sniffing death syndrome is real, and the abuse in spite of it is mind-boggling.

Inhaling "Dust Off" can cause loss of consciousness and permanent damage to the vital organs.

Warnings about the hazards of compressed gas and inhaling the products are printed on the web site of Falcon Safety Products, Inc., the manufacturer of "Dust Off." The makers know the danger, and try to prevent it from occurring.

Warnings are printed out in the open. The risks are displayed for everyone to know about. Anyone can access them. It's not an issue of availability, It's just that they're all disregarded, and the drug use continues.

Is this the new definition of "thrill?" Is the rush so great? People used to find thrills in activities like sports.

Now they're finding thrills on hardware store shelves, in paint, glue bottles and spray cans. The definition of after-school activities is changing.

Teens exhibit no self-worth or self-respect, tearing open a bag, taking their lives in their hands in the form of a black and red can.

It is just another retraction to society, seen countless times, this time in the form of drugs, others possibly in the form of sex or drinking.

What sets dusting apart, however, is the fact that it is a method that is settled for by its users, like a last resort. It's practiced by someone who is convinced that he needs an instant euphoria, no matter the cost.

He achieves his euphoria, but he is dead literally the next instant.

There's no solid explanation. Dusting is bound to go on, no doubt, but the numbers are surprising.

How can an act go on with so little justification?

Call it a depravity, maybe a shame, or just dumbfounding.

Is it worth it? No.

Does it happen? Definitely.

That's all that there is to say.

Just look on and wonder.

That's all that there is to do.

THURSDAY, APRIL 5, 2006

OPINION

THE CENTRAL HIGH SCHOOL REGISTER

124 N 20TH STREET OMAHA, NEBRASKA 68102 | A HIGH SCHOOL PAPER PRACTICING PROFESSIONAL JOURNALISM | NATIONAL PACEMAKER AWARD WINNER



THAT'S UNHEALTHY

A Column by Frani Jamrozy

Altruism not understood by friend

After college, I plan to join the Peace Corps or an organization to that likeness to be of whatever help I can in Africa.

I was sharing this with a close friend one hot July afternoon while we took solitude in the frigid artificial air of Hy-Vee when she looked at me with wide-eyed contempt for my future plans.

Examining a box of off brand Pop Tarts, she challenged me: "Why? That's so depressing..."

Depressing? We were aimlessly wandering through the cold (in more ways than the temperature) aisles of the supermarket when I came to the conclusion that the idea of dedicating my life to the poverty stricken population of Madagascar or Chad seemed far less miserable than spending my afternoon in the epitome of corporate America among an abundance of cheap TV dinners and brightly packaged cereal, as ironic as it may be.

I began to further develop this when I realized I was trapped in everything I found profoundly helpless.

The aroma of rotisserie chicken burned my nostrils and the faint buzz of the overhead lights provoked in me a throbbing headache, the kind that lingers right between your eyes and even makes your pupils sore.

From brightly colored boxes to fuzzy exclamations booming from the overhead announcements of two-for-one specials; it all seemed so loud but so unimportant. It all was; everything so loud, so fast and frantic.

People are always pushing through one another even though there's no particular rush. I can't begin to fathom why everyone is so eager to get from one place to another; it's even harder for me to figure out where it's so important to be.

It's my presumption we've built up certain aspects of our lives because we're so used to trying to get there, though there may not even be a reason for it.

We've tricked ourselves into putting immense importance on things that don't particularly matter in the scheme of things.

Maybe if we slowed down, really slowed down, we would have the time to put things back into perspective.

Things beyond our high speed Internet, fast food and other contemptible, shallow things we could start thinking about other people and their basic needs.

We could concentrate on the most important thing: each other.

My thoughts were interrupted once we had made our way to the entertainment isles and unenthusiastically skimmed magazines filled with ads of cheaply-made (but expensively-sold) clothing and I couldn't help but see the girls making these clothes, my age but far too old with withered fingers and sore shoulders in place of the skirt my friend was shrieking over.

When she was finished singing the praises of the skirt she would soon forget about in place of another want, she once again directed her attention to me and continued to question my motives, making her way through and across seemingly sad people and shiny floors.

"I can understand you would want to go for culture and such, but come on! We have culture at our disposal! The Chinese Buffet is all the way on the other side of the store, and that's a distance you'll have to go for culture. Same thing, so why go to Africa?'

I knew at that moment she has completely missed my point.

I glanced around the store, hoping to find an appropriate response to her distorted logic scrawled across the ceiling or spelled out in non-perishable food items.

Instead, my eyes fell upon a woman with tired eyes and her whiny toddler crying for cakes and candies, both trailing a cart filled with diet pop and hotdogs and compared them to an African woman, imagining her eyes the same, tired, but for different reasons, her son whining and crying for any food at all.

"I understand that you feel sorry for those people, I do. But really, look how lucky you are; look at everything you have so conveniently offered. If you think about it, you'd be selfish to take it all for granted. I say we take advantage of it!"

I watched her self-assured grin as she struggled to clutch her carton of half-off ice cream and standing under the fluorescent light, I wondered who we should really feel sorry for.

TRAPPED IN THE HABIT

In a world full of problems, smoking is pushed to the wayside by some. Others are taking new, innovative steps to dissuade teens. But just how efffective can new methods be against this killer addiction?

Smoking has now legally entered into the classroom.

In a little school in Belgium, students 18 or older are allowed to smoke in the school building during class. In return for being able to smoke, those students need to wear a badge on their shirt with a picture of a pair of black lungs with a sentence stating, "This is what my lungs look like and I don't care."

It was just a few days after the policy was announced that the administration retracted the part about the smokers having to wear the badges. However, the part about smoking in schools is still in place for the time being.

One has to wonder just what the school administration was thinking when it came up with the policy. By implementing the policy in the first place, the school administration completely missed the point. In an effort to get students to stop smoking, they decided to actually allow smoking in the classroom, and thus increase the number of people exposed to smoking and cigarettes.

Smoking in the school shouldn't be allowed anyway. School is supposed to be an environment where the students are comfortable. Not every student is going to be comfortable with having smoking going on in class. Smoking has been banned on school property for good reasons.



EDITORIAL

The **OPINION** of the *Register* staff

The school officials didn't think about the harmful effects of second-hand smoke could have on those students who are subjected to the poison despite not being addicted themselves. Second-hand smoke can be just as harmful to a person's health as smoking. And allowing smoking in school just exposes teenagers to those harmful effects on a daily basis.

The only thing the policy seems to do is just encourage those who smoke to smoke even more. And what's more, all of the smoke from the cigarettes undoubtedly distracts the students who are trying to learn. Allowing those students to smoke in school doesn't encourage those smokers to quit like teachers should already be doing. The administration went about trying to discourage smoking in the wrong way.

The school also loses because smoking can continue to happen in class without any consequences. Even though the policy was put in place to discourage smoking for teenagers, the school officials should have thought about the consequences before implanting it.

One of the best ways to get people to stop smoking is to enforce a smoking ban. The smoking ban helped smokers quit in Lincoln and there isn't any reason to think it wouldn't work in other parts of the world. There are also other options, too. Another effective way to stop teenagers from smoking is to discourage them when they are young. Having a picture of black lungs on the shirt of a teenaged smoker isn't going to be as effective, especially since most high school students have already made a choice whether to smoke or not.

According to a study by the U.S. Center for Disease Control and Prevention, over 1 million teenagers start smoking each year. Part of it is because of the media promoting smoking, and allowing smoking in schools is basically advertising cigarettes. School is a place where students come to learn, not to smoke.

It's easy for teens to get addicted to smoking early in life, when they can see it as a sign of social stature. Some may never escape.

PHOTO ILLUSTRATION BY PATRICK BREEN/REGISTER



Reckless friend takes teen for risky joyride

My 1998 Ford Contour wasn't meant to be used as a bumper car.

Unfortunately, when I hang out with a certain friend of mine, that decision isn't always up to me.

He leads a pretty reckless lifestyle, so I won't come out and say his name. I'll just call him James.

If I'm stopped at a red light and the car behind me seems to be creeping too close, I get a small chill down my spine. I check my mirror to make sure it's not James.

Whenever he's behind me, he drives his car into my back bumper. Then he pushes down on the gas, overpowering my brakes.

I drift into the middle of the intersection. I have no option but to run the light.

James pulls into the opposite lane of traffic with a maniacal look on his face. He rolls down his window, and he seems to be laughing. Then I realize that he's not laughing, but cackling; a wholesome, evil cackle. He finds an obscene sense of joy in having so much power.

If I'm driving away from my friend's house and I feel something jolt my car, I know it's because of James.

If I get nudged in the back and spin out, narrowly missing a fire hydrant, I know it's because of James.

If I'm pushed into the middle of 72nd Street during a red light at one in the morning, I know it's because of James.

He laughs from his gut, with evil satisfaction from fulfilling a need planted deep within his brain. It's a need to wreak havoc.

That's who James is.

I remember the first time I ever got into his car. Most of my friends had already done it before, and it was built up to be some sort of experience, something I just had to try.

I wasn't thinking about what I was doing when it happened.

I climbed into the back seat, put on my seat belt, and as he backed out of my friend's driveway, I realized the mistake I had made.

He threw the car into reverse, and hurtled backwards down my friend's block, topping 60 mph.

He switched into drive, hiked his wheels on the curb, and plowed through a few leaf bags waiting to be collected the next morning.



I CAN RELATE

A Column by Max Larson

I felt a little sympathetic for the owners of the leaf bags. Raking is dull work. I did my best to make it clear that I was an unwilling participant, and was being held captive.

After about 20 minutes of sending leaf bags flying, knocking over a stop sign, and collecting a few parking cones, he headed for the park.

Dodge Street was empty, and James switched on his right turn signal. Then he slowed down, tugging on his steering wheel.

We went straight over the curb, and the next two minutes were a blur.

The car was bouncing. Trees flashed in and out of sight. Everything swerved from side to side as we hurtled through the darkness.

I could have sworn lights were flashing, guns were firing, and dogs were barking. There must have been bombs going off all around, because it felt like the car kept tipping, fighting through craters, and getting rocked by shrapnel.

All I really know is I kept screaming about how we were all going to die. And above all the noise and panic I could hear James. His full-bellied cackle drowned out everything for just a moment, piercing my nerves, terrifying me.

Somehow, dodging all the trees, following the trail across Memorial Park and scaling a few hills, his car made it to the baseball field by Underwood.

The panic went away. Everything was calm again. We turned right off the curb and onto the street. It was empty and quiet, even serene.

That's the way everything looks after a near-death experience. I guess by this time I'd had quite a few.

Ever since I started hanging out with James, my association with the term "near-death experience" has gone from non-existent to a once-weekly habit.

But that's not a good thing. Everything comes back to you, and karma has to exist. Every time James went through a red light or pushed my car around, I know he's racking up points against himself.

I know this because James is a kid who drives Grand-Theft-Auto-recklessly, but never got burned for it. That is, until just recently, when he totaled his car.

He was trying to make a light, which everyone has done before. But James making this light was like someone trying to jump over a 20 ft. wall with complete confidence.

Needless to say, he didn't make it.



GO READ A BOOK

A Column by Ben McGuire

Junior's love of home state challenged

I love Nebraska. I think [illegible] all its faults, it is a great [illegible] to raise family, work, etc. [illegible] once in a while, Nebra[illegible] or individuals within it [illegible] something so ridicul[illegible] that I question my lov[illegible] to my state.

There was Sena[illegible] Ernie Chamb[illegible] whose cen[illegible] ideology see[illegible] to be the return [illegible] segregation.

His plan to fix sch[illegible] funding problems was [illegible] separate them into raci[illegible] divided districts, claiming that [illegible] alone would fix school problems.

While it's true a bureaucracy [illegible] OPS can complicate issues, and lo[illegible] control often leads to more effici[illegible] problem solving, the plan of Chamb[illegible] which involved making independe[illegible] school districts with boundaries rela[illegible] to completely racial lines, is racist a[illegible] stupid.

Separation can only lead to increa[illegible] racism, and the loss of city-wide [illegible] revenues in poor districts can o[illegible] support the further growth of the wea[illegible] gap and the economic deprivation [illegible] minorities. Ernie Chambers' legacy [illegible] end up being that of a brave, progres[illegible] senator who went crazy at the end of [illegible] long and arguably successful career.

But it is something wholly differ[illegible] that arouses my true ire at the Cornhus[illegible] State.

Last May, District Judge Kris[illegible] Cecava decided a diminutive c[illegible] molester might get beat up in prison [illegible] she just released him.

Just this month, a man who beat [illegible] dog to death died in prison. Ponder th[illegible] two aberrations of justice for a mome[illegible]

I'll start with the dog-ki[illegible] Someone who beats a dog to death [illegible] probably crazy, and should be clos[illegible] watched, but two years in jail for killi[illegible] his own pet?

The man who was recently arres[illegible] in the murder of Amber Harris ser[illegible] four years for the molestation of his [illegible] daughters. This lunatic got just two m[illegible] years than a man who hit and kille[illegible] stupid animal?

Just last week, two teenagers w[illegible] sentenced to ten years apiece for putti[illegible] a dog in an oven and killing it.

Shocking? Horrifying? Of course[illegible]

But these two kids need psychia[illegible] help, not a long sentence in prison. If th[illegible] are not cruel, deranged animals now, th[illegible] will be if they survive prison. Apolog[illegible] to anyone who really loves their pet. B[illegible] human justice is for humans. If we st[illegible] down this path, we'll start having to jud[illegible] the relative worth of pets in sentenci[illegible] the humaneness of their death, and so[illegible] Animals are animals, and human bei[illegible] are human beings.

The man who walked free in M[illegible] was Level III child molester Richa[illegible] Thompson, who was charged with 9[illegible] counts of sexual assault of a minor.

The judge acknowledged that [illegible] deserved a long sentence and was [illegible] dangerous criminal, but decided ten ye[illegible] of probation would be more appropria[illegible] along with a request to destroy he[illegible] amounts of child pornography and st[illegible] away from small children.

Why? Well, she said the 5-foo[illegible] Thompson would not be able to surv[illegible] the dangers of a fair punishment. Are [illegible] supposed to feel sorry for this man?

Justice is blind. The punishme[illegible] should fit the crime.

These two cases, and the dearth [illegible] justice in both of them, have helped [illegible] make the Nebraska legal system a l[illegible] while demonstrating the complet[illegible] arbitrary nature of justice in Nebra[illegible] and our nation. Pray with me th[illegible] pet abusers and short-statured ch[illegible] molesters get the punishment they tr[illegible] deserve.

Otherwise, Nebraska will be [illegible] place for us and our families.

THURSDAY, APRIL 5, 2007

ARTS

THE CENTRAL HIGH SCHOOL REGISTER

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WHERE ARE THE HEROES?
A look at some of the most famous (and infamous) faces in films about the Wild Old West.

PAGE 45C



WAFFLECONE WEDNESDAY

A Column by Patrick O'Malley

Musical video game provides fun for senior

There is nothing more annoying than trying to fall asleep late at night when all you can hear is your friends miss every note while trying to play "Crazy On You" by Heart in "Guitar Hero 2" over and over again.

I mean, the game has completely ruined some very great songs.

I honestly will never hear "Freebird" the same way again.

The game has become very popular with my generation of mindless teenagers who stare at television screens for a good portion of their days.

It is a pretty interesting concept though. The notes fly by as you hit a button that imitates the strings and hold the whammy bar down on extended notes.

When done right it is almost impressive, but when it's done by someone like myself, it becomes a complete disaster.

I must say it is pretty funny to watch someone play a fake guitar while pressing five buttons. They are so into it and they feel like they are actually playing the song.

"I feel like I'm in control man, feels great."

What can you do but laugh?

Oh, and when they reach "Rock Star Mode" and yank the neck of the guitar up violently to score more points, gold baby.

"It helps me with my timing,"

There's a common rationalization I hear for the tremendous number of times someone plays it in a day.

Don't get me wrong, I'm not totally wrong here I don't hate video games or anything.

I can rock a bubble universe on some Super Nintendo, that's for sure.

It seems to me that my friends who are musically inclined are the ones who have the hardest time playing, weird.

That's probably because most of them think it's kind of a joke as well.

They mostly say it doesn't really help them improve or anything, it is just a video game.

This game is just proving the laziness that the improvement of technology has had on our society, typically in my generation.

I mean you hear adults saying it all the time.

"Kids now days are lazy and are always taking the easy way out."

Well it's the truth, believe it or not.

The fact that someone would rather play a fake guitar that might make you have a more instantaneous feeling of what playing an instrument would be like proves that point.

Pick up a real guitar and put the work into actually learning how to play some of your idols' work.

If you really want to play guitar, buy one and learn how to play it. You will probably need to take lessons, but that's OK because at least you'll be really playing something.

Now, I'm not sure if playing the game so much, or a road trip that many of my friends and I went on to see a band was what ignited a fiery interest for music under our butts, but hey, whatever works.

I know it wasn't the game that hooked me, but I can't say much for the rest of the guys.

It has, regardless of how ridiculous the game, made some of my friends pick up some real instruments.

If that was the goal of the inventors than that is great.

I have had instruments my whole life and my dad plays in a few bands, so I grew up around music, but never really learned how to play a whole lot.

I know I should have picked them up when I was little, I regret that very much.

So, I can't hate the game because now I get to jam with some of my buddies. We're not good or anything, but we have a great time trying.

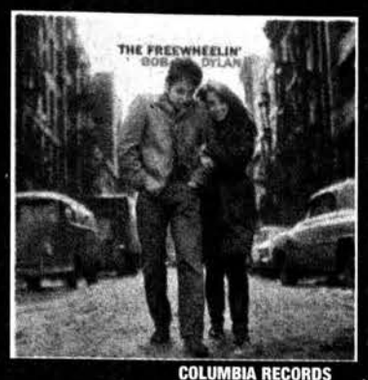
You should see it.

Actually, if you know much about music you probably would not want to see it.

I guess everyone starts at the bottom, though.

So turn on your television, pick up your fake guitar and jam.

POLITICAL MUSIC



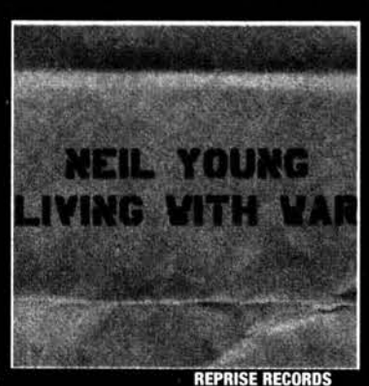
COLUMBIA RECORDS

BOB DYLAN
1963



COLUMBIA RECORDS

BRUCE SPRINGSTEEN
1984



REPRISE RECORDS

NEIL YOUNG
2006



REPRISE RECORDS

GREEN DAY
2004



EMI RECORDS

JOHN LENNON
1969-1980



BORN TO FIGHT

Political music has been around for a long time, whether in the form of rap, country or rock. From spirituals sung by the slaves, to current music groups like Green Day, political music is heard in every genre.

BY MAX LARSON

A fresh name in teen political music now rests at Central. The band isn't easily overlooked, both because of its socially-based agenda and because of its name, "Swordfish Terror."

The band includes sophomores Cameron Mayfield and Cooper Lee on guitar, sophomore Alex Carlson on bass, junior Dan Villalba on drums, and Papillion LaVista South graduate Justin Tweedy as the vocalist.

Mayfield said the name doesn't really have much significance, he just came up with it one day during school.

"No one will ever forget that name," he said. "We all thought it was cool."

Carlson said the band started after the breakup of an older band called Churchill. Lee, Mayfield and Carlson, original members, eventually worked Villalba and Tweedy into the band.

He said the members have all become close friends of his, spending time with each other beyond band practices.

He said Churchill was a hardcore metal band, and that hardcore is a mainstream brand of metal, with singing and more of a pop structure. It's somewhat showy and materialistic.

They now play death metal, which includes double bass drumming, fast fills and fast, harmonizing guitar.

Although it has the word "death " in it, death metal doesn't always mean the band sings about blood and gore.

"People automatically assume death metal is about people dying," Carlson said. "It's just the style."

He said the band isn't strictly political, but the singer writes some political songs.

The music definitely takes priority over the politics, but

Continued to **Politics** on Page 40C

Political Music Spread
INSIDE
see **40-41C**

PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

Students get opportunity to see hit Broadway show

BY FRANI JAMROZY

On Jan. 12, "The Lion King," legendary on Broadway, made its first appearance in Omaha to the delight of many Central students, as well as staff.

The show, breaking records in dollars, in seats sold and in percentage of seats sold made a mark on the box office, but even more so on the students who attended the production.

Sophomore Lydia Stern, who has been actively involved in Central's drama department since her freshman year, was highly vocal in her opinion that everyone who had the opportunity to see it should have.

"It was such a mixture of arts, so full of song and dance," Stern said. "The scenery and costumes are so beautiful, they're like art in themselves."

Junior Sarah Potts, who played the lead female role in this fall's drama production, expressed appreciation for the puppets involved in the musical.

"It was just really interesting to see the puppets come to life. Their actions were unbelievable, they made such awesome movements."

Stern, on the other hand, was adamant her favorite aspect of the production was the costumes.

"They were so intricate…it was ridiculous. It seemed so complicated but came together so flawlessly. When the actors would move, it seemed like an animal," she said. "I sometimes would catch myself forgetting a person was in the costume."

One of the actresses so professionally hidden behind the costume was Danielle Lee Greaves, who played the only female and lead of hyenas, Shenzi.

Greaves is no stranger to Broadway, partaking in the roles of Lorraine and MotorMouth Maybelle in "Hairspray," Joanne in "Rent," Leatherine as well as psychiatrist in "Sunset Boulevard" and Ethel in "Showboat." However, this was her first time with "The Lion King."

Greaves said she had previously tried out for "Lion King" but around the same time was offered "Rent."

Throughout the years, however, she would audition for "The Lion King" roles when actors were needed.

She said when it came down to her receiving the role, producers wanted her and made a specific call. Being a part of the cast since May, she is relatively new compared to many other actors and actresses involved in the production. However, Greaves said a huge part of the fun is getting used to a new character, and she's doing just that.

"Each new show, each new day, I'm still discovering how she (the character) works - her characteristics, her quirks; it's all still getting worked out," Greaves said.

It can't hurt the hyenas have a few more privileges and a bit more leeway than the other roles to help ease her way into the character.

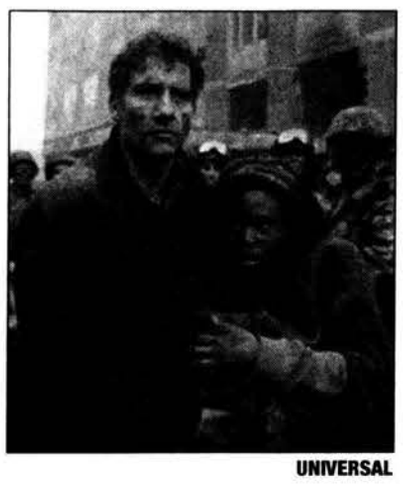
"We [the hyenas] have more free reign than anyone. We laugh! We can freely laugh…hyenas do that!" she said. "We have comic moments on impulse. We're free to get down and move near the ground, no other character can do that. That's our territory- there's a lot of power there."

Greaves said she took to her character with such great pride and jittery excitement, it felt as though Shenzi was her first role. To Greaves, that's almost the case.

"It's so exciting, every time I get a show, it's a new experience. The anticipation is just too great to even being to explain."

She said that excitement is the very reason she loves live theatre. The way the show is constantly changing, the different emotions felt

Continued to **Broadway** on Page 35C



UNIVERSAL

Film shows bleak future, hope for man

BY BOB AL-GREENE

"Children of Men" operated on a simple premise: for the last 18 years, no babies were born - the human race had become infertile and despondent. So when a man was introduced to a pregnant woman, it became his duty to get her out of the country and into the hands of those who could help her.

MOVIE REVIEW

★★★★★

"Children of Men"

Starring: Clive Owen

A simple plot, yes. But the movie which filled in the plot was the best movie in the past year.

The film picked up in the not-too-distant year of 2027. The cause of the epidemic remained unknown, but hope was all but dead. Scores of disasters had plagued the world, and Britain was the last civilized nation, though only in relation to the rest of the planet. The influx of refugees ("Fugees") had caused the government to impose complete border lock-down, placing Fugees in camps far away from the gated and barred cities.

Theo, played by Clive Owen, was a cold character, once an activist who had since given in to the drudgery of middle-age. He refused to be corrupted by the constant propaganda streaming through televisions and digital billboards, but he could not avoid the deadliness in living in a totalitarian state, as evidenced by an explosion at a coffee shop early in the film.

He spent his time smoking and debating the end of the world with his aged hippie friend Jasper, played to perfection by Michael Caine, until he was snatched off the street by a group of Fishes (anti-government terrorists) and brought to their leader, his ex-wife. She told him they needed transit papers to the coast, and when he could only obtain joint papers he had to accompany the Fishes and the stranger, a Fugee named Kee who revealed to him her awe-inspiring secret.

Tragedy struck and the plan dissolved, however, and Theo had no choice but to go on the run with the pregnant Kee, hunted by the government as well as the militaristic Fishes under new leadership. Their goal was the coast and a ship there which could take them to the fabled Human Project, but the dangerous trek and the bonding of the two main characters, along with the eventual loss of all those surrounding them, was a tense, beautiful and thought-provoking odyssey.

The obvious religious allegories were there, but the film dismissed them early on. When Theo asked Kee who the father was, she answered she was a virgin before laughing it off. This sense of dark humor made the film what it was throughout, and contrasted with the extremely dramatic elements perfectly.

The most noticeable stylistic move in the film was the complete sense of reality of it all - the de-saturated film contributed to the feeling of deathly stillness, just as the hand-held camera work created the sense of being there. As characters hunched down and rushed headlong into the crossfire, the camera dipped low to the dirt and followed along with them like an imbedded journalist trailing a GI into the fire fight.

Some reviewers who had read the book on which the film is based complained the film was too much of a cookie-cutter action flick. This couldn't be further from the truth. A few lengthy scenes, the most action-filled in the film, were shot entirely in single takes, an amazing feat and a technique which only added to the tension and in-the-moment sensation as bullets whizzed by, buildings exploded or motorcycles gained on a car fleeing in reverse.

The filmmakers injected familiar imagery into the movie as well, such as caged humans resembling victims of the Holocaust, or tortured POWs a la Abu Ghraib. The inside of a refugee camp thrown into chaos by an uprising recalled every urban war zone from the streets of Germany during World War II to Yugoslavia to Baghdad, complete with masked protesters pumping their AK-47s in the air and chanting as one.

At the same time, the bleak future seemed essentially tied to our own modern world. There were no androids or flying cars to be found, just men and women doing their best.



COLUMBIA PICTURES

The Ghost Rider, played by Nicolas Cage, pauses atop a bridge as he is pursued by police on his flaming motorcycle. Though the film's script, plot and acting were less than spectacular, impressive visual effects, especially on the title character, were able to carry the film.

"Rider" beats average comic book films

BY BOB AL-GREENE

Strong acting performances and engaging plot lines have not been the strong suit of recent comic book movies.

Well, there isn't much of a difference in "Ghost Rider". Luckily, it doesn't take that much away from the movie.

How is that possible? Well, "Ghost Rider" is a unique character in that his appeal is almost entirely visual. He's a guy with a flaming skull who rides a motorcycle with flaming wheels, people. We're not talking "Schindler's List."

MOVIE REVIEW

★★★½☆

"Ghost Rider"

Starring: Nicolas Cage

Comic books are hot property in the film industry nowadays, and super heroes and villains who were once confined to tiny panels are coming to life on the big screen now more than ever. For the enthusiasts who pine for such movies, the results can be both good and bad.

There are two comic book companies responsible for these characters. DC Comics seems content to release only one movie every year or so based on their property (the last two being "Superman Returns" in 2006 and "Batman Begins" the year before), and they try to do the best job possible. Marvel, on the other hand, has jumped on the train and started pumping out multiple films per year; three "Blade" films, three "X-Men", three "Spider-Man" flicks, "Hulk", "Fantastic Four", the made-for-TV "Man-Thing"... the list goes on. And honestly, the filmmakers did a poor job on a large percentage of those films.

Which leaves the average moviegoer a bit uneasy upon entering the theater to see "Ghost Rider," the latest in the line. Sure, there's Oscar-winner Nicolas Cage (who was once rumored to be filling Superman's tights) and Oscar-nominee Peter Fonda ("Ghost Rider"? "Easy Rider"? Get it?).

Cage played Johnny Blaze, a motorcycle daredevil who as an impulsive teen sold his soul to the devil to cure his father of cancer, doing so out of love, not greed. Selling your soul for any reason is bad news, though, and when the decision came back to bite him, Blaze left his hometown and true love behind with the knowledge that eventually, the devil would come to collect his due.

The film then cut to Blaze as an adult, a superstar who risked his life in increasingly dangerous stunts and found himself obsessed with second chances. When his high school sweetheart, played by Eva Mendes and a series of low-cut blouses, came back into his life just as the devil spawn Blackheart arrived on Earth to take it over, Blaze found himself in a bit of a pickle; on one hand, by night he was transformed into the invulnerable personal bounty hunter of the Devil, thirsty for justice and the punishment of those who prey upon the innocent, sworn by a pact of blood to do the bidding of Lord Mephistopheles until his soul could be freed.

And on the other hand, Eva Mendes is hot.

"Ghost Rider" was directed by Mark Steven Johnson, who previously helmed the mediocre "Daredevil," about another Marvel hero, hasn't grown all that much as a filmmaker, but is saved by the astounding imagery of his title character (and his wicked hog). Without Ben Affleck jumping around in skin-tight red leather, comic movies seem to have a lot more going for them.

There's no doubt the film had its weak points. The lack of chemistry between Mendes and Cage was a problem until some of the final scenes, and the script was full of inconsistencies and eye-roll moments (listen for Sam Elliott as a gruff but wise old cemetery caretaker telling Blaze "last night did happen" after the former wakes up in the latter's bed).

But comic book movies are graded on a different scale from the average Hollywood fare (whether that's a good or a bad thing for the industry). They aren't expected to be legitimately moving or dramatic, so when one comes along that is actually a good movie, it's a special treat. Well, "Ghost Rider" isn't that movie. It is not even really close. But it's still fun to suspend your disbelief for a few hours and watch a crazed, flaming, chain-wielding skeleton roar across the screen and clash with rogue demons.

Because that's where "Ghost Rider" had its time to shine, just like other comic films: in the special effects. The "Spider-Man" series has won Academy Awards for its visual effects in swinging sequences, whereas "Hulk" flopped thanks to its jolly green giant of a star.

And while this film might have had some cheap-looking shots, it thrived when the main character was on the screen in all his fiery, supernatural glory. The high point belonged, though, to a Ghost Rider from a past generation, who late in the film lit up the saddle in full cowboy gear, complete with a flaming, skeletal horse.

When all was said and done, "Ghost Rider" proved to be exactly what it needed to be. There were no jaw-dropping moments, but a couple of thrills brought the audience close to the edge of their seats, and at very few times did the plot meander into utterly lifeless territory. Cage was strong as the star and projected just the right amount of enthusiasm.

ALBUM RELEASES



April

3 Jennifer Lopez, "Como Ama Una Mujer"

"Como Ama Una Mujer" will be the fourth album from Golden Globe and Grammy winner Jennifer Lopez. Even though she has had some Spanish in other albums, this will be the first album where every song is in Spanish. Lopez is considered one of the most influential Hispanic women in the business.

3 Paul Wall, "Get Money, Stay True"

"Get Money, Stay True" will be Paul Wall's second album. He is known for party music infused with his hip-hop and rap style. The album will feature several guests including Snoop Dogg and Bob Marley. The album is produced by Swishahouse Records. There is a possibility this album will the last one Wall will do.

10 Bright Eyes, "Cassadaga"

This will be the 11th album Bright Eyes has released on Saddle Creek Records, which singer Conor Oberst helped found in the '90s. The new album is expected to take a more country/western turn than previous works, like some of the tunes found on Oberst's last release, "I'm Wide Awake, It's Morning."

17 Avril Lavigne, "The Best Damn Thing"

Avril Lavigne's third studio album, "The Best Damn Thing," is described as anywhere between fast, fun, young and bratty to aggressive and confident. The CD is said to be mainly composed of love songs with the famous in-your-face beat Lavigne is known for. It also includes her latest hit, "Keep Holding On."

May

1 Tori Amos, "American Doll Posse"

It's been more than two years since the world has heard anything new from singer/songwriter, Tori Amos. As a follow-up to her latest album, "The Beekeeper," which sold 287,000 copies, Amos is releasing her self-produced album via Epic Records, "American Doll Posse."

8 Elliot Smith, "New Moon"

"New Moon" is a posthumous compilation with songs Smith had written between 1995 to 1997. The proceeds of the album will go to a Social Service for low-income adults and homeless youth in Oregan, where Smith lived. The singer was found stabbed on Oct. of 2003, but it is unknown whether it was suicide or murder.

8 Bjork, "Volta"

"Volta" will be the sixth album for international star, Bjork. For the new CD, Bjork welcomed new artists to give her music a more unique sound. Some of the new artists include European stars doing vocals and playing the drums. Also coming in from China, a professional woodwind musician.

Movie Releases

April

4 "Firehouse Dog"

6 "Are We Done Yet?"
"Grindhouse"
"The Reaping"

13 "Aqua Teen Hunger Force"
"Perfect Stranger"
"Disturbia"
"Slow Burn"

20 "The Nannie Diaries"
"Pathfinder"

27 "The Condemned"
"Death at a Funeral"
"Fracture"
"The Invisible"

May

4 "Spider-Man 3"
"Lucky You"
"September Dawn"

11 "Georgia Rule"

18 "Shrek the Third"
"1408"

25 "Pirates of the Caribbean: At World's End"
"Bug"

Concerts/Events

April

3 Rod Stewart, *Qwest Center*

5 The Locust, *The Rock*

7 Maria Taylor, *Sokol Underground*

12 Kenny Chesney, *Quest Center*

22 Aqueduct, *Sokol Underground*

22 Say Anything (w/ Saves the Day and the Deer Hunter), *Sokol Auditorium*

28 Billy Joel, *Qwest Center*

May

2 Stone Sour, *Sokol Auditorium*

2 Jaggermeister Music Tour, *Sokol Underground*

22 Animal Collective (w/ Race for Titles and Electric Needle Room) *Sokol Underground*



PHOTO BY KIM BUCKLEY/REGISTER

reshman Mary Hepburn sits and meditates in what is known as the lotus position. Hepburn said yoga has greatly reduced the amount of stress she feels, and she usually feels ore at peace after practicing.

Freshman relieves stress through yoga

BY KIM BUCKLEY

Yoga is all about relieving stress and these days teenagers are under more stress than ever with usy schedules.

Some students are using yoga to calm themselves down and not have so much stress in their ves.

Freshmen Mary Hepburn is one of those students who takes yoga classes.

She goes to the class on Tuesdays and Thursdays. She said she took the class because the gym she elongs to offered it for free.

Hepburn said taking yoga classes actually wasn't time consuming, since the classes are only two ays a week, for one hour.

"It actually saves me time," she said.

Hepburn said after taking the classes she has found out she's more efficient and on task.

She said her favorite part about doing yoga was doing the meditation part at the end of the lass, which she said lasts about 10 to 15 minutes.

"You're less wound up after doing yoga so it's easier to meditate," Hepburn said.

Fitness coordinator Jessica Woellhof said the downtown Young Men Christian Association YMCA) has offered yoga classes for about five to 10 years.

She said the YMCA offers three yoga classes a day, but said most people only take one class a day. Woellhof said the yoga instructors have received training from Yoga Fit.

Woellhof said during the yoga class, participants do several things.

She said they do the traditional poses in their warm-up sequence, workout sequence and the ool-down sequence.

She said each of the classes were tailored for individuals and every class was different.

Carmen Lau incorporated yoga into a project for her aerobics class. She said she and her partner or the project liked doing the stretching in the class.

"We thought we should do something slow and calmer," she said.

Hepburn said it wasn't hard to do yoga when she first started.

She said the class she takes is a pretty open class that has options, so a person didn't have to do dvanced yoga movements.

Lau said one thing that surprised her was some of the yoga moves were hard, and she thought it ould be easier. She said the moves required a lot of flexibility.

She said her favorite part of yoga was the point where she had to be flexible and it required good alance.

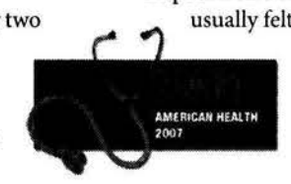
Woellhof said some of the benefits seen from attending yoga classes on a regular basis was a lowered blood pressure and lower stress levels.

She said some people have had a sense of energy after the class. She said it helped relieve stress because the breathing is a lot deeper and poses are held longer, so a person utilizes everything, which takes the focus off of the whole day.

She also said the gym asks participants to leave their problems behind, which is why shoes and socks are taken off when they start the class.

Woellhof said the body also releases hormones for relaxation.

Hepburn said she feels a lot less stress leave her body as a result from doing yoga. She also said she usually felt more at peace at things after doing yoga.



"I sleep better that night (after classes)," she said.

Hepburn said homework and school were pretty stressful, but after doing yoga things are put more into perspective.

She said it was good for her to realize that tomorrow is a new day and a person could start over.

Woellhof said the thing that was different about yoga than other exercises was the breathing sequences.

She said doing yoga, people breath in through the nose and out through the nose. She said doing pilates, people breath in through their nose and out through their mouth. She says the breathing affects yoga because when a person inhales, she can go deeper into the stretch when she exhales.

Lau said she thought her classmates enjoyed the yoga part of the presentation.

"We've (the class) done a lot of upbeat workout and it (yoga) was a nice change," she said.

Lau said in the aerobics class students learned some of the breathing techniques for yoga from their teacher.

She said after incorporating yoga into the presentation she would be interested in taking a yoga class.

Woellhof said the popularity of yoga classes with teenagers depended on the location of where the classes were offered. She said since the classes were offered downtown, the classes didn't have a lot of teenagers. They were mostly filled with people from the corporate world. She said when she worked in Counsel Bluffs, the yoga classes went well with students, especially with the girls.

Hepburn said doing yoga has changed her life. She said yoga showed her how small things don't affect life as much as they seem to.

"I'm not as worried about small things and it (yoga) really does de-stress you," she said.

Teacher pushes teens to see hit Broadway show

■ **CONTINUED FROM 'BROADWAY' ON PAGE 33C**

every day that can be expressed through the characters, incorporating certain feelings to characters or just feeling how she believed the character would behave are all to her variables that make up a small fraction as to why theatre is so much more captivating and influential than a movie.

"It's never solid- it can't be solid. It's not like film in that sense," she said.

Lyn. Bouma, vocal music instructor at Central, urged her students to see the production for that very reason.

Bouma said a lot of students won't have to opportunity to see such a high-class production unless they go to New York or Chicago and believed they should take advantage of the opportunity or their perception of "Lion King" will be limited to the film. She insisted live performances are always better.

"People need to realize the voices behind the characters," she said. "It's extremely important to keep connections to live performances. We need to remember that people really create that environment…seeing it live is far more powerful."

Stern, like Bouma, is obstinate in her opinion that the live performance will always be superior to the movie while Potts is torn.

"I would definitely recommend both," Potts said. " They're so dissimilar it doesn't even compare. Your experience is different with each and your perspective changes."

Bouma said she hopes students who see "The Lion King" are inspired to continue attending live musical performances as well as performing themselves.

Though performing may be the dream of some as well as a fear for others, Greaves gave her input of wisdom collected over her 20 years in acting to those pursuing it.

"Go for it! If it's your heart's desire, go for it," she said. "You have to go in one 100 percent, but make sure you have your training. You need the skill to match your passion. That's it. After that there's nothing to stop you. Only you can stop you."

Though the performances may have inspired some to pursue acting careers, it opened doors of equal opportunity for others. In different ways, the production benefited everyone involved or associated with it.

Stern had never been interested in Broadway productions, and "The Lion King" was her first.

"I had never really been excited to see one until 'The Lion King'. I was thought it would probably be good- but it was amazing…it was better than I ever could have expected," she said. "I'm sure after that experience, I'll see as many as I can."

The Omaha Performing Arts finished with $5.5 million in revenue over the course of "The Lion King," which was a mere 37 performances between Jan. 12 and Feb. 11.

The show ended up being a record-setter as well as the longest running Broadway show to ever grace Omaha.

Even the actors and actresses get something out of the performances they've already participated in so many times prior.

It is part of the craft.

Greaves said she hopes to continue gaining and learning from her career.

She said she hopes to never feel the rush of what she believes to be her best performance because the one she does will be her last.

"I hope to never have that moment- I'll always want something to look forward to. I strive for that and once it happens there's no more to look forward to. That's the reason I love this business- there's always so much to look forward to."

While she said she hopes to never accomplish her best show the audience had no trouble interpreting each production they saw as so.

"The whole thing was perfect. I was nearly moved to tears. It wasn't so much that it was sad, but so, so beautiful," Stern said.

Student band's taste sets teens apart from popular music crowd

BY ASTRIKA WILHELM

When most teenage bands are playing loud, incomprehensible music, two entral students and one North student are making music viewed by most students s old and boring.

Central sophomore Carl Miller, freshman Jake Phillips and North freshman alter Bircher are playing what they would call classic rock.

"We're almost one 100 percent focused on classic rock," Phillips said.

The band covers songs the members like.

He said the band plays classic rock because it was the first kind of music members member listening to, and the music and artists and groups such as the Beatles and mmy Hendricks greatly influenced them.

"It's good music," Phillips said. "The newer stuff is good, but it's a lot more fun to lay classic rock."

Their parents would probably agree.

Miller said classic rock inspires him, and that when he plays the music he gets a x out of the music.

"That doesn't mean I wouldn't try other types and not have fun though," he said.

When all three of the band members were in elementary school, Phillips' parents ere in the neighborhood watch, as were Bircher's parents.

Bircher became friends with Phillips, and then Phillips became friends with ircher's friend Miller.

Since their friendship had started because of the neighborhood watch, they ecided to name their band in honor of that, The Watch.

The band had a difficult time coming up with the name, but finally Phillips and ircher came up with the name and it meant so much to them.

"We just came together," Miller said.

Each band member has a specific purpose.

Miller plays the lead guitar, Jake plays the bass and Bircher plays the drums.

Phillips has been playing the guitar since he was in fourth grade.

"I started to play some Beetle songs," he said.

The band mostly sings songs sung by such classic rock artists as Jimmy Hendricks. hey also play songs by the Red Hot Chili Peppers and Green Day.

Phillips said they play a lot of songs by Pink Floyd as well.

Phillips said covering classic rock songs is not comparable to doing the same with other types of music. It's not necessarily better, it's just different, Phillips said.

One of the best parts of being in a band is playing for an audience.

"It's fun playing at the shows," Miller said.

Phillips said it's all about the attention he gets by playing up on a stage.

"It's cool to be the person everyone is watching," he said. "(It's like I'm) The center of attention."

The group attracts all types of people to its gigs.

"We've had several gigs," Miller said. "(We've played)At graduation parties, parks, several at Benson and an art gallery."

Phillips said the band has also played at Haskin Park, The Rock and the Music Plex.

He said the biggest gig it has ever had was at The Pizza Shop. But, the band only plays for audiences about once a month.

To prepare for each gig, members work at their set list of songs constantly, going over the songs over and over again to make sure they get everything perfect for the show.

"We don't play as much as other bands," Phillips said.

They practice several hours each day on the weekend and also a couple of hours each day during summer vacation.

Phillips said it was easy for them to get together because they live so close to each other. Phillips lives a block and a half from Bircher, and Miller lives directly behind Bircher.

"But, Walter has practice and we work around that," Phillips said.

They practice whenever they have a chance.

"But, there are things that separate us from other bands."

He said the drummer sings, which is unusual for most bands.

"We play a lot of music others don't play or other songs that other bands aren't familiar with," Phillips said. "We're also kind of young."

Despite the band's concentration on classic rock, the members also like other types of music.

Phillips said he likes a lot of the bands that play different types of music than his band does.

"Different people have different tastes," he said. "I may not like some of them, but that makes them no less of a band."

Miller said he likes to know there are other bands that have similar music interests as he does, and that it is not just him and his friends who like to play classic rock when most other teenagers are playing and listening to punk.

But, he also said other types of music aren't bad, it's just not his type of music.

"All music is your opinion," Miller said.

Phillips also said many people don't like the type of music his band makes, and that everyone will always have different opinions.

Many of the band members' friends love the band.

"My friends like it," Phillips said. "They like the newer things too, but they still like classic rock."

Miller said a lot of his friends think it's really cool being friends with someone in a band, and they support the band continually.

They come to almost all of the band's shows.

Phillips parents like the music Phillips and his friends play as well.

They grew up during the time when all of the songs their kids sing were sung by the original artist or band.

They saw the artists and bands, and now their son is playing the same songs that they had listened to so much when they were teenagers.

Furthermore, Miller's and Bircher's parents are extremely involved in the band. Miller's mother helps the band get a lot of the gigs, and Bircher's parents help them record many of their songs.

"They encourage us," Miller said. "They help us a lot."

Phillips said the band was one of the larger parts of his and his friends' lives.

At a time when adults think teenagers just care about drugs, sex and music that personifies these aspects of life, the Watch is disproving this prejudiced opinion.

They personify anything but vulgarity.

They personify their love for the music they sing and especially classical rock music.

Following in the footsteps of great musicians and artists such as Frank Zappa, and members of Led Zeppelin and, The Watch has continued a music genre that some say has slowly been dying along with the music's first listeners.

Furthermore, famous classic rock bands such as Queen, Yes, Genesis and Jethro Tull have also influenced young classic rock listeners as well.

COMMON GROUNDS

HEALING POWERS AMERICAN HEALTH 2007

Whether it's just a quick stop for a hot cup or a relaxing Sunday afternoon, these are some of the top coffee joints in Omaha. Some like the taste, others like the buzz.

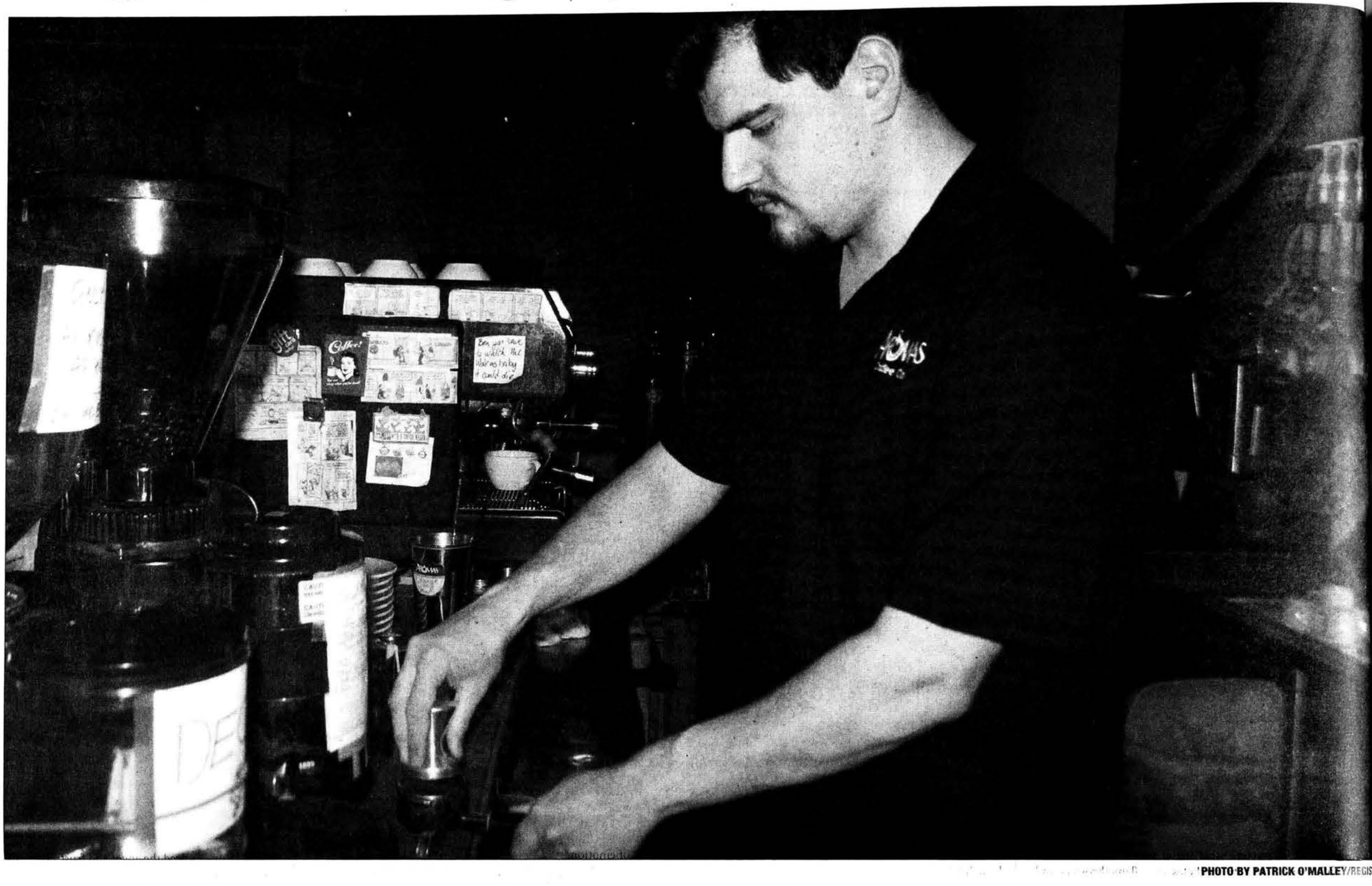


PHOTO BY PATRICK O'MALLEY/REGISTER

Aroma's worker Tony Roller pulls a shot of espresso while working behind the counter. Espresso is a kind of drink with higher caffeine concentration, which means the drinker gets more of a buzz after drinking it. Beans are put into a machine which concentrate them into a tiny cup, which, though smaller, is much more potent.

13TH STREET COFFEE COMPANY

COFFEE REVIEW

13th Street Coffee House
521 S. 13th St.

BY KIM BUCKLEY

Artwork is lined up on the wall on 13th St. Coffee Company, from black and white photographs to color paintings, all of which matched the colorful walls.

There is even a big piece of artwork with Japanese paper fans on it, one of the most unique things in the place.

The only thing on the wall that looks manufactured is a big coffee cup on the wall with the name of the place on it.

This coffee house has the outward appearance of being an old diner and the inside is that of an old coffee house.

Some of the artwork on the walls is even for sale. The artwork looked as if local artists in downtown Omaha made it.

The coffee at the place is nice and strong, guaranteed to wake a person up.

The customer should be able to feel the caffeine working almost the instant it goes down the throat. The coffee has a slight bitter flavor, without being overpowering or making a person gag from it.

13th Street has humongous sticky cinnamon buns that look as good as they taste. They should accompany any good cup of coffee.

The only problem with the sticky bun is the topping is a little too sweet, taking away from the actual bun.

The customer service is pretty good. The cashier was nice and managed to be cheerful early in the morning.

The place opens pretty early, at 6:30, early enough to grab a cup of coffee before work and have a chance to really wake up before the day starts.

The place usually isn't crowded, and is pretty quiet. There is a lounge upstairs with a couch, and one could imagine poetry being read there.

It has the feel of a place where artists hang out because of all of the artwork on the walls.

There is even a sign above the napkins that asked customers to take only the number of napkins they needed so they didn't harm the environment.

13th Street is surprisingly a coffee-house chain.

One wouldn't know from the look and feel inside the place because it looks and feels like a coffee house that is owned and run by an individual, not a chain

The Meeting Place
Coffee, Wine, Spirits, & Bistro

COFFEE REVIEW

The Meeting Place
1123 Howard Street

BY ALI HODGE

The Meeting Place mixes a number of different atmospheres to create a unique space for students and adults alike to hang out.

It has the closeness of a coffee shop, a bar, and an Internet café/work space available for all different types of people.

The Meeting Place is obviously a good, safe area for students to hang out after school.

Costumers are allowed to talk in a normal voice as they do homework, watch television as they sit on one of the few couches or order coffee and food.

It is apparent that a family owns The Meeting Place. The service is not overly friendly, but pleasant. Which, personally is how I like it.

At The Meeting Place, if you order a coffee, you are given a mug and you are allowed to serve yourself at an already set up table.

But if you order anything else, they allow you to go sit down and they bring it to you. The workers are very nice, however, they were not chatty.

The prices are a little high, however, you seem to get your money's worth. A small regular coffee is $1.35 with one free refill. A small chai (hot tea mixed with milk) is sold for $2.20.

The Meeting Place offers a wide variety of pastries. They don't look appealing however. They look as if they were a few days old and they were hardly behind glass.

The walls of The Meeting Place are painted dark red accented by other dark colors. Their choice of decoration is a unique mixture of modern, contemporary, and classic.

MJ Java

COFFEE REVIEW

MJ Java
13th and Farnam
Best Cup: The Omaha Blend

BY KIM BUCKLEY

M.J. Javas is a local coffee chain around the city.

M.J. Javas feels like a chain from the moment you enter.

There isn't really anything to distinguish it from another coffee chains at first glance.

If you're there for the buzz of the coffee bean, then the look of the place shouldn't matter.

There were black tables and chairs that lent to the feel of the coffee-chain atmosphere.

Even though the people working there were nice, the building itself seemed business like.

It was definitely the kind of place that people in business clothes go to buy their coffee and breakfast before starting work in the morning.

The food was fairly cheap as well as pretty good.

The Omaha coffee blend that it serves is good, and isn't too strong that it is overpowering.

People drink coffee for different reasons. They know it's not healthy. They like the taste and/or the buzz.

Probably the most unique thing M.J. Java has is its Omaha coffee blend. Isn't that all one needs from a coffee house.

The other things in this coffee house are reminiscent of places like Starbucks, from the tables to the food served.

The food it serves range from muffins to bagels.

The food tasted fresh, but it doesn't have that homemade taste as other coffee places do.

The blueberry muffin was big and moist, but didn't have a big blueberry taste that one was looking for.

The service was decent. The workers were quick and efficient and made you feel welcomed.

It would be a good place to hang out. Is that what teens want?

There are plenty of tables and chairs to sit at and there is a feel of sophistication.

The place looked nice, but it had a bland image.

While students and teenagers could hang out at MJ Javas, the atmosphere ruins the entire experience.

AROMAS
A European-Style Coffee House

COFFEE REVIEW

Aroma's
10th and James St.

BY KIM BUCKLEY

Aromas takes great pride in brewing European coffee. The coffee has a richer, stronger taste than coffee found in America.

Even the regular coffee they brew tastes different from American coffee.

With coffee names like Turkish Ibrik and Redeye Italiano, the selection is intriguing and interesting and the customer knows if she orders one of those drinks she's in for an interesting experience.

It seemed more like a place to get coffee to go and then wander around in the old market while sipping it.

There was plenty of room to hang out, but the room was so big, it seemed as if hanging out with friends wouldn't have been as intimate as hanging out at a smaller coffee house.

The best way to hang out with friends in this place would be getting the coffee before walking around in the old market and chatting with friends while window shopping.

There are tables outside and the atmosphere seems to draw you outdoors.

However, one would rather hang out in the old market than inside Aromas. That had to do with the location of the place.

If it were at a different location, then Aromas would be the perfect place to hang out.

One could almost imagine sitting in an indoor European café and drinking coffee with friends while talking about what is going in on their lives.

Then the old market takes over, spoiling what could have been a great coffee house for friends to hang out in and have fun.

Cappu Ginos
On The Market

COFFEE REVIEW

Cappu Gino's
514 S 10th St.

BY ASTRIKA WILHELM

Walking into CappuGinos is like walking onto a movie set.

It was almost too perfect. The table with the fashionable chairs. The armchairs one would see in a palace.

The entire atmosphere seems surreal. It was like walking into the best café where all of the artistic college students hang out. Everything was so sophisticated.

Paintings, all with price tags, dominated the walls, promoting the feel of an art gallery. But, it had the feel that one either had to be formal or semi-formal.

Unscrupulous behavior would not be accepted there at all. Loudness was unacceptable.

It's a place to study, do some homework. Or, it's a place for a little snack after a date.

The prices aren't that bad eiter. Not as bad as Starbuck's prices. The prices ranged from a couple of dollars to less than $10.

The prices were cheap for the quality of food received. Just thinking about the Carmalicious drink can make anyone jump and run all the way to the coffeehouse, despite the miles and dangerous traffic.

The coffee house replaces any unhappy feelings. It's just so peaceful there, that everyone's mouth drops [illegible] in awe of this little café.

The food selection is extraordinary more vast than most other cafes. It offered all sorts of drinks, ranging from classic coffee to the Tuxedo drink.

This place makes the customer feel good. That has to be good for one's health.

Village Grinder
Coffees-Teas-Candies

COFFEE REVIEW

Village Grinder Coffee Co.
521 S. 13th St.

BY ALI HODGE

The annoying country atmosphere is enough to make you want to run out the door screaming.

At least the coffee is good.

If one feels as I do about [illegible] decorations, the good thing is that the Bookworm bookstore is right next door.

With little seating due to a small space and shelves of country gifts lining the walls, the Village Grinder gives an unintentional atmosphere of a toy coffee shop.

There are so many little tables squished into that poor little space customers can barely make it through the counter.

Even if customers want to go in the shop, which is what I assume they would want them to do since there is so much stuff on the walls, they cannot make it to the shelves because they would have to reach over others' tables.

This also makes it uncomfortable for those who chose to sit and drink their coffee.

They have to deal with people constantly bumping into them trying to get their order placed.

But if you can get through to get your coffee, it is really pretty good. It is strong, but not unbearable.

The tea is average. Nothing to complain about.

They even have a good range of choices as to what kind of drinks the customer can choose from.

The food is pretty good as well.

"Aces" offers only violence, confusion for bored audiences

BY BEN McGUIRE

I arrived to "Smokin' Aces" about five minutes late. This would dinarily be a problem, but the filmmaking of this movie was such at I found that I knew exactly what was going on in seconds.

This may have been good for me, but it did not bode well for e movie.

The preview for "Smokin' Aces" explains the outlandish plot- drugged-out magician is ratting on the mob, the mob wants him ad, and the Feds want him alive, so the mob has hired lots of hit en to kill this guy.

I knew these facts, and the absolute scarcity of any other plot vices, save a "surprise" that I was hit in the head with a few times roughout the film, made this movie absolutely predictable down to the last few moments.

MOVIE REVIEW

"Smokin Aces"
Starring: Jeremy Piven

Most of the film consists of a close-up of someone's face, or a tense silence between some characters that you don't really like anyway.

The director seemed fascinated with the characters in the movie.

Despite absolutely ridiculous troductions featuring a cool hit and a name on the screen a la ery crappy ensemble cast movie ever made, which did nothing describe the character beyond his obvious coolness, he somehow pects us to care when things happen to them.

There are points when characters slump or cry with creditable notion, probably despairing that the last line they said has ruined eir career.

However, there is no punch for the viewer if we do not know the aracter, leading to another missing component.

Character motivation is absolutely absent from this movie. om beginning to end, not a single character changes.

The others are absolutely the same as they started- one mensional and ridiculous.

And then there was the character motivation that the film akers apparently wanted us to imagine happening at some time the movie.

Why does Alicia Keys start with a lesbian and end with a man? e don't know.

Why does a real-life rapper spend five minutes of my time lking about loyalty, only to get a card thrown in his eye? Again, we n't know.

We can assume, we can guess, but there is no concrete idence.

Rather than provide likable or motivated characters, the dience treated to long, slow waits of intended emotional intensity mplete with sad music, along with sporadic bursts of extremely atuitous violence, showing again the director's stupid fascination th his characters' coolness.

Why are we shown the death of a hotel clerk for three straight inutes, as his killer talks quietly to him?

Why do Ray Liotta and one assassin shoot about 20 rounds of llets into on another long after the point of realism?

Why does one character use a 50-caliber sniper rifle?

Why do three characters wear metal plates on their chests ring fire-fights, and fight with machetes, axes, flamethrowers, and ain saws against cops with guns?

Clearly, there was no other reason other than the fact that it oks cool.

Then there was the awful dialogue, coming from a script that parently tried to fit as many expletives as possible in every line.

At one point, a character simply screams expletives as she oots tank-killer bullets into the cannon fodder police.

Neither is necessary or even very useful to the film, but it sure es look cool and sound intense.

Maybe we don't care about this character or her problems, ecause she's spent most of the movie in a hotel room alone while e action happens, but I'm guessing we're supposed to infer the eling that exists, the anger and the rage coursing through her veins, ough we don't really know why.

But after two hours of characters created apparently for their k of dimension and purely for their coolness and brutality, after o hours of flashbacks so frequent an plot twists so obvious, after o full hours of long close ups and weak attempts at pathos (Jeremy ven crying as he does yet more cocaine) and humor (a kid with DD who wants to fight), I am beyond caring.

Personally, I liked this movie for what it was- a bloody, violent, ratuitous movie filled with absolutely no meaning.

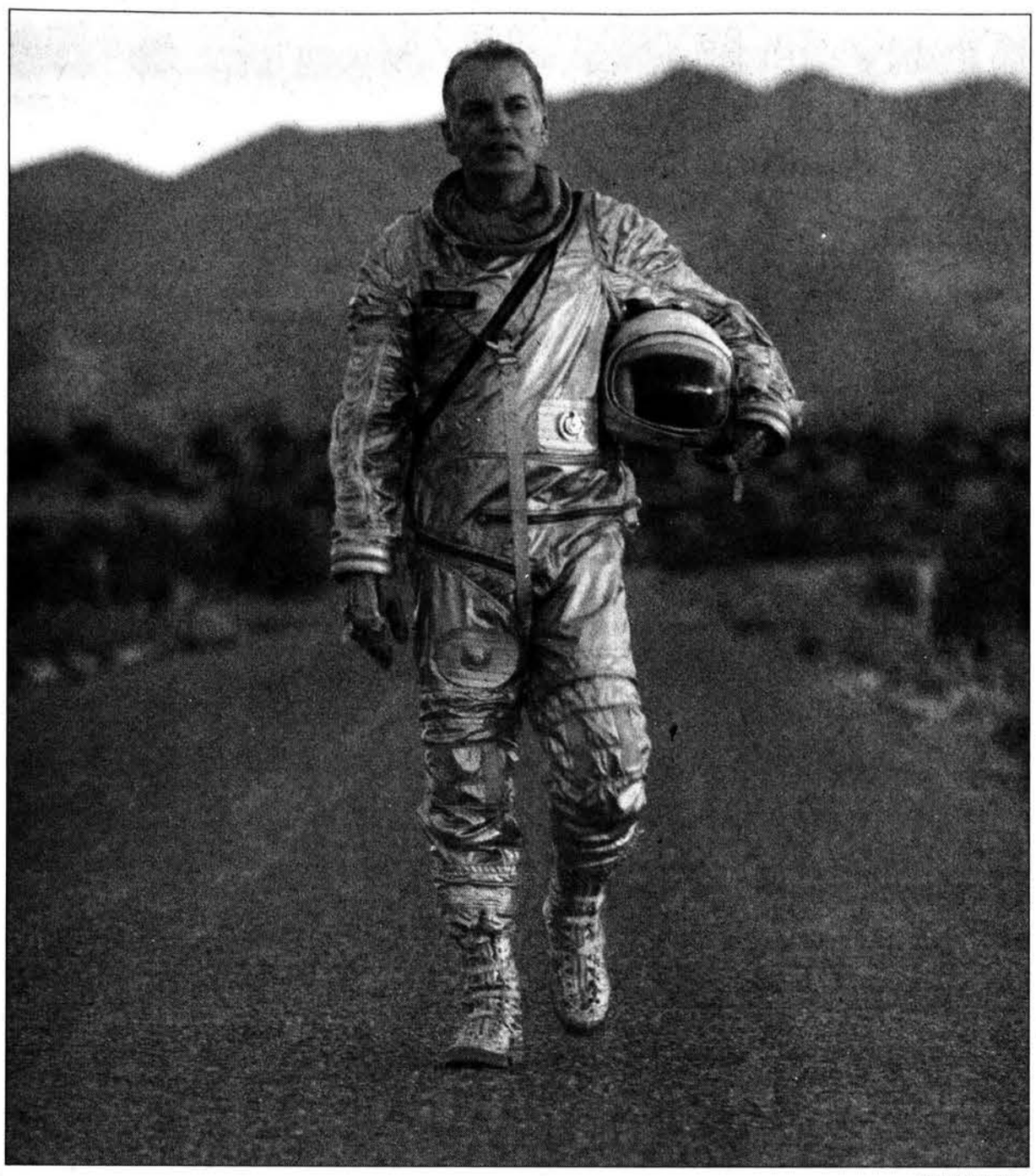
I honestly enjoyed the bad jokes, the blood splatters, the filmed- y-a-digital-camera-on-crack filming style.

I even enjoyed the stupid silences that preceded every burst of iolence.

The only reason I disliked this movie was the half-hearted ttempts at substance.

Am I supposed to feel bad for this coked-out mobster or his oons just because they have deep, ominous lines or because they're ressed well?

Does Al Pacino's role do anything at all besides showcase is stupid accent and annoy Ryan Reynolds, who by the end of he movie is the only character with any real motivation - that of solute futility and anger at the mess that has been building for the st two hours.



WARNER BROS.

Charlie Farmer, played by Billy Bob Thornton, is a character who is obsessed with building a rocket and launching off into space in it. During the movie, Farmer had to take care of his children and his wife, while still reaching for the stars. Even though the acting was good, the film was hurt because of its unbelievability.

Film fails to lift off

BY KIM BUCKLEY

Houston, this movie had some problems.

Good acting by Billy Bob Thornton and Virginia Masden was unable to save "The Astronaut Farmer" from being predictable, and at times unbelievable.

The movie revolved around Charlie Farmer, played by Billy Bob Thornton, who was determined to build his own rocket and launch it into space.

He became an overnight media sensation when the Federal Bureau of Investigations (FBI) searched his land because they thought he was building a Weapon of Mass Destruction (WMD).

And of course the people at National Aeronautics and Space Association (NASA) weren't too happy with this because if Farmer actually got into outer space than the program would not look good.

Farmer was also in financial trouble, with the threat of his land being taken away by the bank because he spent most of his money on building the rocket.

MOVIE REVIEW

"The Astronaut Farmer"
Starring: Billy Bob Thorton

Billy Bob Thornton had a strong performance, with a hard role to play.

He had to act extraordinarily angry, contagiously happy and then the show the quiet agony of defeat.

He played all of those emotions perfectly.

Thornton acted entirely sincere whenever he said he was going to launch that rocket. The audience really did believe Farmer believed in that dream more than anything else in the world.

However, there were also times when the audience believed that Farmer was just crazy.

This was particularly evident when he took his children out of school so they could help build the rocket, or threw a brick, smashing the window of the bank.

The acting was good, but it was hard to like the characters. None of the characters were endearing to the audience, not even the kids.

This was most likely because there wasn't really time to get to know the characters.

Virginia Masden played Farmer's wife, and she was able to match Thornton in every scene she was in.

Her best scene was probably when she was yelling at her husband in frustration while breaking some of the dishes on the floor.

The actors who played the children didn't make an impact because most of the movie was about Farmer and his wife. Their roles weren't really important in movie, so they were pretty forgettable.

They just stood around and didn't get a chance to show a lot of emotion.

Besides some minor problems with the characters, the movie was pretty predictable.

There was no tension when it seemed as if Farmer was in danger because one knew that Farmer would probably launch into space and still return to the Earth alive without as much as a scratch.

There were many things in the movie the audience just could not believe.

For one thing, if the Farmers were in financial trouble, then how was he able to rent an amusement park ride for private use?

And near the end, when Farmer was injured, how did the financial problems just go away?

Where did all of the money come from?

It was never explained.

Maybe if these things were explained, the movie would be ruined.

And would it really take so short of a time, a month, to build a rocket ship?

And it was pretty hard to believe a homemade rocket was strong enough to go into space and then return safely.

The ending felt unresolved and a little rushed because the director of the NASA space program never admitted the real truth.

And the motivation of Farmer to go into space in a homemade rocket was not entirely clear.

Was it because his father committed suicide when things got tough?

That is probably the best answer.

Is the audience suppose to guess?

However, his father killing himself wasn't really a big factor in the movie, and it didn't answer the question of why his dream was to build, out of all things, a rocket.

The film tried to take off like a rocket, but didn't have enough fuel to lift off of the ground.

Superb acting puts spy flick above norm

BY KIM BUCKLEY

"Breach" showed a movie didn't need to have a lot of gunshots or big, fiery explosions to have a good story about spies and secret agents. Real life spies can be just as entertaining.

"Breach" was based on real-life events concerning one of the biggest leaks in American history.

The movie started off with real footage of the director of the Federal Bureau of Investigations (FBI) announcing in a press conference the arrest of Robert Hanssen, played by Chris Cooper.

The movie then flashes back to a few months before the arrest to the events leading up to it.

Eric O' Neill, played by Ryan Phillippe, was a rising member of the FBI, working to become an agent. He was assigned by a superior to get proof that Hanssen has given vital information concerning the FBI to the Soviets. The leak has caused the death of several people and has cost America billions of dollars.

MOVIE REVIEW

"Breach"
Starring: Chris Cooper

For the most part the movie worked.

Many aspects of Hanssen's character were shown, from a mentor figure to O' Neill, to an astute Christian to a mean boss to a loving grandfather. All of them were interesting and Cooper played all of them a different way while still maintaining the character as a whole.

Hanssen opened up the eyes of O' Neill to the unfair procedures created by bureaucracy. O' Neill slowly began to develop respect for Hanssen, though his job was to ultimately bring his boss down.

There was no doubt that Cooper had the best performance in the movie. He outperformed all of the other actors, almost to the point where he was the

When he's wildly shooting at O' Neill, one could see the paranoia and fear in his eyes.

It was a stark change from the grandfather who clearly loves his grandchildren.

Cooper managed to make the audience pity Hanssen, instead of scorn him for being a traitor.

That was probably the main triumph of the film, letting the audience know that there was a real man with feelings inside of a traitor.

Phillippe had a strong performance as O'Neill. He perfectly showed the anger and frustration of a man who didn't know what to do.

His problems with his wife, played by Caroline Dhavernas, only added to the enormous amount of stress he was under.

Laura Linney played Agent Burroughs, who was O' Neill's superior officer. She did a good job, but she really didn't have a chance to show a lot of emotion.

It seemed her only purpose was to just talk with O' Neill about dealing with personal issues while giving orders.

However, Linney made the most of what was given to her.

However, near the end through the movie started to get boring, and one wondered when the movie would finally end. This was probably due to some awkward pacing of the movie. This was because the time element was a little off.

The entire movie was supposed to take place during four months, but there isn't really an indicator of dates.

It seemed as if the entire thing took place in only a few days. The ending seemed a little rushed as well.

There was no surprise because you know what's going to happen. Hanssen gets arrested, end of story. And the one question the audience wanted to know the most was never answered.

What in the world motivated Hanssen betray his country?

When the head officer in charge of the case asked Hanssen that question, Hanssen just tells him that the why doesn't really matter.

Even though there were some leaks in the movie, the movie managed to entertain even though it wasn't a James Bond flick.

Beautiful imagery, sound accompany bloody violence in '300'

BY FRANI JAMROZY

"300" was a film of epic proportions chronicling a mammoth battle in the year 80 B.C. between the acclaimed Spartan soldiers and the Persians with goals to onquer them.

The highly anticipated film was best described as a comic book coming alive in a urst of energy, exploding with sound and movement.

Its unique filming was anticipated due to the success of "Sin City" Both of these ere produced by Frank Miller, but this film was far more dramatic than expected.

While "Sin City" relied on random bursts of grimy colors and creating scenes out f what appeared to be constructed of spilled paint in a primarily lack and white movie to create unique visuals, "300" was at the xact opposite end of the artistic spectrum.

And it worked well.

More often that not, the scenes appeared to be oil paintings in notion.

MOVIE REVIEW

"300"
Starring: Gerad Butler

With likeness to "Gladiator" in scenery, "300" brought an lement of its own creating a fresh and well-developed 3-D appearance.

The most gruesome of scenes emerged as beautiful ones against the picture that ppeared almost as rounded cut-outs of people and scenery set on glossy magazine ages.

The arrows swiftly gliding from the bows of the enemy appeared as if they would ut through the screen as easily as through the sky in the film.

The story of the Battle of Thermopylae was embellished in full with monsters, nen of god-like status, and enticing oracles to change the story from something of istory books to one of word- of- mouth myths.

The King of Sparta and leader of the army, Leonidas, was played by Gerard Butler and possibly by luck of character was the standout role.

Butler assumed the part of a merciless, battle-hungry king to the full extent, displaying intensity in every motion throughout the entire film.

Yet, he also did well in portraying a dangerously faithful leader, one loyal to his army, exhibiting subtle signs of respect and compassion throughout the intensity of the war.

Butler played what seemed to be the only round character, portrayed believably human though ironically, he had nearly god-status among the Spartans.

The wife of Leonidas was played by Leah Headey.

Her standout qualities were limited to her appearance of a Grecian queen, equipped with dark and hard but beautiful features. The intensity of the film is provoked by its ancient gothic-style sound track, blending perfectly with scenes of slow motion as well as staying in synch with a deep, roaring piano at the same time as the severe clashing of swords between enemies.

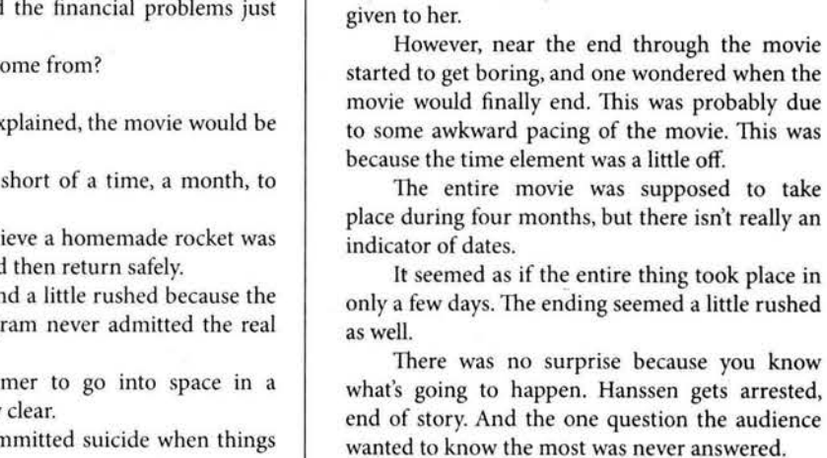
The most influential sound, however, was the narrator recounting the catastrophic war.

He described the events while they took place in a drawling voice that was thick and throaty, only adding to the grittiness of the battle scenes.

The film was constructed to heighten the senses of the audience.The music was just loud enough that members of the audience could still hear their collective heart beat in their ears.

The brilliant glow of the screen was almost enough to cause your eyes to squint, all the while with your breath caught in your throat and your muscles tense up.

The battle scenes were nearly completely continuous throughout the entire picture, but managed to steer clear of being repetitive.



WARNER BROTHERS

King Leonidas, played by Gerard Butler, prepares for the first battle against the Persians. The entire movie was based around a violent war between the Spartans and their nemesis army who had the goal to destroy the entire Spartan race. The film documented the exceptional struggle between both sides.

The different elements of the earth that become part of different battle scenes prove to keep the film interesting as well as showcasing the filmmakers' graphics that were nothing shy of being extremely unique. For the genre of movie it is, it couldn't have been constructed any better. Though it is not a film that concentrates on small details, the large ones were so detailed and awe-inspiring it was forgiven and forgotten.

Senior creates name as state's best beat boxe

BY ALI HODGE

It all started with Michael Jackson.

Senior and reigning champ beat boxer of Nebraska, Brenton Donaldson has devoted his time and energy to a hobby that has gotten him nation wide attention.

And it all started one evening watching Michael Jackson in the Bad Tour held in Germany.

Donaldson said he was in awe watching him dance and realizing that it was live and not a graphic trick.

Ever since then, Donaldson wanted to do the same thing.

He said he fell in love with hip-hop, but backed away from the association with the music when he heard the modern mixes. When he entered high school, however, he said he became involved in it again.

"Originally hip-hop was about where people where coming from and what they saw in the streets. Now it's 'I'm better than you,'" he said. "Original hip-hop can influence people because they were real."

Looking back, Donaldson realizes he has been a beat boxer practically his whole life.

"I've always been making noise," Donaldson said.

He said his mother used to become annoyed with the way he entertained himself by drumming on everything and imitating noises he heard such as water dripping.

He said his name started to emerge last year when two Central alumni and co-founders of a local beat boxing competition, Gerald Wyble and Antwuan Bradshaw came to tutor the break-dancing club.

Performing for them, Donaldson said they were amazed, very complimentative and asked him to be in the competition.

"They said, 'Beat box is hard, but you've got it. You the doctor.'" Donaldson said. From this he took the alias, Dr. Beat Box to perform under.

"In my opinion," said Bradshaw, who also goes by the alias Annointist, "he is the best beat boxer I have ever heard especially for his age."

The competition, which has been going on since January of last year, entertains teens from as far away as Minnesota and South Dakota and has two different categories including two types of dancers, breakers and poppers.

Breakers, also known as b-boys, have a traditional breakdancing style while poppers have a more funk style.

Each type of dancer performs in both showcase and competition but the music for each is classic hip-hop.

The event this year, heald at the Salvation Army Worship Center, was judged by special guest, Daylight and sponsored by Red Bull Energy Drink.

Gerald Wyble, who goes by the alias Uppercase, said the main purpose of the event was to bring teens and adults alike to the church for something that's modern with a spiritual message.

"The competition, since it's called the united movement, unites the true hip-hoppers," Wyble said. "The overall goal is that it gets everybody together. My goal is for them to get out of it what I got out of it."

Wyble said he believes the world's views of Christianity and hip-hop have been messed up. He wants teens to come so they can experience the magic and honesty of true hip-hop.

He said he wants all the students who attend the event to come and realize what classic hip-hop and dance is all about.

The purpose of the night is to create a positive influence on students through hip-hop, dance and beat boxing.

"What me and the co-founder thought is that we need to bring it back to its roots," Bradshaw said. "Our main goal is to keep hip-hop pure."

Bradshaw said beat boxing, among other things, can be a relaxer and a stress reliever.

"Your learning to entertain himself, which takes you into a whole new world," he said. "Whatever stress you have can't follow you there. It's just you."

Wyble said the competition usually hosts a steady 200 people ranging from the ages of early teens into early 30s and sometimes, late 40s.

In a successful competition there is about 20 b-boys and 12 poppers there to entertain the many guests.

The competition, Wyble said, raises money for a good cause, hip-hop and break -dancing lessons held at the church for students.

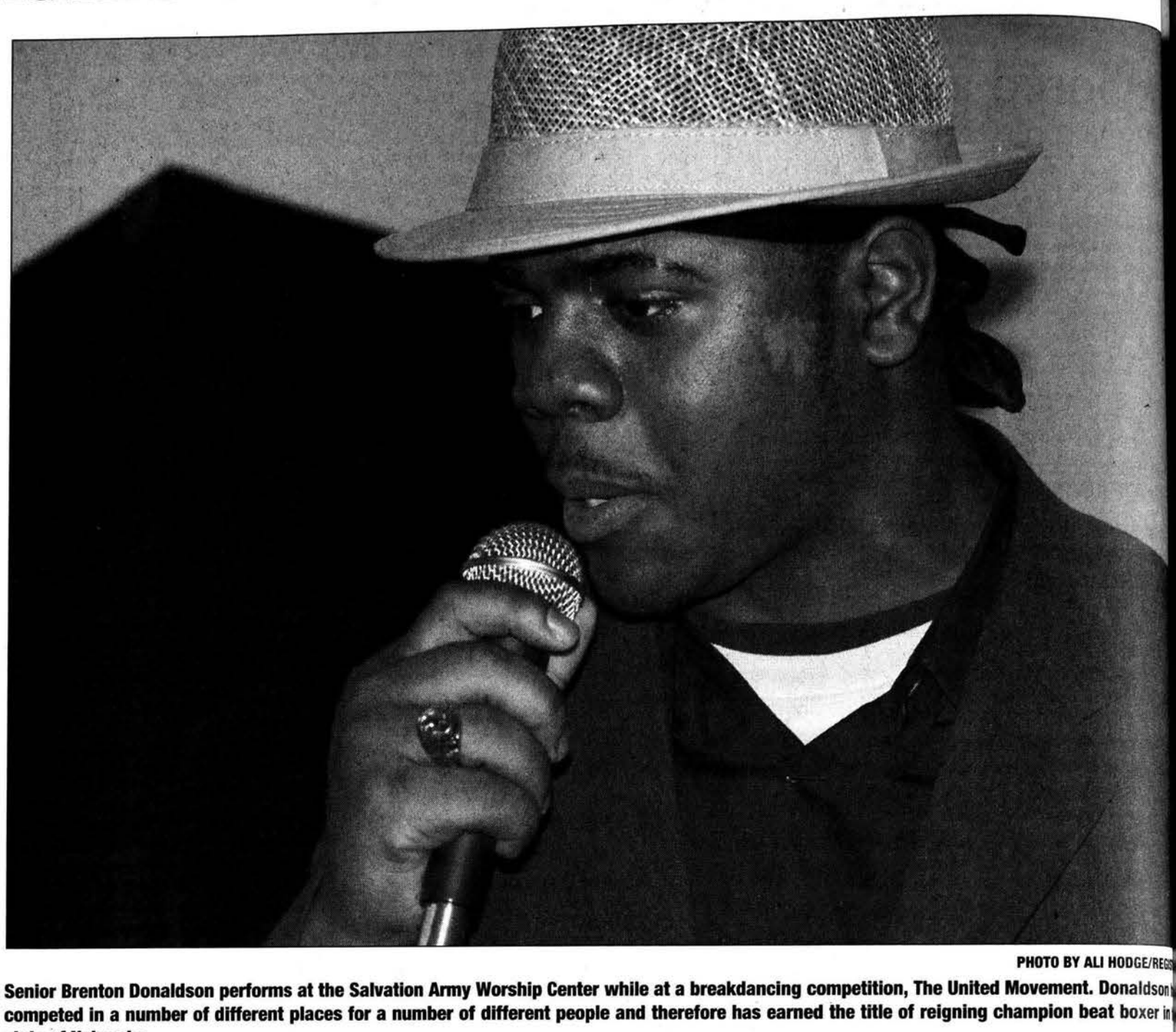


PHOTO BY ALI HODGE/REGI

Senior Brenton Donaldson performs at the Salvation Army Worship Center while at a breakdancing competition, The United Movement. Donaldson competed in a number of different places for a number of different people and therefore has earned the title of reigning champion beat boxer in state of Nebraska.

Brenton Donaldson said the first time he performed at the competition, which was November of last year, he was nervous about how he would do and how the crowd would react.

"I'm thinking, 'how am I gonna do this? How am I gonna do this?'" he said. "I just threw beats out there left and right. It's kinda like, I almost free my mind to do whatever comes to it."

The first few seconds of Donaldson's performance is more like an introduction where he throws out as many sounds he can to see what the crowd responds to. Then he works off that.

Donaldson recalls during his first performance, he tried a trick with his mouth that the audience really liked, so they jumped up and cheered just as the stage lights lit up the audience.

He said it was like the audience was lunging toward him, deteriorating in the lights. Being that it was one of his first performances, he thought the audience reaction was pretty cool.

This year, unlike last year, Donaldson competed against some big n competitors for the chance to keep his title. Last year he participated only in show not as a participant of the competition.

"This is way more intense," he said. "Now I actually have DJ snuggles battling I want to battle him, let him know what I'm about, see what he's about."

The routines he puts together are influenced by many different people, celeb such as Bill Cosby, and music he hears from other beat boxers and oldies.

"You have to realize where it came from," Donaldson said. "Then you get be

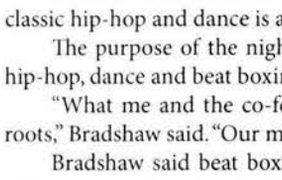
Donaldson said apart from beat boxing, he is involved in an organization promotes the positives of hip-hop.

"Originally hip-hop was about where people were coming from and w they saw in the streets. Now it's 'I'm better than you.'" he said. "Original hip-hop influence people because they were real."

Donaldson said beat boxing and hip-hop, like any other hobbies can influe student, keep him out of trouble and make life much better.

Belly dancing lessons offer teens exercise, exciting experiences

BY ASTRIKA WILHELM



"It's not an erotic dance," junior Michelle Vu said. "It's an art."

Vu, along with two other students, junior Delaney Kunz and sophomore Ali Brunow, take belly dancing lessons at the downtown Young Women's Christian Association (YWCA) and the AV Swarson Library.

Belly dancing, despite its name, involves more than just the belly. It involves hips, hands, legs, arms, and even the head.

Originating in the Middle East and the Far East, the dance has experienced a revival in the United States, and more and more females are learning how to belly dance.

Some people believe studying belly dancing is also like study a piece of a culture.

Vu started at the beginning of this school year after she heard her older sister talk about the classes.

Vu said she wanted to exercise and belly dancing was not only a way to exercise, it was also just something new to try.

Brunow started taking the lessons last spring.

"My mom found out about the classes and she did it," Brunow said. "I became interested in it because it taught respect for women."

Brunow sometimes go to the classes with some of her friends, but most of the time she goes with her mother.

"My mom is part of the Diva Soma, a belly dancing group that performs for various events around Omaha," she said.

Vu said she loves the music and the costumes that are involved in belly dancing.

"I get to wear long skirts, hip scarves with coins on it, and a top that shows my belly," she said.

The music played is both classic middle-eastern style and modern-techno style.

"Drums, bells, whistles, like Egyptian music," she said.

Brunow's class dances to similar types of music as well.

"It works on your abs like crazy," Vu said. "During practice you find body parts you never knew you had."

Brunow said the classes helped many people lose weight as well, and it strengthen the muscles. Vu said she was disappointed how so many people perceive the dancing.

"The hard part is that people perceive it as dirty," she said.

The self-control in learning how to belly dance is hard.

They need to learn how to control their bodies.

First, they start exercising their hips, stretching their arms, legs, and torsos.

Then they move on to working on their stomach and leg movements.

"At first, you feel awkward, but it takes practice," she said. "You get used to it."

Brunow said she met a lot of new friends at the classes, and it increased her self-confidence.

"Everyone makes mistakes," she said. "Sometimes you can't move your body in the right direction, but it's a good work out."

People of any size or gender can learn the dance.

"My instructor isn't thin and she does a wonderful job," Vu said. "Even can take it, but there weren't any in my class."

Vu said people picture belly dancing as a feminine dance.

"It's like ballet," she said. "When little boys here that (ballet) run away."

Vu, Kunz, and Brunow were the youngest dancers in classes, which was filled with mostly women in their 20s and 30

Vu's and Kunze's instructor, Della Bynum, said belly dancing extremely popular with women.

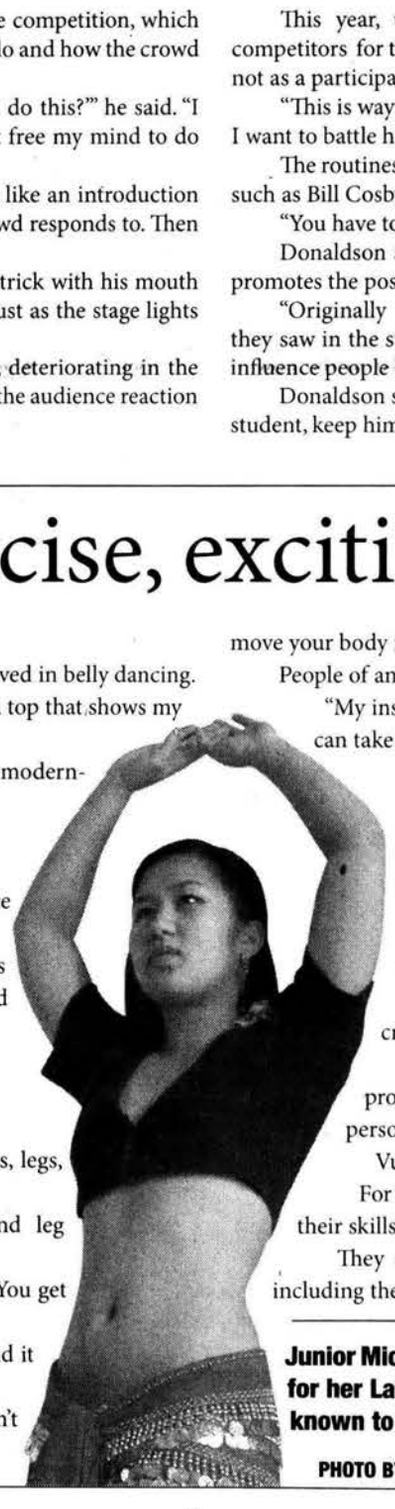
She said women take the classes are looking for more creative outlet.

She also said belly dancing is more popular than other exerci programs because it not only gives a good workout , it also engag person's creativity.

Vu and Brunow have put their dancing skills to use.

For a Junior Classical League (Latin Club) event, they demonstra their skills of belly dancing.

They danced for everyone there, much to the enjoyment of every including the sponsor Rita Ryan.



Junior Michelle Vu performs her belly dancing routine. She perform for her Latin teacher and students at an event. This type of dance known to be a good workout that especially targets the abs.

PHOTO BY ASTRIKA WILHELM/REGISTER

Alumna uses passion to create place for filmmakers to work their magi

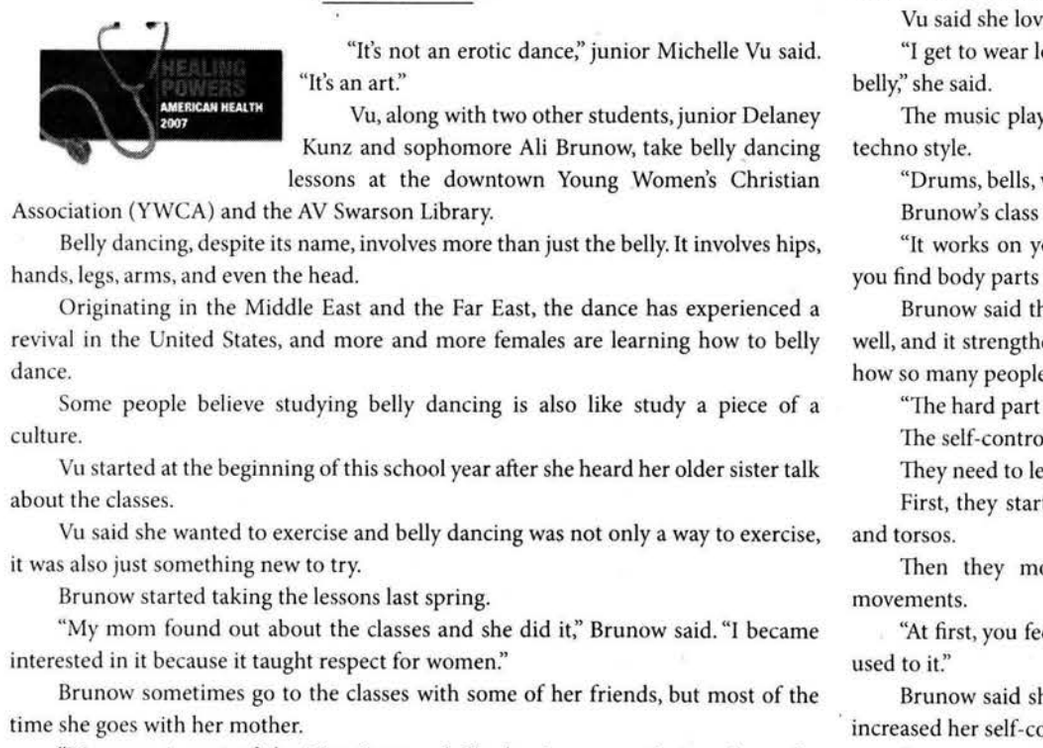


PHOTO BY MASON BUSBOM-PIERCY/REGISTER

Rachel Jacobson said she opened Film Streams because she wanted to help independent voices in filmmaking. She is graduate of the class of '96. She said at Central she had great English teachers, which helped foster her love for movies.

BY KIM BUCKLEY

A Central graduate is using her love for films to create the non-profit organization Film Streams.

Film Streams founder Rachel Jacobson said she got the idea for Film Streams as a senior in college.

At the time she was an English and Political Science major and thought about maybe attending law school.

She said she realized she didn't want to go to law school and wanted to help independent voices in filmmaking.

"I remember that night," she said. "It was like an epiphany."

Jacobson, who graduated in '96, said she is a part of the alumni association board.

"It's (Central) a great school, a good place to develop one's self," she said.

Jacobson said the school was more about individuality than other schools.

She said when she went to a basketball game at the school she thought it changed in the 10 years from when she was a student.

"It's (the school) so different from when I was there," Jacobson said.

Jacobson said her father and grandmother were also alumni.

She said she had great English teachers at Central and it was partly her relationship and interest in literature that helped started her interest in film.

Jacobson said it wasn't until she looked at movies in the way she looked at books that she grew to love film.

Jacobson said she did everything she could to since the year 2000 to get experience and get Film Streams running.

She said she lived in New York City for five years after she graduated college. She said her work experience taught her a lot about building company.

Jacobson said she worked at Miramax Film for 9 months, as well non-profit gallery in Soho. She also said she worked at a non-profit the in the East Village, and the public radio station WYMC.

"I went to the movies all of the time there," Jacobson said.

She said she also got to talk to critics as well as converse with o people about filmmaking.

"Just so many people there have a lot of passion about film," Jacob said.

She said she wasn't really influenced by a certain genre, but she h lot of favorite directors. Jacobson said she really liked a lot of contempo directors as well as foreign directors.

Jacobson said her parents were really supportive and they helped out with Film Streams.

Jacobson said her father is the chairman of the Board at Film Stre and her mother helps out with the company and volunteers when nee She said her parents also helped her get in touch with people when returned to Omaha.

"I don't know if I could have done it without their help," Jacob said.

She said her parents were civic-minded people and she wante give back to the town she grew up in.

"It's a love for this city," Jacobson said.

She said she wrote the plans for Film Streams during her senior y at College.

She said she took a class on French film history and documen history and criticism and was reading a lot of books about film.

"I think film is the most contemporary art form," Jacobson said.



COURTESY OF CAROLINE RECORDS

The members of the Kittie almost get lost in a bunch of feathers. The album has an OK sound to hit, but the lyrics fall far from what they needed to be to make this album work. The guttural-sounding vocals will almost make the listener turn the album off.

Cynical album offers great sound

BY KIM BUCKLEY

"Funeral For Yesterday," by Kittie, is an album that makes a good first impression, but that irst impression dies quickly.

The album starts off with a strong guitar riff and banging drums, immediately making the istener take notice.

The lead singer has a good rock sound to her voice, which was perfectly complemented by he drums and guitars.

Listening to the first song, the album sounds promising. With good singing nd a good first song, one was eager to hear the entire album.

One of the best songs on the album was "Around Your Heart," which talked bout leaving things unfinished with a lover.

It had a good beat and it was simple and to the point.

And for the most part it continued to be good, keeping the good singing nd the strong instruments throughout the entire album.

However, there were some problems with the album that took away from he spectacular ending.

The only thing about the singing in the album that would turn people away would be some f the time the singing was low and guttural, which was very unappealing.

It almost kills the flavor of the album.

The gutteral singing sounded really harsh and dry compared to the power of the rock inging.

This was most noticeable in the track "Witch Hunt."

It took away from the good singing, overpowering it to the point that one remembers more f the low guttural sounds instead of any actual good stuff.

This happened a little too often and it was hard to make out the actual words when this appened.

That type of singing was one that made the listener want to cringe a little, instead of adding omething different, which was probably the goal.

Most of the time the guttural singing wasn't even really needed.

It actually hurt the album as a whole.

On the other side of the coin, the play of the musicians was the best part of the album.

The hard-driving beats of the drums and great guitar riffs really painted a picture of what a rock band should sound like.

However, while the album tended to be more than a little cynical, it was definitely something to listen to when a person was in a bad mood.

On one hand, it made the anger seem justified.

It made it seem like it's OK to go punch a puppy.

On the other hand, depending on the song, just listening to the album was a good way to relieve stress. In today's world of high anxieties, teens are looking for ways to reduce stress.

The lyrics managed to relate to the target audience of the band perfectly.

The lyrics were obviously well thought out, even though they were pretty simplistic.

Teenagers could perfectly understand topics such as falling in love and dealing with death.

However, the album relied on repeating the chorus of the songs more than necessary, causing some of the songs to be repetitive.

More thought could have been put into each song.

A good album has to have all aspects of it working in order to make it a legitimate hit.

And there wasn't really a variety of songs either. Did they run out of ideas? Do they think the audience won't recognize how much some of these songs sound alike?

One tended to get bored of some of the songs within three minutes. One can just picture the listener falling asleep while listening to some of the tracks.

About halfway through, the listener will have difficulties keeping his focus on the album. However, if one doesn't mind the occasional guttural singing, then this album is not that bad. That's easier said then done.

Kittie did manage to make an album with a lot of energy in spots, making it not even close to being a funeral.

MUSIC REVIEW

"FUNERAL FOR YESTERDAY"
Kittie
Key Track: "Around your Heart"

Girl punk band fails to imitate Avril Lavigne

BY KIM BUCKLEY

It must have seemed like a sure-fire winning formula to some music producers out in the industry.

With three sisters who could sing, someone must have thought that millions of people were sure to buy their album.

Unfortunately, this somebody would be wrong.

With family members teaming up to become a singing group (think the Duff sisters), the Ross sisters, also known as Everlife, are the latest addition to this group.

Probably the best way to describe the album, self-titled "Everlife," is it sounded a lot like any album that Avril Lavigne has done, complete with the punk-rock style.

MUSIC REVIEW

"EVERLIFE"
Everlife
Key Track: "When Angels Cry"

The album started off with a vibrating electronic beat. Instead of adding something neat to the song, it just sounded weird and out of place with this particular album. Especially since the first track relied mostly on drumbeats and guitars, and went with a completely different music style after the opening instrument.

The album really didn't have a good song selection. The songs seemed to just be filled with feel-good music without a message.

And what exactly are the messages of the songs?

Most of the songs on the album didn't have a personal touch, but seemed to be too general.

For instance, the second track, "Goodbye" talked about having to say goodbye to a boyfriend, but there really wasn't a reason given for saying goodbye.

The singing on the album was all right. It was passable for the types songs. However, the lead singer was not one of the best singers around. She wasn't even close.

And again, her voice was awfully reminiscent of Avril Lavigne.

On the plus side though, she beautifully crooned her way through the slow songs.

It seemed like she could handle the pace better. The album was definitely listenable. A good amount of the songs had good, solid beats to them.

However, it was all too easy for someone to just tune out the lyrics and listen to only the beat.

There were some good tracks, but it took a while to get to them because of their placement on the album. They were near the end, which only served to have the listeners endure the worst of the songs until the end.

Those end songs and the strong use of the instruments were probably what redeemed this album in any way.

The album managed to end on a good note though, with the best song on the album, "Angels Cry," which talked about connecting spiritually with others during a tragedy. It was a touching song that took a different tone from the rest of the selections.

The guitars and drums didn't bring anything particularly new, but they were definitely easy to listen, adding some much needed substance to the songs.

This was an all right album to listen to if a person is bored with nothing to do. However there are loads of other albums that are preferable to this one.

It's ironic that one of the tracks was "Daring to be Different," because Everlife clearly isn't doing that.

Emotions, inner workings of English monarchy shown in 'Queen' film

BY KIM BUCKLEY

Few things are as intriguing to Americans as the English monarchy and the royal family. The queen is a figure that is mysterious and her emotions are hidden, known only by herself.

"The Queen" was ambitious enough in the fact that the main point of the film was to get inside the mind of Queen Elizabeth II during the time of Princess Diana's death.

The film successfully managed to give the audience a hint of what the queen felt or thought during that chaotic time after the death.

Helen Mirren, who played the queen, filled the screen with the dignity and grace fit for any member of the royal family. She was absolutely convincing as the queen and the audience tended to forget that she was only an actor and not the real queen.

Even in her moment of humility, she brought dignity as well as a quiet strength to the character.

She perfectly captured the confusion of a queen caught in between changing times, with subjects who want to see more emotions from the royal family instead of stoic strength.

The movie started out with the election of Tony Blair, played by Michael Sheen, as the new Prime Minister of England. A short while after his election the palace received word that Princess Diana was tragically killed in a car accident.

As the royal family continued to keep silent about the death, the more people in England grew angry about it.

Sheen did a good job portraying Blair and some of his frustrations at both the royal family and the growing dissatisfaction by the public with the way the royal family handled Diana's death.

He managed to capture the growing respect he had for the queen, while at the same time trying to persuade the queen to talk about Diana's death to the public in a realistic way.

At the end of the movie, when the queen told him that someday the people of Britain would be upset at him, his face plainly showed his emotions, uncertain of the future.

MOVIE REVIEW

"The Queen"
Starring: Helen Mirren

In the beginning of movie Sheen perfectly showed the nervousness at meeting the queen as the new prime minister and the awkwardness at times between the two.

And of course Princess Diana is there, shown in real footage and interviews.

Her presence was like a ghost, unseen but whose presence was still felt. In the end of the movie when a photo of Diana flashed across the screen it was as if Diana had been an eyewitness to the entire thing.

The movie effectively showed how beloved Diana was not only in England, but around the world.

Millions of bouquets were placed outside Buckingham Palace and people wrote messages to her.

The slow pacing of the movie didn't hurt it in any way. It allowed the audience more time to get to know the queen personally. Little touches, like the queen driving a car or walking the dogs made the her seem more human instead of an all-powerful monarch.

One of the more personal touches was the queen showing emotion at the death of a horse. It showed that the queen had a heart, even though it was hard for her to show it.

The only failing of the film was the lack of emotions. It made it hard to like anyone except for the queen. Most of the characters remained stoic throughout the entire movie.

When they showed Diana's death there was supposed to be a great tension. The audience knew what was going to happen, and for a few seconds there was that tension.

However, the height of tension wasn't reached because the car wasn't actually shown crashing.

Some of the members of the royal family were absolutely infuriating as they refused to listen to the advice of Blair and the pleas of the British citizens.

One of the members of the royal family even said, "Diana's causing more problems dead than alive."

Even Blair's advisers don't seem human, but rather subjects whose only purpose in life was to complain about the queen and monarchy because they are supposedly modern.

However, the better points of the movie more than made up for the lack of emotion.

The audience was able to sympathize with and understand a little about the queen, mostly because of Mirren's performance.

Bad weather unable to stop fans from attending sold out Goo Goo Dolls concert

BY ALI HODGE

The long awaited Goo Goo Dolls concert, with opening act, Augustana, started with an amazing, beautifully done, upbeat rock number and ended on just as an amazing note three hours later.

Despite the blizzard conditions, the icy roads, and wind which was blowing harder by the minute, the seats in the main hall of the Orpheum theatre were filled almost to full capacity.

Excited teenagers and adults alike clothed in fan paraphernalia, awaited to see a rock band that has been around for over 12 years.

The members of the arising band, Augustana walked out on stage as the decorative lights of the auditorium dimmed to complete darkness.

The only lights were that of the stage illuminating the musicians as they walked out and picked up their instruments.

If one complement could be made to Augustana, it would be that the band sounded just as good, or even better live then it does on its album.

However, that certainly is not the only complement the members of the band deserved. They were composed, funny, energetic and extremely talented.

They opened without a word, diving right into their first song, one the audience didn't know, but clearly enjoyed.

The band obviously had a very unique style of light rock, with the occasional heavy instrumental breaks.

Put together with strong and harmonic voices, the band's final sound was something to remember.

Augustana played two more songs before the lead singer creatively introduced the band members and where they each were from.

After playing three more songs, the opening band ended with their chart-topping single, "Boston."

The lead singer, setting down his guitar, seated himself at the piano and, as he sat in the spotlight on the now dark stage, began to play the well-known tune of the song that has been all over the radio.

The audience, who was enjoying the music either way, exploded at the first few measures of a familiar song.

It was by far the best response they had given all night.

Taking their leave, the lights illuminated the hall as the stage crew set up for the big act, the reason everyone had come, the Goo Goo Dolls.

The entire event was hosted by FM Q98.5, so when the stage crew was setting up, the morning DJ's, Pat and JT entertained the crowd a bit.

I think the concert would have been just fine without their small intervention, however, the music was stellar enough to mask any annoyingly extended intermission.

A half an hour time period lapsed as excited people filed in and out of the auditorium in anticipation of the Goo Goo Dolls.

Without warning, the hall, including the stage, fell into complete darkness and the screaming voices of the audience filled the auditorium.

The haunting slow chord of an electric guitar pierced the darkness and the crowd screamed louder.

CONCERT REVIEW

Goo Goo Dolls
Feb. 24
The Orpheum
Key Track: "Iris"

Like lightning, a bright white light flashed from the top of the stage illuminating the band and the audience for a split second. The crowd screamed at seeing a small glimpse of the band posed, ready to play.

The rhythm of the light lead into the visual unveiling of the Goo Goo Dolls as the stage filled with light.

The crowd went completely crazy.

The long-awaited voices of the Goo Goo Dolls filled the auditorium as they opened with the familiar chords of their old hit, "Dizzy."

The majority of the songs performed were from the album, "Dizzy Up The Girl" even though it was the "Let Love In" tour.

This is quite understandable since the "Dizzy Up The Girl" album was amazing and nothing the band ever put out beats the content of it.

Their sound was just as good live.

Maybe not as good as Augustana, but the Dolls were obviously more musically talented and the audience was more responsive to them since every song they played they knew word for word.

The well-known lyrics were just as, if not more hauntingly poetic live. Topics such as love and everything dealing with the hardships of life were beautifully displayed for the audience with the help of one of at least 15 guitars and strong voices.

The band played only one more song before members addressed the audience and thanked them profusely for their support.

The lead singer introduced his band and his next song.

"You guys might know this one..." he said as he strummed the beginning chords of their hit song from "Dizzy Up The Girl", "Black Balloon."

The crowd went wild as the band backed him up and dove into the full performance of the song. Naturally, as almost religious followers of the Goo Goo Dolls, they knew the song.

As soon as the melody was in full swing, a myriad of black balloons were set free from the audience on the ground floor. His voice was almost masked by the sound of the adoring audience singing with him.

The band did sing some songs that were not well known and didn't keep the audiences' attention. However, the Dolls would strategically steal their energy back when they pounded the audience with another chart-topper.

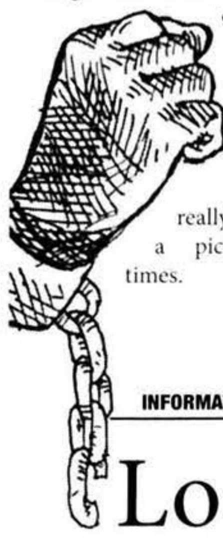
Some of the many songs they performed were "Slide", "Broadway", "January Friend", "Feel the Silence" and, the most popular, "Iris."

Blowin' in the Wind

a brief history of songs that took a stand

1780s-1800s

Slavery protest songs were some of the oldest protest songs. The hymns and spirituals often discussed the abuse and the hope that slavery would end. Songs like "Steal Away," "Go down Moses (Let my people go)," "We shall run free" and "Run to Jesus," really painted a picture of the times.



1839

The Hutchinson Family Singers from New Hampshire were one of the best-known musical groups of the 1800s.

The songs protested the treatment of women in and hoped for change like women's rights.

1859

Julia Ward Howe heard of the death of John Brown, who attempted to start a slave insurrection, and began writing songs describing the injustice of his death and how people, especially women, were treated. Howe's "Suffrage Song" was used as the national symbol for the women suffrage movement.

1900s

The Industrial Workers of the World (IWW) known as the Wobblies, passed out songbooks that had songs supporting the formation of a union. Ralph Chaplin created "Solidarity Forever," which called the government a "greedy parasite."



1930s

The harsh realization of the Great Depression led to political songs that changed the way the world functioned.

The decade had Abel Meeropol's anti-lynching song "Strange Fruit."

Other songs called for a revolution to overthrow the government.

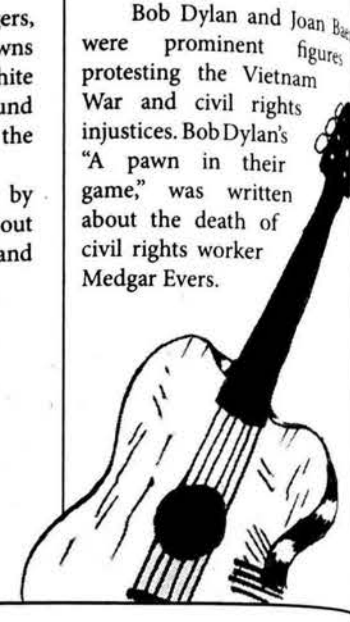
1940s

The Almanac Singers, which included well knowns Woody Guthrie, Josh White and Peter Seegar, toured around America singing to support the struggling workers.

Songs like "Deportee," by Woody Guthrie talked about the workers harsh treatment and deportation.

1960s

Bob Dylan and Joan Ba[illegible] were prominent figures protesting the Vietnam War and civil rights injustices. Bob Dylan's "A pawn in their game," was written about the death of civil rights worker Medgar Evers.



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INFOGRAPHIC BY BOB AL-GREENE

Local group shows aggressions about negative aspects of life

■ CONTINUED FROM 'POLITICS' ON PAGE 32C

Tweedy, the lead singer, is the most political one of the group, with an interest in topics like the trials of starving children and how "in some countries kids have to go to war when they haven't hit puberty yet," and that his songs include titles like "Casualties of War."

Tweedy said one of the songs, "Final Conquest," is about being ready for things to get worse than they are right now.

He said its lyrics include, "we have to be prepared/ready for the world to turn on us," and they suggest to "keep your rifle near you." It represents a more generalized kind of message.

Another one of the bands songs deals with the topic of gangs.

"It's about how gangs are dumb," he said. "It's about how society is getting messed up from gangs taking over."

He said there is a special name for the band's brand of music. It's called "pist-ovity," which means "pissed off, positive music." He said he wouldn't always label all of his songs as having positive undertones, however. It's more about getting through hardships.

"It's not really positive as it is persevering," he said.

Carlson said sometimes their songs aren't really about anything important at all, and are sort of nonsensical.

Tweedy and Carlson both said they were eager to take the band to as high of a level as they could.

"We still play just for fun," Carlson said, "but we are hoping that it can go bigger."

He said the band is trying to play a much larger gig this summer in Illinois called the Cornerstone Music Festival. It's a Christian-based music festival, lasting around eight days. It incorporates bands from all over the country, some of which are headlining.

Mayfield said he was not as serious as his band mates about becoming well-known.

"I wouldn't complain with getting bigger," he said, " but I'm not making it a career or anything."

Carlson said when the band first started, it wasn't very serious at all. They were friends and they were bored.

"Originally we were just like death metal, messing around, but then people started liking it," he said.

Freshman Cassandra Butt said she has been a fan of Swordfish Ter[illegible] since Carlson, Lee and Mayfield were in Churchill.

She said initially her friend Chester Lovegren was the vocalist, fr[illegible] Churchill, and he wrote mostly about love.

With the change of the band to Swordfish Terror, Tweedy has taken [illegible] place, and the band has produced lyrics more oriented to social issues.

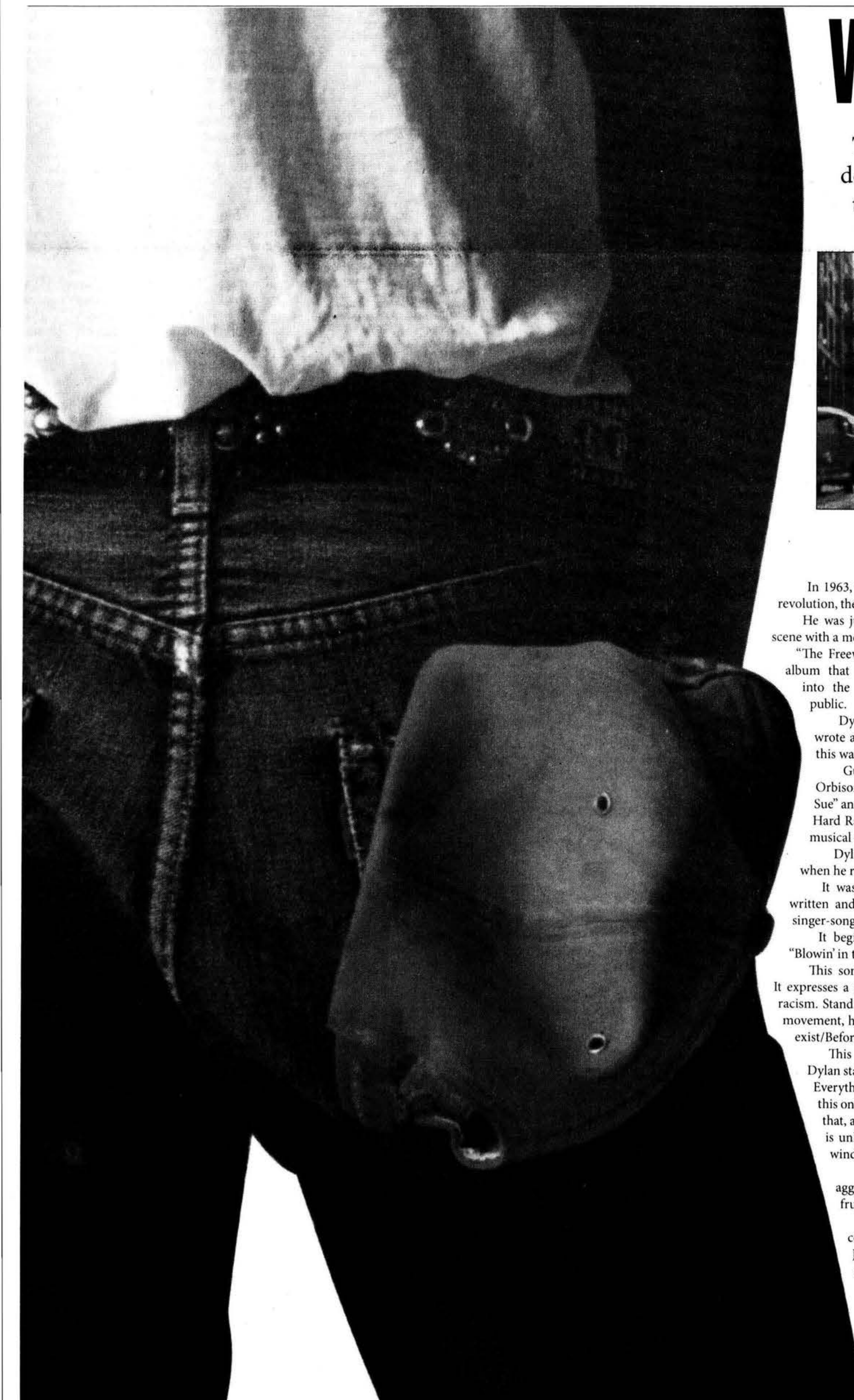
She said this wasn't a bad thing, either.

"I think it's really cool that they sing about politics because they expr[illegible] their opinions through music, which they're good at," she said.

The lyrics are meaningful, but she said they're hard to understand [illegible] times.

"A lot of it's screaming," she said, "but they calm down so you can h[illegible] parts of it, just not all of it."

She's seen some of their shows, and that the Mosaic Community Cen[illegible] is not far from where she lives.Carlson said his favorite part of being [illegible] Swordfish Terror was definitely playing shows, many of which have be[illegible] taken place at the Mosaic Community Center..



Worth fighting for

Take a closer look at reviews of some of the music that was designed to change the world for the better. Do the albums of today have the same impact as the ones from decades past?



COLUMBIA RECORDS

BY MAX LARSON

In 1963, when the fires were being set for a musical revolution, there was Bob Dylan.

He was just a kid from the Greenwich Village folk scene with a mediocre debut album to his name.

"The Freewheelin' Bob Dylan" was the album that forcefully catapulted Dylan into the limelight of the American public.

Dylan was an entertainer, yet he wrote all of his own songs. In 1963, this was unheard of.

Guys like Buddy Holly and Roy Orbison were doing it, but "Peggy Sue" and "Pretty Woman" were no "A Hard Rain's A-Gonna Fall." The literary, poetic and musical comparisons are almost laughable.

Dylan shaped the structure of popular music when he released his 13-track sophomore album.

It was a social and political commentary, self-written and performed. Its success gave birth to the singer-songwriter era. And it was good.

It begins with one of his most famous tracks, "Blowin' in the Wind."

This song points a stern, steady finger at society. It expresses a sense of hopelessness in times of war and racism. Standing before the backdrop of the civil rights movement, he asks, "How many years can some people exist/Before they're allowed to be free?"

This one song bears the main idea of all that Dylan stands for throughout his career a social critic. Everything he has to say could be traced back to this one statement. He brings about the harsh truth that, as of this point, the answer to our problems is unknown. It's out somewhere, "blowin' in the wind."

"Masters of War" is a slightly more aggressive piece, and a classic example of frustration with "the man."

It incorporates biblical allusions, comparing perpetrators of vicious acts to Judas. He even makes as bold a statement as "I hope that you die/And your death will come soon."

At its foundation, it could be called lyrical hatred and disgust. He wasn't being Johnny Rotten or rallying for destruction. He was [illegible] speaking up, calling people out on their inexcusable wrongs.

In a live recording of "A Hard Rain's A-Gonna Fall," D[illegible] once informed the audience that its name means "someth[illegible] bad is gonna happen." It's a reference to impending war.

Penned at the dawn of the Vietnam and Cold Wars [illegible] tries to encompass the entire world in an apocalyptic warni[illegible] The song is almost pleading for someone to listen, yet with [illegible] undertone of indifference. It's the beginning of one mill[illegible] other songs, all shooting in different directions, carefully fi[illegible] into several minutes of music.

"Talking World War III Blues," exhibits frustration w[illegible] the population of the world. It's a satirical commentary on [illegible] current events of the early '60s. It criticizes the thoughts a[illegible] reactions towards the momentous events of the time.

Out of context, the music may seem soft. But in 1963, pa[illegible] of "Freewheelin'" were like a middle finger, violently protru[illegible] in the face of establishment and society.

Dylan wasn't an anarchist, but he was certainly aw[illegible] of his inspiration, and he knew how to channel it into mu[illegible] Putting thoughts to paper seems as natural to him than walk[illegible] or breathing.

All his songs were played in his early, folk style. It wa[illegible] more sophisticated brand than most other folk of the time. [illegible] elevated writing is why he surpassed ma[illegible] of the previous singers of his genre w[illegible] garnered acclaim and popularity.

MUSIC REVIEW

"THE FREEWHEELIN' BOB DYLAN"
Bob Dylan
Key Track:
"Blowin' in the Wind"

Don't think that all of his songs we[illegible] about politics, because he found other matt[illegible] to be of importance.

"Don't Think Twice, It's Alright," [illegible] of his more famous songs, describes bit[illegible] feelings at the end of an unsuccess[illegible] relationship.

"Girl From The North Country" is also about a lost lo[illegible] one, and about the desire to preserve her memories.

He sets out to capture in words the pathos of the desert[illegible] And he proves that there are few others from this century w[illegible] can do it better than him.

His writing is from the stance of a modern roman[illegible] versed in history, art and politics, all with the writing skills [illegible] express any thought that might float into his mind. Luckily, [illegible] uses this talent to support important topics or to illustrate ha[illegible] emotions.

Everything he says has a purpose, like a blues artist play[illegible] in the '50s. Each word has its reason. There's no pretension, [illegible] empty rhetoric.

At times his songs seem epic, incorporating so many bro[illegible] aspects of the world, past and present. Someone could listen [illegible] this album twice over, sit back, sigh, and ask himself, "what el[illegible] is there to write about?"

Take these songs and apply them everywhere. It isn't ha[illegible] He hits with a universality that isn't hard to make you thi[illegible] these songs have been here for hundreds of years.

It's how he got his respect. When he wrote, people wou[illegible] listen, and they are still listening now.

It's a personal album. With just Dylan and his guitar [illegible] feels as though he is right next to you, playing in your liv[illegible] room or basement. He doesn't sing or play any way special. H[illegible] just himself. He's honest.

You have to be a pretty good song writer to make it in th[illegible] music business with a voice like Dylan's; let's not kid oursel[illegible] The way his voice was looked at might be thought of as the w[illegible] Conor Oberst's is seen today. In the film "Don't Look Ba[illegible] Dylan tells a reporter he is just as good a singer as anyone el[illegible]

Bruce Sprinsteen's 1984 release "Born in the U.S.A" took this country by storm by showin[illegible] how the common man could voice his opinion. His concerts were legendary. People seem[illegible] to identify with, and couldn't get enough of, the Boss.

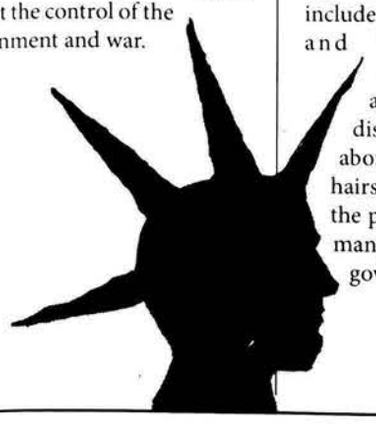
COLUMBIA RECORDS

Blowing in the Wind

a brief history of songs that took a stand

1969

In 1969, the most famous music festival took place. Woodstock, held at Max Yasgur's 600-acre park, exemplified the counter culture. The festival, comprised mostly of hippies, fought the control of the government and war.



1977

"Never Mind the Bollocks" was released to a growing punk scene in London and New York City.

Eventually banned from the U.K., its political rants included "Anarchy in the UK" and "God Save the Queen." It dubbed the government a fascist regime, and it discussed topics such as abortion and anarchy. The hairstyle **(left)** of many in the punk-rock scene shocked many who supported the government.

1980s

Rap emerged as a political movement for the new age of rebellion.

Public Enemy's "Fight the Power" and Grandmaster Flash's "The Message" offer up the true harsh realities of growing up African-American on the streets.

1983

Taking from the original idea of Woodstock, bands and fans formed another concert in the June of 1983. The bands played music in opposition to President Ronald Reagan.

1985

The Dead Kennedys released songs about the corruption in the government.

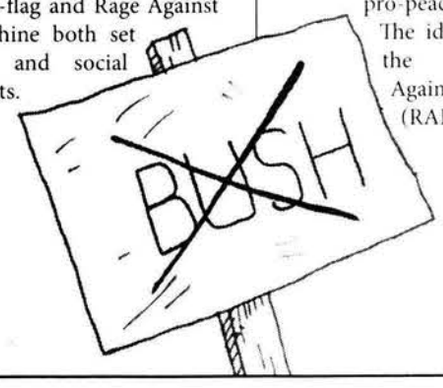
The lyrics specifically point out the errors in the government in "Stars and Stripes of Corruption."

2000s

Rebellion has become a common topic of choice for today's bands. Many bands base entire CDs on fighting the power or correcting the government. Songs like Green Day's "American Idiot" and bands like Anti-flag and Rage Against the Machine both set political and social statements.

2004

"Rock Against Bush" was a project mobilizing skate punk and punk rock musicians against the 2004 Presidential campaign of George W. Bush **(below)**. It was inspired by the idea of creating a vibe of anti-war and pro-peace sentiment. The idea came from the 1980's Rock Against Reagan (RAR) concert.



nd that he hits all the notes he attempts. t's true. Although some don't agree with is voice, and he may not exactly be a rooner, there isn't anything he tries out f his range.

People call Dylan the voice of his eneration, and whether or not that's rue, the '60s yielded quite a generation o be any sort of vocalist in. What other ecade in recent American history has een more protest? Dylan's recognition s a leader of protests came in a time of rotest leaders. It's hard to stand out in a oom full of standouts, but this album is ertainly cream that rises to the top.

"The Freewheelin' Bob Dylan" was ood. It was better than most preceding ork, and it certainly took the concept f folk music to a level never imagined.



TROJAN RECORDS

MUSIC REVIEW

"THERE IS NO FUTURE"
SEX PISTOLS
Key Track: "Anarchy in the UK"

BY ALI HODGE

There is nothing better than Brits screaming and ranting about anarchy in the government.

The Sex Pistols' album, "There is no future", is a perfect addition to any old punk-rock fan's collection.

The Sex Pistols mixed a rock beat with screaming, slightly vulgar lyrics, discussing topics everywhere anywhere from love to politics.

The album has original substance and excellent instrumentals, which include lots of electric guitar and drums.

This compilation album opens with an up-beat "Pretty Vacant" and keeps up the energy through out most of the album.

Some strong songs on the album include "Submission" and "Anarchy in the UK", the best song on the album, which bluntly insults the United Kingdom.

The beat never lets down all the way through this album.

The band concludes the album with some equally as good songs such as "God Save the Queen" and "Substitute".

The Sex Pistols are a little rough around the edges and definitely take some getting used to, but hopefully when the listener gets over the strong British accents and the loud, in-your-face beat they will be able to realize that they are some of the best song writers and singers of the twentieth century.



EMI RECORDS

MUSIC REVIEW

"LENNON LEGEND:THE VERY BEST OF JOHN LENNON"
JOHN LENNON
Key Track: "Power to the People"

BY KIM BUCKLEY

The former Beatle John Lennon has become well known for his political songs about peace. He was wildly known for being a protestor and using his fame to speak out against the government. He certainly wasn't shy about stating his opinion.

Not every song on "Lennon Legend: The Every Best of John Lennon" is political, and the political ones creep up in between other songs.

They have a raw power, and truly reflected his views on the war and what was going on during the time. Besides talking about peace in his political songs, he also manages to have a good rallying song with "Power to the People," talking about how much power the American people truly have.

Lennon beautifully croons out slow songs like "Jealous Guy" but there are times when it feels as if he is straining his voice in other songs.

He still managed to hit the high notes, as demonstrated in "Happy Xmas (War is Over)" without sounding strained at all. However, it was obvious that he is still more comfortable in the lower ranges.

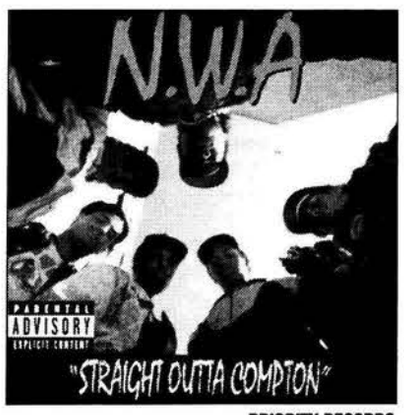
Lennon made good use of rhythm and beats throughout the album, not just only on the political songs. Lennon borrowed from Native American and African beats to give some of the songs a different feel than the rest on the album.

He also made good use of the soft sounds of the piano in the slower songs, and the rough guitar riffs in some of the faster ones.

While he will always be known for the anti-war anthem "Give Peace A Chance," his best song on the album is "Imagine."

The beautiful crooning along with the dream of having a world where there is peace everywhere, showed the softer side of the artist.

While listening to the song, one could just get comfortable, lean back in a chair and imagine such a world.



PRIORITY RECORDS

MUSIC REVIEW

"STRAIGHT OUTTA COMPTON"
NWA
Key Track: "F*** the Police"

BY PATRICK BREEN

The mood is set with a simple beat. The darkness closes around the listener. The beat drops in without a hint of what is to come.

Then the actual lyrics set in.

Straight out of Compton.

Some start to tense up. They know how and what it is.

Rap.

And not only rap, but the original gangstas from the west coast. Dr. Dre struck again in the wonderfully awesome rap that involves the life of a street thug. The album is old, but still holds value in today's society.

And it holds it value very well.

The message is still the same today as it was in 1988 when it was made. Repression from the police and government, for any reason was hurting the whole African-American race. From police racism to fighting rival gangs, the album contains political overtones that will stay universal till the end of time.

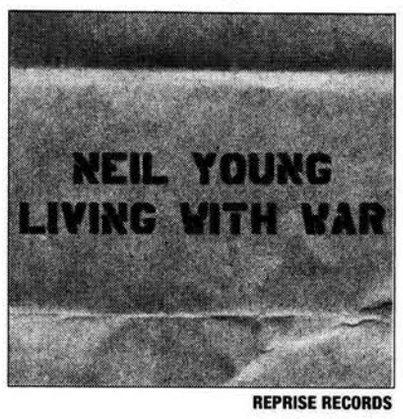
The album, produced by Dr. Dre and Yella, bangs home a precise portrait of life on the streets.

Unlike the new-age raps of today, the raps are clever, well spoken and make a point. The raps have a vintage appeal. Like old horror movies, the raps continue to amuse and entertain the multitudes.

The title track, "Straight out of Compton" is the start of a great album that will continue to keep the listener's ear glued to the headphones. Ice Cube, Eazy-E and M.C. Ren compose the songs with incredible story telling and memorable lines. Explicit doesn't describe the lyrics. The song starts with a talking opening that draws the listener in. Then, Ice Cube starts rapping.

F--- the police.

The rap steals the album. It is filled with profanity and wonderful truth, which the band was criticized for early on in their career. The lyrics are simple and state their obvious point of view.



REPRISE RECORDS

MUSIC REVIEW

"LIVING IWTH WAR"
NEIL YOUNG
Key Track: "Let's Impeach the President"

BY BOB AL-GREENE

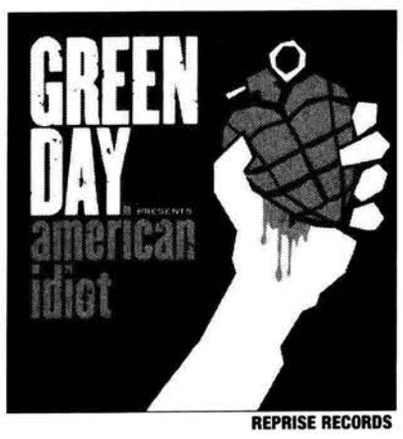
There's nothing subtle about it, that's for sure.

Neil Young's latest album, hot on the heels of another new album and a concert film, "Living With War," makes no false pretenses about what it is. This is a protest record, plain and simple. A modern re-imagining of the old Vietnam-era protest songs, Neil Young has trapped the ferocity of the '60s and unleashed it upon a new group of warmongers, the "shadow men runnin' the government". It's the spirit of Bob Dylan (whom Young mentions) with a new target and a new audience.

With the CD case decorated with a plain brown paper bag background and black stencil lettering, "Living With War" is like touching and listening to something Young himself has given you. It's as if this was not a mass-produced, nationally-released album, but rather a thrown-together LP sold out of the back of a Camero at an anti-war rally.

The songs themselves echo with Young's emotion, which he makes no attempts at holding back. He's angry, sad, disappointed and hopeful, and he doesn't care who knows it. With songs named "Shock and Awe", "Lookin' for a Leader" and for goodness' sakes, "Let's Impeach the President", it's easy to tell that there aren't going to be a lot of hidden subtexts and metaphors. This is an indictment of the administration, filled with ridicule and angry questions.

The lyrics read like Young's personal journal, as if he was scribbling in a notebook or on the back of that brown paper bag, asking himself these questions and knowing the answers would point out the problems with the world.



REPRISE RECORDS

MUSIC REVIEW

"AMERICAN IDIOT"
GREEN DAY
Key Track: "Jesus of Suburbia"

BY PATRICK BREEN

"Speak out to your president, gas man," and "Bombs away is your punishment."

Those two lines tell you the whole story of American Idiot by Green Day. The first track hits the political front right away.

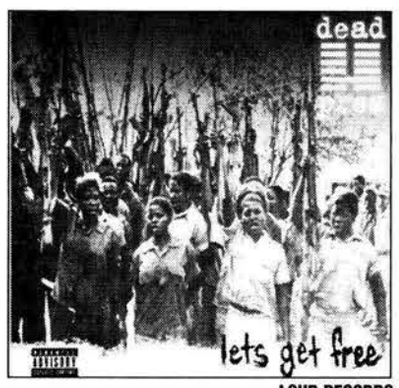
Green Day has been a vocal group against President Bush and his administration. The album is filled with clever sayings and catchy lyrics that make even the most stolid person scream along. Green Day has been popular for over a decade, and has produced hit after hit. The band still provides pop and punk like it used to.

From "Dookie" to "Nimrod" to "Shenanigans," the band has created album names instantly recognizable by the millions of fans that adore group.

Compared to other bands albums, this should be a mega hit that highlights an illustrious career. However, this album will only entertain and stay in the shadow of the band's best albums, "Warning" and "Dookie."

The album does have some great tracks.

"American Idiot," that says it all.



LOUD RECORDS

MUSIC REVIEW

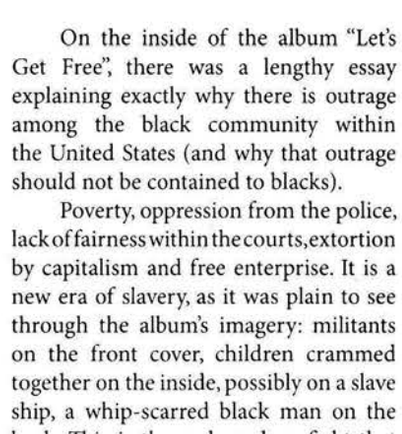
"LET'S GET FREE"
DEAD PREZ
Key Track: "Guns of the West"

BY BOB AL-GREENE

On the inside of the album "Let's Get Free", there was a lengthy essay explaining exactly why there is outrage among the black community within the United States (and why that outrage should not be contained to blacks).

Poverty, oppression from the police, lack of fairness within the courts, extortion by capitalism and free enterprise. It is a new era of slavery, as it was plain to see through the album's imagery: militants on the front cover, children crammed together on the inside, possibly on a slave ship, a whip-scarred black man on the back. This is the real modern fight that Dead Prez has taken upon themselves through their music, their inspiration. All of this information through words and imagery came before the actual music of the album. Dead Prez wasted no space to get the message across.

Over the course of the album, Dead Prez touched on themes such as black nationalism, failings of public schools, freedom, police brutality, poverty, religion and hip-hop, throughout stressing the need for the political awareness and activism that can let a community rise above oppression.



SAILOR'S GRAVE RECORDS

MUSIC REVIEW

"WE ARE THE PROBLEM"
U.S. BOMBS
Key Track: "Guns of the West"

BY PATRICK BREEN

"We are the problem."

That is the title of U.S. Bombs new album.

They aren't talking about themselves specifically, but they are talking generalities. "We" refers to the United States. Now, this band isn't exactly about hating the United States. It's more about love for the country and hating the president.

And the way he runs the country. The political lyrics are found in every song.

Some are subtle.

"It's automatic, it's automatic, you're livin' on the streets, lost your job to a robot, and you gave up to drink."

And some are blatantly obvious.

"Don't believe what they say, the day after yesterday is all it takes, no good hands in all state."

"Not a chance to be saved, a lot of wood to carry the cross, a band without a country."

Either way the band makes the statement is fine because of the creative and inventive lyrics and titles.

All the songs have a different beat, rhythm and sound that define this band from the rest of the most common punk bands.

Even with all these different sounding tracks, the album is wonderfully put together.

The tracks flow smoothly and almost fit together like the album is one continuous song.

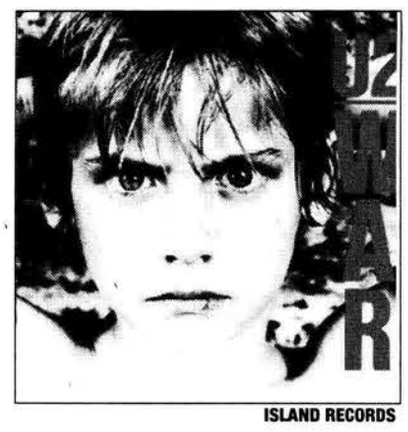
The vocals are raw. At first, one would think that this band is not large or local, but that wouldn't be right. They are well known.

The voice just fits perfectly. Give it a few seconds, and it's easy to tell.

The singer sounds like he has just come from the dry dessert and hasn't had a drink of water for days.

The voice just adds to the mystique of the creative lyrics that are the hallmark of the album.

Songs like "Heartbreak Motel," "4th of July" and "Guns of the West" add different more relaxed tones to the usual fast, hard, punk rock that enwraps the album.



ISLAND RECORDS

MUSIC REVIEW

"WAR"
U2
Key Track: "Sunday Bloody Sunday"

BY KIM BUCKLEY

The album "War" by U2 started off on a high note.

The loud drums started playing, immediately grabbing the attention of the listener with the first song, "Sunday Bloody Sunday."

After the first song, the rest of the album was somewhat of a disappointment.

While the rest of the songs were great, none of the songs really had the impact as "Sunday Bloody Sunday" until "Surrender," near the end of the album. U2 managed to shine as brightly during the end as it had in the beginning of the album.

The best song on the album was "Sunday Bloody Sunday," a song about how brutal war is. "Broken bottles under children's feet,/Bodies strewn across a dead end street," sings Bono, the vocalist of the band.

With a rough edge to his voice, the lyrics become even more meaningful. He used a cynical approach to get across the message of the song, which worked very effectively.

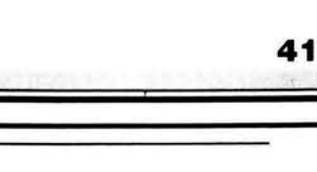
The album was filled with both powerful songs and meaningful lyrics.

The message of the album most questioned what was wrong with wrong with the world. All of which included the government, society and the atomic bomb.

While it tended to be on the cynical side, it asked questions that should still be asked today.

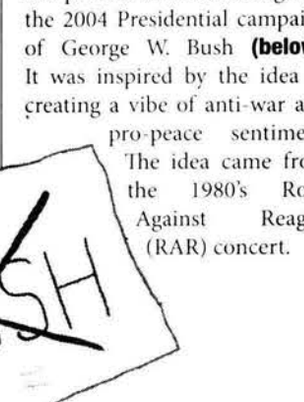
There were very few songs on the album that weren't pessimistic. U2 had a nice song about love called "Drowning Man," which temporarily distracted from all of the pessimism in the album.

The stupendous sound of the guitar, piano and drums of the band went well with Bono's voice. Some might argue it's the musicians playing the instruments who were the real stars of the album.



REGISTER YOUR OPINION

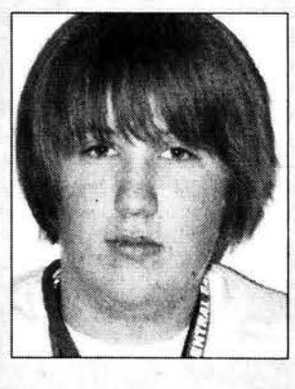
How much does political music affect society?



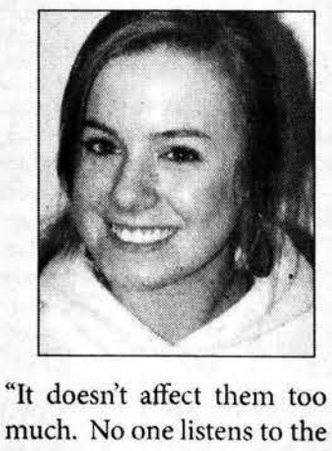
"It affects them. They put in words that teens will listen to. Its information for the youth."
Courtney Smith (10)



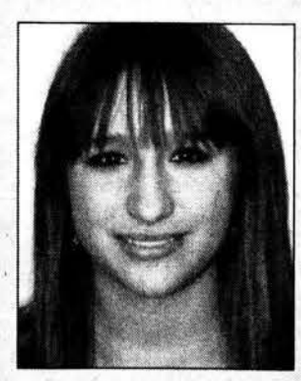
"It helps them make their opinions on political issues."
Carli Neuberger (9)



"I don't think it has very much effect. Maybe some younger, less mature kids."
Scott Erixon (9)



"It doesn't affect them too much. No one listens to the words of songs."
Betsy Wells (10)



"I think it does a lot. People are swayed by what they here."
Jenny Miller (9)

RAISE THE CURTAIN

The 93rd annual Road Show did as everybody expected, it wowed audiences. This long-lasting tradition has been doing this since 1914. Acts have come and gone, and so have judges. What will always remain at the state's largest high school is the talent.

Show proves despite problems, real talent comes shining throug

BY KIM BUCKLEY

This year's theme was "O! What a Road Show."

Director John Gibson said music teacher Lyn Bouma came up with the idea for the theme.

He said his students were working on themes that worked for the Road Show and one student came up with a downtown theme because of the school's location. He said he really liked that idea, but wanted to use the O!.

"It wasn't until Ms. Bouma said 'O! What a Road Show' that it clicked," Gibson said.

Senior Crystal Ramirez was the assistant director of the performance. She said having an adrenaline rush and the feeling of being a part of a group and helping out was the best part of being in the show.

"To me it's almost better than being on stage at times," she said.

Gibson said this year's Road Show had a lot more dance acts than previous ones. He said more students auditioned for the Road Show with dance routines, and not as many auditioned with vocal music or orchestra pieces try out.

He said last year 12 vocal music kids did the opening song from the Broadway show "Rent." He said they didn't have that this year.

Senior Brenton Donaldson was one of the students who participated in the annual show. He was a solo act as well as in a group act. Many people in the Road Show were in more than one act.

"I wasn't able to do any of the Road Shows for the last three years and this was my chance to do it," he said.

Donaldson said for his beat-boxing act he listened to some of the original beat boxing for inspiration. Ramirez said this was her first time being an assistant director for the Road Show. She said it wasn't as hard as she thought it would be because it was mostly figuring out the stage setting for each act as well as the lighting and placement of things.

She said the fall production, "My Fair Lady," was harder to be an assistant director. She said with "My Fair Lady" there was a bigger group of people to direct at one time and she had to work a lot of one-on-one time with the actors helping them with their characters.

Ramirez said for the Road Show she didn't spend a lot of one-on-one time with the performers because they rehearsed for their acts separately.

"The rehearsals for Road Show are basically for the stage crew to get into the groove and for them to know their job," she said.

Ramirez said they didn't have as much rehearsal time as in previous Road Shows. She said there were normally split days with Act I and Act II performed on separate days before a full rehearsal. She said they didn't have that amount of time for this year's Road Show.

"It was pretty hectic putting it together," Ramirez said.

She also said some of the acts failed to appear on time for their scheduled rehearsal time. Ramirez said it was frustrating when that happened because it was crunch time. Gibson said the Thursday rehearsal was rough on everybody. He said the Road Show was one that was a surprise when it came together.

"This was a Road Show that sort of just appeared," Gibson said.

He said people like Ramirez, Emily Wall and Katie Shuster were the reason why the Road Show went smoothly.

Ramirez said her duties as the assistant director consisted of taking down stage notes and giving them ready for the stage crew, getting the lighting situated, seeing how the stage setting was set and help overseeing the entire show.

Gibson said since the fall production of "My Fair Lady," he has felt much more comfortable using the new equipment for the lights.

"We didn't hide the lights, we showed the lights this time," Gibson said.

He said the lights could be seen better and there weren't all of those sets that they had to worry about with the fall production. He said they had more control of the lighting in the Road Show.

"It was a lot more effective in the Road Show," Gibson said.

He said they were able to expand that knowledge of the lights they got from using the lights in "My Fair Lady."

Gibson said they didn't mask the lights with curtains like they did in the fall musical, but allowed the audience to see them.



PHOTO BY ALI HODGE/REGISTE

Junior Amy Wall performs a short knock-knock joke performance in between scenes during the Road Show. Sh performed with the Thespians Club. Many of them were also on the stage crew or in some other performance

Junior Faith Everhart was one of the many people who attended one of the three Road Show performances. Performances were held on Dec. 2 at 7 p.m. and Feb. 3 at 2 and 7 p.m.

"The performances were very realistic and very good," she said.

Everhart said she liked the dancing and choreography the Road Show and how it was all put together. She said the Ro Show had a lot of idealistic thought put into the performanc

Ramirez said the hardest part of being the assistant direc was being flexible with how the performers envisioned their to be like and their schedule.

Junior plays instrument in international competitions with family members

BY KEVIN GIBBS

"The initial shock value on people's faces is awesome," junior Kevin Mitchell said.

Kevin doesn't juggle flaming chain saws in his sleep or throw knives at an apple on your head. What he does is something far more unusual. He plays the bagpipes.

"I enjoy playing a lot," he said. "Not a lot of other people play it."

He started playing a few years ago after seeing his parents play the instrument with his brother.

Kevin plays the trumpet in the school band as well, as he has done for years.

His parents and brother play the bagpipes, and they have competed in competitions with a local group called Omaha Pipes and Drums.

The Omaha Pipes and Drums started in 1969 when Ed Range, Tony Smith, a Canadian drummer, and Pam Clarksheim, a member of St. Andrew's Band began the group. Kevin joined in 2004.

In the summer 2004, Mitchell went with his family to Scotland where they participated in three competitions with the Omaha Pipes and Drums against over 195 of the best groups in the world.

Kevin said the Omaha Pipes and Drums is looking to promote anyone who plays bagpipes.

The rest of his family is also in the group. Mitchell's father, Richard Mitchell, is Irish and moved to Omaha in 1971 and joined the Omaha Pipes and Drums, playing the bagpipe.

Then he met his wife and they both began to play.

Luckily the playing the bagpipes runs in the family. Ian, the oldest son, also took up the instrument.

Kevin had seen his family play in the competitions in Scotland and decided on his own that the bagpipes were something he would be interested in.



PHOTO BY ALI HODGE/REGISTER

Junior Kevin Mitchell plays the bagpipes at this year's annual Road Show. Mitchell has gained quite a reputation from performing in the annual show because he has been involved in it for many years.

Since then Kevin's interest has gone "through the roof" as he joined the family band.

Richard said the band is going to be playing at several upcoming local events such as a banquet at Creighton University and another event at Community Chr Church in Ralston.

Kevin plans to participate in some competitions himself this year.

He plans to compete in Michigan during the late spring, and again in Kansas C in the summer.

Kansas City has a competition nearly every weekend in the summer, and in t winter Florida and Texas take over as the bagpipe capitals of the country according Richard Mitchell.

In Scotland it's even more frequent.

"There's literally a competition every weekend in August and September," Ke said.

Kevin also has performed already on a number of occasions.

He wowed audiences last year in the Road Show as well.

"It was interesting, different, really different," said senior Francesca Hannah, of many students to hear Mitchell perform last year during the Road Show. "Mos because I have never seen anyone play the bagpipes before."

Hannah said she also had misconceptions about the instrument due to the w it is occasionally portrayed on television.She said the instrument usually sou distorted on television.

"Actually, I find the bagpipes annoying, but I enjoyed it (Kevin's performanc she said.

This year Mitchell played "A Tribute to Soldiers," which opened up the seco act.

Kevin has played at weddings and funerals in the past. He also has played holidays like St. Patrick's Day in events and on Halloween with friends.

He said he also enjoys the "equipment" that comes with the instrument.

Wearing a kilt is fun," Mitchell said, "There's not many people who can get aw with wearing a skirt-like garment in school."

Stage crew takes on big role in making 93rd annual Road Show successfu

BY KIM BUCKLEY

When some of the stage crew came out to change set pieces and props in between performances, one member of the audience yelled, "We love you stage crew!"

That pretty much summed up the feelings of the performers and others in the Road Show.

Senior Crystal Ramirez was the stage manager of this year's show.

She said the job of stage crew was to run the show by changing all of the scenery as well as the backdrops for acts. Members of the crew also change props for acts as needed.

Ramirez said members of stage crew needed to wear all black, with a long-sleeved shirt and black shoes.

"It's so they're not seen and blend in," Ramirez said.

She said members of the stage crew didn't want to be noticed because they were not the main focus of the Road Show.

Director John Gibson said the stage crew played a huge role in the annual show.

"Without them there would be no show, ever," he said.

Senior Natalie Zdan said being in stage crew was a really good way to meet people who were interested in the same things she is.

"It's really rewarding to know that the show couldn't go on without stage crew," she said.

Ramirez said since there was only one run-through a bit of the orientation was lost and some things were moved at the last minute.

Gibson said he is always concerned about the logistics on the stage.

He said for the Road Show there were 100 plus people on stage as well as bands, a huge amount of dancers, set pieces and a grand piano.

"I always worry about that," Gibson said.

Zdan said the most challenging part of being in stage crew was the physical work required.

She said she sometimes had to lift heavy things and bring in heavy backdrops.

"Sometime's it (stage crew) challenges my physical strength," Zdan said.

Ramirez said it was a little difficult being stage manager and being in a couple of the performances. She said she had good assistant manages who took over when she wasn't there backstage.

Ramirez said that the placement of the acts helped make it less difficult. Gibson said stage crew was a support team.

"You can have actors, but without the good people behind the scenes backing them up, the actors wouldn't be able perform," Gibson said.

Zdan has been in stage crew since her freshman year.

She said she had a foreign exchange student fr Germany staying with her family, who was in the stage cr for "Cinderella."

Zdan said the student told her about how fun being stage crew was.

"She basically talked me into it," she said.

Zdan said being in stage crew was a little like an addict because you want to keep on doing it.

"It was hard at first, but the result is a really good feelin she said.

Ramirez said she personally thought for some of the ol members of the stage crew, it was a little frustrating not gett the applause.

1914: THE YEAR IT ALL STARTED

This year's Road Show was the 93rd in a long line of performances. This means the first Road Show was in 1914. Central wasn't even known as Central back then. It was called Omaha High School. The talent was there, so of course the show went on. Many things in all aspects of life have changed since then. What world did the performers in the 1914 Road Show live in

The Central (then called Omaha High) baseball team in 1914 (below) won many games. When this photo was taken, the team was undefeated. On the national front, on June 11, one of the most famous baseball players of all time, Babe Ruth, made his Major League debut playing for the Red Sox. Within a few years, Ruth would be traded to the New York Yankees, beginning the infamous "Curse of the Bambino," Boston's long losing streak.



At Omaha High, membership in the cadet corps (not yet an official ROTC) was mandatory for all male students (left). This would have meant tense times for recent graduates when World War I began a month after the June 28 assassination of Arch Duke Franz Ferdinand. Austria declared war on Hungary on July 28, officially starting the war, though the United States did not enter until 1917.



ARNO TRUELSEN. OMAHA HIGH SCHOOL

1914 Shopping List

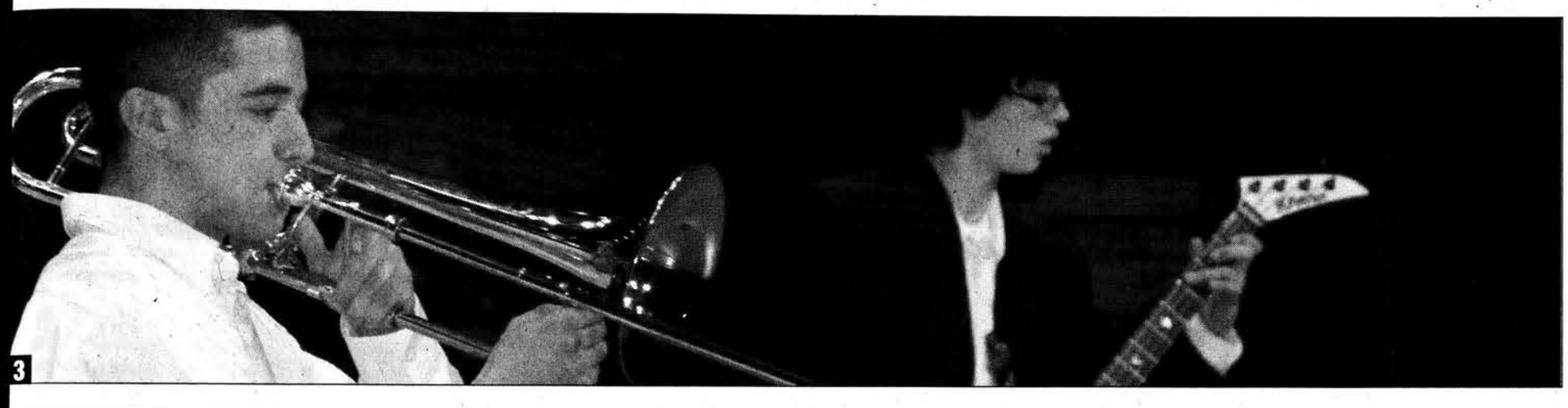
In 1914, a loaf of bread (left) would only have cost you 8 cents. Here's a look at some of the other grocery items you might have picked up at the store, and how their cost today compares to prices from 93 years ago.



Item	1914 price	2007 pric
1 pound of butter	36 cents	$3.75
1 gallon of milk	18 cents	$1.50
1 dozen eggs	35 cents	$1.40



5



3



4



1



2

PHOTOS COURTESY OF O-BOOK. 2007 PHOTO BY ALI HODGE/REGISTER

1. The Eaglettes perform a dance routine in the 55th annual Road Show in 1969. The Road Show that year included folksinging duos, a trampoline presentation, a "psychedelic" drum solo and a performance by the Crack Squad. 2. An electric guitar/bass combo from the 1979 Road Show. Other performances from that year included an electric violin and a faux ventriloquism act. The production staff in 1979 included Pegi Stommes, who would be known to many later Central students as Pegi Georgeson. 3. Junior Andrew Kroger plays the trombone during 2007's "0! What a Road Show!". In the background, junior Alec Erickson plays the bass as part of Kroeger's band. 4. Two students sing "You Are Sixteen," from "The Sound of Music" in the 1965 Road Show (the earliest shown here). Performances that year were sold out. 5. The 1972 Road Show managers pose for a group shot. Front Row (from left): April Lowder, Martin Prettyman and Ruth Kupfer. Back row: John Cooper, Julie Morehead and Michael Couch.

Retrospective show brings back old memories, great talent

BY ANGELICA GENOVESI

A 93 year-long tradition still holds strong at Central High School. That tradition is called the Road Show. Each year returning with new and creative talents, almost every student and alumni has at least seen the show, if not performed in it.

"The Road Show has always been good. It's kind of like an ice cream store, if you like vanilla you get it again. The same with the Road Show, it's good every year and so people keep coming back," 1971 graduate Rick Weinger said.

HOW IT GOT STARTED

It all began when the school's athletic department was in need of more money. Clayton Reed, the current principal, suggested that some sort of entertainment program be held in order to raise the money needed.

After some preparation, the resulting show was an eight act vaudeville-type presentation that cleared over $200. The show was declared a resounding success and one has been held every year since.

In 2006, as part of the annual Fine Arts Week held at Central, a Road Show Retrospective was planned by the members of P.E.P. and performed by alumni.

"The show originally began as a side project to raise money for the scholarship program, but it became much more than that," Bob McMeen, one of the directors of the show said.

McMeen taught at Central from 1967 until his retirement in 1995. During that time period he participated in 21 Road Shows as either a judge or one of the directors.

"Everyone was excited to perform on Central's stage again," Pegi Georgeson, the other director taking part in the production, said.

Georgeson taught at Central for 25 years until her retirement in 2001. She assisted McMeen in directing 12 of the Road Shows during that time period.

The main idea was introduced by Don and Shelly Erikson, P.E.P Co-Presidents, who contacted Georgeson and McMeen because of their previous involvement with the Road Show.

"I always enjoy returning to Central to help out," Georgeson said.

There was a vast amount of talented people performing that night; graduates from the early '50s all the way to the '90s appeared to perform.

"I hadn't realized how many talented people we had that had graduated," Georgeson said.

She herself had graduated in 1961 and was one of the alumni to get up on stage and perform.

Being denied the opportunity to perform in the Road Show during high school, Georgeson was always the one watching or directing the show. She said it was great getting a chance to actually perform.

PREPARING FOR THE RETRO

Preparing for the performance took a little over a month including only one dress rehearsal, the day of the show.

"It just fell together," McMeen said, "everything worked out quite nicely."

All of the performers had been through Road Show before and were knowledgeable about the steps of production which made preparation easier and the performance smoother.

"Everyone that performed felt that they wanted to give something back to Central. They all could go somewhere else and perform, but they chose Central," McMeen said.

This showed an appreciation like no other. The Retro Road Show, which was initially around one hour long, ended up being about a two-hour performance.

"People were just astounded," Georgeson said, "they hadn't realized two hours had gone by."

Everyone who was asked to perform was extremely excited to return back to Central. Weiner, who performed in the Retro Road Show, said it was fun getting everyone back together again.

"The hardest part was dealing with everyone's individual schedules and contacting the right people," Weiner said, "but in the end, we dealt with what we had and it all fell into place."

THE TALENT

Other performers included Carol Rogers, a graduate from 1972, Camille Schmidt, a graduate from 1980, and Chris Short, a graduate from 1992.

One special performance was by the Stepping Stones. A last minute add-in, they performed a song dedicated to a member of their band who was also a good friend, who had passed away only one week prior to the show.

"The Retro Road Show was most likely a one-time thing that would be hard to top," McMeen said.

If continued, the Retro Road Show would cater to a different generation of people. This would create a new variety of talent and a very interesting show.

"It is a big undertaking, but I would love to do another one," Georgeson said.

Georgeson and McMeen both agreed that the Retro show was easier to put together than those they directed at the high-school level.

"The high school shows required much more preparation and practice," McMeen said, "a lot of time was spent getting the show to move smoothly."

Without the assistance from the current Road Show director and drama teacher, John Gibson, along with his staff of students, the Retro Road Show wouldn't have been possible.

Gibson's stage crew assisted with the spot lighting and transitions from act to act to make the performance flow together better. An MC also contributed to the show to make it run more smoothly.

Kristin Wipfler, a sophomore and a stage crew member, did show lighting for the Retro performance.

"They looked very professional," Wipfler said, "they have done it before and simply had to remember it; it looked very polished,"

Wipfler said the alumni had a lot of talent, but since they were older they couldn't do quite as much as the students who perform in the high school show.

THE CURRENT SHOW

"Continuing the tradition of the Road Show here at Central doesn't seem to be a problem," Gibson said "This is because the talent at the school keeps surprising us every year."

Auditions are held and are judged by teachers, select students, and alumni. They are the beginning step toward producing the Central High School Road Show.

Choir teacher Lyn Bouma is also one of the judges for the Road Show auditions.

"The main goal is to pick a show that will appeal to a large variety of adults as well as students," she said.

Around 18-20 acts get chosen from the auditions alone.

"It is hard to choose acts when all the performances are good," Gibson said.

Besides those acts chosen from the auditions, there are six other acts that are automatically included in the final performance.

Included in those acts are: A Cappella, Bel Canto, and CHS Singers, all of which are directed by Bouma.

Each group performs a one-song medley and practices mainly during class with some practices outside school.

"Rehearsals after school aren't necessary because we have all of class to improve our performance," Bouma said.

As it gets closer to the final performance, the stress level of the choir members decreases.

"It's fun to perform something you have spent so much time perfecting and that you know the audience will enjoy," Bouma said.

Sophomore Nicholas O'Bradovich said that his stress level increases right before the performance, but disappears once he starts performing.

"I have to get a mind set and just concentrate on the performance," O'Bradovich said.

Auditioning with the drum line for his second year, O'Bradovich prepares himself by practicing with the other 16 kids in the group.

"It is more difficult this year," O'Bradovich said, "we have no official coach and a senior is simply instructing us and giving us suggestions."

Practice time is very important and one song is worked on constantly until perfected.

"But in the end it is worth it," O'Bradovich said, "I love working really hard to put together something that other people can enjoy."

The one thing that judges ultimately look for when watching auditions is something new and different.

"Variety is the key," Bouma said.

Senior, Maggie Baumann, has participated in Road Show for the past 4 years. If not participating in a choir group, she has done something on her own, ranging from swing dance to Thriller.

"I try to come up with unique ideas that the judges and the audience will be interested in," Baumann said.

Baumann also said practice becomes really intense before auditions. This is because everyone strives for perfection in order to impress the judges and make it through.

"It takes a lot of time and dedication," Baumann said.

The selected acts only get 3-6 weeks to practice and perfect their final performances.

"It takes a lot of time and a lot of hard work," Gibson said, "we are not given enough time considering how large the show is."

During those weeks the show is put together and rehearsed 4 times, and the stage crew builds all of the props that will be needed during the performance.

"Close to opening night stage crew gets stressed and uptight," Gibson said, "but it all flows together when the curtain is pulled."

The Road Show is an exciting event for the performers as well as for the people in the audience.

Junior, Caitlin Farrell, said that she has always enjoyed the Road Show and that her first time seeing it was better than she had anticipated.

"The show always keeps you entertained," Farrell said, "There is such a variety of talent."

One specific act Farrell remembers is from her freshman year. A girl got up on stage in roller blades and skated across the stage while performing a song.

"I absolutely love going to the Road Show," Farrell said. "Every year is enjoyable and different from the previous one."

Many would agree.

HOW SWEET IT IS

AMERICAN HEALTH 2007

Some teens take a big swig of an energy drink or soda to stay awake. Some slam back a coffee. Here are the best places in Omaha to get that natural sugar rush.

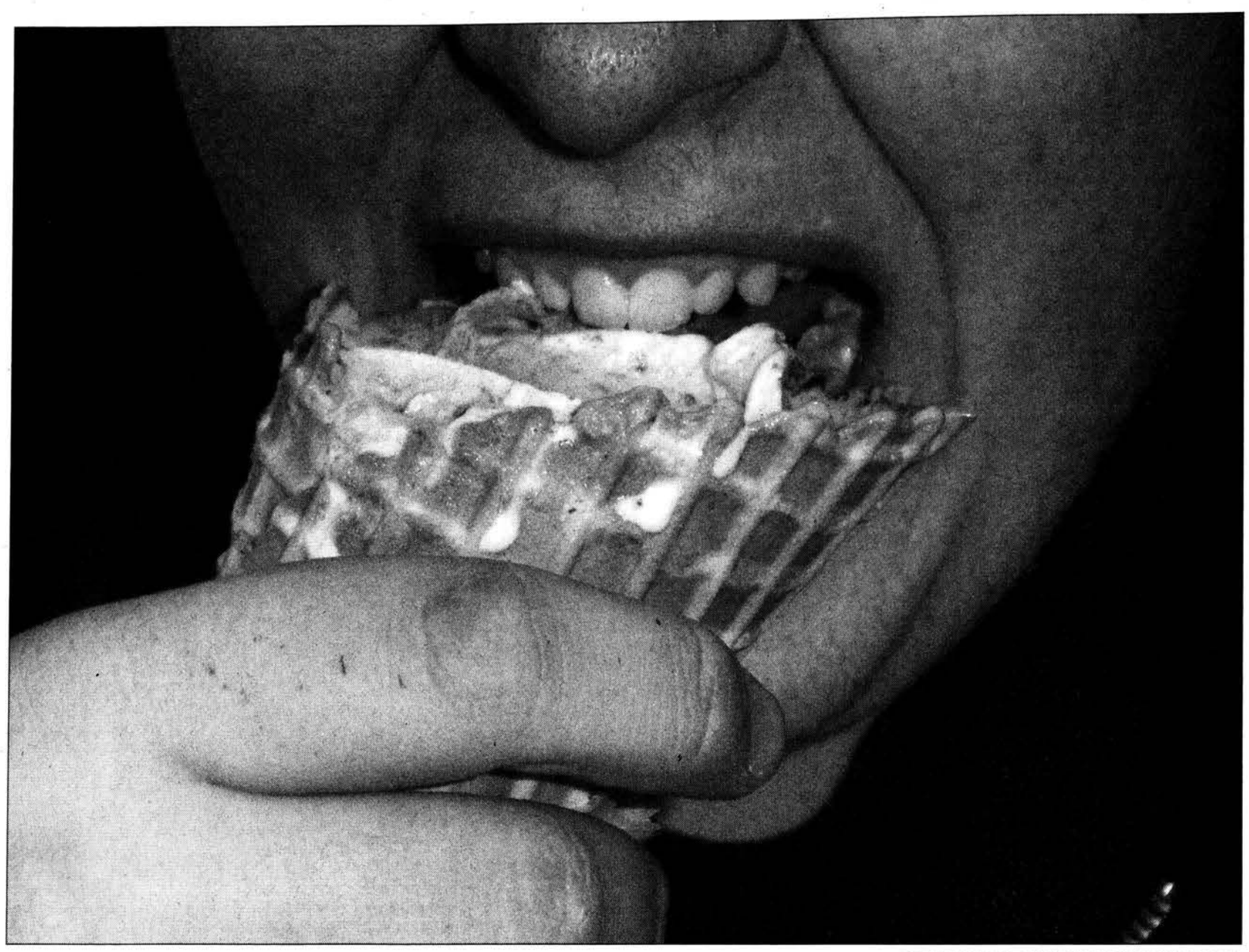


PHOTO ILLUSTRATION BY PATRICK BREEN/REGISTER

Ice cream is a favorite sweet treat, sold at downtown locations like Ted & Wally's, which churns its own product. A big waffle cone and a dripping triple-scoop of cookies and cream is hardly fine dining, however, which is why at other bakeries in the area there are more refined pastries and elegant candies. Four of the six reviews on this page are for bakeries or candy shops in Downtown Omaha or within walking distance from Central.

Gerda's Bäckerei Restaurant

SWEETS REVIEW

GERDA'S BAKERY
5180 Leavenworth St.
Top Treat: Cherry Turnover

BY PATRICK BREEN

Walking in one might hear Gerda herself chatting up the local talk. Or one might hear an older retired fellow who is half choking, half gagging on a large polish sausage.

Sounds appetizing.

Gerda's bakery and café is a small homely place that can feed the masses, or one's hollow stomach. The food is mediocre and tastes like they any other ordinary place. The restaurant offers a variety of foods from donuts to German cooking, but nothing that will blow your mind.

The bakery is simplistic.

They have the normal donuts with sprinkles or glazed. A few bare claws here, and a few éclairs there, but nothing too fancy. The bakery is missing some unique pastry that would add any sort of character to the lifeless bakery.

The pastries are baked fresh in Gerda's, but taste almost like one a generic brand of donuts.

The presentation of the breakfast, lunch or dinner is ordinary and the service follows suit. Unless you know Gerda personally, expressions are rare and bland. The other waiters and waitresses have the same outlook and view on life.

The best donut is the basic sprinkled. With only about 20 different ones to choose from, the sprinkled looks the best and tastes the best. The soft dough, creamy chocolate topping and multi-colored sprinkles bring a little bit of solace to a hungry stomach.

The setup seems as if you're back in some old grandmother's kitchen. She's baking some cookies so that one has something to go with your big glass of milk. The atmosphere is semi-friendly and the general feeling is calm.

The hardest part about the Gerda experience is the parking.

A miniature parking lot rests out front, right in front of Leavenworth Street.

If one can find a spot and snatch it, they must also realize the tough re-entry into traffic. One's car must reverse back onto Leavenworth to be able to leave.

Go ahead, have a bagel and a car wreck.

Overall the restaurant atmosphere is antique, the food is mediocre, and the parking is horrific, creating a sub-par place to eat.

LITHUANIAN Bakery & Kafe

SWEETS REVIEW

LITHUANIAN BAKERY
7427 Pacific St.
Top Treat: Chocolate Chip Cookie

BY ALI HODGE

Everything in the Lithuanian Bakery is authentic, right down to the individuals who work behind the counter.

Looking around at the sweets, breads, meats and other foods that they sell, it is apparent that it has all been imported from overseas. Some have not even been translated into English.

The Lithuanian Bakery is a sweet, foreign-style Bakery with a welcoming staff, and a large variety of delicious sweets and breads.

The Bakery is decorated in a low-key manner. There is a seating area, a glass display with sweets and pastries, a glass display with meats, and then an area with bread.

The sweets include products native to Lithuania such as the Lithuanian butter cookie and the apple and raisin pastry. They were both very good, but lacked enough sugar, but that was due to the recipe of the pastries.

The Lithuanian Butter cookie was thin and dry with a strong butter taste. It is something that would go much better with coffee than alone.

The apple and raison pastry was a larger pastry topped with a sugar glaze and filled with and apple and raisin filling.

For anyone who prefers sweets with a fruit flavoring this is an excellent choice.

If costumers are looking for something a little sweeter and a little closer to home, The Lithuanian Bakery also sells giant cookies that come in flavors anywhere from chocolate chip to macadamia nut.

The prices at the bakery are more than affordable.

Each pastry and cookie was priced just short of or at $1.

The Lithuanian Bakery serves lunch and beverages as well. Also scattered around the bakery are frozen dinners and sweets native to Europe that may be purchased.

The workers of the bakery are very friendly and some have charming Lithuanian accents. Their friendliness mixed with the quaint bakery and good food, create a nice atmosphere for their costumers. They make it easy for them to want to return.

DONUT STOP STOP & COFFEE SHOP

SWEETS REVIEW

THE DONUT STOP
1256 S. 13th St.
Top Treat: Cake Donut with Sprinkles

BY BOB AL-GREENE

Walking in every time is like a little slap in the face.

In a good way, I swear.

There's a smell to it, and it's always the first thing to be noticed.

If it's the first time or the 100th, that smell is always there, strong as ever.

Forget the smoking ban. This entire building has been smoking 40 packs a day for years.

It's not a bad smell, not unpleasant (at least, not after you get used to it).

In fact, like every other aspect of the Donut Stop, someone could easily grow to love it.

Located a distance south of the Old Market on 13th Street, the Donut Stop is a downtown installation.

Open from 10 p.m. to 10 a.m. instead of the other way around, it's unique; even though it's been around for many years, the younger crowd will always think it's their own cool hangout.

They show up when it opens, after sundown, and hang around the front door.

They don't see it the next morning when they're at school, as the sun rises and entirely different crowds march in, crowds who've been coming since before the nocturnal consumers were born.

No matter the patrons, the Donut Stop always stays the same inside.

The characteristic smell of cooking donuts infused with coffee and cigarettes, the walls plastered with light- and age-bleached posters of kittens and puppies staring out.

The kindly old couple behind the counter who run the joint and make it what it is.

It's the donuts that get the spotlight, however. In the age of Krispy Kreme dominance, authentic, locally-owned donut shops have become as sparse as non-Starbucks coffee houses.

There's no Dunkin' Donuts on the map, or a Winchell's.

But the Donut Stop still stands, and rightfully so.

Because downtown hangout and coolness symbol or not, it still offers some darn fine fried dough.

The counter in front doesn't skimp - there may not be anything fancy, but the pastries there are filled to the brim.

White cream bursts out of each end of the long johns, goodness flaking off the classic glazed, chocolate frosting capturing the light.

And as the doors open and the customers begin to trickle in, the donuts are at their finest.

In particular, one small ring of sweetness makes an impression.

Just a cake donuts with white frosting and multi-colored sprinkles. Doesn't need any fancy powder or creme inside. No jelly.

Seemingly the simplest thing in the world, and nothing extraordinary.

But hot out of the oven, even the most ordinary food becomes fantastic. Especially late at night.

Glistening in the light, the donut comes in wrapped in wax paper like each of its brothers.

But this time even the paper itself seems different, acting not as a protection from the outside but as a shawl, keeping the warmth from escaping.

And oh, the warmth.

The donut is hot, so hot the frosting on top has yet to fully solidify. It's practically a liquid.

The sprinkles shift a little every time it moves, like passengers on the back of a bus.

A bite, and the taste buds perk up, reminding the brain of the majesty that can be a donut.

It's as beautifully simplistic as the name of the shop that sold it.

Old Market Candy Shop

SWEETS REVIEW

THE CANDY SHOP
1005 Howard Street
Top Treat: Rum-flavored truffle

BY KIM BUCKLEY

The Candy Shop is any child's dream come true.

With white and black-checkered floors, and glass jars of candy lining the wall of the store, customers are greeted with a smile when they walk through the door.

One is instantaneously reminded of the opening scene in "Charlie and the Chocolate Factory."

The employees were polite and helpful, making people feel immediately welcomed in the shop.

It had the feeling of candy stores from the past and was like stepping back in time.

The Candy Shop was full of, what else, sweet candy.

Most of them were chocolate, in simple designs, and did not look very fancy.

In the Candy Shop, the candy wasn't very decorative because how it looked was irrelevant. What the most important things was how it tastes.

It was the inside of the sweets that really mattered and what was on the inside was delectable.

The best sweets in the shop were the amazing, decadent truffles.

The dark chocolate filling inside of the truffles were nice and bittersweet, ready to melt in your mouth.

There were a variety of flavorings in the truffles, from raspberry to rum.

The rum truffle was particularly delicious, and the dark chocolate just burst with flavor when it landed on the tongue.

There were a variety of candies in the shop, from chocolate covered pretzels, to fudge-marshmallow popsicles.

There were a lot of chocolate sweets with nuts in them, including walnuts and almonds.

Other sweets that were good were the ones that involved pretzels and dark chocolate covering it, which had the perfect mixture of saltiness and sweetness.

All of the sweets were not chocolate. There were toffee-flavored candies, gummy bears and jellybeans. It really was a dream come true for children as well as adults.

Some of the sweets were too much, however.

The coconut with white chocolate in clusters was too sweet, even for candy because the chocolate had too much sugar in it.

Most of the sweets at the Candy Shop were ready to satisfy any sweet tooth and was the perfect treat for anyone to indulge in.

All of the candy was simple, and simply let all of the flavors speak for themselves. It didn't need to look fancy to taste good.

The price of the candy wasn't the cheapest, but it wasn't too bad.

The taste of any of the truffles was definitely worth the price of $1.

However, one must be careful not to eat a whole lot of the sweets at one time to avoid a stomachache.

You will get a sugar rush, which is always healthy, right?

The Candy Shop provided everything needed to satisfy a sweet tooth.

DELICE European Bakery & Cafe

SWEETS REVIEW

DELICE
1206 Howard St.
Top Treat: White Raspberry Mousse

BY PATRICK BREEN

Like a French oasis in the heart of the Old Market, Delice offers a large sitting area with a quaint smallness and personality most shops lack. When someone walks in, they are greeted with a smile and a friendly face. Right away the well-designed French shop opens up with a counter of delectable treats, fancy espressos.

The deep dark red walls are covered with French framed posters that highlight an exceptionally well laid out café. It offers plenty of sitting for large get-togethers, or a small two-seater table, to share a beautifully romantic night in downtown Omaha.

The atmosphere is friendly and makes one feel at home.

It will change your mood. What can be better than that?

Bright and colorful presentation is the specialty of the light treats. The variety of food offers plenty of opportunities to pick a delectable treat with hot coffee for a cold night. The prices vary, but in general they are reasonable.

A caramel espresso takes that cluttered mind, stressed all week, and lets it unwind. Lets it unravel. The café is ideal place to bring a relaxing book a dwell for hours.

The most delightful dessert simply where the rest do. It isn't tryi to draw attention to itself, so one has look twice to find it. It seems almo overshadowed by the white raspbe mousse that sits beside it.

Don't be fooled.

The chocolate peanut-butter mous dessert sits there waiting for one to ta that first bite.

That first bite seals the deal, and o has instantly found the dessert of the dreams.

Behind the counter and the friend waitress, sits the wall of coffee mugs a bottles half filled with concoctions th look like they belong in Willy Wonka Chocolate Factory.

The bottles actually conta flavoring for the wonderfully delicio espressos.

Any combination thought of wanted can be combined to make th perfect accompaniment to the light tre that sits beautifully on the plain whi china.

The waitress delivers the warm foo and hot drink quick.

The service is wonderful, with bright smile and optimistic attitud handing you your next cup of joe.

Next to that steaming mug is th biscotti. A necessary combination, for flawless sit down café.

Simplicity.

Nothing too fancy.

Nothing to flashy.

That is what makes this dessert a coffee shop the bright spot on any cloud day.

Perfection in a pastry.

Pettit's Pastry

SWEETS REVIEW

PETTIT'S PASTRY
502 N. 16th St.
Top Treat: Cinnamon Roll

BY ALI HODGE

Due to a lack of atmosphere, char and taste, Pettit's Pastries is not the be place to go if you have a sweets craving In fact, Hy-Vee would probably be better place to go. Or Bag N' Save. Or i that matter, even your own kitchen.

The small, less than attractive past shop has approximately twelve feet room to stand, and little seating.

Almost all of the food is behin glass, and the costumers cannot see int the bakery.

Also the atmosphere is rushe because of unfriendly staff and th cooking included uncreative and norma items.

Sweets sold at Pettit's include mediocre tasting donuts, cinnamo buns, and pastries. The prices were ver affordable. Donuts sold for 75 cents an pastries for approximately $1.50.

However, the food was no outstanding.

The donuts that were dipped i chocolate topped with sprinkles an stuffed with cream were overly sweet. N something good to have in the morning (Or anytime for that matter).

On the other hand, the pastries which looked and tasted like paper, didn have enough sugar.

The cinnamon buns were dry, bo the good news is it didn't hurt my teet from all of the sugar and I didn't want t spit it out.

I believe the worst problem was th atmosphere of the bakery. For a shop tha sells sweets and pastries, the shop shoul be welcoming and bright.

Costumers should feel welcom enjoy the experience, and look forward to coming back. Everything that Pettit is not.

The décor was less than impressiv and the help was not friendly. The lad behind the counter made little small ta and didn't even smile.

The bakery was decorated rather blandly with nothing on the walls with the exception of one poster. It showed little creativity in the style of th decorations.

It seemed more like a business tha a bakery, which might be reflected by th inclusion of the abbreviation "Inc." after the name of the bakery.

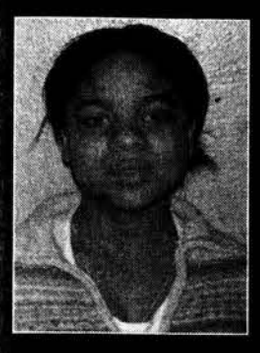
In some cases a restaurant atmosphere can make up for poor food however if it has neither, it's not worth spending your money.

ONCE UPON A TIME IN THE WEST...

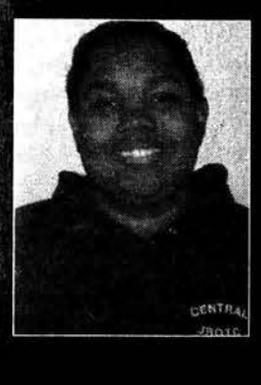
There used to be a time when the biggest films in Hollywood were the Westerns. Cowboys represented the ideal hero and inspired American moviegoers. Those days are a gone as the real Old West now, but what gold can still be found in the long-since mined hills of the frontier?

REGISTER YOUR OPINION

Why are Westerns not as popular with the current generation as they once were?



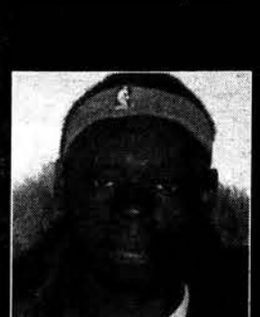
"Cause they're old. (They're in) black and white mostly."
Dana Jefferson (9)



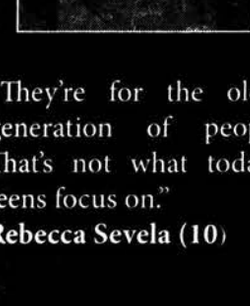
"Most of them are black and white. They're very old."
Brianna Hare (9)



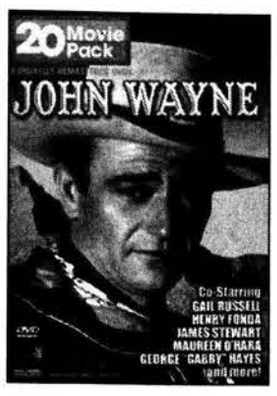
"They're for the older generation of people. That's not what today's teens focus on."
Rebecca Sevela (10)



"Probably because people are not into seeing cowboys. The fad has passed."
Nhial Chuol (10)



"I guess it's too much glamour. There's not enough in the story line."
Ty Christiansen (9)



MOVIE REVIEW

"THE ULTIMATE JOHN WAYNE COLLECTION"
Starring: John Wayne

BY ALI HODGE

"The Ultimate John Wayne Collection" includes hours upon hours of Wayne's films, including classics like "McLintock."

Some of the first Westerns staring John Wayne were some of the first real Westerns at all.

It's no wonder he became known as the ultimate hero of westerns.

He was always on the side of the poor citizens and he always fought the bad guys with fearlessness.

No matter how many good intentions were behind the making of these movies, on a modern day scale, the films were still poor for a number of reasons.

The lines were embarrassingly hokey. Characters spoke mostly in cliches.

The acting was very old-fashioned and so emotional it was hilarious.

For those who can appreciate the art of an old film, the 20 hours or more of shockingly boring movie after movie would be great.

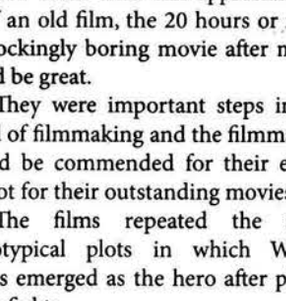
They were important steps in the world of filmmaking and the filmmakers should be commended for their effort, but not for their outstanding movies.

The films repeated the same stereotypical plots in which Wayne always emerged as the hero after plenty of gunfights.

Many of the films started out on the same road as Wayne's character emerged to face a foreigner threatening the peace.

After a while, the stories seemed to blend together. The lack of music or diversity in story and characters made it almost hard to watch.

Realizing that these movies are an important part of American culture and entertainment history still cannot mask the fact that a modern viewer would probably rather watch anything else.



MOVIE REVIEW

"THE GOOD, THE BAD, AND THE UGLY"
Starring: Clint Eastwood

BY KIM BUCKLEY

"The Good, the Bad and the Ugly" has long been considered one of the best Western films ever made.

Directed by Sergio Leone, inventor of the "Spaghetti Western," and starring Clint Eastwood, it was a film that showed all sides of human nature.

Eastwood played the mysterious "Man with No Name," a part he reprise numerous times.

Three characters became united by a common goal: to get money hidden in a cemetery. However, only two of them knew the name of the cemetery and only Eastwood's character knew the name on the gravestone.

"The Ugly," or Tuco, was forced to team up with the "Man with No Name" to find the money.

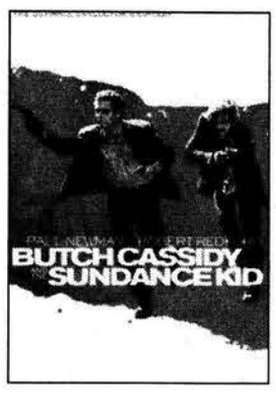
The "Man With No Name" was an outlaw who wasn't afraid to con sheriffs out of reward money by capturing wanted men and freeing the prisoner so they could split the money. That was how he knew Tuco, played by Eli Wallach, in the first place.

Eastwood was nothing less than perfect.

He perfectly played the loner who could survive out in the wild on his own. He was able to show his character's reluctance to trust people.

His best scene was at the end of film, when Eastwood covered up a dying soldier with his coat in an attempt to comfort him.

The compassion in his eyes was touching and one felt he had a heart despite the fact he was an outlaw.



MOVIE REVIEW

"BUTCH CASSIDY AND THE SUNDANCE KID"
Starring: Paul Newman

BY ALI HODGE

A typical Western film is expected to be black and white, with a threatening villain, a reigning hero, parlor music and, of course, a damsel in distress.

And yet, Butch Cassidy and the Sundance Kid fell outside of the box as it followed the lives of outlaws rather than heroes, putting them in a light which convinced the audience they were the good guys.

The film, starring Paul Newman and Robert Redford, was a true story about the infamous Butch Cassidy and Sundance as they paraded around the West, robbing every bank and Union Pacific Railroad they came across.

The mood portrayed for about half the film was that of carefree foolishness as the lovable thieves humorously went about robbing.

The script used a good amount of comic relief throughout the entire movie, but mainly in the first half.

The script was very well-written.

The mood changed significantly as Cassidy and Sundance found out they were being tracked.

Going on the run, their persona became more tense and serious as they realized they could die if they don't lose their trackers.

There was a tense moment when Sundance, who was talented with his pistol, turned at the slight sound of movement and shot an animal moving quickly on the cavern wall.

The scene was a perfect display of how the writers portrayed crisis in a movie that was mainly humorous.

In a panic, the two tried everything that came to their minds in order to escape the trackers, including jumping from town to town, joining the army to fight the Spanish and finally, moving to another country.

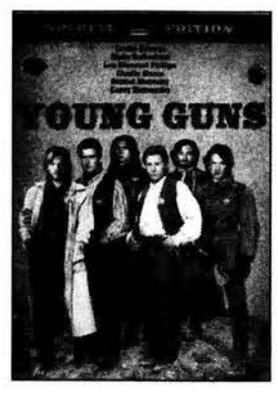
With the help of Sundance's girlfriend Etta, played by Katharine Ross, they learned Spanish on their way to South America.

Although the situation was still bad, there was always room for comic relief.

Safe in a new country, Cassidy and Sundance fell back into their old habits as they begin robbing banks in Bolivia.

The Spanish they learned came in handy as they ordered the crowds to put their hands in the air and back up.

But as the movie neared a close, all of the tricks the two had underneath their belt seemed to be useless when they were finally caught at their own game.



MOVIE REVIEW

"YOUNG GUNS"
Starring: Emilio Estevez

BY ANGELICA GENOVESI

"Young Guns" supposedly took place in the Old West, or at least what we're supposed to believe was the West. Complete with six of the hottest stars of their time, "Young Guns" gave the viewer an excuse to simply sit back and watch the boys take on the town.

The plot is simple: the year was 1878, the place Lincoln County, N.M., and the team of superficial cowboys known as the "Regulators" were hired by John Tunstall, a British ranch owner, to protect the ranch from the Santa Fe Ring.

Tunstall was characterized as more of a father figure and when he was brutally murdered in an ambush, Billy the Kid, played by Emilio Estevez, took over and formed the group of robbers and gunmen who the movie then followed. The rest of the film was a trip across the desert with the boys in their search for justice.

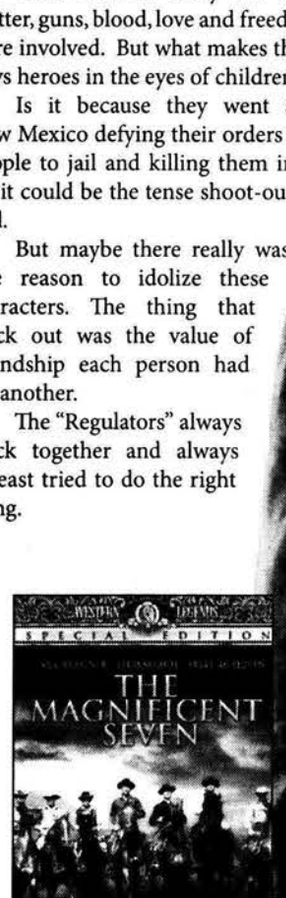
Somewhere in between the bloodshed and romance, these characters were recognized as heroes... for something.

While like any other Western, and most movies today for that matter, guns, blood, love and freedom were involved. But what makes these boys heroes in the eyes of children?

Is it because they went around New Mexico defying their orders to take people to jail and killing them instead? Or it could be the tense shoot-out at the end.

But maybe there really was one reason to idolize these characters. The thing that stuck out was the value of friendship each person had for another.

The "Regulators" always stuck together and always at least tried to do the right thing.



MOVIE REVIEW

"THE MAGNIFICIENT SEVEN"
Starring: Yul Brynner

BY KIM BUCKLEY

"The Magnificent Seven" had the word magnificent in the title for a reason.

While there were some eye-rolling moments, the movie undoubtedly deserves its ranking as a true classic.

The adventure was a remake of the Japanese film "The Seven Samurai."

An outlaw and his crew of bandits were terrorizing a Mexican village, so some of the leaders of the village called upon a gunfighter, played by Yul Brynner, to buy them guns. Instead, he told them to buy gunmen because they were cheaper than guns.

To complete the pack he found six other gunfighters who were willing to help him out and teach the farmers how to fight.

The film had practically a whole cast of likeable characters, headed by Brynner and Steve McQueen.

You couldn't help but care about the characters.

The actors who played the villagers were so sincere throughout the entire movie, one couldn't blame Brynner's character for becoming fond of them during his time in the village.

The gunfighters were portrayed as men who chose a lonely life. Instead of glorifying the lifestyle, it portrayed the life of gunmen as lonely and wearisome. Almost all of the gunmen were envious of the life that the farmers had.

While the color was outdated and not as bright as movies are today, one part of the film will live on long after the film may be forgotten, and that's the classic score by Elmer Bernstein. The triumphant and catchy theme was an instant classic and even if you haven't seen the film, chances are good you've heard the music, as it's become an industry standard by which all other movie themes are ranked.

That's saying a lot in a genre where the music is so important to the mood and style of the films.

The score alone keeps "The Magnificent Seven" a movie that still lassos people in decades after its release.



MOVIE REVIEW

"UNFORGIVEN"
Starring: Clint Eastwood

BY BAILEY DILOCKER

"Any man that doesn't want to get killed better leave right now," Clint Eastwood yelled with a hoarse but firm voice into the pouring rain.

An example of the modern Western, "Unforgiven" won four Academy Awards, including Best Picture, which doesn't happen a lot for films in the genre.

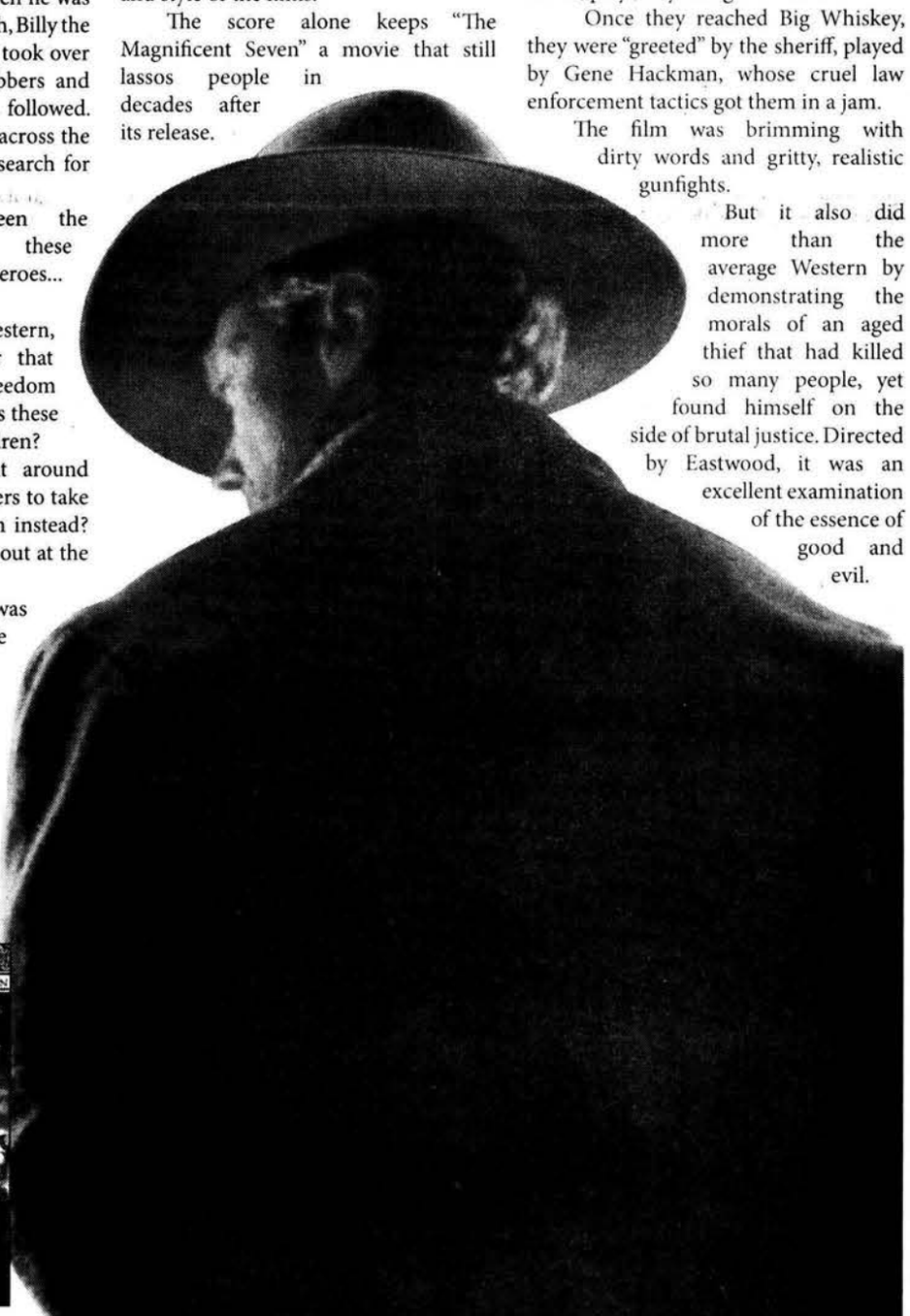
Eastwood played a reformed old thief who was offered $1,000 to kill two men who cut up the face of a prostitute.

On the way to the crooked town of Big Whiskey with the aid of a young punk, he picked up his former partner in crime, played by Morgan Freeman.

Once they reached Big Whiskey, they were "greeted" by the sheriff, played by Gene Hackman, whose cruel law enforcement tactics got them in a jam.

The film was brimming with dirty words and gritty, realistic gunfights.

But it also did more than the average Western by demonstrating the morals of an aged thief that had killed so many people, yet found himself on the side of brutal justice. Directed by Eastwood, it was an excellent examination of the essence of good and evil.



For years, the hero of the frontier was clean-cut and his villains never bled. That all began to change when Clint Eastwood took to the saddle as the "Man With No Name" and made the West a more dangerous and immoral (not to mention bloody) place to live. In later years, Westerns became progressively darker and more realistic, as symbolized by this shot of Eastwood in the graphic 1992 film "Unforgiven," about an aged bandit forced to return to his old ways.

WARNER BROS. PICTURES

Freshman says powerful voice helps her sing

BY KIM BUCKLEY

For freshman Chelsey Hill, singing comes naturally.

Hill said she comes from a musical background. She said her mom plays the flute professionally and her great-grandfather was classically trained in the violin and the trombone, while her other great-grandfather was a ragtime pianist.

"Music's just in my family," Hill said.

She said she has been listening to operas since she was 4 or 5 years old and learned how to sing arias when she was around 8. She's taken voice lessons since she was 11.

"I've... grown up with opera," Hill said.

Her vocal coach is music teacher Lyn Bouma. Bouma said as Hill's private voice teacher, she works with Hill on solo literature and audition material for honors choir.

"Chelsey has a naturally mature voice with a lot of power," she said.

Hill said to help with singing arias she studies different languages to help her pronunciation as well as music theory. She said the most challenging part of opera for her was breath support. Hill also said the arias were really hard to sing because of the range of notes and because they are not in English.

She said to prepare for a performance she could run the song through her head many times and make sure she was prepared for the performance.

She said she loves the chord structures of arias and how opera was classical and romantic. She said operas told what happened in the time they were written in and it was like going back in time and seeing what it was like back then.

Hill said she wants to sing opera professionally. She said she has done recitals as well as sung in chorus but hasn't actually been in an opera yet.

She said singing opera means she has to know how to count the score and know the orchestra as well as study vocal technique and music history.

"There's more that goes into being an opera singer than singing loud and pretty," she said.

Hill said she has performed in the Broadway show "Josie and the Amazing Technicolor Dreamcoat." She said being in the show was helpful for her as a singer because she was getting the experience of performing in front of a huge audience as well as practice singing music.

Hill also said she was on television for the "Big Voices" segment over the winter break and sung with sophomore David Rubio.

He said he and Hill didn't get interviewed at the same, but it was fun singing with her because he got to hear her sing for the first time.

Rubio said they found out the day of so they performed pieces they already knew, which they practiced in lessons during the school year.

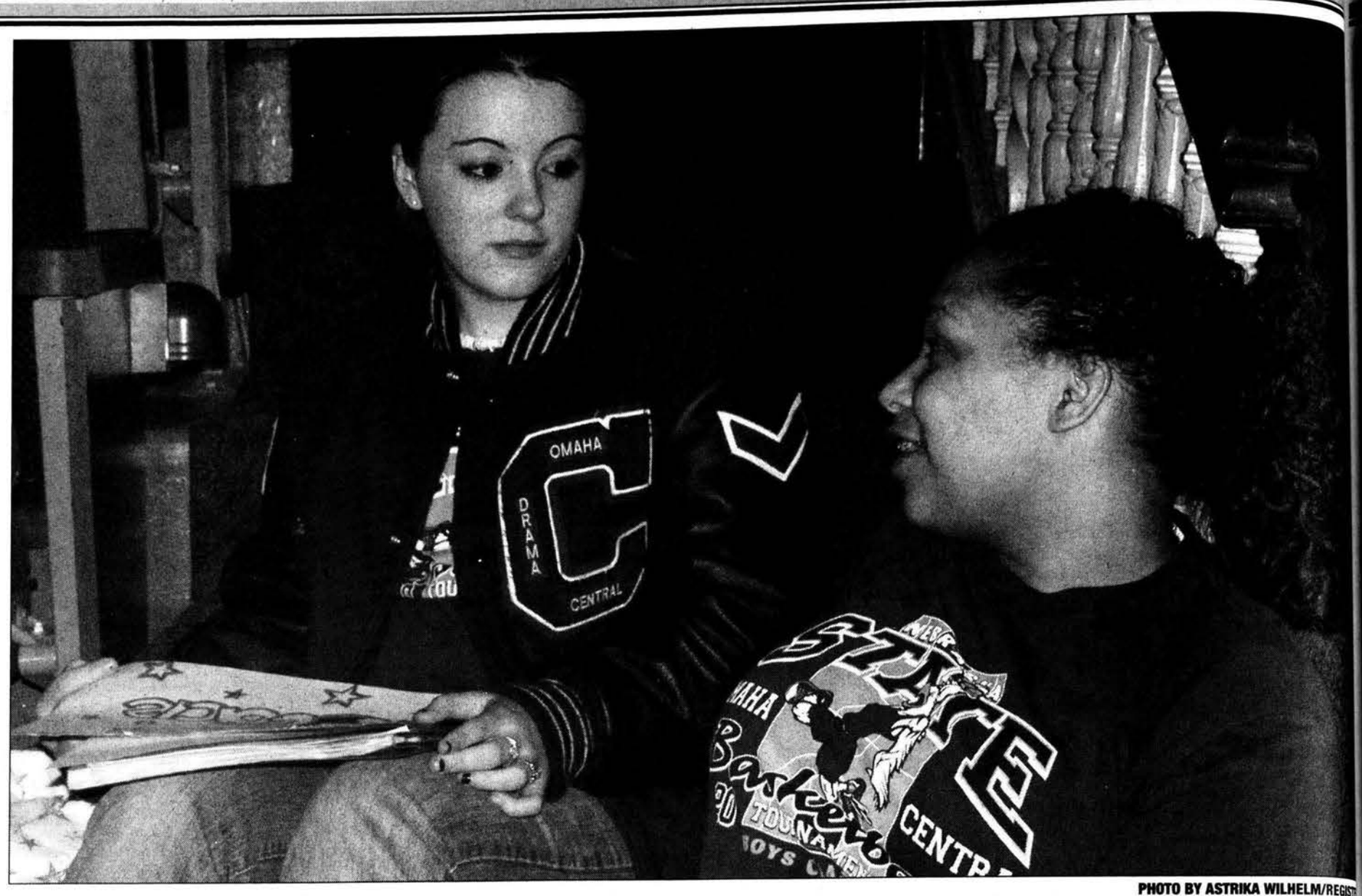


PHOTO BY ASTRIKA WILHELM/REGIST

Sophomore Stacie VanCleave and junior Samantha Friesz attend play practice for "Broken Mirror" at the Rose Theater. The actors had mandatory practices, but because the snow days, they had voluntary practices as well. At the practices, they decided on the best way to make their play the best it could be.

'Broken Mirror' brings understanding of girls' lives

BY ALI HODGE

A misleading media, body perceptions, cutting, suicide, boys, rape, stress and on top of it all, homework.

Anything that affects teenage girls physically or emotionally can be found in the production "Broken Mirror".

Written by girls who have experienced life's problems first hand, the play is about the pain, stress and happiness that comes with being a teenage girl.

It presents an opportunity for girls to speak out about what's happening in their lives and in the lives of their peers.

"It uses a dramatic format for teen girls to have a voice about issues that impact their lives," said Roberta Wilhelm, creator and director of "Broken Mirror."

Wilhelm has been directing the play for six years and she said each time it has been very different.

She said after auditions, the actors who had been chosen would write down their experiences, their thoughts, their opinions or anything that has to deal with their lives as teenagers.

Those written submissions would eventually turn into the content of a play whose goal is to have a significant effect on the viewer.

"They all come from different socioeconomic backgrounds," Wilhelm said. "So it's pretty diverse."

The actors, who were all girls, submitted anything ranging from scripts, personal essays, and stories to haiku and poems.

Wilhelm said there were many girls who auditioned this summer and of them, 22 made it.



She said many of them attend Central and the rest come from a variety of parochial and public schools in Omaha and surrounding areas.

She said they all range from age thirteen to eighteen with a variety of different attitudes and all with their own story to tell.

To practice putting their thoughts on paper, Wilhelm said she had the girls participate in writing exercises during rehearsals.

Wilhelm calls the practice "speed writing": the girls write for a few minutes on what makes them angry, sad, strong or anything else relating to that day's topic.

Over the years, "Broken Mirror" has gotten a lot of attention.

Wilhelm said they have performed parts of the play for the Nebraska Arts Council and they were even asked to perform "The Best of Broken Mirror," a mixture of all the best skits fr over the years.

"The girls said, 'We want the audience to know this is r and not fiction,'" Wilhelm said. "For the most part, it's based their experiences."

Wilhelm said in the past, topics have ranged from dati to lunchroom politics to sex.

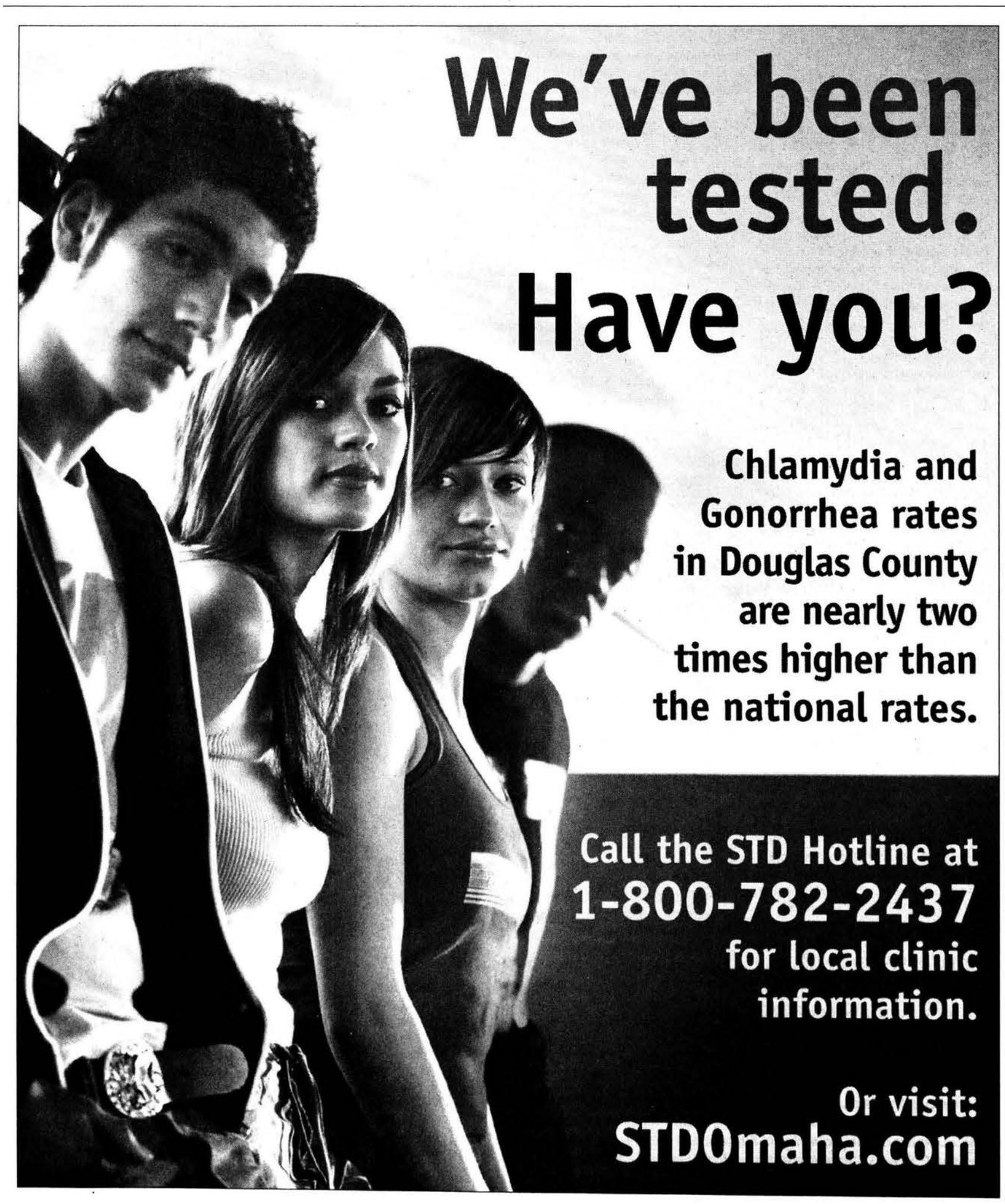
All topics' stories are influenced by differe versions of each girls' story.

"It's about everybody's individuality a hardships," sophomore Laura Kraft, an actress the production said. "The play says, 'This is w we are and we're going to show you what we went through a how to deal with it.'"

Kraft said she contributed to the script by submitting sor of her writing about supermodels and "coming out," among oth feminine issues.

Other girls submitted writing on subjects such as fact parents, Internet safety and peer pressure.

The submissions turned into short plays that are fo serious, humorous and heart wrenching, everything that a gi life is like.



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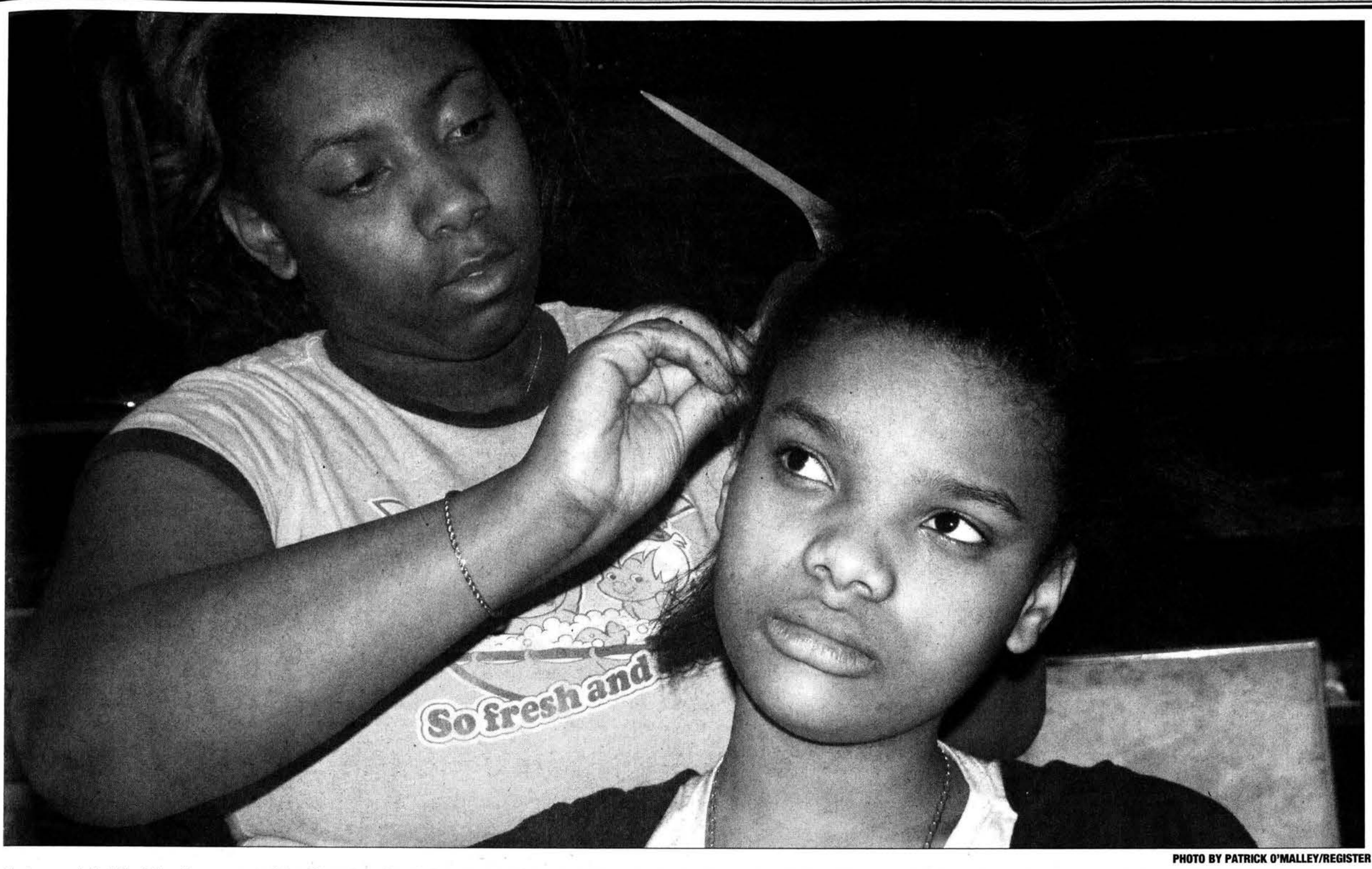


PHOTO BY PATRICK O'MALLEY/REGISTER

Sophomore Latori Neal does her younger sister, Shawnteea Mapp's hair. Neal said she started by doing her family members' hair and then moved on to paying customers, many of whom go to Central.

Basement becomes salon, business opportunity

BY STEPHANIE WILHELM

"I love hair," sophomore Latori Neal said. "I like to make people look good. I ow how I feel after I've had my hair done and I want other people to feel good about emselves. It makes you feel better."

She has a salon in her basement that attracts paying customers.

"I've been doing my own hair for a long time," Neal said. "I started doing my usins and sisters."

The business was started last yeár.

"It's a way to make money," she said, "and do something that I like to do."

Many of the customers are students from Central. They are charged anywhere om $15 to $20.

Sophomore Sydni Powe has gone to Neal since the beginning of the school year.

"She does a good job with my hair," she said.

Neal mostly styles people's hair. However, sometimes she also arches people's ebrows.

"I don't cut hair, ever," she said. "If I mess up, I cant go back to fix it, so I tell people go somewhere else if they want their hair cut."

She tries avoiding doing anything she doesn't know how to do or anything that uld become a mistake.

Neal said some common styles customers ask for include humps, weaves and ark fins. She has learned more and has become better at different hair styles.

She said most of her customer's are African-American and because their hair are, on average, coarse and thick, it is easier to work with it.

"It's easier to grip and work with," she said.

It is harder to do up do's and humps are finer hair because the hair doesn't hold and it falls flat. Finer hair does have the advantage of taking less time to flat iron.

"Sometimes I have picky customers," Neal said. "You do what they tell you to do and then they tell you to take it down because you didn't get it exactly right."

At the beginning of every appointment, she makes sure she asks the customer exactly what they want. A lot of her customers do not know how they want their hair styled, so she makes suggestions.

"I watch a lot of TV and videos," she said. "I always look in magazines also for ideas and things that interest me."

Neal said a lot of the money she earns goes back into the business for supplies, especially gel and oil sheen.

Her mom told her she should start a business because she was already doing so many people's hairs, especially her cousins.

"My mom encouraged me," Neal said. "She helped me start and helped pay for supplies."

The basement has a TV like a typical basement. At first, it was organized as a family room and when she moved her salon to it, she and her mom had to rearrange and clean it.

On one side, there is a TV and two armchairs for people to relax. On the other side, there are chairs, supplies and mirrors.

In the beginning, customers came to her bathroom to have their hair done.

"I didn't like it," she said. "People had to sit on the toilet."

Most of the appointments, Neal said, were scheduled after school. Some were on weekends.

Powe is a repeat customer that goes once a week.

She said she has recommended her friends to Neal and they go now also.

"It's pretty nice," Powe said. "I really like it. She does it all and is reasonable."

"Some people will ride the bus home with me," she said, "because they do not know how to get to my house."

Many customers have their hair styled for daily activities. Neal also styled hair for special occasions, including Homecoming. She had about 10 customers the night before the dance.

"It was tiring. I had been at school all day," she said. "I had to stand to see what I was seeing. I was standing until one in the morning."

Her mom said she worries about inviting strangers into the house, but Neal said her mom is always in the house when she has appointments. She turns toward her mom for advice because her mom is constantly having her hair done.

Neal must be concerned about sanitation. She cleans her curling iron occasionally due to dirt. The combs and brushes must be cleaned in hot water and shampoo after she does someone's hair.

"I also have to keep my hands clean," she said.

The salon is more than a money maker.

"I learn about people, their interests and communication skills," Neal said. "We spend most of the appointment talking."

unior uses love of hobby to teach, inspire her students to want to dance

BY WYNTER DAVIS

"I always wanted to dance since I was little. I dreamed becoming a ballerina like most little girls dreamt," junior achael Farhat said.

Farhat teaches her own dance class at the Adair Dance cademy.

"I have been teaching since freshman year. My students are 5 and 6," Farhat said.

She got involved with teaching dance when she was esented with the offer during the dance class she was taking erself.

"It sounded like fun so I wanted to try it. I get a deduction om my tuition; I pay less for my lessons," she said.

Farhat has been dancing for 12 years.

She said she started when she was 5 years old and wanted try it since dancing sounded like more fun than watching TV all the time.

The dances she specializes in include ballet, tap and some modern dance.

When she was in the 8th grade her biggest accomplishment was when her class performed "The Nutcracker." The class toured different places.

Farhat got to do her very own solo performance in a recital in front of her friends and family.

Farhat said she spends most of her Saturdays teaching the young children ballet and tap dancing.

She said she doesn't get to sleep in as much, but the hours don't interfere with her social life.

"I get to the academy at 9:50 a.m. and get ready with the other teachers. At 10, the students began arriving. We stretch for a minute or two and began with our morning," Farhat said.

"Once we get done with our session everyone clears out and the next group comes in."

She said after classes are finished and the students have left, she stays behind and helps to clean up.

When she first started teaching the class, she said, she was nervous about all the possibilities teaching can bring. She said she spent the whole time trying to remember what everyone's name was.

In the spring, the academy has a recital. Every class participates in a dance or two.

Once Farhat is out of high school she doesn't want to advance in a dancing career.

"It's just a hobby of mine that unfortunately I am good at. I probably won't do dance out of high school. I might not even be here for high school. I might not even be in Omaha for college. Maybe when I am older I can help in class or two," she said.

Junior Rachel Minier, another student at the academy and a close friend of Farhat's, said they have been friends for seven years.

Farhat is one of the few who are already in level five in her class. The class is mixed with many students. Four are in the fifth level and five are in the fourth. Advancing depends on the student's age and what abilities he or she brings to the table.

Farhat said her family supports every decision she has made about dancing.

"My family supports me all the way on my decisions. We don't actually talk about it too much. And some of my friends know that I dance and teach little kids, but mostly not everyone knows," Farhat said.

She is not sure what she wants to do when she gets into college.

However, she said dancing will always will be a part of her and stay with her through life.

"I good dancer must be passionate and love what they do no matter the circumstances. (A good dancer is) Always improving and dances with details," Farhat said.

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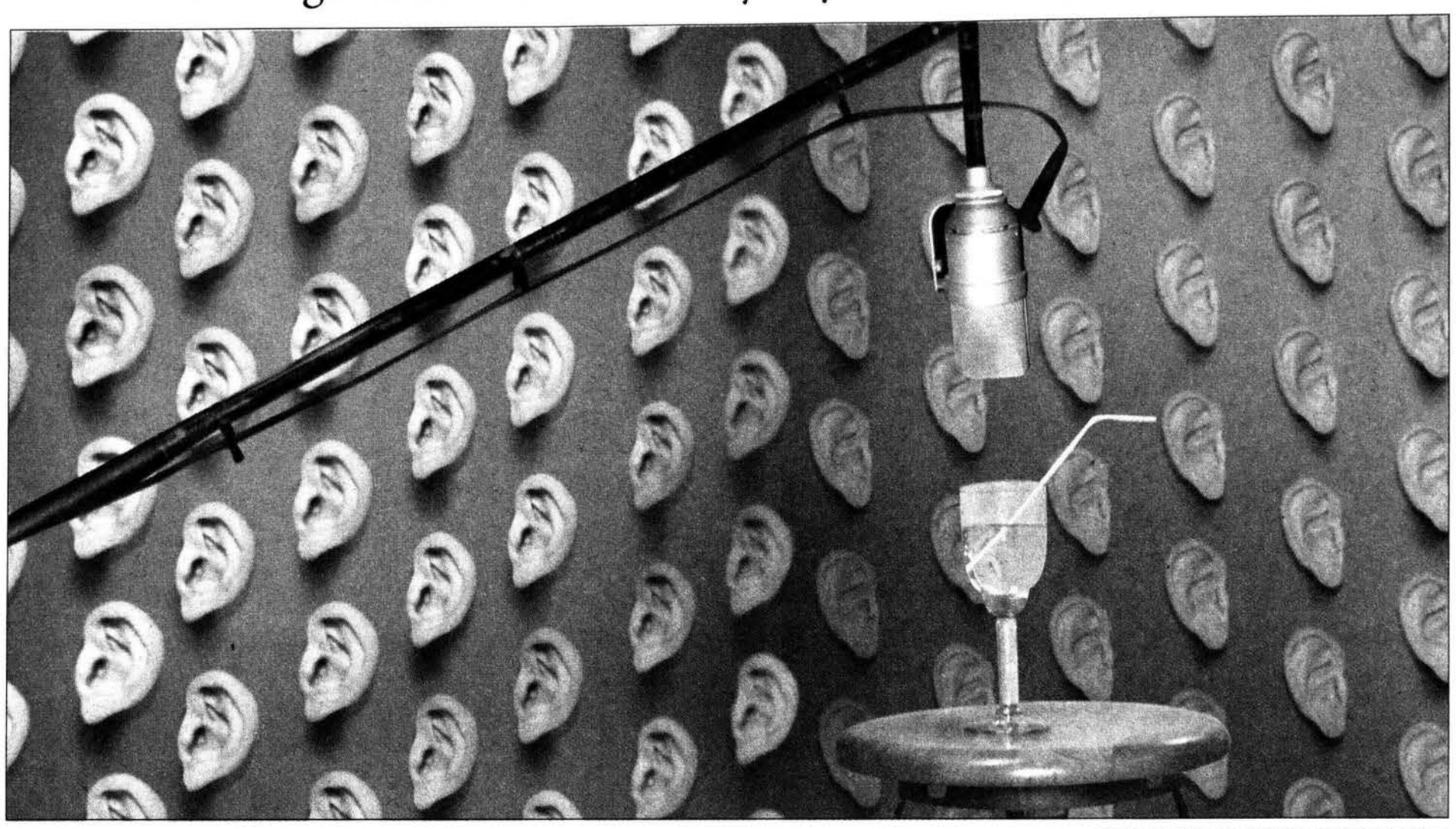


PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

With teens now being given the ability to broadcast their voices more than ever before, many more ears will be listening to what they have to say, be it on the radio, on the news, on television or on a new CD. Getting yourself heard is only harder, though, when everyone else is competing for the same audience.

New generation gives life to changing broadcast form of radi

BY BOB AL-GREENE

"I've always loved radio," senior Brenton Donaldson said. "I wanted to see how it works."

Donaldson is enrolled in the Broadcasting class at the Career Center, which is also where KIOS-FM 91.5 (National Public Radio) broadcasts from.

"There are two different portions," he said. "There's the TV side and there's the radio side."

During the first quarter of the class, he said, students learned about the studio, in the second quarter they did work with television, in the third quarter they worked on radio and at the end of the year they will be given more freedom to work with the technology.

Donaldson said he was amazed at the difference when seeing the equipment at KIOS as opposed to the technology at the stations where he works as a promotions intern.

He said other stations are much more modernized, whereas public radio still uses old techniques, and he prefers the newer equipment because the computers make things a lot easier.

Donaldson said he first got involved with radio when a cousin had a wedding in 2005 and the DJ was from HOT 107. His mom introduced them, and the DJ suggested Donaldson come in to the studio and take a tour, which he did. He said he was really interested in finding out the way things work behind the scenes and was surprised at how friendly everyone at the station was.

"Seeing that," he said, "I was just amazed. I was in awe. So I just kept coming back."

Donaldson said his job entails covering live remotes and helping set up. He also said he helped on the Culture Shock show, which toured schools showing off the positive influences of hip-hop.

"As far as what I do or can do now," he said, "I've done some on-air stuff. People say, 'You have to get your foot in the door.' That was me getting my foot in the door."

Donaldson said the most rewarding part of his internship and radio work is getting the experience and knowledge that comes with it.

"The more I understand," he said, "The more I can do."

Eileen Wirth, the Chair of the Journalism Department at Creighton University, said the medium of radio broadcasting has been changing over the last 30 to 40 years and will continue to change in the future. She said the biggest trend right now is convergence. While traditional radio will always exist in some fashion, she said, it will probably eventually be replaced or absorbed eventually in much the same way as cell phones replaced the need for public telephones.

"Who's to say that in 5 years," she said, "You won't just have a speaker on your cell phone? ...Very soon the idea that ou would not have a radio in your phone is going to seem very strange."

Currently, she said, most radio in the country is not local, having been absorbed by corporate media conglomerate distributors like Clear Channel.

She said while in many cases there are more low-FM stations for community access and more public affairs programming to be found on the radio, there's also a lot of what she calls "canned programming," consisting of hosts and jockeys who heard across the entire country. She said she sees this as a negative trend.

"I'm a big fan of local radio, local voices," Wirth said. "Radio reflects community, be it New York, Omaha or Syracuse, Neb."

She said this canned programming and lack of locality can cause real proble For instance, after Hurricane Katrina devastated parts of Louisiana and Alaba stations were unable to help because in many cases only one person was availabl

Wirth said she sees two major things happening to radio in the future: firs major national chains will keep on growing, but at the same time, lower frequ stations and nonprofit radio via the Internet will see a rise.

Just as phones are no longer viewed as simple communication devices by m teens, radio will undergo a paradigm shift as well.

"There's still plenty of demand," Dr. Jeremy Lipschultz said. Lipschultz, a director of the University of Nebraska at Omaha's (UNO) School of Communicat said it is usually fairly challening for a student right out of school to land a job in ra because of raised expectations in the business. A college education, he said, is for most part essential.

Students majoring in broadcasting at UNO, Lipschultz said, are required to d least one interneship to further their academic and professional experience.

"There are more than 100 interns every semester working side by side professionals in the community," he said. He said while there has been what he a dramatic change in radio over the past 30 or 40 years, it's still too soon to tell i going to be a postitive change in the long run.

Freshman provides voice for animated character on televsion progra

BY STEPHANIE WILHELM

She is the voice of Orange Blossom on "Strawberry Shortcake." This has been her job since she was 9 years old.

Freshman DeJare Barfield attended a premier at the Rose Theater earlier this year for a new movie "Strawberry Shortcake the Land of Dreamy."

A white limo picked her up and dropped her and her fellow cast members in front of the red carpet.

Her fans awaited her. She, along with the other voice actors, signed autographs. They took pictures in front of big blow-up dolls of their characters.

"When I saw the little kids," Barfield said, "I was like, kids actually watch it. They like every character. It made me feel proud."

The movie was playing inside the theater and the children had an opportunity to win a raffle ticket enabling them to see an episode recorded in the studio.

She said the best part is knowing how big the superstar bill is and how many opportunities there are.

Barfield said she has learned better organization skills from her career.

"When we have singing lessons, we all gather around the piano," Barfield said. "As I'm getting older, it's hard to keep my voice at the young level when I used to have a kiddie voice."

Orange Blossom is a shy character.

"She knows what it's like growing up," Barfield said, "and what it's like making new friends. She's the one that always has an idea."

She said Orange Blossom is just like her.

"I would say I'm shy," Barfield said. "I'm also really good at making friends."

A new episode is recorded ever other month at Warehouse Production in Omaha.

The producers come from Dec Entertainment in California.

"I receive my schedule in the mail," she said. "Then I go into the studio o Tuesday that month."

Two days are spent on dialogue and the other two days are for singing.

She said she has to miss school a lot but plans to stay on the honor roll.

Barfield said she hopes to audition for more parts later on and write her script.

She participated in a lot of plays when she was younger. Her older sister was involved in acting. When Barfield auditioned, she tried out specifically for the pa Orange Blossom and got a call back a week later.

"When I first saw it (the program)," Barfield said. "I called over to my mom said 'I'm actually on it!' That's my voice on it. It makes me happy."

Musical hobbies become talents at rapping, percussion for junior

BY LUCY SCHROEDER

Junior Jasmine Thompson has been involved in music since she was 5. She began by singing and later learned to drum and rap.

"I grew up around music," she said.

Jasmine's father produces music and sings. Her mother is a gospel singer and her sister, senior Franque Thompson, is also involved in singing.

"When she (Jasmine) first started rapping," Franque said, "I was shocked. I didn't know she had it in her."

Jasmine said she had always watched her mom and went to her shows. She was inspired by her mom as well as her cousin Dupree, who is 26 and a local rapper.

"My parents encourage me because I watch what they do," Jasmine said. "When you are in a family involved in music, it kind of rubs off on you."

She also plays in a band within her church. The band records its songs on CDs and everyone at church sings along with these recordings when there are no musicians present.

Jasmine observed Dupree rapping and decided she wanted to do something like it with him.

Her interest began with poetry. When she let other people read work, they told her she should do something with it.

"I just flipped the poetry to a beat," she said.

She said she raps for fund-raisers, events and anyone who asks her. She has performed at the YMCA and different churches, along with a competition called Teen Idol that took place in Chicago.

"I rap about events that go on in my life and stuff that I see," Jasmine said, "And also people that I care about."

She also performed in the Road Show with Sound of the Future, a drumming group.

Jasmine learned to drum from her dad.

"My dad taught me the basics," she said. "From there, I went out to the studio and taught myself the harder stuff."

Jasmine plays the drums and sings at the same time. She said rapping while playing the drums is too difficult.

She said she is most inspired and pushed by her parents. They always encourage her in music.

"I am inspired by Missy Elliot because she is a singer and a rapper," she said. "That's what I want to do. I used to imitate Michael Jackson in the Road Show."

Jasmine said she definitely wants to pursue a career in music.

"I wouldn't mind playing drums for a show or just doing my own thing," she said.

She also considers singing a possibility.

"I can express myself through music," Jasmine said. "If I get mad, I can go outside the studio and bang on the drums."

She said music is not only a creative outlet, but also a hope for the future.

She has an album out called "No Ring No Fling" which is a combination of singing and rapping. It was released her freshman year.

Dupree helped write a few of her songs and collaborated on some songs, as well.

She said she plans to release a demo after high school.

"I think she has more than a lot (of potential)," Franque said.

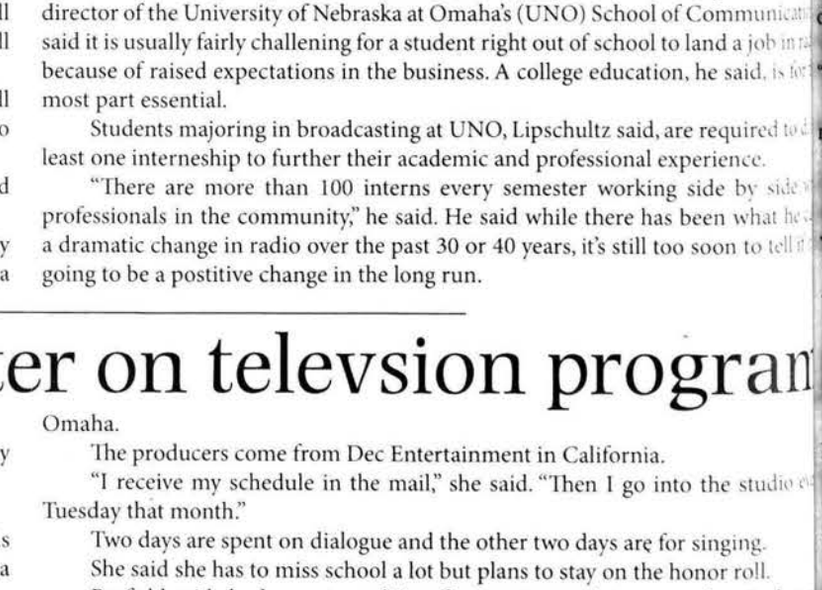


PHOTO BY PATRICK O'MALLEY/REGIST

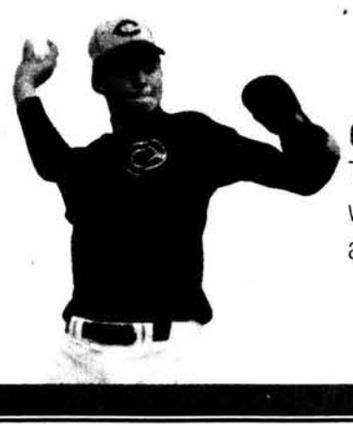
Junior Jasmine Thompson sings along with her favorite music to warm her voice before freestyling and recording her own raps. Thompson said s was inspired by singer Missy Elliott.

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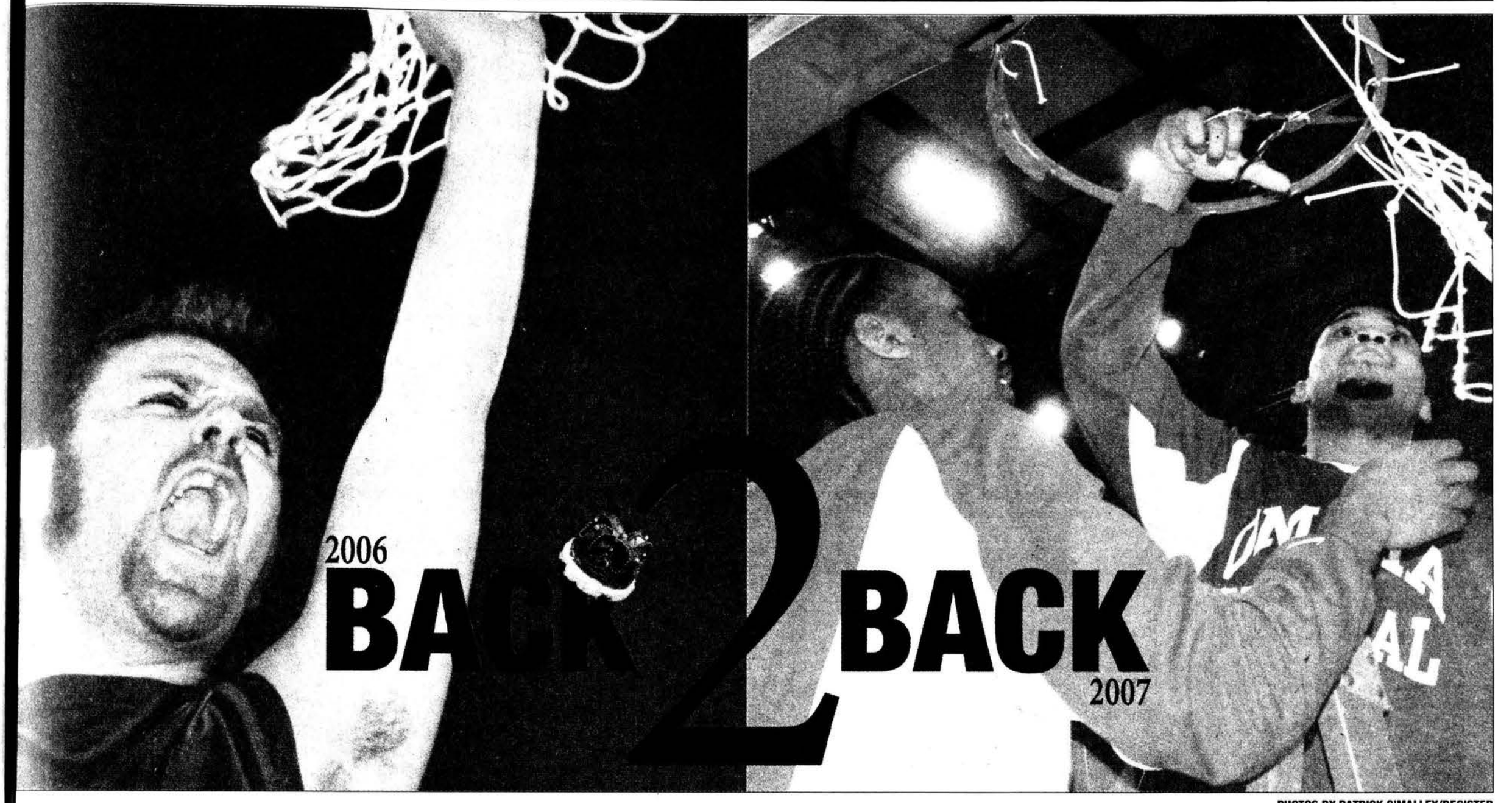
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PHOTOS BY PATRICK O'MALLEY/REGISTER

wo years. Two State victories. Two nets cut down. At left, 2006 graduate and team captain Tim Kanger holds the net in the air after the first Eagles win in more than 30 years. At right, juniors Lorenzo Wilson and Ronnell Grixby ut down the net after this year's similar overtime victory against the same school, Bellevue West. The victory also marks the second time Central has won back-to-back State championships, the last being in 1974 and 1975.

Coach, player, alumnus say first win had more meaning

BY BOB AL-GREENE

"When people go down to State now," 2006 graduate Tim nger said, "it's not 'Can Central get past the first round?' It's an we beat Central?'"

Kanger, captain of last year's championship-nning boys varsity basketball team, said he was esent at every State game this year and the team's cond victory cements Central's position as the m to beat at State.

Kanger said people used to be amazed at ntral's inability to take home the trophy, getting ut down by Lincoln schools or Creighton Prep uring his freshman, sophomore and junior years.

"No matter how much talent they had," he said, hey always seemed to choke."

Kanger said last year's win obviously held more personal eaning for him because of his position as a senior and the stretch of more than three decades since the previous championship, but he said the most recent State victory sends more of a statement for the future.

""Most of the team thought we had a chance to win it again," senior Ben Kline said. "I never thought we wouldn't win."



Kline is one of the five returning players from last year, and he said one of the games meant more to him as well.

"The first one was more exciting," he said. "It was the first in 30 years. (There was) more of an impact."

Head Coach Eric Behrens said at the time of the first win, he never thought the feeling could be re-created. After so much work and so many close calls, the team had finally clinched it.

"Last year was something we'd never done. I would have never thought a game would feel close to as much emotion," Behrens said.

Behrens said the two biggest losses to the team were Rodney Grace in terms of statistics and points per game and Kanger in terms of leadership.

"His leadership was real important," Behrens said. He said experience was one of the factors returning players had to their advantage this year.

The 2007 season was more tense however, he said, with multiple low points in the season and four starters fouling out by the end of the final game.

"It didn't look good," he said.

Kline said big differences between the two games included the showing of strength from bench players at a point in the game when those four integral players were gone.

"They played a big part," Kline said.

He said this year's game performances, along with returning starters like juniors Ronnell Grixby and Josh Jones, are good signs for next year's championship game.

INSIDE:

6 PAGES OF BOYS STATE BASKETBALL COVERAGE

Turn to pgs. 54-59

- 2007 coverage of what happened in Lincoln, from Millard North on to the Championship.
- A look at the fan section and participating groups who contributed to the victory.
- Coverage of the celebration back at Central

New baseball coach puts new face on team, aims for championship

BY PATRICK BREEN

After coaching Millard South to the State Tournament three out of four years, ead Coach Steve Russell decided to take some time off.

"I wanted to be a part of my family's life," Russell said.

Both his son and daughter were in sports and he was looking to spend more time ith them.

But now, his children are almost completely grown up and he was looking for an pportunity to go back to coaching.

"I can really dedicate my time to it," he said. "It's an empty nest at home."

Eight years removed from coaching, Russell applied for the varsity baseball head aching job at Central.

He heard about the opening and talked to Principal Greg Emmel and Athletic irector Darin Williams.

"They where really behind the sports at Central," he said.

Russell said he felt confident about the upcoming season, and said the prolonged me off from baseball wouldn't affect his coaching.

Russell started the team early in late February, conducting work-outs in the early orning and late at night.

Junior varsity player John Johnson said Russell pushed the team hard.

"He's preparing us," Johnson said. "We need to play hard in the season."

Last season was the first year the Eagles had a home baseball field. Donations from Susan Buffett helped finance the cost of add-ons to Boyd Park.

With new money put into the Eagles' new field, Russell said he could tell Central stood behind its athletics.

"Its becoming better," he said. "New press box, concession stands and features make Boyd Park very nice."

The Eagles started the season on the road though, playing Wahoo on March 15.

Russell took over for Scott Hodges, who is now an assistant coach at Burke.

Hodges left the team for reasons not announced.

"We'll try to keep the tradition up," Russell said.

Players said Russell's and Hodges' styles are similar. They said both are constantly pushing for endurance and strength as keys.

With three State Tournament appearances, he knows the time and effort it takes to win.

"It takes commitment," he said, "and plenty of work."

Russell is known for his good work ethic and that he is tough mentally.

It may be early in his Eagle career, but Russell has major plans and goals for the team.

"Our goal is to make the State Tournament," he said, "and try to win a State title."

He said it may not happen all at once because players and systems need time to develop.

Russell had his first chance to see the talent Central had at its tryouts.

"We had 60 kids try out," Russell said. "We got a lot of younger kids. Even some of the seniors haven't played much."

He said the tryouts went well, and the kids do have the opportunity to take it to the next level.

"Our district is very winnable," Russell said.

Baseball at this level is always competitive.

The Eagles can qualify for the State Tournament through winning their district or earning one of two wild cards.

To achieve the team's goals, Russell said the team will have to prepare and work hard.

"Mental toughness is the first thing," he said. "You have to approach every game like you're going to win."

Comparing the programs, Russell said the Eagles had a lot of raw talent, while the Millard South kids had grown up through feeder programs.

"We've got coachable kids," Russell said.

Some of the more experienced players said they expect to help lead the younger players on the team.

Senior Ben Kline is a Division I recruit and signed with the University of Nebraska.

Russell said talent was evident, but the team will need to work hard to compete at the level he wants.

The Eagles will play around 30 games this season, including tournaments, and if they win their district, more games at State.

Track wins at first meet of season; program sets sights on State

A senior-dominated team is set to take the Championship for the first time in almost 20 years, head coach Elliot Evans says

BY BOB AL-GREENE

"To be honest," Boys Track Head Coach Elliot Evans said, "these kids have been working hard for years and they never got a piece of the pie. This is their time. And they know it."

For the entire time Evans has been at Central, he said, he can not remember Central winning a track meet.

But the Eagles did win their first meet of the season on Sat. March 17, beating out second-place Millard West 93-80. In all, 10 teams participated.

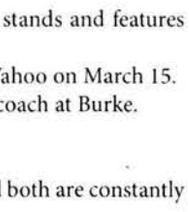
"We're really, really pleased," Evans said.

He said the senior-dominated team with nine returning seniors is starting out with its eyes on the gold.

"We could very easily challenge for the State Championship," Evans said.

Districts are on May 9, so Evans said the team is already working harder.

"We put in a lot of work to raise the bar, so to speak," he said. "For State, we're in the absolute toughest district."



EVANS

Evans said if the Eagles make it through Districts, State will be easy because they will already have beaten and eliminated the best teams around.

The team will also be traveling to compete in the Kansas Relays - an event collecting what Evasns said will be the best high school track teams in a four-state area.

"It's a little bit like the Shoot-Out Classic in basketball," he said. "St. Louis and Kansas City have got big schools too, and they've got a lot of them. But our times stand up."

He said Kearney has been at the top for the last few years, with Fremont recently emerging with a good team. Burke has good sprinters, he said.

"Central's new forte is sprinters and jumpers," Evans said. He said the team will have to be able to compete and be knowledgeable to be successful.

Evans also said there's always a problem with individualism on a track team, especially a team with as many athletes as this year's team.

Coach Ball, who has come on to help the track team, he said, has been instrumental in the creation of a team atmosphere.

Evans said one of the biggest surprises at the March 17 meet was Harland Gunn, who

Continued to **'Track'** on Page 52D

Golf program tries to build on last season

BY PATRICK BREEN

About four years removed from having the last Central golfer to make State, the Eagles look forward to a year of rebuilding.

"We'll work hard," Head Coach Jim Galus said. "They (the golf team) want to do well, but they're not going to jump off the face of the Earth if we don't make State."

The Eagles have different goals however, deciding getting better will be the ultimate goal.

"Our goals are to get better at every tournament," Galus said.

The team, which lost its only veteran, Drew Meier, after he graduated last year, looks to call on two returning varsity members and three new ones to make an impact on the team.

"We have a young team," Galus said.

The two returning players are juniors Tony Distefano and Andrew Patterson. Neither player has placed in a varsity tournament, but Distefano has been the only player who has placed in JV tournaments. He was ranked in the top 10 in a Ralston tournament during his freshman year and took first place in a Millard tournament as a sophomore.

"He's got a lot of ability," Galus said.

Although Patterson has never finished in the top 10 at any tournament, he has done well on the course, nearly cracking the top 10 a few times.

Joining the experience will be three players. Freshman Cole Peterson has earned his spot through consistency, Galus said.

"They're (the freshmen) still young," Galus said, "but they have the fundamentals. They won't drive it as far as the older guys, but their accuracy is better."

The team practices at Shoreline and Elmwood, where they get to play for one flat rate of $25.

The team also has received two new golf coaches from first year teachers at Central. Coaches Brian Swanigan and Ben Mohlich look to help the younger golfers and students.

"Our coach-golfer ratio went from 1-10," Galus said, "to a 3-4 ratio."

That's a positive step. In the past the team only had coaches Galus and Bob Tucker. The two had to provide all the rides for most the students.

The new coaches aren't offered any salaries; the chance to play golf for free is their only incentive.

"They don't get reimbursed for driving kids around, they don't get anything but the experience," Galus said.

Junior takes out hostility with boxing

BY STEPHANIE WILHELM

"A pro boxer saw me walking around the neighborhood with my friends," junior Floresha Thomas said, "and getting into trouble."

The boxer decided to train her so she would stay out of trouble.

Thomas' favorite part about boxing is simply being in the ring.

"I like to fight," Thomas said. "Boxing lets me take out my anger and manage it in a positive way."

She said she hopes to gain self-respect and learn how to control herself.

Thomas said she doesn't worry about hitting someone too hard.

"That's really the point of boxing," she said. "To win and (get) quick knockouts."

When she is punched, Thomas said, it makes her better because she learns what she did wrong. In the ring, she has to remember never to block her face with her own hands and not to cross her feet.

"My mom doesn't like it (boxing)," Thomas said, "but it keeps me out of trouble."

She said she has learned not to fight out of the ring because her hands are registered now.

"I'm not supposed to fight or I'll get in trouble with the police," Thomas said. "I've learned to hold my anger and walk away."

Thomas trains with three other people, two guys and a girl.

Thomas said she had not experienced any prejudice from other boxers because she is female.

She said she watches matches and points out what the boxers did wrong. She also learns new techniques and skills from them.

She said when she first started boxing, she expected to go in and win.

"I keep in mind that I'm a good boxer," she said. "I want to meet all my goals."

CALENDAR

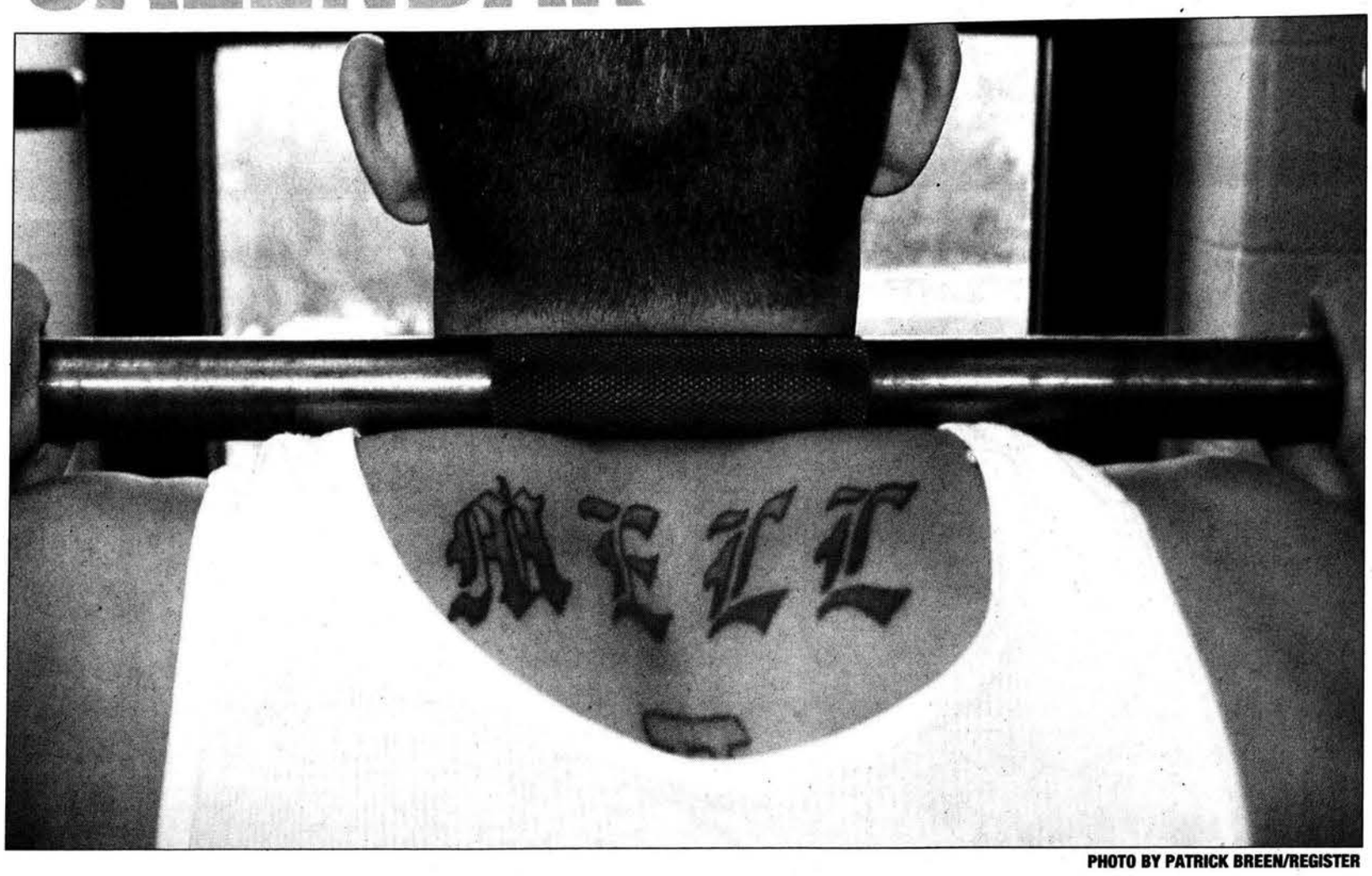


PHOTO BY PATRICK BREEN/REGISTER

With Mell II tattooed on his back, senior Jeff Mell lifts weights during his 8th hour weight-training class. Mell has improved greatly in his strength through a good work ethic and new diet supplements that help him build his muscles.

Lifter uses supplements to bulk up

BY PATRICK BREEN

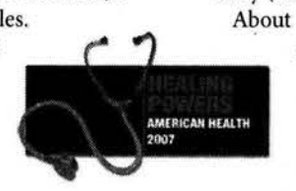
The 5-foot-6, 125-pound senior loads up plates for his max. You might expect him to put on only one, but he loads his second and third onto each side. The weight is nearly three times the weight of his body.

A full 315 pounds.

Jeff Mell lowers himself under it and pumps it down and up in a hard-fought movement.

The enormous pressure exerted both on his back and muscles causes stress to his body. The physical work would cause most to buckle. But Mell uses Creatine, a legal supplement that allows people to put more stress on their muscles.

"It gets oxygen to my muscles," Mell said, "allowing me to squat and bench more weight."



Unlike steroids, he said, the supplements don't make you directly stronger. They allows a lifter's muscles to be able to handle more, which in turn puts more strain on them, building more muscles.

"Steroids are a drug," he said. "These are just supplements."

Mell said he takes three pills a day and drinks a supplement to ease the pain. He says he takes some in the morning, and some right before he lifts. After the lifting he drinks the liquid supplement.

"It's a lot of pills," Mell said, "but I take them every day."

He said he follows the supplement instructions precisely. He takes the supplements for three straight weeks and then takes one week off.

The week off has two purposes. First, it's to make sure the body doesn't overdose on the Creatine. And on the other hand, Mell has to keep his body from not becoming dependent on it.

"I take that week off," he said. "but there is some still in my body."

Mell began taking Creatine after he saw the effects it had on his brothers' bodies. He said they started taking it before he started and told him the great things it did for them.

Mell gets his Creatine through GNC, a vitamin and supplement store. The store can be found across the nation and has multiple stores in Omaha. One, in Crossroads mall, promotes the Creatine highly.

At the counter, sales representative Greg Douglas said Creatine is one of the most popular products.

"Combined with work," Douglas said, "it really starts to take affect and do great things."

He said because of its effects, GNC sells a whole lot of it. Bulking up is popular with teens he said.

"They (teens) want to be stronger," he said. "This helps."

About one in 20 teens uses supplements to enhance his body. A large number, but Douglas said he thought it was even a little low.

"Most of the people we sell to aren't body builders on "'The World's Strongest Man,'" he said.

Douglas said he sells to several teens a week, some of whom spend as much as $100 every month on the products.

Mell said the number didn't surprise him.

He said he personally spends $40 per month on the supplements and drinks alone.

He said the money spent was well worth it.

Mell said he would feel angered if people accused him of using steroids.

"They're not," he said. "Some people will say that, but they're wrong."

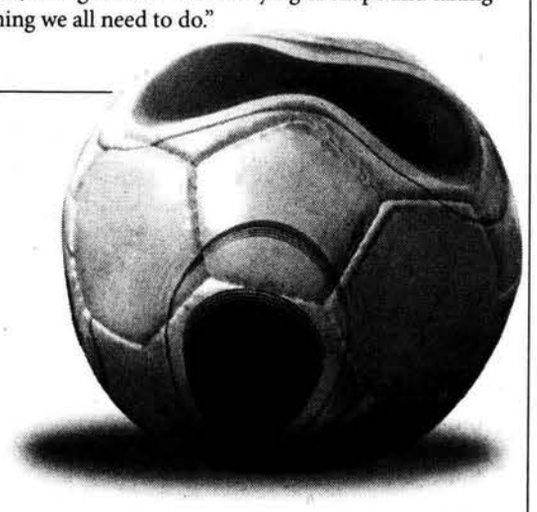
Mell said he just hopes to keep getting stronger using the supplements and working harder.

He is working towards being fit in the future.

Douglas agrees that some people don't come in the store because they don't believe it is natural, but says its just as natural as eating meat for protein.

"What Jeff is doing is smart," Douglas said. "He is staying in shape and taking good care of his body. Something we all need to do."

UPCOMING EVENTS



April

10 Baseball Home game

The Eagles baseball team plays a double-header at Wade Field against Nebraska City. The games will be at 4:30 and 6:30 pm. The Eagles will look to gain momentum as they prepare for the State Tournament in May.

21 Girls Soccer

The Lady Eagles soccer team will play at Seemann Stadium against Papillion LaVista. The game will be one week before Districts, which the team won last year and hopes to repeat.

26-28 Central Soccer Invite

The Eagles soccer teams will host the Central Invite Tournament at Seemann Stadium. The Eagle Boys hope to repeat the success they had last year, winning the invite. All times will be determined at least a full week in advance.

May

9 Golf Metro

The varsity boys golf team will play against schools from around the Metro area for a chance at Districts and then the State Tournament. The golf team, with new assistant coaches, practices at Shoreline with the hopes of preparing for the longer courses.

9-10 Girls Tennis

The girls tennis team will play in the Metro tournament during the these two days. Coached by Chrisie Pfeifer, the Lady Eagles will need to play well, both in individual and doubles tournament.

Club offers opportunity to reach hig

BY ALI HODGE

"They enjoy doing this. It's positive," said AP and Honors Biol teacher Jean Whitten, founder of Rock Climbing Club.

The club has been at Central almost nine years, starting when of Whitten's students approached with the idea.

Now the club presents stud with the opportunity to str themselves to the limit both physic and mentally.

Whitten said she hadn't had extensive history with rock climb when she and the student started club many years ago.

She had done some activi with the Beaufort Foundation, organization that takes students into the woods of Wyoming dur the summer.

Now the club meets about two month to go to UNO or the YMCA climb.

Whitten said the club ne goes into the wilderness becaus would need to hire professionals set everything up and the cost of would be too expensive.

Whitten said the purpose of club is to introduce the fundamen of a challenging sport to students w are interested.

It teaches students to use strate their upper body and their muscles.

"I think people like it becau it's an individual sport," Whitten s "It takes skill, it takes strength, it ta thought."

Whitten said the club hosts abo 10 regular students at every meeting

She said she could usually see students who are going to stick w it.

They are the ones who can high up on the artificial cliff and excited about their accomplishment

"You either like it or you don Whitten said. "You can either r climb or you can't."

For those students who do get she said they really seem to enjoy it.

"They get a sense of accomplishment," she said. "It's not easy thing. It's a win-win situation those who try it."

Junior Elizabeth Rockwell is president this year after joining club last year.

"I love the sport," Rockwell sa "I think it's absolutely exhilarating do something by myself. It makes feel like I'm capable of anything."

Rockwell said she heard abo the class her freshmen year.

She said she didn't realize loved the sport so much until she involved.

After being in the club for a ye she looked forward to becoming president her junior year.

Baseball tean makes use of gym to train

BY KEVIN GIBBS

Running the bases in three f of snow isn't the most convenie method of training for the re baseball season.

Varsity Baseball coach Ste Russell knew that.

So the baseball team practic indoors in the gym until the weath improved.

They aren't ideal conditions, b it's better than not practicing at all.

When that time came howev Russell and his team will be more th pleased.

"We were anxious to get our fe on the ground," he said. Russell said also plans to use the gym in follow years when available.

Although they would prefer a le cramped environment.

"We're hoping to get an indo facility in Boyd (Park)," Russell said.

Boyd Park is where the varsi team plays home games, while juni varsity and reserves mostly play Lynch Park.

Several different teams use t gym before and after school.

Everyone from the JROTC Drill Team to the Pom Squad an cheerleaders, and according to Russe it tends to get a bit too crowded f comfort.

"There's a lot of teams and co gym," he said. "We just try to wo together to get all of the teams rea to go."

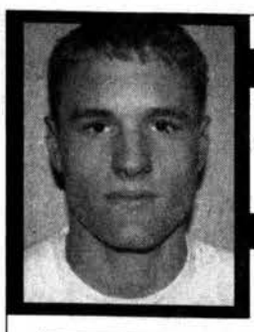
Working with other coache Russell tries to make sure his team an other teams get in all the practice th can in Central's over-used home gy

SPRING

SPORTS CARDS

At the beginning of the spring sports season, the *Register* asked each coach to select a player who was expected to play the most vital role on the team.

The coaches chose the following athletes based on their expected role of leading their teams to successful years. As the season continues, the coaches expect to see these players stepping up to the front and helping each respective team on to victory.



SPRING 2007

Ben Kline

"(He) has the leadership and skills to help the team."
-Coach Steve Russell

BASEBALL

CHS STUDENT ATHLETE

GRADE: 12

POSITION: Shortstop, pitcher

AWARDS/RECOGNITION: Fourth-year starter, All-Metro, All-State

HEAD COACH: Steve Russell

STRENGTHS: Kline plays every aspect of the game well, using his speed and strength on both sides of the ball.

OTHER KEY PLAYERS:
Kenny Fischer (12)

KEY GAMES: Millard North, Millard South



SPRING 2007

Shem Woods

"He's probably the strongest player we have."
-Coach Elliot Evans

BOYS TRACK

CHS STUDENT ATHLETE

GRADE: 12

EVENTS: long jump, triple jump

AWARDS/RECOGNITION: Third-year starter in track and field.

HEAD COACH: Elliot Evans

STRENGTHS: Woods is strong for his size with an amazing vertical, making him a good match for the hurdles and long jump.

OTHER KEY PLAYERS:
Harland Gunn (12)



SPRING 2007

Carli Culjat

"Carli's strong and has some real good experience."
-Coach Trent Lodge

GIRLS TRACK

CHS STUDENT ATHLETE

GRADE: 11

EVENTS: Shot put, discus

AWARDS/RECOGNITION: Three-year letter winner

HEAD COACH: Trent Lodge

STRENGTHS: Culjat is a strong player who knows how to play.

OTHER KEY PLAYERS:
Ellen Danford (11)

KEY GAMES: Metro at Burke



SPRING 2007

Aimee Koenig

"She's smart and has real good leadership."
-Coach Christie Pfeifer

GIRLS TENNIS

CHS STUDENT ATHLETE

GRADE: 12

AWARDS/RECOGNITION: Played varsity singles for the past two years.

HEAD COACH: Christie Pfeifer

STRENGTHS: Koenig is quick and smart, making her dangerous on the court.

OTHER KEY PLAYERS:
Shabie Garvin (9)
Brittany Krijan (12)

KEY GAMES: Districts



SPRING 2007

Tony Distefano

"He's a streaky player. When he's on, he is really on."
-Coach Jim Galus

BOYS GOLF

CHS STUDENT ATHLETE

GRADE: 11

AWARDS/RECOGNITION: First in JV Millard Tournament, Top 10 in Ralston Tournament as a freshman.

HEAD COACH: Jim Galus

STRENGTHS: Distefano is strong and as a result hits the ball far. Consistency can be a problem, but doesn't keep him from par.

OTHER KEY PLAYERS:
Andrew Patterson (11)

KEY GAMES: Central Tournament



SPRING 2007

Anna French

"She's quick, aggressive and never gets tired."
-Coach Michelle Pleiss

GIRLS SOCCER

CHS STUDENT ATHLETE

GRADE: 10

POSITION: forward

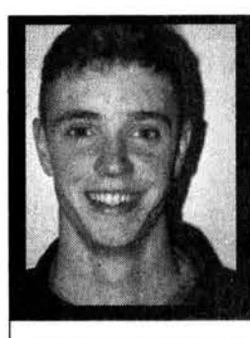
AWARDS/RECOGNITION: Second year starting varsity

HEAD COACH: Michelle Pleiss

STRENGTHS: French is strong and quick and knows the plays.

OTHER KEY PLAYERS:
Lisa Shirk (12)

KEY GAMES: Papillion LV, Gross



SPRING 2007

Corey Lynch

"He's experienced and a very good communicator."
-Coach Tim Herbert

BOYS SOCCER

CHS STUDENT ATHLETE

GRADE: 12

POSITION: forward

AWARDS/RECOGNITION: Third year as a varsity starter.

HEAD COACH: Tim Herbert

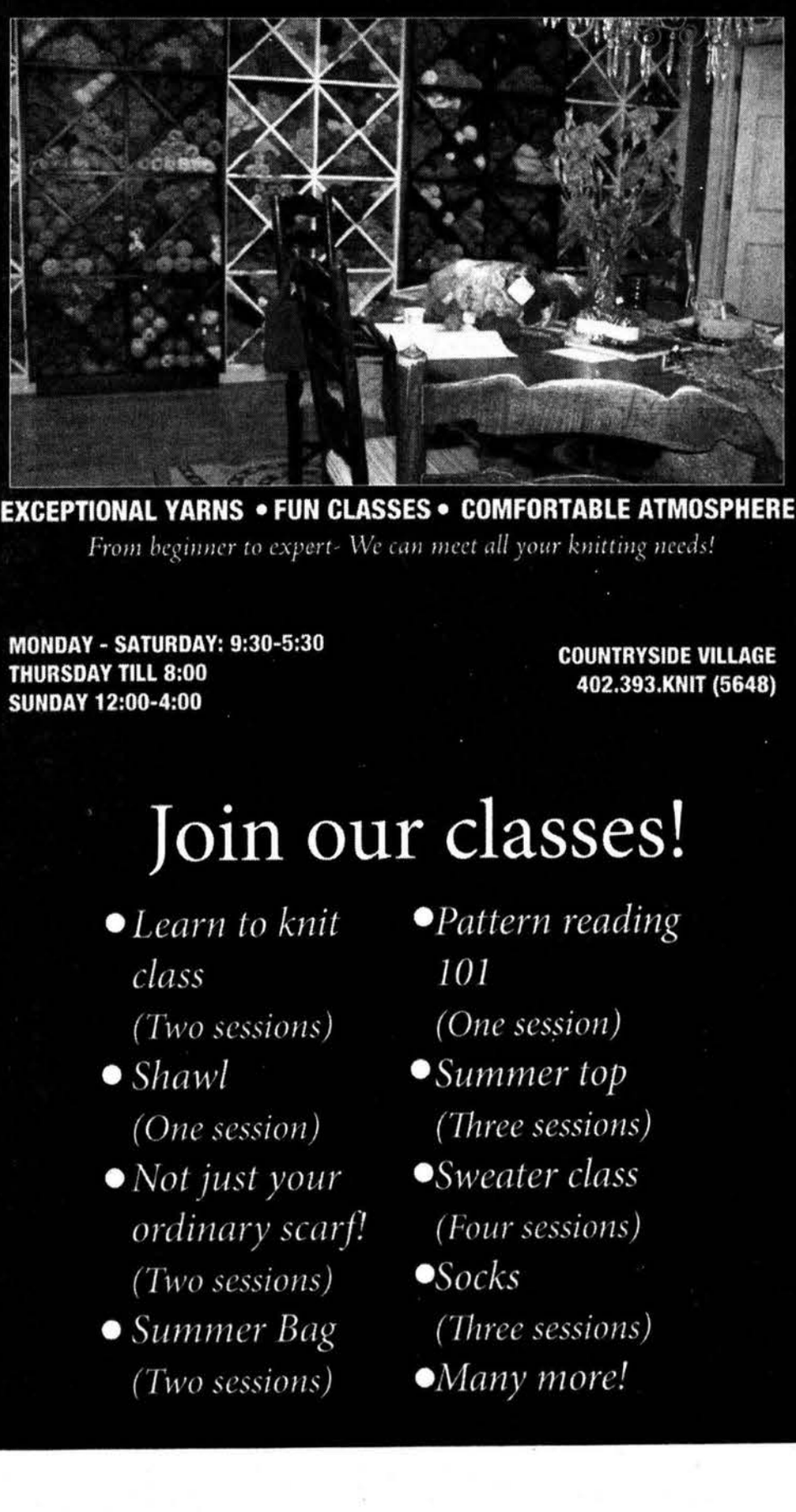
STRENGTHS: Besides his height and speed, Lynch is an intelligent player.

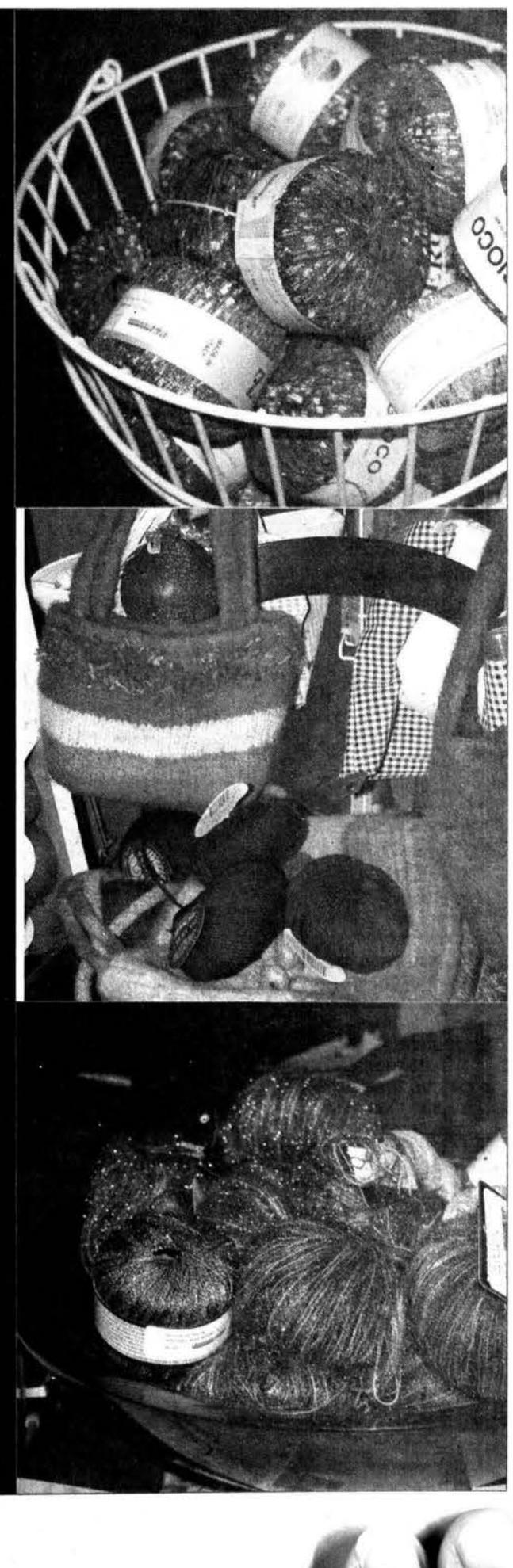
OTHER KEY PLAYERS:
Thomas Seitel (12)

KEY GAMES: Millard North, Creighton Prep



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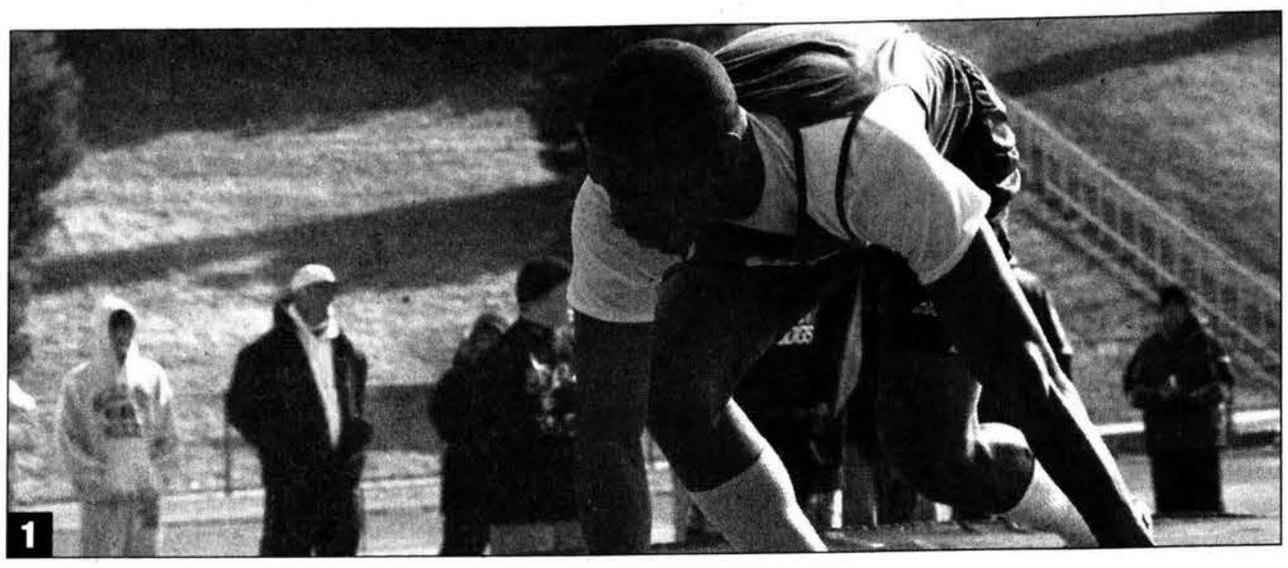
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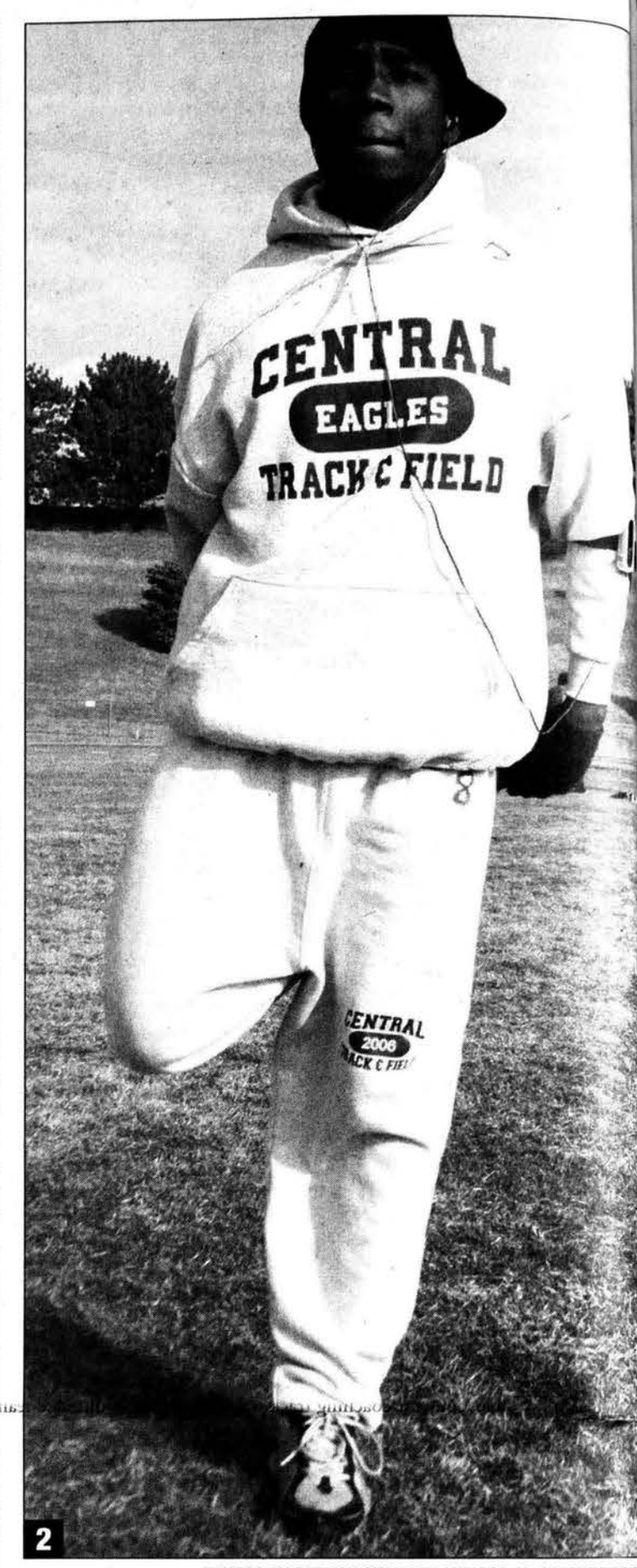
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RUNNING ON FULL

What may be the best team in years is prepared to reach heights Central track and field athletes haven't reached in almost 20 years. What got them to this point, and what will carry them on?









PHOTOS BY PATRICK O'MALLEY AND BOB AL-GREENE/REGISTER

1. Senior Shem Woods climbs off the mat after one of his first jumps of the season. 2. Returning State champion and senior Stanley Smith stretches on Burke's field. 3. Senior Harland Gunn jogs back and forth during practice at Central, returning to the field he played on during football season. Gunn threw 145 feet in the discus event at Burke. Gunn signed to play football at the University of Miami next year. 4. Senior Daryle Hawkins leaps over the bar for his first jump at the Burke relays. The relative cold left some athletes' muscles not in prime condition.

Team will face challenges before it can take back State

■ CONTINUED FROM 'TRACK' ON PAGE 49D

threw 145 feet in the discus. Evans said some athletes like Gunn, who have already signed to play a different sport in college, usually concentrate on those sports first. He said Gunn doesn't do that. However, he said track and field frequently relies on good football and basketball players to come on after their other sports seasons are over.

"Usually they're pretty tired," he said. "It takes dedication and loyalty. Basketball… takes a lot of energy. You never know what's going to result from that."

Evans said he was excited about the basketball team's win at State because track can use that success an example of what to strive for.

"They're pretty hungry," Evans said. "They've seen the results. If they can do it, we can do it."

On the day of the meet, the morning was cold enough to cause some concern among the athletes. Evans said it wasn't too bad.

"We wouldn't like it to be too windy," he said. "There was some wind."

He said this affected sprinters most of all since sprinters generally work better in warm weather. He said their muscles in the chillier weather were not warm enough to react as they would be in the 70s or 80s. He said long-distance runners didn't mind the cold as much since they have to burn energy to maintain an appropriate body temperature anyway. Cold muscles could cause problems, though.

"With sprinters," he said, "it's explosive and it can get dangerous."

He said the team worked through the cold, but the real challenges would come when Central faced their bigger rivals and champs like Fremont, Kearney and the defending champion, North.

"We're looking forward to it," he said. "We're trying to stay patient."

Still, he said, the team wants to return Central to the pre-eminent position it once had in track.

Central's boys track records for State Championships stretch back close to the beginning of the 20th century. The last Eagle team State victory was in 1989.

"If you look in the trophy case and you look at the list next to track, there're a lot of names there," he said. "(In recent years) We've had draught. We hope to change that."

For the current team, Evans said, it isn't just matter of working on something to get better. It's matter of talent. He said the team could always u more throwers.

"I have no doubt that aspect is going to chang he said. "Most other schools probably wish they ha our sprinters."

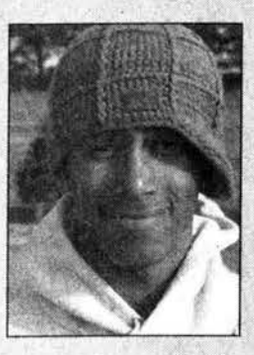
Evans said another area where the Eagles a lacking is in pole vaulting. Because Central doesn have the facilities for such competition, Central lone pole vault competitor, senior Mai Zhyang, mu travel to other schools to practice.

"That's like giving one event away," Evans sai "We need every event we can get. It takes a speci person."

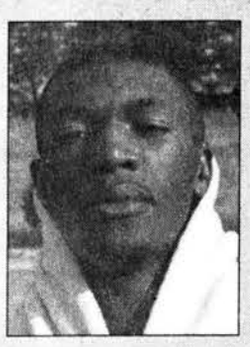
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TEAM POLL

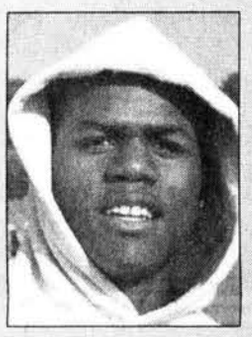
What do you focus on most during conditioning?



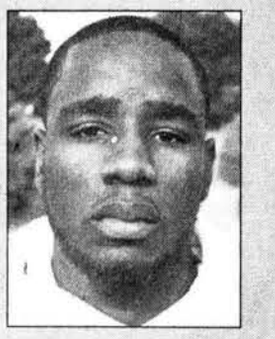
"I just try to go as fast as I can and as far as I can."
Daryle Hawkins (10)



"Speed and endurance."
Shem Woods (12)



"Legs. If you don't have the legs, you can't push yourself."
Chaz Brown (12)



"(I) just focus on trying to get the state record. I know it's going to take hard work."
Stanley Smith (12)

Athletes gain motivation to enter conditioning before season begins

BY KIM BUCKLEY

In sports, endurance is one of the most important aspects of the game. Conditioning is all about building up and maintaining that endurance.

Varsity girls track head coach Trent Lodge said conditioning for the track athletes started in January. He said they started conditioning during that time because it was a good time to start getting ready for the season, which started in late February.

"For kids who are not out for winter sports, it's good for them to get used to running and jumping," he said.

Lodge said conditioning especially benefited the members of the track team who haven't been out for a sport yet so they would catch up with those who did winter athletics.

He said the students who run long distances start conditioning as a group usually in November and train with coach Shannon Stenger.

Stenger said conditioning was to keep the members of the track team in shape before the season.

"If you can come into the season in shape, then you'll see the benefits in the season," he said.

Stenger also said the conditioning was a way for the athletes to avoid any injuries during the season.

He also said for cross-country, conditioning is more long-distance running so the members can build up their mileage.



Senior jumper Shem Woods said conditioning was important because without it a person wouldn't have enough stamina and endurance. He also said a person wouldn't be able to win as much as a person who regularly conditioned.

Stenger said there wasn't a difference in the way the males and females conditioned in the pre-season.

He said conditioning was developing a base and building on it.

Woods said conditioning took place all year round, but conditioning as a team took place around the beginning of winter.

He said conditioning involved using the bench press, doing squats, running and other activities to get the "lungs up."

He said conditioning during the summer wasn't really hard as long the perso did the right things to his body.

Woods said to manage conditioning during the school year, he sets aside som time and does small portions throughout the day, which he said added up to a goo workout.

He said without conditioning, an athlete wouldn't be able to take as much air i because their lungs would be smaller.

Woods also played basketball besides track. He also said all sports, not just track do conditioning.

"You'll have a whole lot more endurance running up and down the court," h said.

Stenger said he believed the members of the track team were motivated t condition during the summer from seeing the older students condition during th time.

Stenger coaches long-distance running in spring despite knee injury

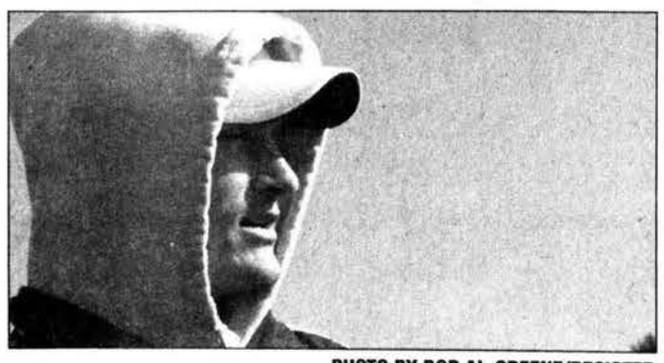


PHOTO BY BOB AL-GREENE/REGISTER

Coach Shannon Stenger talks to an athlete at the first track meet of the year. Stenger said he stays in shape by running often and watching what he eats.

BY JUDY ROSAS

If he stays healthy, he said, he will keep running for the rest of his life.

Shannon Stenger, social studies teacher and track and cross-country coach, has been coaching for the past four years, but he is also a marathon runner.

This is also his fifth year coaching track.

He said he enjoys coaching because it is fun and exciting to see students progress.

Stenger has run in nine marathons across the country; he's run in Boston, Chicago, Minnesota, Texas, Las Vegas and twice in Lincoln.

Marathon runners are required to go 26.82 miles.

Stenger said he runs about 70 to 85 miles a week. On weekends, he said, he runs about 18 to 24 miles and on a week day, 10-14 miles.

He stays in shape by running often, doing several workouts and extra weight training.

When staying healthy, he said he watches what he eats and eats a lot of carbs.



Stenger first realized he really enjoyed running during his junior year in high school.

He said he has never had any health problems, but has had some minor injuries.

He recently had a knee injury from overtraining.

Stenger has won many medals running marathons. He said it depended on what place he gets by how many runners there are in that competition.

In Chicago, he placed 120th out of over 40,000 runners.

He was 2nd place and 3rd place in Lincoln. In Texas he was 33rd out of 10,000 runners.

Stenger said his fastest time was 2 hours and 29 minutes and his slowest time was 2 hours and 47 minutes.

Although Stenger said he really enjoys running, there was actually a point in which he wanted to quit.

"Yeah, after the Boston Marathon I got injuries and got very frustrated," he said.

The weather was not an issue for Stenger's running schedules.

"I would rather be cold when running because I run better," he said. Stenger said one of his best runners was senior Jared Dittman.

Dittman was a State qualifier in cross-country last season.

Stenger has known Dittman for the past three years.

"He's really open in running individually," Dittman said.

Senior places first at opening meet, prepares for successful season

BY BOB AL-GREENE

"He's like one big muscle," Head Boys Track Coach Elliot Evans said.

Shem Woods, one of nine returning seniors to this year's track team, won the ple jump, long jump and was part of the 4-by-4 team that won at the Burke relays, e first meet of the season on March 17.

Evans singled Woods out as a noticeable piece of the team due to his strength.

The 195-pound Woods said he can bench press 275 pounds and squat 600; Evans pported this even though he admitted Woods is very thin.

Evans said Woods is one of the reasons the Eagle team, which has not taken a ate Championship since 1989, is looking confident for this season.

He also noted seniors Jermaine Blackson and Stanley Smith, the State Champion the triple jump, as potential medal-winners at this year's tournament.

"Shem's made great progress," Evans said. "He's the kind of guy we can put in eat places."

Evans said Wood's past as a basketball player has given him the stamina he needs be successful and the senior is training very hard as well. He said Woods went to me summer meets and decided he wanted to do track over basketball this year.

"He found something he can succeed at," Evans said.

"We've got a great chance for State this year," Woods said. He said the team has eady surpassed his expectations by placing first at Burke.

"I expected we were going to do OK," he said. "Second or third. Not the whole ing."

This will be Woods' third year running track. He said he joined during his phomore year. He also has played basketball and lifted weights for body-building. hough this would obviously help his strength, he said track has helped his performance other sports by bringing out his endurance, which he said was important.

"(Track) made my core stronger," he said.

Evans said Woods most impressive aspect is probably his overall strength.

"He's one of the strongest kids in the whole school. He's got tremendous strength," ans said. "For his weight, he's probably as strong as any kid we've had here."

Woods said the triple jump is the event he most enjoys, and said he is best at it ecause of his long legs.

"I've got a lot of speed," he said, "when I go down the runway."

He said he most needs work in the area of landing his long jumps. He said this me up as a problem at the Burke meet, because the weather was slightly cold in the orning. He said when the air is colder, a person's muscles have a harder time.

"I'm going to learn to work around that," he said.

He said the team still needs to improve the athletic ability of the players because ey have so much stuff to get done.

Evans said before the season is over,, Woods might be running a 400 meter race addition to the events he's currently tackling. Evans said of all the things Woods is orking on, speed is probably at the top, along with more extension in the middle part the triple jump.



PHOTO BY BOB AL-GREENE/REGISTER

Senior Shem Woods gets over the bar at the track team's season-opening relay meet held at Burke last month. Woods placed first in all his events at the meet, including the long jump and the triple jump Central went on to win the meet.

Head girls coach encourages cooperation in achieving goal of State title

BY KIM BUCKLEY

He said the best part of being a coach was seeing those students who improve eir times or distances and watching them succeed.

"It makes me feel good that they do something good," Girls Track Head Coach ent Lodge said.

This will be Lodge's seventh year as a head coach.

Before he became head coach of the girls track team, he was an assistant coach r four years.

Lodge said being a coach has taught him patience, but said he feels he has learned mething new every year.

He said the worst part of coach track was the weather because he said spring eather is unreliable.

Lodge said his philosophy for coaching track was to make it the ultimate team ort.

"Everybody goes and competes in an individual event, but our ultimate goal is to n a team championship," he said.

Senior Jasmine Johnson said Lodge shows that philosophy by always encouraging the track team to talk with each other.

She said he also shows that philosophy by enforcing the value of helping other members of the team.

Junior Kate Humphreys said Lodge works with everyone and knows when to push.

She said Lodge has made her a better runner. She said he did this by giving her good workouts.

Humphreys said she probably wouldn't have grown in track if it wasn't for Lodge's help.

Lodge said he believes the track team has gone though a lot with the stadium being built and the team traveling to different places.

He said he wanted to become a track coach because he ran track in high school and he has always enjoyed the sport.

Johnson said Lodge was kind-hearted, a good guy and a great coach. She said he's also willing to help the team.

"He's a competitor and he cares about us as individuals as well as a team," Johnson said.

Lodge said his high school track coach was a good influence and he enjoys being around the students.

He said his personal goal as a coach was to get as many students qualified to go to State every year as he could.

Lodge said he enjoys the competition of track and field as well as being outside and running.

Johnson said she has known Lodge for four years, ever since her freshman year.

Johnson also said Lodge is her teacher in the classroom as well as her coach on the track.

Humphreys said Lodge was a nice guy and knows when to be serious and when to be fun.

She said Lodge has taught her how to get better at hurdles and how to push herself.

Johnson said he's more vocal on the track, but he generally has the same personality inside the classroom as on the track.

Humphreys said she has known Lodge since she was a freshman as well.

She has known Lodge for three years, and said her view on Lodge hasn't really changed.

"He's always been a good guy," she said.

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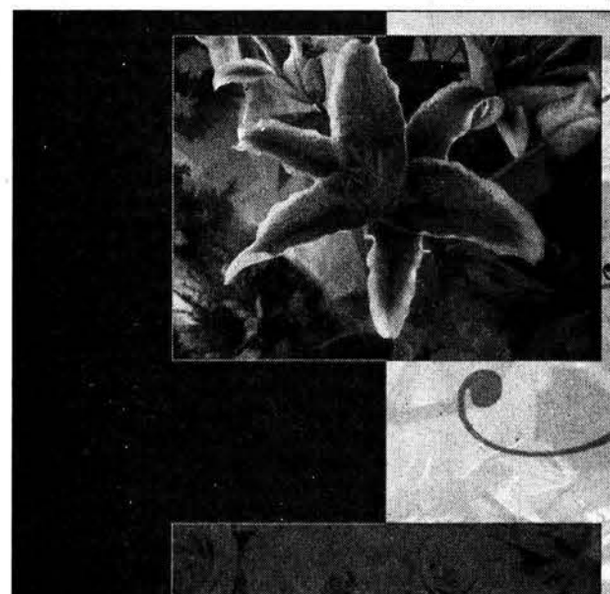
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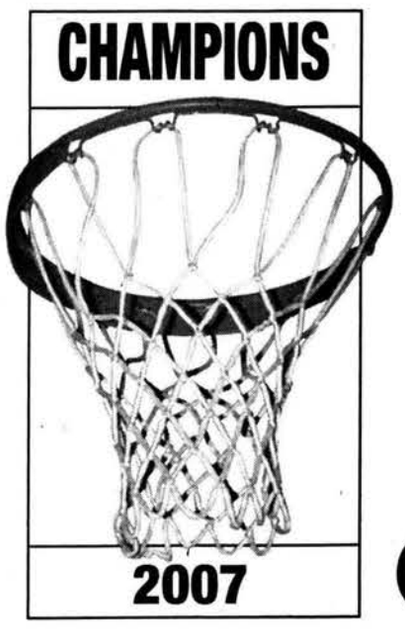
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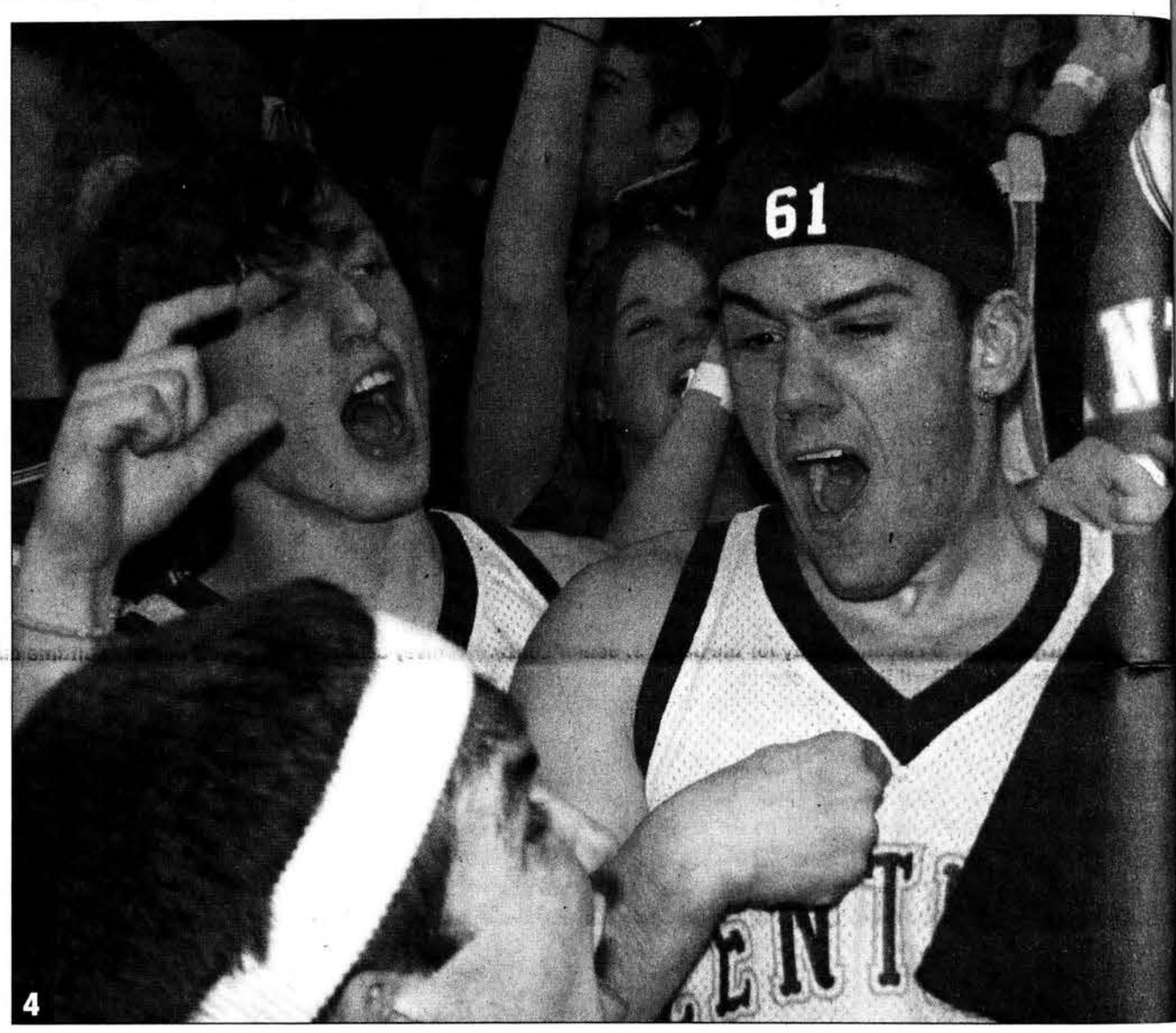
This year all the emotion, all the frustration and all the fun of the State Basketball Tournament was re-lived by Central fans, down to the tense overtime battle against Bellevue West. But every victory in basketball has two sides...

Off the Court...

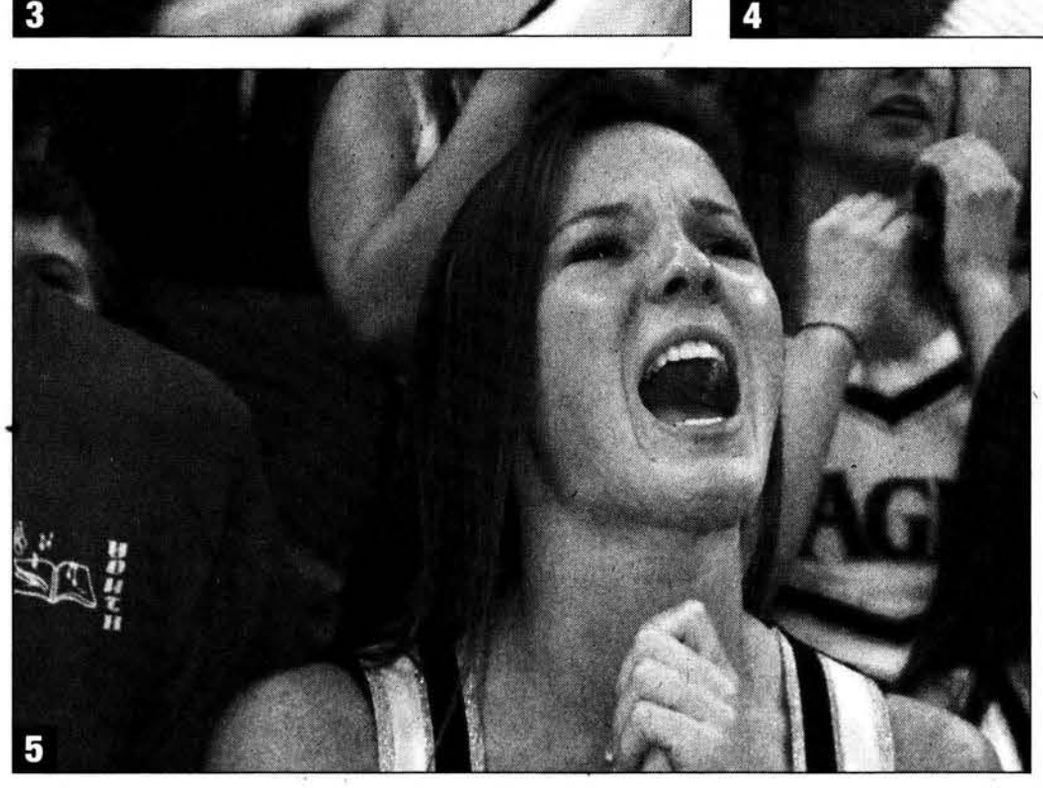

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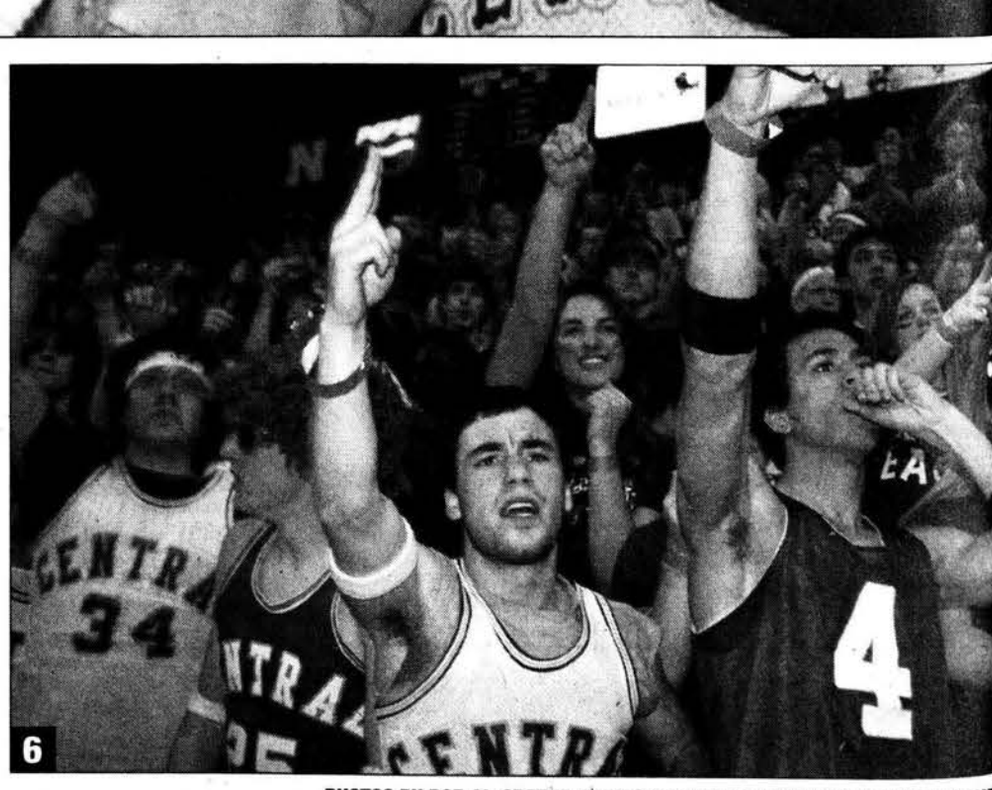

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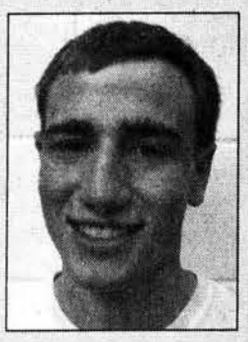
1. Senior Alex Freed watches the court intensely after a referee call. 2. Senior cheerleader Ally Herskind cheers on the team after a made basket. 3. Sophomore Crystal Overgaard screams after the Eagles took the lead at State. 4. Seniors Alex Freed and Mike Cold celebrate after an Eagle win in the opening round of the tournament. 5. Senior Maggie Baumann cheers on the team against Bellevue West in overtime. 6. Senior Mark Aerhart and the student section point to the fans in the other Central section shouting "Central Eagles."

REGISTER YOUR OPINION

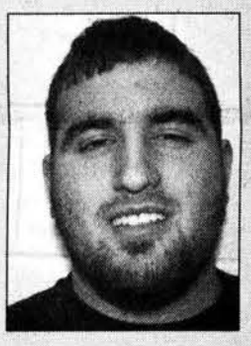
STUDENT SECTION POLL

CENTRAL FANS

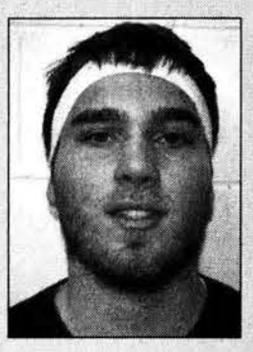
How important is fan support to the performance of the basketball team?



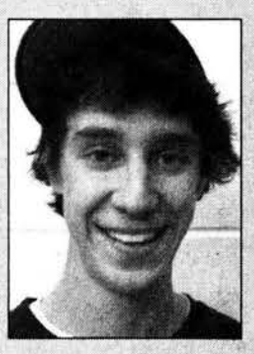
"It's the sixth man. For sure it's huge, that's why."
Jared Dittman (12)



"It's the most important. It's about the vibe; we're pumping them up."
Dustin Ziesel (12)



"Our student section is behind them, and helped them to play how they do."
Thomas Seitel (12)



"If the player does something wrong, everyone hears about it. It affects more than the player."
Tim Seffron (11)

"It might pump the players up more."
Dante Alexander (12)

Overall fan participation positive in tournament

BY BOB AL-GREENE

"I don't see myself as a cheerleader," senior Ken Fischer said. "But I do have to get the guys pumped up."

Fischer, the activities coordinator for the Senior Class, has been one of the most visible fans on the sidelines of this year's football and basketball games, including the final three State games in Lincoln.

Whether painting his body, jumping up and down or leading the crowd in cheers, Fischer has had no trouble showing his support for his team.

While rushing onto the court at the end of the Championship game along with less than a dozen other fans, Fischer said, he was hit in the head by one of the police offers present to prevent this flooding of the court.

"He just pretty much tackled me," he said. "He kind of punched me in the head. I still have marks on my head."

Though Fischer said he understands the security issues involved and knows the officer was just doing his job, he said he was disappointed.

"Last year they let all the classes storm the court," he said.

A prank this year reportedly involved students writing out messages in the snow on the football field, some aimed at Athletics Director Darin Williams in retribution for the rules and regulations of conduct he imposed on Central fans.

Keeping fans back from the line, telling them not to jump up and down on the bleachers and confiscating signs at basketball games fell under this category.

"School spirit," Fischer said. "Jumping up and down like that is just school spirit."

Fischer said he understood where Williams was coming from too, though.

"He's just trying to keep us under control," he said. "But in the eyes of a fan..."

Principal Greg Emmel said the school staff does a lot to prevent rowdiness in the stands at Central sporting events.

As for students rushing the court at State, he left that up to the Nebraska School Activities Association (NSAA).

"I think the NSAA feels very strongly it is very dangerous for students to storm the court," he said.

He pointed out not only the ropes which were pulled up around the student sections in the final minutes of the game, but also the school staffs, NSAA officials, Lincoln police and county sheriff's deputies in attendance.

"The bottom line is, it's a case of safety," Emmel said. "I know, I've been around high school students enough. (They can) get very excited and pumped-up."

Emmel said he was present for all of Central's State and District matches, visiting Lincoln seven times in 12 days.

He said 99 percent of the cheering he saw was positive, which he said was most important.

"I thought our students were very highly enthusiastic," he said.

He said he did notice some negative reactions, for instance a derogatory chant after some calls were made by referees against the Eagles.

"That (the chant) is why we keep a lot of staff on the floor," he said.

He said he also saw Central students yelling at Bellevue West players as they exited the court for half-time in what he said he would describe as an angry and disrespectful manner.

"There's no reason to hate them (the other team)," Emmel said. "No reason to dislike them."

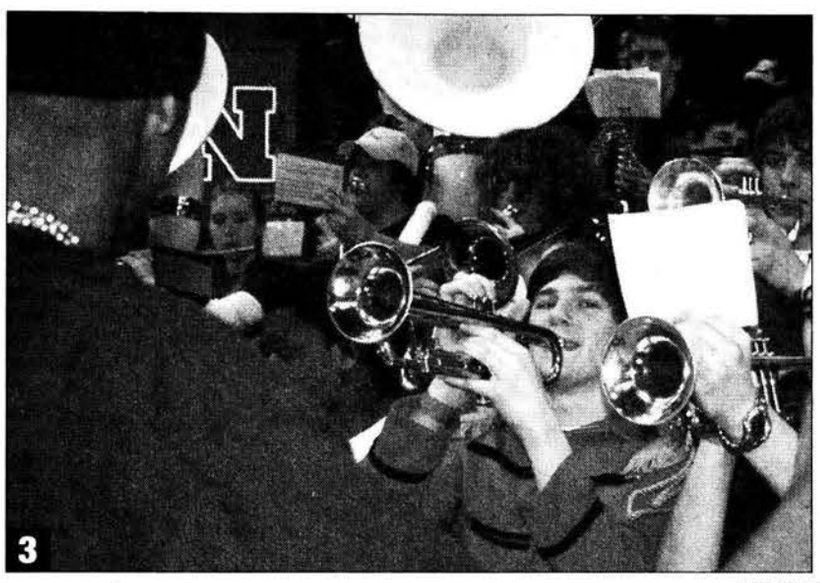
He said beyond those very minimal instances, students always have to be careful and wary when they represent their teams from the stands.

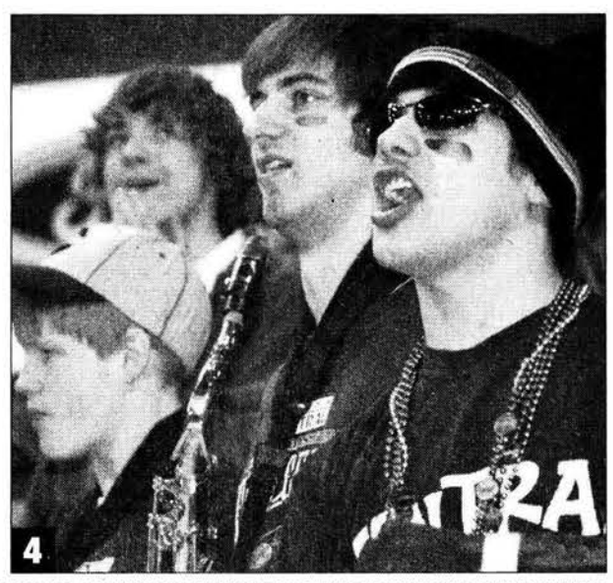
"You don't want your school to get a bad name," he said. "You want to keep things focused in a positive way."

...AND ON.









PHOTOS BY BOB AL-GREENE, PATRICK O'MALLEY AND PATRICK BREEN/REGISTER

1. Senior Israel Pommells plays the drums during a brief time-out of the State Championship game. 2. Juniors Connor Bailey and Andrew Kroeger were two of the many band students who made all three trips down to Lincoln to play for the band. 3. Senior Lonzale Ramsey conducts the Eagles band at halftime during a game. 4. Kroeger yells out to the court during the opening round game against the Millard North Mustangs.

Band follows team to back-to-back titles

BY PATRICK BREEN

"It's so the players and fans know the band supports them," junior Anthony Lopez said.

Without the band, some say basketball games would be almost quiet.

The Eagle marching band, which performs at home football games, also has the tradition of following the basketball team.

Playing during intermission, at half-time and any breaks in between, the band acted to pump up and heighten the mood of the game.

"I think we're here to motivate the players," Lopez said. "Give them a little bit more confidence."

Band instructor Pete Wilger agreed.

"To me, the band is an important part of our school," Wilger said. "One of our many functions is to share the music with the school."

The team traveled in an Arrowhead bus 60 miles to the Devaney Center for the games, arriving an hour-early to set up and prepare.

Wilger said the band has traveled with the team for all six State appearances in recent memory and more dating farther back.

"Some of the seniors," he said, "have been there (State) all four years in the band."

One of those four-year returning seniors, Martin Kaplan, said the long drive was well worth the experience.

"The mood hasn't changed," Kaplan said. "Everyone still gets into it."

He said even though the number and type of people in the band had changed, the experience was the same. Kaplan also said it was a good experience.

"I like to think we pump up the players," he said. "And give the crowd something to listen to during breaks besides the announcer."

Lopez said it was definitely true and the band not only provided entertainment, but alsosome loud support.

"One of the main things we did besides playing," Lopez said, "was started chants. We were always cheering."

Bands play an important role in the whole State experience. At State, unlike at regular season games, both schools' bands came.

And during the game, the bands seemed to play back and forth trying to beat the other. At every game in the State Tournament, if there was a moment of silence, it was quickly followed by some type of music.

Although the bands arrived nearly an hour earlier than most of the fans, the earlier games prohibited the band from moving into the stadium when they got there, so the band members took out their instruments and awaited the game.

The wait didn't seem to bother them too much, as the excitement of State built.

Once on the court, the band played some of the crowd favorites, "Vehicle," "Dot, Dot, Dot" and the school fight song.

"Probably one of the favorites," Kaplan said, "is the one everyone knows, the school fight song."

Throughout the game, the band played on breaks and whenever needed to ease the mood of the games.

The band picks the songs at the beginning of the school year and practices them throughout the year.

"After the competitions," Wilger said, "people just think we do nothing. But we are preparing for so many different things."

The band prepares for Road Show, Pep band and other individual events throughout the year. As the years have gone on, the band has been gaining members and support.

During the football season, the team marches and prepares a number of songs, but during the basketball season, the members of the band only need to play them from their seats.

But they still try to find new and creative ways to entertain the spectators.

"We find a song we like," Wilger said, "and practice it. Our season doesn't end."

One of the roles of the band is to not only teach students music and continue to become better themselves, but to share the music with the students.

The new songs practiced were played multiple times throughout the tournament. Since the end of marching season, the band has prepared for various aspects of the trip.

"When you think of State," Wilger said. "You think of the team, the cheerleaders and the band."

After each of the State wins, the band played the traditional school fight song. The fans sang along and become part of the band mentality.

Combined with the cheering, the band made itself heard at any and all games.

As Central teams keep winning in sports, Wilger said the band will continue to learn new and better songs to play during all the sports.

"As they get better," Wilger said, "it seems as if our library increases."

As that library increases and the teams improve, the band will need to commit even more time to practicing.

"It's an ongoing practice," Wilger said. "We're never done."

And as the band and teams improve, the student members will be back every year for the State Tournament.

"Yeah, I'll definitely be back again," Lopez said.

Central students find ways to the Devaney Center

BY PATRICK BREEN

Every year students load up into buses, vans and cars to make the 60-mile trip to Lincoln.

Around 100 students unloaded from the two Central buses, while still many more crawled out of stuffed cars to watch the Eagles play.

And this year, this was all to witness the Eagles take home a State Championship.

Although they all saw the same thing, the ways of getting down to the Devaney Center were different.

From the school buses to a family member's car, students did what they needed to make the trip.

Junior Brittani Avery said her grandpa drove her the distance.

"I was tired of school," she said, "and we weren't doing anything here (at school)."

She said the drive was worth the trip.

Avery also said the games were not as exciting as the ones from last year, but still got the fans hyped up.

Junior Connor Mayfield said the games were fun and he went every single day of the tournament.

Mayfield said he wanted to cheer the basketball team along.

"I drove all three days," he said. "It was windy, but all right."

Other students carpooled with Mayfield to receive a ride down to the State Tournament.

"On the first day and second day," Mayfield said, "I drove one student down. On the third day I drove three."

He said the added people didn't cause any problems while driving and they added support.

Avery said there were a whole lot of people there and it added to the experience.

"It was a lot of fun," she said.

Other students found their way to Lincoln through the school buses. Like years in the past, this year the school offered a ride to Lincoln through Arrowhead buses. Only two buses were sent to go, so the space was limited and the cost was $15 for all three days. Most students agreed it was a bargain.

"If you count gas," Mayfield said, "they probably saved money."

Sophomore Sam Salzinger thought it to was a good idea. Besides the money, he said, it would save time.

"We arrived really early," he said, "but the buses were still there before us."

Salzinger said the busses basically guaranteed the students would sit in the student section.

Although he said the buses were a good idea, he received a ride from a friend and didn't have to put up any of the money himself.

Mayfield said some of his friends he was driving offered to help with the expense of driving to Lincoln, but he wouldn't except their money.

Overall, throughout all three games, students showed up early to watch the Eagles capture their second straight State title.

And most are planning to come back again.

"If they're back next year," Avery said, "I'll definitely be back to watch."

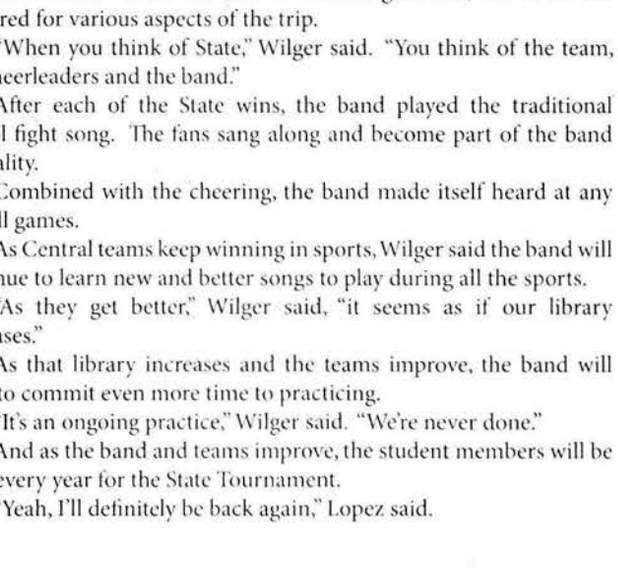


PHOTO BY BOB AL-GREENE/REGISTER

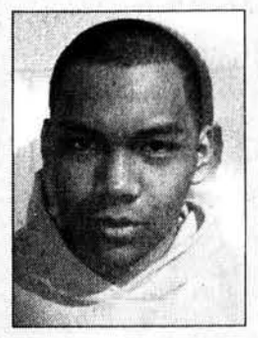
Junior Andrew Kroeger joins the rest of the Eagle fans with their hands in the air while a player shoots.

REGISTER YOUR OPINION

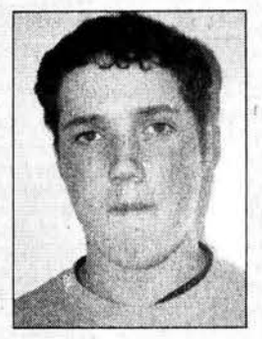
STUDENT SECTION POLL

BELLEVUE WEST FANS

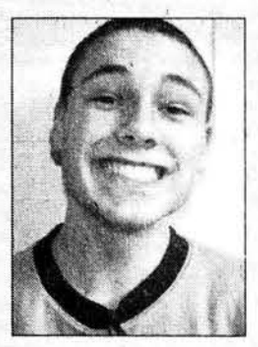
How important is fan support to the performance of the basketball team?



"It's real important. The more support we have the better our team plays."
Evan Juarez (11)



"It's pretty important. It pumps the team up and gives them extra energy."
Jeremy Gray (10)



"Let's just say they wouldn't win without us."
Troy Vandament (10)



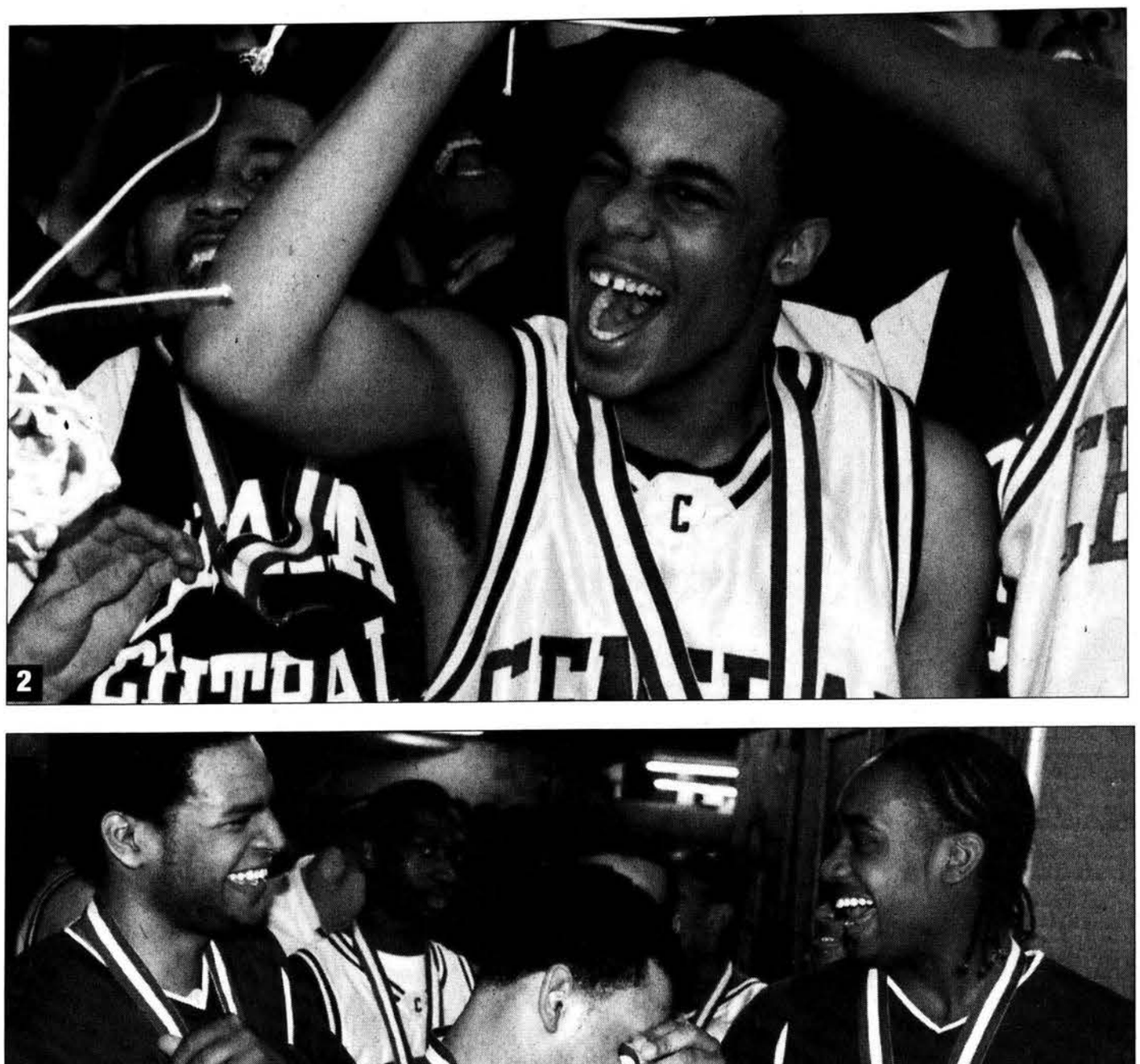
"The support provides momentum. It gets them excited to play."
Christopher Parker (12)

"I think it's very important. It get's them going; they wouldn't be motivated (otherwise)."
Robyn Bradley (12)

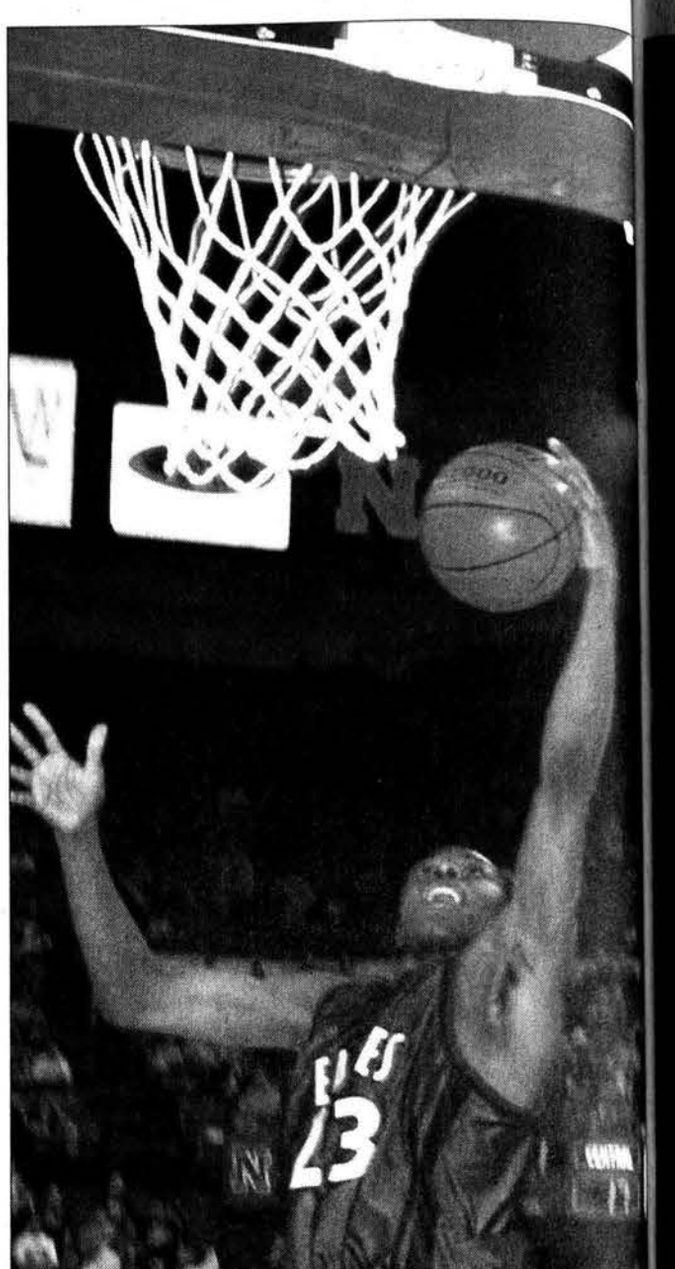
THE ROAD TO

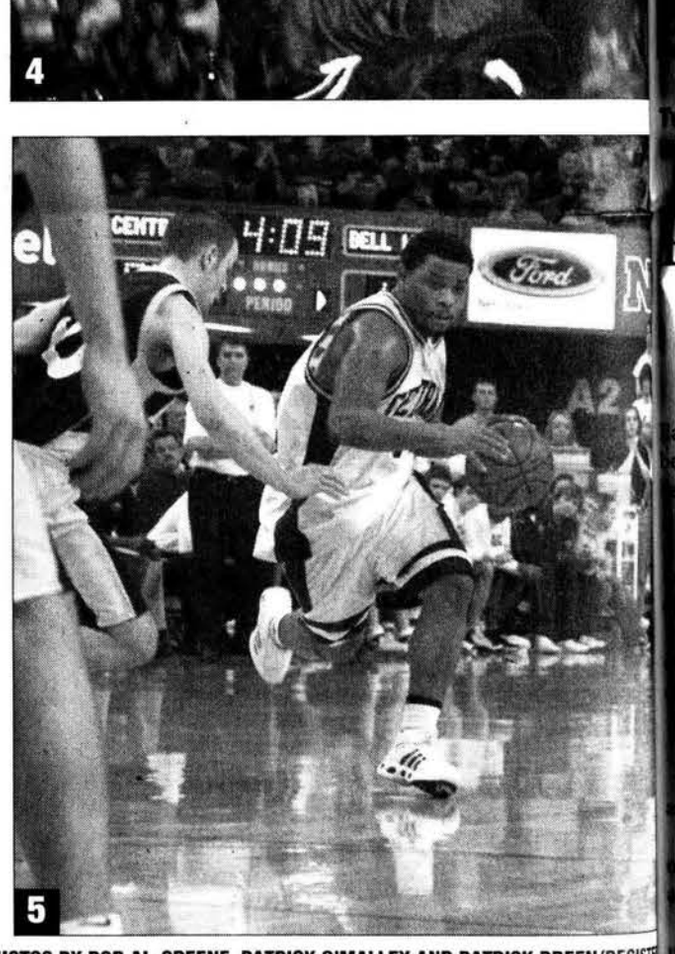
In the exact same fashion as last year, the Eagles came int th
overtime. With three players fouled out at the end of regulatio an
Eagles depended on two veterens, and three rarely use re

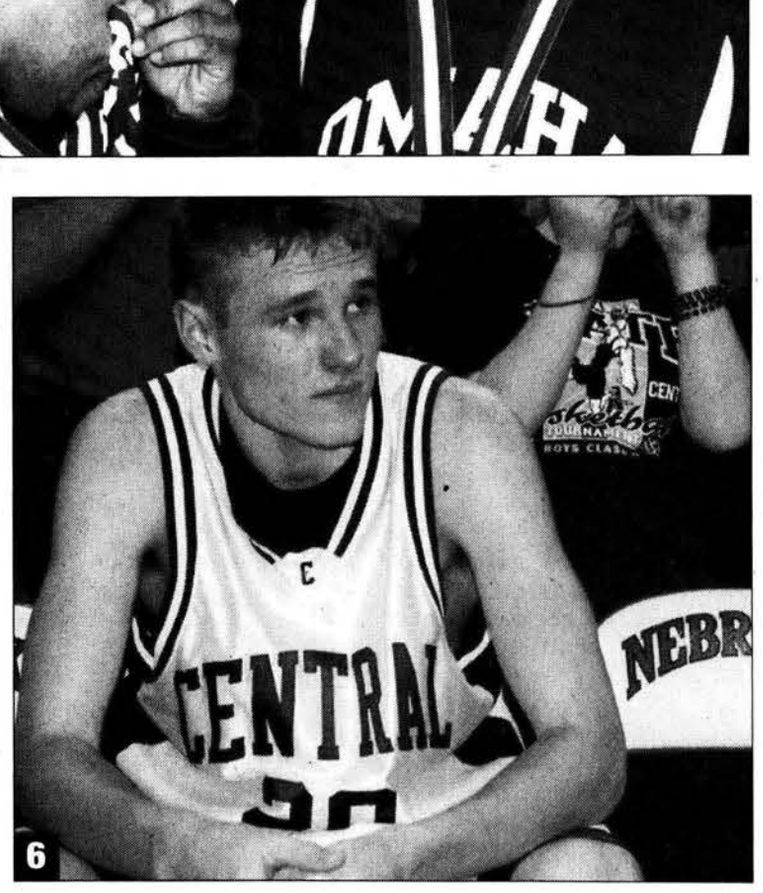

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PHOTOS BY BOB AL-GREENE, PATRICK O'MALLEY AND PATRICK BREEN/REGISTE

1. Junior Josh Jones goes for the tip-off at the beginning of overtime. Central beat Bellevue West in the 4-minute extra period 14-6. 2. Junior Chris Griffin and his team celebrate on the court immediately after cutting dow the net when the game concluded. Griffin visited the line frequently in overtime as Bellevue West tried to slow down the clock. 3. Senior Alex Deleon and juniors Ronnell Grixby and Lorenzo Wilson kid and laugh after leavin the court at the end of the game and being awarded their medals. They were waiting while Head Coach Eric Behrens was being interviewed. 4. Junior Josh Jones goes for a dunk in the game against Creighton Prep. The Eagle took down the Junior Jays largely by increasing the pace, whereas in the State Championship game, Bellevue West was able to keep up. Behrens said West is just a quicker team, and so going in they knew it was going to b a fast game. 5. Grixby charges down the court in the third period. Grixby, Deleon, Wilson and Jones all fouled out by the end of the game, leaving bench players to take to the court and prove themselves in the final minutes o the Championship game. 6. Team captain and senior Ben Kline holds onto the net as he waits for his name to be called after the end of the game. Other players had already been called. Kline injured his left shoulder during th game, being taken out then quickly put back in. 7. Griffin passes the ball in the second half of the game.

Eagles win repeat against T-birds

■ CONTINUED FROM 'STATE' ON PAGE 1A

the quarter.

West's star and one of two returning players from last year's finals, junior Antoine Young looked ineffective as he made numerous shots from 3-point range, but reliably made up for missed shots with free throws. Many times throughout the quarter it seemed the team as a whole was unable to put points on the board unless Young put them up from right underneath the basket.

Though West was unable to do enough to take the lead, the team did put itself within range to overtake Central a number of times, but shots from seniors Alex Deleon and Kline, along with Jones' thrilling hard work (once somersaulting after coming down under the hoop) kept the Eagles ahead by 6 as the second quarter began.

Jones started that quarter with a 3 on the first possession, but his counterpart Young seemed perfect at the line and junior Ronnell Grixby got in foul trouble early on, leading to a 1-point game by the middle of the fourth minute.

Again, Jones and Young continued echoing each other's shots and Central began having bad luck at its end of the court.

Central's ability to turn up the pace of its gameplay had befuddled Creighton Prep the day before at the Semifinals, but West was not only able to keep up with Central - they matched the opposing team point for point when the heat was turned up, and capitalized on a Jones turnover to take a 31-30 lead at the three-minute mark, their first since the first seconds of the game.

Behrens said the speed of West's players meant Central knew going in it was going to be a fast game and he knew they had to find a different way to beat them, such a s transition defense and rebounding.

"Bellevue West plays fast anyway," he said. "In that game we didn't have to speed up."

Matters weren't helped by the foul calls, either - as Central struggled with a 9-3 lead on fouls, West's Steven Palmtag increased his team's lead with more free throws.

Ultimately, the work of Kline and Griffin nudged West out, and by the end of the half Central had regained its lead, heading for the locker rooms with the score 35-32.

After a tumultuous first minute of the second half, Central started pulling away from West again, thanks to a 4-point foul shot by Grixby and a breakaway dunk from Jones which put the Eagles up to 44.

Kline met trouble, however, when his arm was injured during a shot at the West end of the court - he was taken out to applause as the giant screens of the Devaney center showed his pained face.

He was back in at 4:56, however, to even louder applause and chants of "BK", and Central soon broké 50, leaving West 8 points behind.

After a fourth foul, Deleon was taken out, but a mid-air collision between Grixby and Evan Herring was called on West and Central increased its lead to 10 by 3:00 - the question was, could they keep it?

Grixby started drawing fouls instead of making them, and a frantic double-team stopped Young from making any major leaps.

Even 3-pointers from West's Tyler Seals couldn't make up for the deficit, and the end of the third quarter saw the Eagles' lead diminished but still intact. Unlike in the midseason West game in which a strong early lead from Central was slowly whittled down to nothing, the Eagles were not letting go of this one.

The fourth quarter was troubling, though, with Grixby fouling out and Wilson returning to the bench.

The pace once again picked up and West started closing the gap, keeping Central stagnant at 76 long enough to tie it with a free throw from Jeff Allgood, West's second of two State veterans.s

Then, something amazing started happening.

Young started missing his free throws.

The consistency which had sustained Young and his team throughout the game when their field goals weren't cutting it was beginning to falter.

Kline at the line with 40.9 left in the quarter gave Central their last points of regulation, taking the total up to 79.

After a timeout at 35.5, however, West's Tyler Vandament was able to match that and sent both teams into overtime. The tension was thick in the air but the fans never missed a beat, filling the Devaney Center with This was it.

Jones fouled in the first four seconds of the four-minute overtime, but Young wasted West's possession on an air ball and the team started fouling to keep the game going and keep hope alive. With Deleon, Jones, Grixby and Wilson fouled out, it was up to the sophomores who carried most of the last game against West to finish it up.

Constant West fouling gave Central the ability to make almost all of its points without interference, and though the team sometimes only gained one point at a time, West became once again unable amount enough points.

Griffin went to the line five times, racking up the points while Young was missing his free shots at the other end of the court.

The Eagles also showed their quickness even after such a tiring game by recovering rebounds and charging down the court when they could have taken the safer route and let the clock run down on their possessions. By the end it paid off, however, and Central took home its second state championship in as many years.

Behrens said the team definitely played well in the Devaney Center, though the big crowd and pressure can be intimidating.

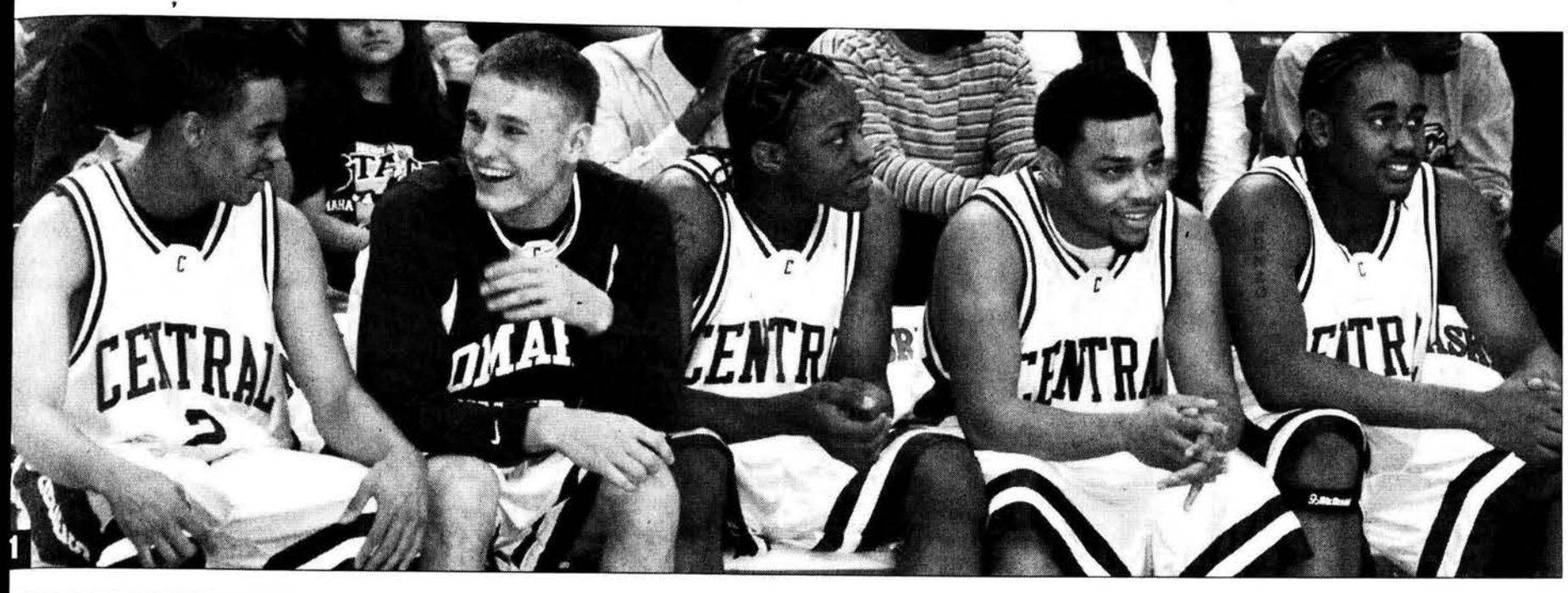
"It's a big-game atmosphere," he said. "And we kind of rise to the occasion."

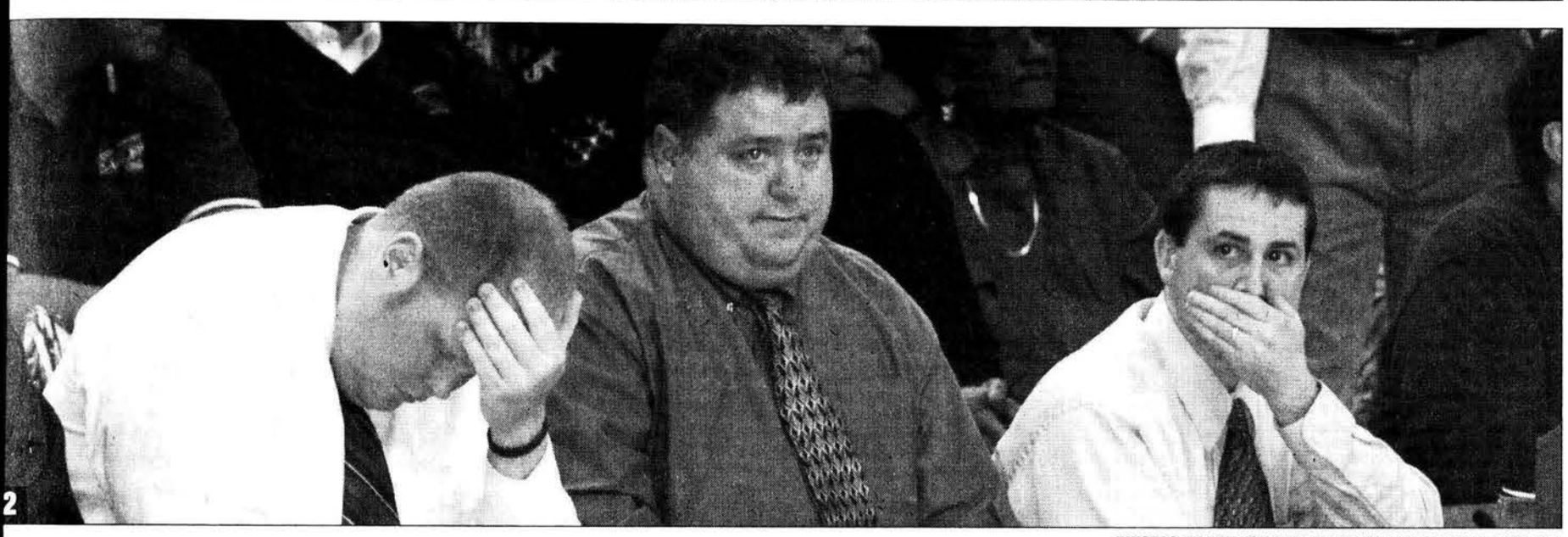
Kline said the team is more well-regarded now it has taken two in a row, just like the last time the Eagles took State, in 1974 and '75.

"It's exciting," Kline said. "A lot of people look up to us now."

A REPEAT

he State Title game as an underdog and fought their way to an
nd junior Josh Jones fouling out on a charge call, the
eserves to beat the Thunderbirds for the second straight year.





PHIOTOS BY PATRICK BREEN AND BOB AL-GREENE/REGISTER

wo sides of the spectrum. 1. The Eagles talk, joke and laugh before the opening game against Millard North. 2. Assistant coaches Jay Landstrom, Herb Welling and Chad urns react to an officiating call in the overtime of the State Championship game, putting the Eagles chance at the title in jepeordy.

Prep offers little resistance, Eagles advance to Championship

BY PATRICK BREEN

At the end of the 76-54 victory over Creighton Prep, the agles student section was chanting "We want Bryan." Not ecause Omaha Bryan was next in the State Tournament, but ecause Prep knocked off Bryan the night before.

On a cheap call.

A last second tip-in after the buzzer brought Creighton rep, not the number-one seeded Bryan, to face the Eagles and ecide who was heading to the Finals.

In the regular season, Prep took home a two-point win er the Eagles, storming their home court, knocking them out the top five in the rankings.

Central wanted revenge.

And... check.

The Eagles controlled the tempo, the shots and every pect of the win.

After a struggle in the first half, the Eagles looked to come ut of the gate cold again. The first shots were hard off the iron, nd Creighton Prep was on the board first.

In the first game against Millard North, the Eagles threw p several air balls in the opening minutes. They didn't follow at game's pattern this time, though.

The team quickly rebounded with senior Ben Kline putting p the first points of the day, but they were already down 4-2.

The Eagles' first deficit would be their only one of the ame.

Although there were plenty of chances for Prep to take some semblance of control, the Eagles scored early and often, pounding Prep.

Early turnovers didn't prove costly because the Bluejays couldn't score on their end of the court.

Junior Josh Jones fell into a rhythm on two consecutive possessions, laying in a bucket in the paint and then hitting a 3-pointer, 5 of his 20 total points.

The Eagles built the lead to 8 points early in the first and never looked back.

Although Prep put up a struggle at first, they looked outmatched against the quick Eagles. By the end of the first quarter, the grimacing faces in Prep's student section could be seen from across the court.

The Eagles scored on the first three possessions of the second quarter and the Bluejays took the first full timeout in hopes to cool the Eagles off.

It didn't work.

On the inbound play, Jones stole the ball and scored on a lay-up that put the Eagles up by the biggest point margin of the game thus far: 14 points.

Prep struggled back, trying to regain control, but turnovers and missed shots didn't help their cause.

The Eagles went into half-time with a 44-29 lead. With complete control of the game, the Eagles seemed to put their second-half offense on cruise control.

Missed jump shots, and three-point attempts allowed Prep to close the gap to 7 points with 4:10 left in the third.

A timeout and a fiery speech put the Eagles' mindset back into place, as good passes and easy buckets started to extend the lead.

Junior Lorenzo Wilson came back into the game and put in another bucket extending the lead and his point total to 9.

The Eagles slowed down possessions and took care of the ball, not turning it over for the rest of the quarter. Quality shots and buckets helped the team back to a 58-44 lead.

The fourth quarter brought relentless chants from the Eagles student section.

Chants were personal throughout the tournament, and no one was awarded the Sportmanship Award in Class A.

The first possession of the final quarter seemed to seal the deal against Prep.

The Eagles held the ball for a time and then through quick passes found senior Ben Kline open for three.

He hit the bucket moving his point total to double digits. Prep continued to fight, but sloppy passes and missed opportunities that plagued them the whole game, continued to be a thorn in the Bluejays' side.

With a 20-point lead and under a minute left, the Eagles' back-ups saw action.

Energized, they played hard in their first appearence in the State Tournament.

Junior Anthony Dinoff got the ball down low and made a nice pass to sophomore Paul Simms who laid in his first points of the tournament.

They wouldn't be his last, as he would later be called on in the final game against the Thunderbirds.

The 22-point blow-out of Prep provided the Eagles with plenty of confidence heading into the State title game.

Central dominates second half, sending Millard back home

BY PATRICK BREEN

After struggling to keep up with the Millard North Mustangs in the first half, the Eagles dominated the second alf winning 72-55.

The game was a tale of two halves. The first caused rouble for the sixth-ranked Eagles. The second showed why hey deserved to be crowned the champions.

The game began ominously for Central, which lost the p and gave up two straight easy buckets. Turnovers cost the agles early opportunities.

Several 3-pointer shots fell short, missing the rim ntirely.

Although the Eagles were cold from the field, the Mustangs were red-hot, scoring from three-point range with ands in their faces.

The Mustangs came out full of energy and power, yelling riumphantly after almost every basket.

With 4:03 remaining in the second quarter, the Mustangs xtended their lead to 10 points, the largest they would have ll game.

The Eagles faught back though, scoring on their next our possessions to cut the lead to 24-22. At half-time, the agles only had senior Ben Kline in double digits.

As the players left the court, the fans from each section ere still chanting.

Second-half play was going to be a different story.

Central opened with an 8-2 run with lay-ups by juniors Ronnell Grixby and Josh Jones.

The Eagles quickly took the lead and pressed on, playing ast, hard, full-court pressure.

The Eagles, who only scored 9 points in the first quarter, cored 10 points in the first three minutes of the third.

Defense led to offense in the third quarter. Steals by Kline, Jones and Grixby turned into lay-ups on the other end of the court. It was all about the Eagles as they extended their lead to seven.

The tables were turned. The Mustangs, though quick, couldn't physically match the interior players like senior Alex Deleon and junior Lorenzo Wilson.

Offensive rebounds by Wilson frustrated the Mustangs, and helped Wilson put up 6 points in the third.

With a 9-point lead heading into the fourth quarter, the Eagles needed to continue the pace and stop easy baskets. They executed.

Tough defense and smart offense kept the lead. The Eagles traded baskets several times down the court.

Kline, who air-balled his first 3-point attempt, hit two from the outside in the beginning of the fourth.

The nail in the Mustangs' coffin came with less than two minutes left in the game.

Down by 7 points, the Mustangs made a bad pass that was intercepted by Jones, who took the ball the length of the court.

He jumped up and threw down a dunk that sent Central's student section over the edge.

The Eagles weren't done, though. On the very next possession, another pass went to Jones, who took it once again and slammed down his second dunk of the game.

Millard North lost a steal to junior Chris Griffin, who led a two-on-one back into Central's court.

Griffin layed a pass up, and Wilson caught the alley-oop and put it down over the single Millard North defender.

Wilson, Kline and Jones all put up 17 points in the first-round opener.

The Eagles would then face Crieghton Prep, who earned the spot on a last second shot that was immediately called off, then called good.

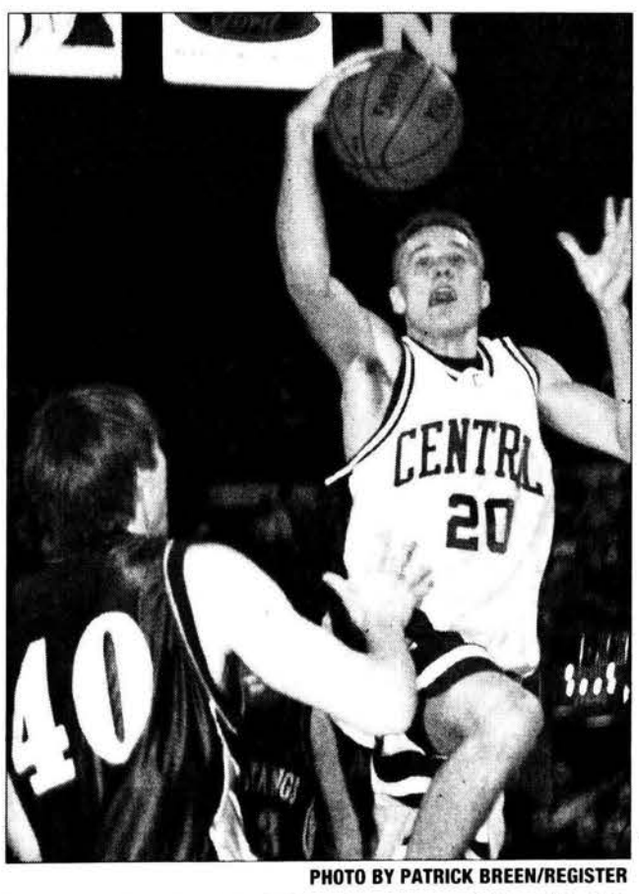
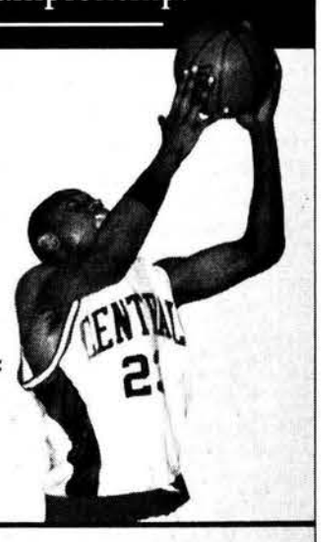


PHOTO BY PATRICK BREEN/REGISTER

Senior Ben Kline drives in for a lay-up over Millard North's senior Colin Horton. The Eagles dominated the second half, winning 68-54.

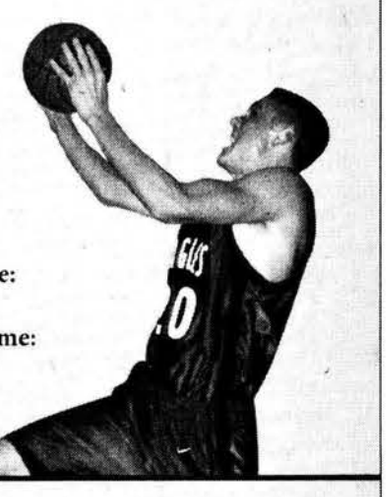
THE STARS

Here's a look at just some of the players who played a part in the Eagles' second State Championship.



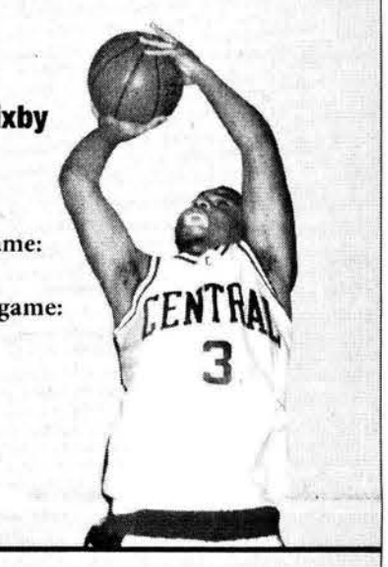
Josh Jones

Grade: 11
Points per game: 17.6
Rebounds per game: 5.0



Ben Kline

Grade: 12
Points per game: 12.2
Rebounds per game: 3.5



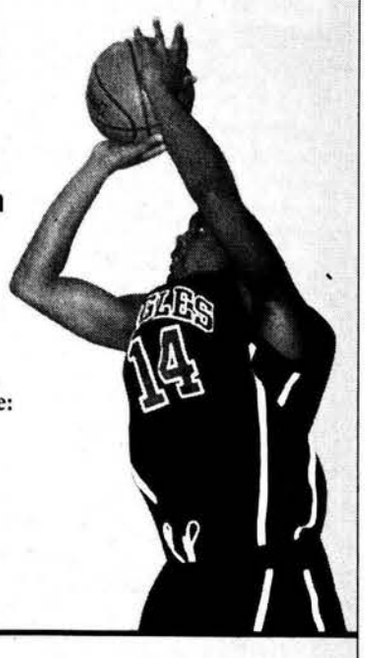
Ronnell Grixby

Grade: 11
Points per game: 11.5
Rebounds per game: 2.1



Chris Griffin

Grade: 11
Points per game: 6.6
Rebounds per game: 2.2



Lorenzo Wilson

Grade: 11
Points per game: 9.7
Rebounds per game: 6.3



Alex Deleon

Grade: 12
Points per game: 7.6
Rebounds per game: 5.2

COURTESY OF 06-07 SEASON STATISTICS

Athletic director balances work, newborn child

BY PATRICK O'MALLEY

In his second year as athletic director, assistant principal Darin Williams watched his wife give birth to their second child, Jacqueline Marie May Williams, on Thursday, March 15, at 7:45 a.m. at Methodist Hospital.

"I was there when they delivered the baby," Williams said. "It was pretty neat."

This was not the first time he got to have that experience.

He had his first-born chid, D.J., 22 months prior at Bergen Mercy Hospital.

"He's a big brother now," Williams said.

Williams said he was very happy to be building a family.

He said he could not have been doing as well without his wife.

"The athletic events are really demanding," Williams said. "Your family's got to understand the job."

Assistant principal Dionne Kirksey said she had to supervise athletic events like Williams, as well as musical events.



"I come to the home games," Kirksey said.

She said Williams' professionalism is what carries him through his job.

Kirksey said Williams has done a great job handling the workload he has.

She said the workload as assistant principal comes in waves.

She was generally very busy around the time of the Road Show and fall musical.

He said his wife was very compliant with his schedule.

"Balancing it, my wife does a big role with the kids."

Williams said he tried to help out as much as he possibly could.

He said the basketball season was his busiest time because there were so many more games than any other sport has.

He said the football season was not as bad because there were normally games on Fridays, and swimming and wrestling rarely had tournaments.

Basketball tended to consume his weekends because there were so many teams all playing games and would sometimes all be in a row.

He said he was looking forward to having his family around more often, but did not think it would happen soon because Jacqueline will be to young to be at the football games in the cold weather.

He said his son will be almost two years old at that time so the family will most likely be by his side.

Williams said he was very happy to walk into a school and be the athletic director and win the state championship in basketball.

"It's not just one person," Williams said. "It's nice to see the whole school succeed. It's a great feeling."

Williams said he felt very fortunate and grateful because some athletic directors don't get opportunity to say they have won any state championships and he now has two.

He said he tended to see "school families," where one member works in the school so the family is around frequently.

He said he saw it during the basketball season when head coach Eric Behrens would have his family around.

"The family will be part of Central because I'm there so much," Williams said.

He already enjoyed taking D.J. to various events.

"It's almost like a family outing," he said.

He said they would all go out to eat and then go to a game that he had to work at.



PHOTO BY PATRICK O'MALLEY/REGIST

Celebrating the State Champion Eagles, juniors Ronnell Grixby and Lorenzo Wilson help junior Chris Griffin make a windmill jump and dunk at the basketball pep ra The Eagles clinched the second straight title the weekend before, and the school cheered on their team at the rally after school.

Pep rally closes final chapter on victory

BY BOB AL-GREENE

Winning State after 31 years is cause enough for celebration.

Taking home the trophy twice in two years with back-to-back victories over a rival team and once-defending champions?

Well, that rocks the Nest.

A pep rally was held in the gym on Wed. March 14 to celebrate the victory of the varsity boys basketball team over Bellevue West, which took place the Saturday beforehand.

The entire team, the coaching staff and the student manager were present, introduced by Head Coach Eric Behrens as they entered the court through a tunnel created by the Pom Squad and cheerleaders.

Principal Greg Emmel said the latter two groups, along with the Pep Band, which was also in attendance to play for the rally, deserved credit for their performances and dedication to the State games as well.

"People talk about our great fans," Emmel said, "And the tremendous support. Something I really noticed... there's 3 groups of students who really work hard."

He said he thought it was important these groups were recognized, and that's why at the beginning of the rally, which lasted roughly 20 minutes after beginning shortly after the 3:00 bell, he felt the need to introduce them to the crowd as well.

The cheering of the students in attendance was so loud, it was difficult to hear Emmel's voice from many parts of the gym, even though he was yelling into a bullhorn.

Emmel said Athletic Director Darin Williams, who introduced Coach Behrens, usually comes up with the plans for pep rallies. Williams works with group sponsors such as Pete Wilger and Jane Leuthge to organize the student groups such as band and Pom Squad and cheerleading, respectively.

He said Williams then shares the plan with other administrators and describes specifics.

Emmel said he was informed of a pep rally from last year which was held during the school day as a mandatory event and was divided between classes. He said since that rally wasn't popular with the students, the administration switched it up.

"I think the decision was since the during-school pep rally wasn't that great," Emmel said, "why not have a pep rally where only the kids who want to go can go?"

He said it was kind of like the "Invisible Child presentation, which was held the day after the rally and open for students who turned in permission forms if wished to attend. Emmel said he preferred not forcing it on students.

This was the third pep rally held this year. The first was in Seemann Stadium to promote fall sports and the second in the gym to prepare for winter sports, including basket and wrestling.

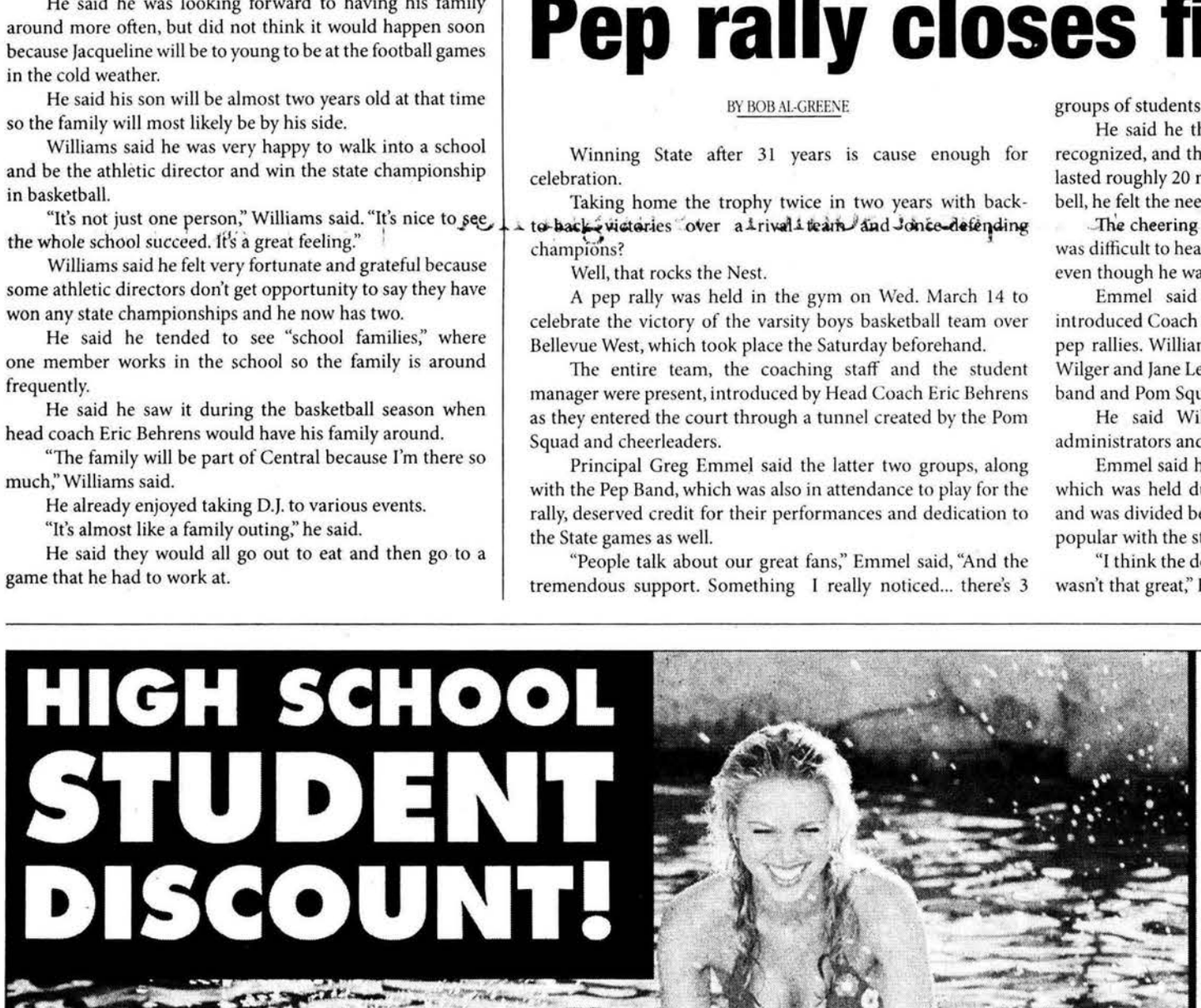
Emmel said there were problems at those two ra because at the fall rally the microphones wouldn't work the winter rally ended abruptly with students leaving befo could make his final statements.

"Everyone kind of got up and started leaving," he said

Students stuck around for the post-State rally, tho After the cheerleaders and Emmel got the fans excited and players were brought out, the team started to make shots.

The rally ended as Wilson and junior Grixby lifted Chris Griffin, Championship game, up to the hoop to dun final ball.

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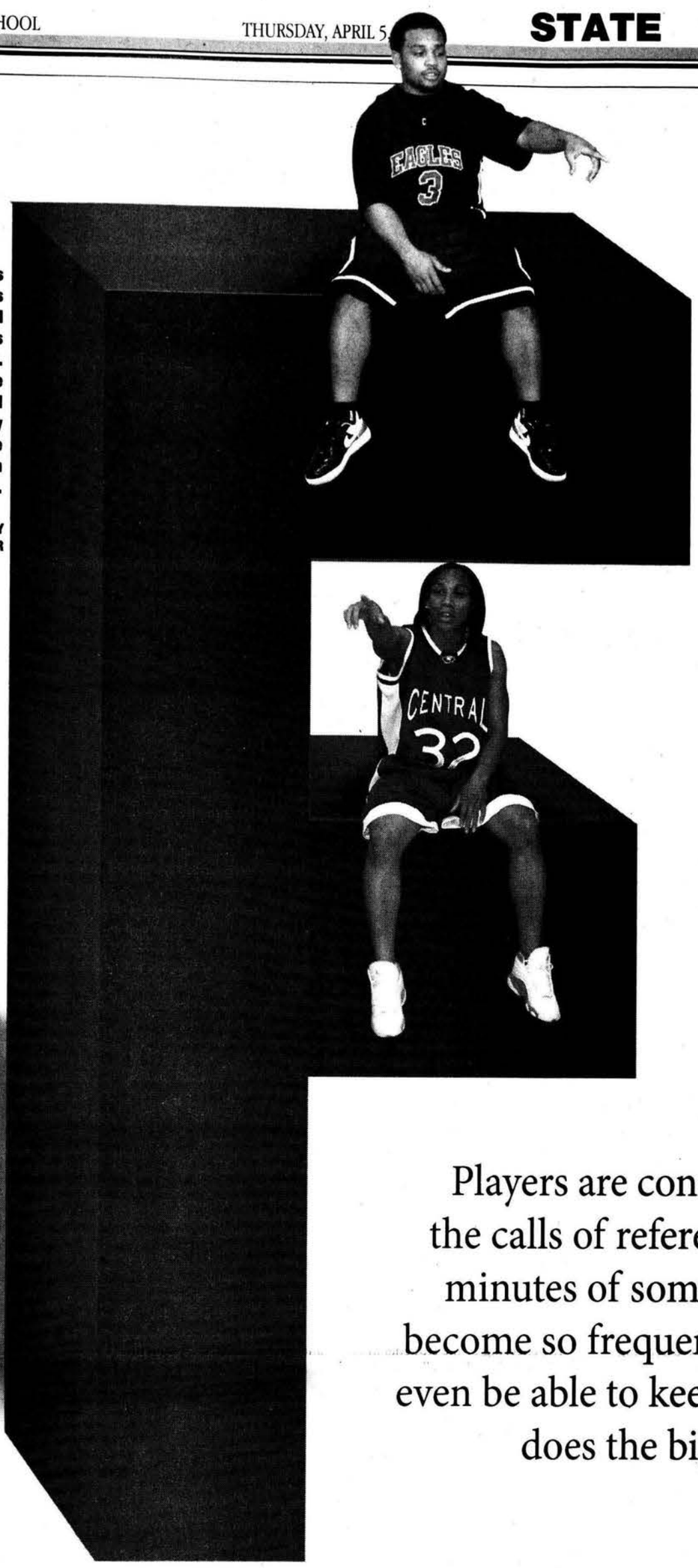
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To the right are boys varsity basketball's junior Ronnell Grixby and girls varsity basketball's senior Jasmine Johnson. Though Johnson said she never got a technical foul during the season, Grixby was ejected from a game for throwing a ball in frustration.

PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

IS FOR FOUL

Players are constantly battling with the calls of referees. In the hectic final minutes of some games, fouling can become so frequent some fans might not even be able to keep up. So how big a part does the big 'F' really play?

BY BOB AL-GREENE

"When you're real aggressive," senior Jasmine Johnson said, "A lot of people get intimidated."

Johnson said this is one of the keys to playing basketball in general - staying in an opponent's face.

This is especially true, Johnson said, when you can move at a faster pace. By keeping the speed up, there is more of a chance that opponent will break down.

Junior Ronnell Grixby said it's important to be very aggressive on the court, too.

"If you slack off," Grixby said, "People might think you're soft."

Unfortunately, there are three guys out there on the court to make sure you don't get too close.

"Some refs," Johnson said," some just let you play."

She said others, however, call much more frequently and instantly. She said this doesn't affect her playing, however.

Grixby said it's necessary to play smart when fouls are on the line.

Johnson agreed.

"You play through it," she said. "Adjust. Be smarter."

Johnson said there is no part of the game she has noticed in which refs are any more likely to call a foul. She said if they start out tough, they generally end tough as well.

"If they started (calling fouls) early, it'll be going on all game," she said.

Grixby said it's usually easy to tell within the first few minutes of a game if the referee is going to be strict or more lenient with his calls.

He said a player can "test the waters" with the refs early on.

"Most likely," he said, "When a ref calls something... it will be the same through the stretch."

There's more than just touch-calls to fouling, though. The letter hanging over every player's head is the "T," for technical.

According to Johnson, a technical can be called from intentional pushing of another player, getting ready to get in a fight or saying something inappropriate to another player or official.

Grixby said he has earned a couple of technicals this season, but he wasn't sure of the exact amount. He said it's not always a major problem if the technical isn't the final foul needed to remove the player from the game.

"Most of the time, Coach takes us out," Grixby said. "Tries to correct us."

Grixby said he was ejected from a game earlier in the season when he threw the ball up in the air.

He said it was out of frustration and he was ejected from the game.

"EB (Coach Behrens) thought it was the right thing to do," Grixby said. He said Behrens thought Grixby's frustration was causing him to lose focus and a break was the correct decision.

Though Johnson said there have been around three players who have committed technical fouls against Johnson, she has never herself had one, because this would mean she would be ejected from that game and the next.

She said she has fouled out once or twice, but not too many times.

Johnson said there are ways to try to get the refs on your side or act more leniently, and it's a simple solution.

"Talk to them," Johnson said. "Be nice and polite. Talk to them throughout the game."

Grixby said being polite and kind is the best policy with referees as well.

"You've got to, if you know the ref, tell them good call, bad call," he said.

Johnson said sometimes this pays off later in the game when a referee might go easier on a polite player.

"But sometimes you get refs who just don't care," he said.

Grixby said players are able to draw fouls when things aren't going their way.

For instance, if a player from the opposing team runs behind him, Grixby said he can draw a push in the back call. And if a ball goes loose, he can jump on the ball and when the other player jumps on top, it's a foul.

Johnson said she could also use fouls to her advantage.

"When I drive to the hole," she said, "I stay so low, so they're trying to reach in. Once you get by them, they're done."

In most cases, the amount of fouls called really depends on the individual ref.

"You're never always going to get good refs or bad refs," she said. "It can be a good one or a bad one or both."

Varsity player looks back on work, forward to next season

BY ELIZABETH ALFARO

The 6-foot-3 number 14 forward, back-to-back State champ unior Lorenzo Wilson has been involved in basketball a good part f his life.

Wilson, who is now a junior, has been playing basketball since he as about 6 years old.

Many teams have come and gone, but there is one he played on hat will remember him forever.

Wilson used to play on teams like the Warriors and the Benson ougars.

At first, he was skeptical about playing the game.

He didn't really want to, but his father signed him up and ncouraged him to play. This is when he then saw it really was a lot f fun.

When he got older, he would find it kept him occupied instead f being on the streets.

Wilson was cut from the McMillan team during his seventh rade year.

Wilson did have a second chance to play though, during his ighth grade year there.

Wilson said he prepares for a game the same way each time.

Wilson listens to the same music, he pulls his socks high and thinks about the people in his life who have passed that he's dedicating the game to.

Wilson is physically fit to play basketball, but in the off-season, he said, still feels the need to work out.

So he participates in tournaments or goes to the gym to shoot hoops and run.

He doesn't always have a companion to keep him company while keeping in shape, but that doesn't seem to bother Wilson much.

During the season, eating habits don't change one bit for Wilson.

He said once he gets to practice, he knows coach Eric Behrens will make him work it all off.

"Wins feel real good," Wilson said. "I worked hard to win and in the end, it feels good to accomplish something that you tried to do."

Wilson said he has many feelings before, during and after games. He admits that he is never nervous before a game. He does however always get excited and pumped prior to each game.

During games, he feels in control and "amped" because of the wild fans screaming his name and the student section cheering him on.

After games, even if it is a loss, he said he feels he did his best and gave it his all.

"After a loss, I feel the next day at practice we have to work hard for what we did wrong to cause the loss," Wilson said.

Practices for the varsity team usually consist of going over team plays, the opponent's plays, watching tapes of the opponent and practicing really hard.

After each of the big games, Wilson said he was treated the same at school. He just got a lot of congratulations and signed a lot of autographs.

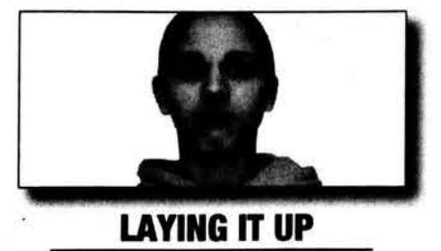
Wilson's dad, who also was on a State-winning basketball team back-to-back when he attended Central, goes to all of his son's games, has supported him since he was little and said he is behind him 110 percent .

After another State Championship, Wilson said he would have only changed one thing, which was better referees.

Wilson is close to his fellow player, Chris Griffin.

"My mom and his mom both went to school together and they were close friends. That's how we became friends," said Wilson.

Wilson said he gets along with everyone on the team.



LAYING IT UP

A Column by Isabel Benjamin-Alvarado

Girls games should draw more fans

They're starting a dynasty! They're the 2006 and 2007 state champs! They're record is 18-6…

Okay, so they're champions; I guess you could say there's a hint of jealousy here. The student section cheers for them, stands up, gets into it. People who don't even attend Central go to the games… the boys are that good.

At 5:30, on the other hand, you're lucky to see 13 people in the stands.

This is what was apparent during the girls' games on Friday nights.

Students would trickle on in; it wasn't really on the top of their list to be cheering for the girls' team that had a losing record the season before.

All they cared about was the "ball game, ball game."

When we would warm up, I only recognized a couple of seniors, and a few freshmen that had their parents take them early in order to get a seat.

This is what happened at basically every other girls' game in Omaha, except the Bellevue teams.

Finally, at the end of the Bellevue West game, our students began to get into it.

"Overrated" was the chant of the night when we beat the top-ranked team. This would be a start of new things to come.

During the Marian game I was surprised at the turnout of students. We had a half-full student section and the band was there.

Personally, I thought it was more fun to play with the crowd and parents cheering, and it's even better when you can't hear the person next to you.

For a while, I was happy with the turnout at our games, but then things took a turn for the worse.

A couple of disappointing losses gave the student section reason to not follow the girls' team, and even though we were demolishing OPS schools, nothing seemed like enough for fans to get on their feet and yell.

Bellevue East was a poorly-played game, and the fact that the fans were seemingly "out to lunch" didn't encourage any intensity on our part.

Of course, their student section was in costume, standing and cheering the whole time.

Blowout games such as South and Millard North seemed like a practice with the kind of noises we heard on the court.

The lack of intensity towards the end of the season had been discouraging and no fun to play with.

Despite a 16-6 season (this was the first time coach Chad Townsend ended up with more than 15 wins in a season), the student section lacked emotion for nearly all of our games.

During our last potential games, only a handful of seniors attended, and on the last night there was almost a home-court advantage feel.

After our win against Papillion La-Vista South, more people were encouraged to attend the game against the T-Birds the following day.

Photographers snapped action shots, the band played its best tunes, fans were there.

In a sense it was a good way to end the season.

Unfortunately, we lost the game to Bellevue West and our season was ended right then and there.

We cried after the game.

Actually let me rephrase that; it was a sob story in the locker room.

At the end of the day, we all had a newfound respect for each other, and the fans didn't matter as much.

But what is all came down to is who won. People want to watch teams that win.

Even though we won the vast majority of our games, there were no effects.

The boys can win, heck, they won back-to-back State titles.

People want to see champions; and as good of a team that we were, we just weren't champions.

It wasn't enough for Jasmine Johnson or Kailah Bailey to score 30 points a game; it wasn't enough for Rachel Dryver to get 19 steals, Amber Hamilton to get five 3-pointers in one quarter.

It wasn't enough for Alicia Bender to get the most fantastic lay-ups, or for Alex Fuhs to set things up and get clutch jumpers.

The team effort just wasn't enough for people to recognize the talent we had as a team.

The boys' titles and standout players were just overwhelming, and people just had to go to their games.

The boys, of course, were talented enough to beat the same team as last year, in the same scenario.

Once again the green-eyed monster comes out in me, but next year, I will welcome all of our fans with open arms (assuming we get some).

FANCY FOOTWORK

With a new season, the JV soccer team hopes to let strong defense, consistent domination and strong drives take them all the way


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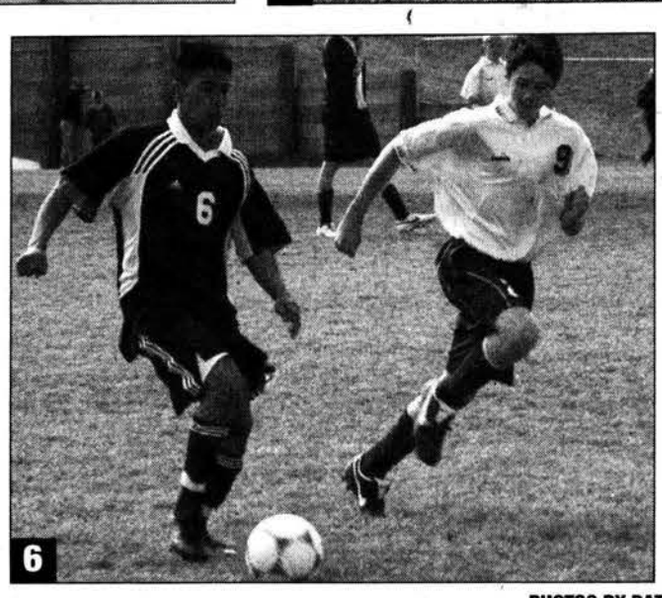

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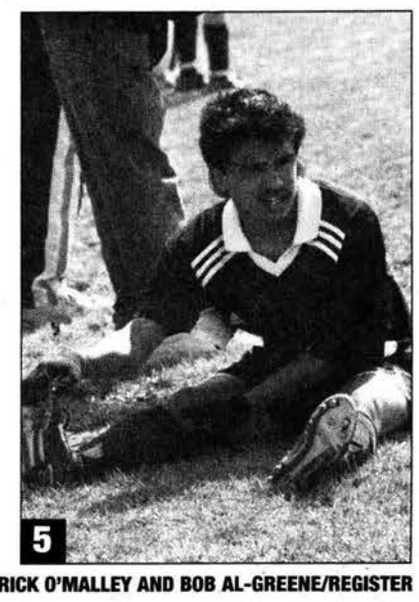

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PHOTOS BY PATRICK O'MALLEY AND BOB AL-GREENE/REGISTER

1. Sophomore Tommy Widdershoven struggles to keep control of the ball as he is pushed from behind by an opponent from Bellevue East in JV soccer's opening game. 2. Freshman Eric Whelan drives up the field late in the second half. 3. Widdershoven prepares to throw the ball back into play from the sidelines. 4. Freshman Jhon Cruz battles to keep the ball in bounds during the second half. 5. Junior Jesus Vallecillo sits on the sideline after falling. He had trouble walking immediately afterwards. 6. Cruz speeds up to keep possession away from a Bellevue East player. 7. Coach Peter Pham talks to the goalie, sophomore Hugo Cruz, as he leaves the field at the end of the first half.

Team stays strong in second half of season opener

BY PATRICK O'MALLEY

The boys junior varsity soccer team opened up the soccer season at the Bellevue East Chieftains' field on St. Patrick's day with a 1-1 tie.

The first half of the season opener had fast-paced midfield action that did not stop for the whole first part of the game.

Roughly halfway through, the Chieftains managed to squeeze a point through the new defense.

Shortly afterwards, junior Jesus Vallecillo scored the Eagles' lone goal to tie it up just before the half.

Though the players grew tired quickly, they did not give up the fight.

"Defensively I was pleasantly surprised," head coach Peter Pham said.

The defense was composed of three freshmen and one sophomore, Jake Seefus, who is playing for his first year with the Eagles.

Pham said he felt freshmen Connor Holst, who played stopper, and Eric Whelan stepped up and drove the backfield.

For it being the first time the team had ever played a game together, their unity helped them keep their composure.

Pham said one key factor to winning was using the speed the team possesses.

The pace of the second half slowed down. There were no goals to ignite a reaction from the crowd.

The midfield activity led the teams to become more aggressive as the game continued.

Roughly halfway through the second half a foul was called on Bellevue.

Swift passes were not absent from players like junior Mesafint Gebremariam.

Sophomore Del D'Souza had numerous nice drives, but lacked the results.

The closest shots to becoming goals were the dropkicks. Many nail-biting kicks ultimately left spectators in their seats.

One example was a kick from sophomore Joel Kielion which went slightly over the post.

One problem with the field was low fencing around the field. There were numerous pauses in the game after balls were kicked into the streets and the yard of the neighboring library.

The game was slowed down due to players having to run to grab new soccer balls.

Pham said he felt like he was watching the team play on the offensive side of the field for the majority of the second half.

"We outshot them 17-2 in my count," he said.

He said he felt the team dominated possession for the last 25 minutes.

"I'm disappointed we tied this game," he said.

Not everyone had the chance to play, and Pham said just like in any other sport, the best players played.

He said he thought it would motivate those who did not to step up their game.

Pham said there were many area the team needed to improve in.

"Most importantly, playing with as a team," he said.

The team practices every day after school from 4:30 to 6:00 p.m.

Freshman makes an impact on JV team, earning a starting role

BY PATRICK O'MALLEY

Freshman Connor Holst tied up his soccer cleats again to play defense with the junior varsity squad.

Holst said he took a break from playing soccer last year because he was not satisfied with the team he was on.

He said he was excited to be back to playing the game.

"I've been playing soccer my whole life," Holst said.

Holst said his he was excited to be starting on the JV team.

"He didn't know he was starting until 15 minutes before the bus ride," head coach Peter Pham said.

Holst said he played for his elementary school, Beals, a YMCA team and one year on a select team when he was in the fourth grade.

"For the most part my middle school team wasn't very good, we didn't have very many players," Holst said.

He also said he played on the freshman football team. He said he enjoyed football and his family has always been good at playing it.

He said his size was what made him a good member of the defensive line in football.

He said he wanted to be the kicker for the team, but his friend already had the position so he played the defensive line and tight end.

"Personally I like soccer more because I've played all my life," he said.

He said Pham was his coach during the football season so he had no problem adjusting to his coaching style.

"I like Coach Pham - he used to teach my older brother," he said. "I'm used to him; I like his attitude toward work ethic."

Holst played sweeper in the backfield and said he was impressed with how the defense has been playing.

He said during the practices they play five offensive men against four defenders, and because they are outnumbered, the defenders are able to learn how to cover more ground.

He also said the team usually warmed up with long jogs. This was key, he said, because he needed to have endurance.

Pham said he felt Holst really stepped up his level of playing and led the young defensive line in the opening game of the season against the Chieftains.

Holst said he thought it was important to take it easy before the games. Too much activity is what will slow you down when it is important, he said.

"I like to stretch out and relax, use the least amount of energy before the games."

Holst set his goals high for the season.

He said his main goal for the year was to work on his footwork and to stay as healthy as possible.

Pham said he didn't get the chance to work very much with him during the football season.

"I didn't really work with the tight ends," he said.

Though he did not get the chance to work much with him, Pham said he thought he played well in the football season.

Holst said he planned on playing both football and soccer for the rest of his high school career.

He said he was not sure if he wanted to extend soccer past high school. Thoug he said he would like it, he wasn't sure if he has what it takes.

Coach focuses on motivating untested students of JV team as season begins

BY BOB AL-GREENE

Assistant Varsity Football Coach Peter Pham's involvement doesn't end at the gridiron. While that's what he does in the fall, in the spring it's all about soccer.

"I just enjoy football and soccer a lot," Pham said. "And I was given the opportunity, so I said yes."

Pham said his experience with varsity football is limited, though, and said he just helps out during the games so he takes the opportunity with soccer to build and develop relationships with the players.

He said part of a coach's job and a way to help build the relationship is to put the players in a position to be successful.

"Most of my players are pretty young and pretty green," Pham said. "They don't know the difference between varsity and JV."

He said since a large number of his players had never played soccer before, it is his job to educate them.

Sophomore Jake Seefus said he was one of those players. Seefus said he had not been very involved with soccer before, so Pham educated him.

"He's kind of taught me the basics of soccer," he said.

Seefus said Pham also motivated the team at practices by going with them on runs. When he saw stragglers, Seefus said, Pham would go back to them and urge them on and encourage them.

Pham said he shouldn't need to motivate the team members a lot, since the experience of being on the soccer team at the state's largest high school should be motivation enough.

"At this point," Pham said, "if you aren't motivated, then there's no point in playing. It just comes back to the individual. How much you want it."

Seefus said a good coach should be fun, but also should always take the sport seriously. He said Pham did that.

"There's no jacking around," Seefus said.

He also said a coach should be open, but not too open with his athletes.

"They (the coach) should treat them like their friends," Seefus said.

Pham said another part of his job is making sure the students want to come to practice.

"Obviously, there should be a rapport between the coach and the player where they both feel comfortable talking about the sport," he said.

Pham said in the end, athletics can be just as important as academics to students. He said one of the most important things about athletics is the opportunity to meet new people.

"I hate to say it," he said, "But school... There's an academic and a social side, which actually brings out a new side to you. (It) opens you."

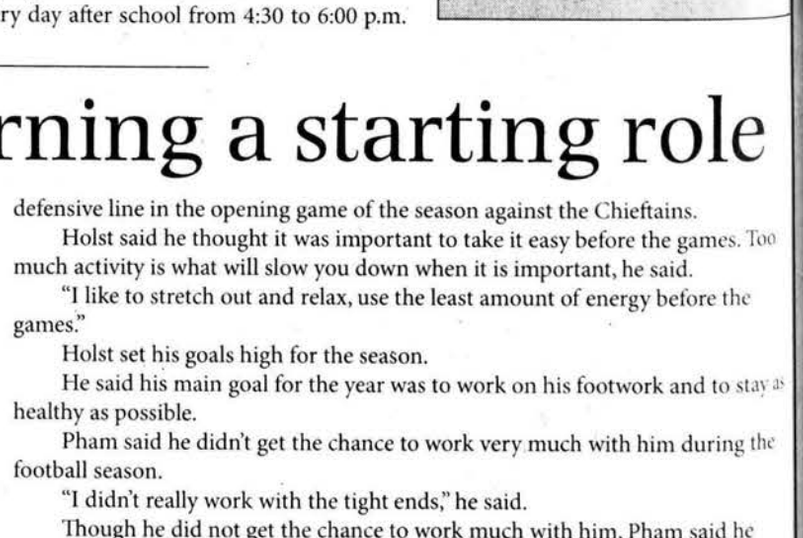


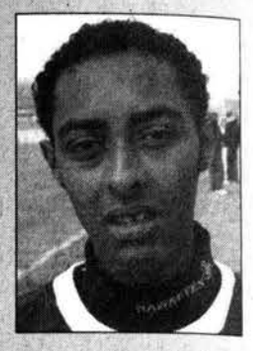
PHOTO BY PATRICK O'MALLEY/REGIST

JV soccer head coach Peter Pham looks over the field during the first h of the opening game of the season, against Bellevue East.

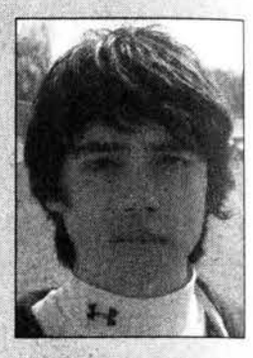
REGISTER YOUR OPINION

TEAM POLL

How do you balance athletics with a social life?



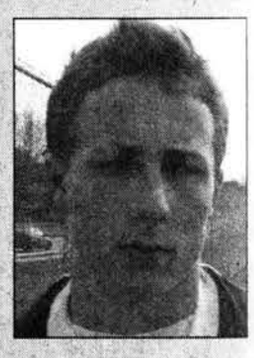
"You've got to take it a step at a time. When it's time for athletics, you focus on athletics."
Mesafint Gebremariam (11)



"Sometimes it's hard to balance... Both of them are important."
Jacob Carter (9)



"Most of my social life is athletics."
Joel Kielion (10)



"I just make time for it."
Eric Whelan (9)

TAKING THE HARD HITS

Rugby is the sport where quickness and endurance, both mental and physical, mean everything. Not to mention being able to get knocked around a little bit. But why is it not as popular in America as it could be? Some Central students let their passion drive them.

Graduated senior continues playing for rugby team

BY BOB AL-GREENE

He's torn ligaments in his ankles and shoulders. He's broken his collarbone. He n cracked his head open. All thanks to rugby.

And he loves it.

"It's one of those games you love and just continue," 2006 graduate Nate Hall d.

Hall got into playing rugby during his freshman year just for fun after a friend ed him to try it. During his sophomore year he got involved with the team itself, ying as a starter and eventually being elected team captain for the years after that.

Now, due to the fact that rugby is a club sport at Central, and since Hall is not 19 or attending college, he is still playing for the team against other schools and ms.

Rugby in America is a lot like soccer, Hall said; in that it does not receive a lot of ional attention, even though it is very popular overseas.

"There're tons of men leagues... Ruby is second to soccer in Europe, Asia, Africa, stralia... It's really big," he said. "The USA has a national rugby team. It's not too od."

Hall had played soccer, basketball and baseball before in grade school, but never gby.

"I had never even heard of it," he said.

After he started rugby though, he said his competitive nature drove him to continue.

"The adrenaline rush," Hall said. "Getting that ball and just running with it."

And despite the wince-inducing injuries he has received, he said there is really a low injury ratio in rugby. So low, in fact, you have a better chance of being injured playing basketball. It's just when you get hurt playing rugby, the injuries are usually worse.

That's why Hall said the most important quality a good rugby player can have isn't necessarily speed or bulk.

"It's brains, honestly," Hall said. "You've got to think fast when you're playing."

He said it isn't the same as other sports, like football for instance, in which one star athlete can do everything and carry a team. He said a good rugby team makes smart decisions together.

Hall said hopefully rugby will take him to college.

Last year he made All-State and went to a tournament in Colorado where he spoke to college coaches from across the country.

This year, he's been asked to return to the tournament, and is looking for more concrete possibilities this time.

"Who knows," Hall said. "I might go pro."

Longtime friend of Hall, senior Jay Koch said he is in his fourth year playing rugby as well and got started around the same time as his friend.

Koch's father played rugby for about 20 years, he said.

"I remember going to games when I was like 3," Koch said. "My dad taught me how to kick and pass, among other things."

He said they used to watch it on TV together and his father would point out things and explain them.

Koch said his favorite thing about rugby is the intensity and the free-flowing nature of play.

"It's nonstop, so if you're quick-thinking you really have an edge," he said.

He said a lot of teams just starting out are used to playing football so their defense is very stiff. He said it's easy for a veteran rugby player to get by them on the sides of the field.

Koch said the hardest part about rugby was getting up all the time.

"It hurts so bad," he said. "It's so hard to keep going. Then the ball will end up in your hands and you have to keep moving."

He said tactical thinking outweighs all physical advantages when it comes to rugby because a smaller person is able to survive with his quickness.

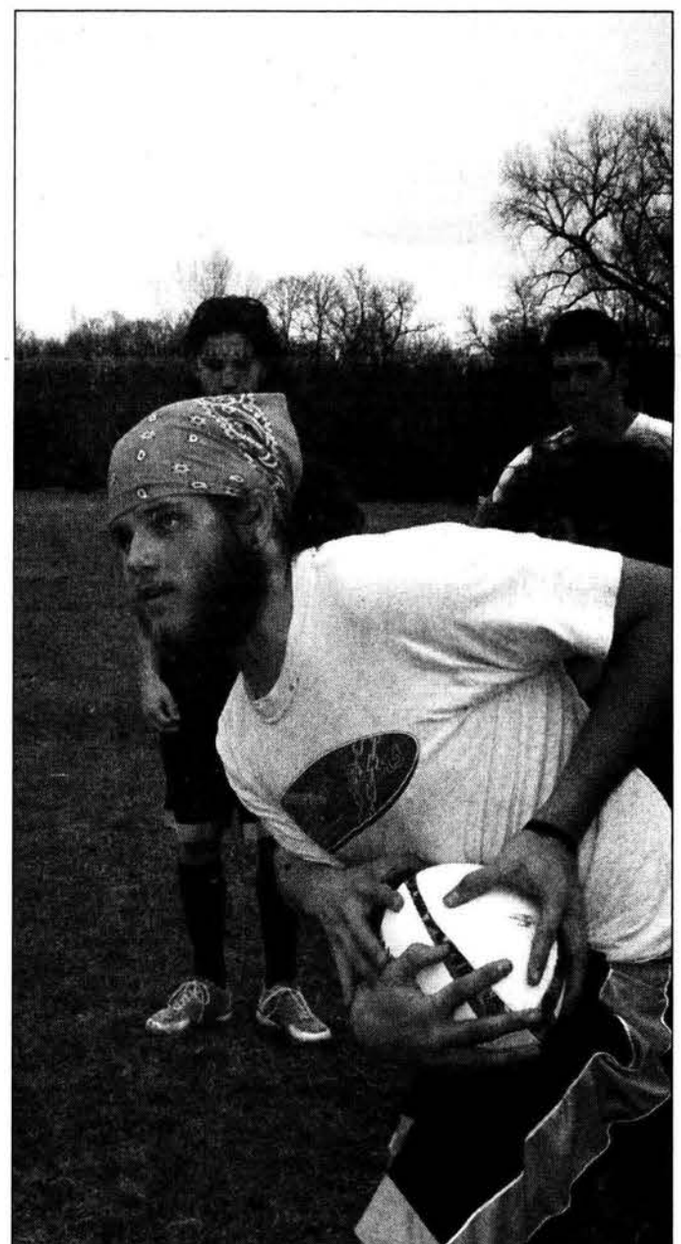
"You don't have to be big like in football," he said. "It helps a lot if you're big, but you can save yourself from getting run over."



Climbing in the scrum

Bringing back a feature which puts reporters in unfamiliar situations, "Pootie At Large" finds staff member Patrick "Pootie" O'Malley on the Great Plains rugby team for one day of intense practice. After a prolonged drill, Pootie was feeling a little sick. But five minutes later, he was back on the field practicing. He's a big guy, but you probably won't see him on the rugby field anytime soon.







PHOTOS BY PATRICK BREEN/REGISTER

1. Pootie strains a crunch as part of the warmup routine that included jumping, push-ups and a lot of running. 2. Grabbing hold of the ball, Pootie is shown the proper form of a ruck. 3. After throwing up from the physical exertion of the warmup, Pootie takes a short break before rejoining the team.

I have never felt anything like the pain of my first rugby experience.

Five minutes and a vomiting session into it, I knew I was in way over my head.

I don't know, maybe it was only getting one good workout in the last year that did me in.

Driving down Dodge Street the past few years I have seen the rugby team practicing and never thought anything about what they were actually doing.

Then I showed up at Memorial Park to the sight of a huge group of kids all gathered around to play a game I just did not understand.

My impressions of the game prior to playing a little were you had to be a big guy and pretty tough.

It always just seemed to be an under-rated sport which took more actal talent than something like football.

Why this sport does not receive more credit, I have no idea.

I knew rugby teams like the Goats existed around the Metro Area, but you never hear about them.

Going into it was not the same as any other sport because I had never really seen a game or had any clue how to play it. But the coach welcomed me right away and I have to wonder if he knew I wasn't there with the intent to actually join the team.

They started running right away so I jumped in. I was doing all right at first, but hey, what rookie can't give one short push?

I made it past the first set of push-ups and sit-ups with only a few drops of sweat running down my face. I had no idea how long this was going to last.

The next few sets took me by complete surprise. I must not have done a push-up in years.

One of my problems and probably the main reason I never get in shape is because I always seem to go out and overkill it right away, and never want to go back again.

Now, all of a sudden, I had to do all this crazy stuff?. I knew it was going to be over soon for me.

I didn't want to back out so quickly, though. I mean, the sport does seem to be designed for macho guys who are all about pushing their physical limits.

I guess I just haven't ever been one of those guys.

I grew discouraged and slowed down tremendously. I tried to keep up the pace, but it was just not happening.

I made it to my fourth set of push-ups and dropped on the first one. Hard. I slacked my way through 19 more.

Five minutes had passed, and I got the chance to take a quick break.

It was then I got a major head rush and I was no longer able to stand. I dropped to the ground, this time not for a set of push-ups.

I took a few drinks of water and vomited five times. It was pretty obvious I was completely out-of -shape.

I do not need to go into detail because we all know how awful it feels. But then I had to get back up.

It was pretty pathetic and embarrassing to have all my classmates and the kids I grew up with laughing at me, but what can you do?

That was only the running part of it. I hadn't even gotten into the actual fundamentals yet.

I was excited to get to that part, but first, another quick break.

The coach was very welcoming and understanding.

He threw me a bottle of water and said, "Small sips."

The other one said one thing he always pushed for was participation from every player.

He said it was a key to winning. Rugby is a sport of agility and fresh legs are of utmost importance.

He got me through the drills when I was hesitant to try for fear I might screw up.

There were so many kids. Even though most of them were way shorter than me, I was still intimidated.

One of my friends' dad played rugby for a great portion of his life and has never been a particularly big guy.

He was just always very fit, which is what seems to be the right idea.

I now see that is because it takes more speed and endurance than I would ever be able to offer.

The drills were interesting and fun to pick up.

What appeared to be a huge cluster of guys fighting over an oval shaped ball now had logic and reason.

These guys are getting hit just as hard, if not harder, than football players and they've got no pads and fewer timeouts.

Maybe it's because it is not such a commercial sport. Silly endorsements and advertisements don't consume most of the spectating experience, which is also a plus.

Sure, I learned all about ripping the ball from a teammate, passing rules and strategies.

Yes; seeing some of the terminology I had heard about before play out in front of me was an enjoyable feeling.

And I began to see why some of my buddies go watch rugby games on early Saturday mornings or watch games being broadcast around the globe.

Senior sees sport in future plans

BY ASTRIKA WILHELM

Senior Robert Dowd's career in rugby started by mere chance.

While he was hanging out with his friends during his sophomore year, they asked him if he played any football. He hadn't, and since there was a rugby club, they invited him to play with them.

Since then, he has become very successful at rugby.

He said he practices constantly.

Dowd said the hardest thing about playing rugby is the physical aspect of the sport, especially the conditioning. At every meeting, he said, rugby players run at least two miles to prepare for the games on Sundays.

"Or we try to, at least," Dowd said.

He runs in Memorial Park with the other rugby players.

He said he likes playing rugby so much he has decided to continue with the sport in college.

"I figure that if I play in college," he said, "I can then teach it in high school and I can make a lot of friends also."

He also said he can travel to a lot of different places, like Texas and Canada, and he can go to college rugby festivals and make friends there as well.

Dowd said he wants to play rugby for the UNO or UNL team.

Although many aspects remain the same, college rugby is a little bit different from high school rugby.

The rules are different, and some of the moves are different as well. Furthermore, the size of the players and where they go changes.

Game times are increased, too; high school games last for 75 minutes while the college games last 90 minutes.

Dowd said he did get an offer from Georgia State.

But when he goes to a rugby fair, he said he sees scouts are there so they can present offers to the rugby players.

He plans to keep playing after college.

"I want to go to Europe," he said. "It's more focused there."

He said he wants to make it to the Men's Club, Division Three, so he can try out for an American team, Eagles for America.

"But it's really hard to get into," he said.

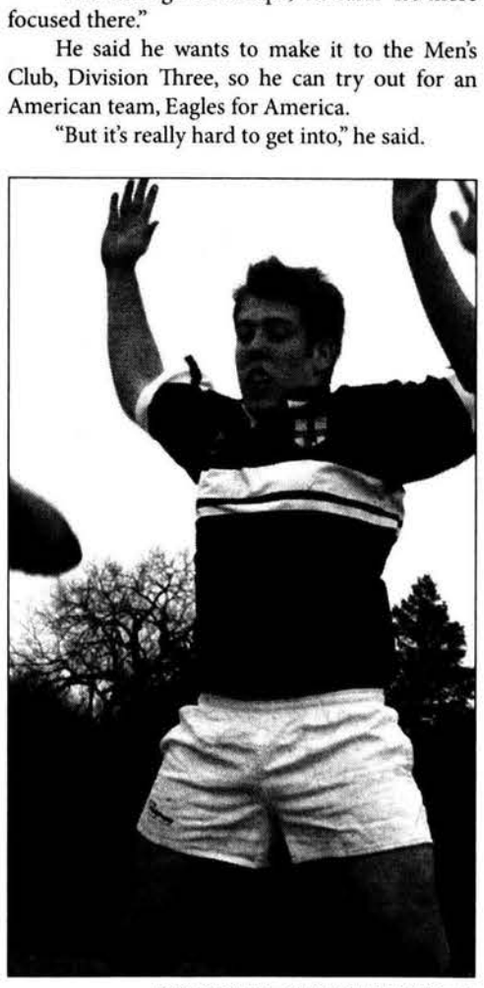


PHOTO BY PATRICK BREEN/REGISTER

Senior Robert Dowd does jumping jacks during rugby practice. Players had to run, do crunches and do pushups as well.

ON THE DOTTED LINE

Feb. 7 is commonly known as Signing Day. Five Eagle football players signed with Division I and II colleges, making the largest number in recent history. With senior Harland Gunn recruited by the Miami Hurricanes and the others by Division II colleges, the Eagles signed away the talent.

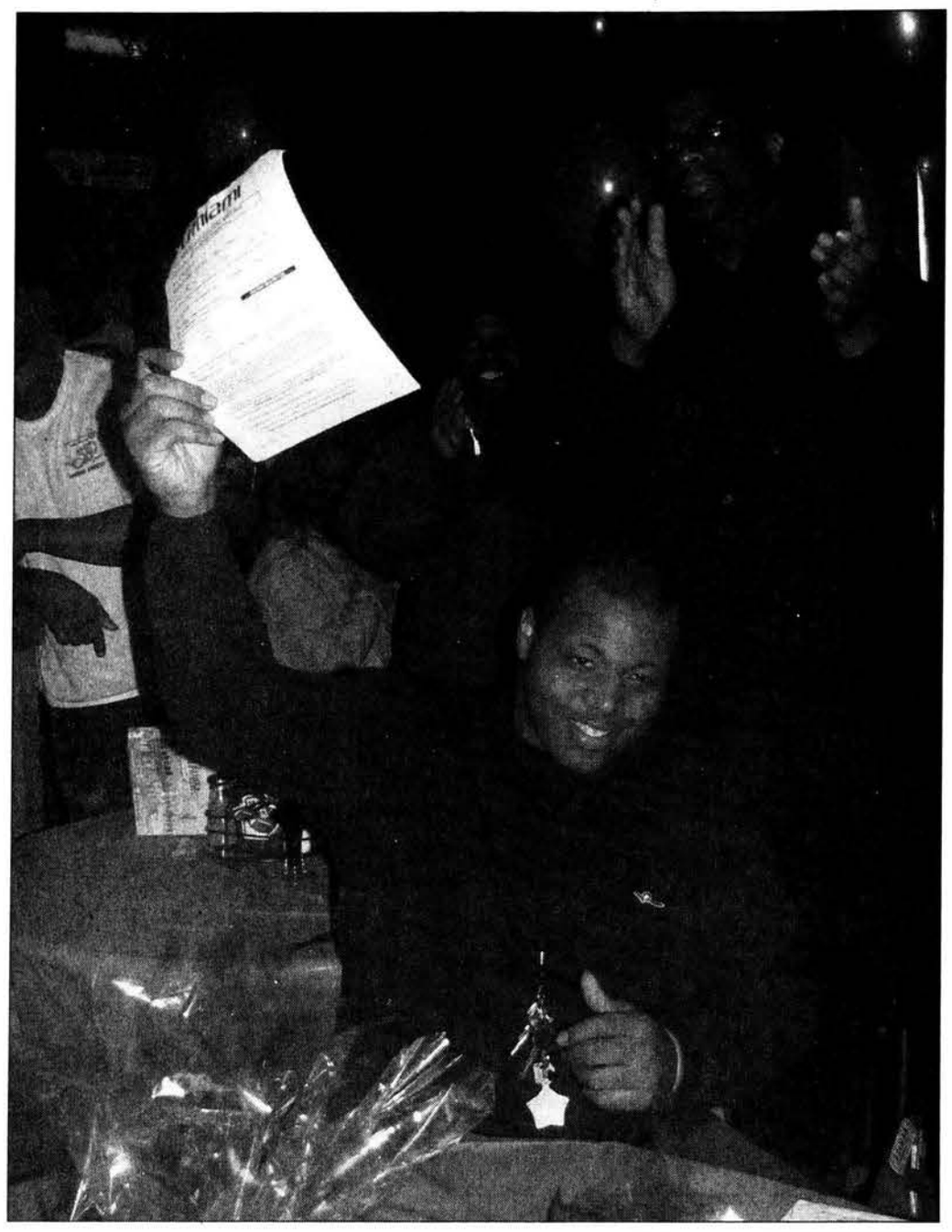


PHOTO BY PATRICK BREEN/REGISTER

As his father looks on and to the cheers of his coaches, friends and parents, senior Harland Gunn waves the letter of intent, officially signing him to the University of Miami. He said it had been a dream he had waited for quite awhile.

BY PATRICK BREEN

After a stormy Miami season, senior Harland Gunn hopes to make an impact as big as a hurricane.

Sitting in Buffalo Wild Wings at 76th and Dodge, Gunn, ranked as the second best offensive lineman in the country, sat surrounded by relatives, friends, coaches and even old teachers. It was a celebration of the Eagle's achievements.

February 7. Signing Day.

The day when all prospects sat down and solidified their verbal agreements. The day when 6-foot-3, 300-pound Harland Gunn signed to the Hurricanes.

"I had been waiting for a while," Gunn said.

Inside the restaurant, green and orange (the colors of the University of Miami) hung around almost every table. Large cameras from both friends and news stations crowded Gunn's table. Orange shirts with "It's a 'Cane thing" were stacked up for Gunn to sign.

His first autographs.

The signed shirts lay on the table being handed to friends and former teachers and coaches.

Gunn officially signed to the Hurricanes nearly six months after making his verbal commitment. But that half-year held new things for the senior and his planned team.

The All-American's commitment was put in doubt by many spectators, but he never wavered from his choice.

Gunn stuck to his original commitment to the University of Miami.

Meanwhile, the college team lost several players to suspension because of a mid-game fight, had a mediocre season and then fired its coach. But even after all the negative publicity, retired Eagles coach Joe McMenamin said, Gunn chose the team that was right for him.

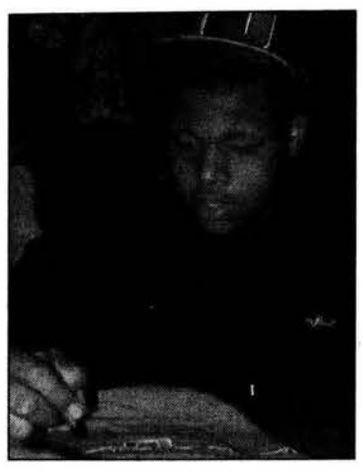


PHOTO BY PATRICK BREEN/REGISTER

Gunn signs a University of Miami shirt while wearing a hat emblazoned with the logo of the school.

"They offered first," McMenamin said. "He stayed with them throughout the season. It speaks volumes for his character."

Former Hurricane coach Larry Cocker was the one who recruited Gunn. McMenamin, who coached Gunn for three years, said this opened the door for other offers.

"They went out on a ledge," he said. "They were the first to offer, and that opened the flood gates for other teams like Nebraska."

In a restaurant full of excitement and people, only one of them truly knew exactly how Gunn felt. Earlier in the day, Gunn's cousin had signed his letter of intent, too. North High's star quarterback Phillip Bates signed to Iowa State at 9 that morning.

"It's a big day," Bates said. "It's real special. We are each headed to big programs."

Describing his cousin, Bates said Gunn was hard-nosed, physical and quick.

Bates would know.

Although they never played against each other as children, the met several times during their high school career, including the final g in which Gunn lined up directly across from Bates.

"We game-planned against him," Bates said. "He changes the ga a position where you don't usually see it."

Gunn visited Miami late in his junior year and said the experi was a primary factor in why he chose to attend there. He said the coa staff and players made him feel at home.

The trip sealed the deal for Gunn. He called home to talk to his and friend, McMenamin.

McMenamin told him to take his time and discuss it over wi parents. Gunn did.

Then he verbally committed the next week.

A week before officially signing, new Miami coach Randy Shannon flew all the way into Oma make sure Gunn would be coming to the Hurrica

Gunn's name slowly slid up the charts until he the second-best recruit for Miami. Impressive, be the University of Miami got the 16th-best recru class in the nation.

McMenamin said he saw Gunn make improvements during the years he coached him.

After four years, Gunn has built his stre lifting 300 pounds on the bench press.

He improved his speed on the 40 from 6.4 to and has blown countless people off the offensive defensive line.

Still one things remains the same. G character.

"It's his best trait," McMenamin said. "Ever knows he has size and strength, but (not ever knows) he's his own man. Quiet, respectful wonderful."

On the field, Gunn was a leader and a staple o Eagle line. Line coach Dennis Baker took the pos and saw the impact Gunn brought.

"I was very excited to inherit such a strong line," Baker said.

Baker, in his first year coaching for Central, said he was very impre not only with Gunn's skills, but with his determination. He said the would have to work much harder without Gunn.

"You'll never replace players like Gunn," Baker said. "He's just good."

Gunn's game continued to improve throughout the season. As his rose, his notoriety rose as well.

The Eagles as a team stumbled their way through the season, tho one game nearly shutting out an opponent, and another giving u points. In all instances, Gunn was one player the team knew would p solid statistics on both sides of the ball.

After seeing his old team suffer a tough loss at districts, Gunn he looks forward to the first time he steps onto the football field wit new team.

Four Eagles sign to Division II colleges, ready to continue their careers

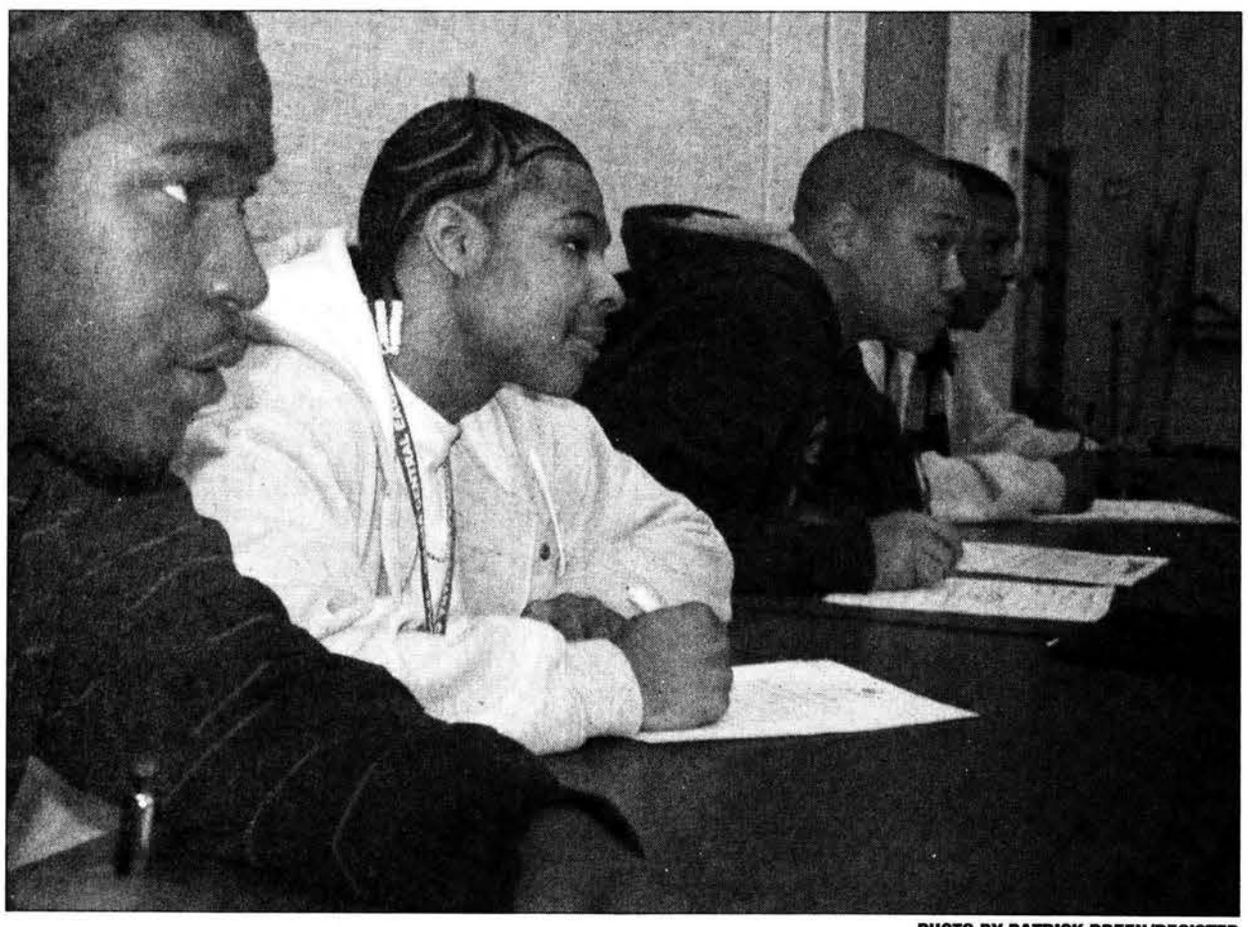


PHOTO BY PATRICK BREEN/REGISTER

Seniors Justing Allen, Robert Clay, Chuck Thompson and Jermaine Blackson pose for a photo to be taken by their coach, Jay Ball. On Feb. 7, otherwise known as Signing Day, the four signed thier letters of intent to three different Division II colleges they decided fit them best.

BY PATRICK BREEN

Laughs, big smiles and family members surrounded four senior players in the cafeteria.

In 11 years coaching at South, football coach Jay Ball said, he only saw one player sign a scholarship to college. On Feb. 7, Ball saw two of his players sign to the same school. And two more to other colleges.

"This is kind of fun," Ball said. "The best part is these kids will get a college degree."

Seniors Jermaine Blackson and Justin Allen signed to Wayne State, while Robert Clay signed to rival Bemidji and Chuck Thompson signed to Imporia State.

The group of players joked, laughed and talked of their futures in college.

Blackson and his team will play against Clay's Bemidji since their teams are in the same conference. The two players talked about the rivalry.

"We'll beat Bemidji," Blackson said. "I always win."

Returning the challenge, Clay pointed out the team's records.

"We were 9-3," he said. "We beat you."

The last time the players stepped on a field, it was a disappointment. The Eagles suffered a 1-point loss in their final game of the District Tournament.

But they said they look at it as a building block in their careers.

The seniors hope to catapult their success by getting on the field early at their schools. Each one of the four said this was a major contributing factor to why he chose the school he did.

"They said I could play early," Blackson said. "I'm looking to start. I just want to help the team."

Players said playing early would help them develop quickly and play better in their later years. The players said they were looking to improve and make as big as impact as possible on their new teams.

"I want to keep getting better," Clay said. "By sophomore year I want to be All-Conference."

Other contributing factors helped the players decid which team they would play for.

Thompson and Allen agreed chemistry was one of major deciding factors.

"It's (Imporia) the best for me," Thompson said. "I lik players and coaches down there."

Allen said at Wayne State the team was well-bonded prepared.

"The chemistry of the players was good," Allen "Everybody's like a family. It makes it that much easie go)."

Overall they all said they signed with teams they tho could compete and win.

"I'm just trying to help us (Imporia) win a ...champions Thompson said.

Out of the four signed, Clay will be traveling the furt from home.

The other three colleges are much closer and Clay s nine-hour drive will be separating him from Omaha.

"He'll be making a lot of phone calls," Blackson said.

Clay will be traveling to a city which is three h northwest of Minneapolis.

Clay's mom said she will miss him, but he couldn't pas an opportunity like this.

"I'm sad he's leaving," Dorothy Clay said. "But he h great future ahead."

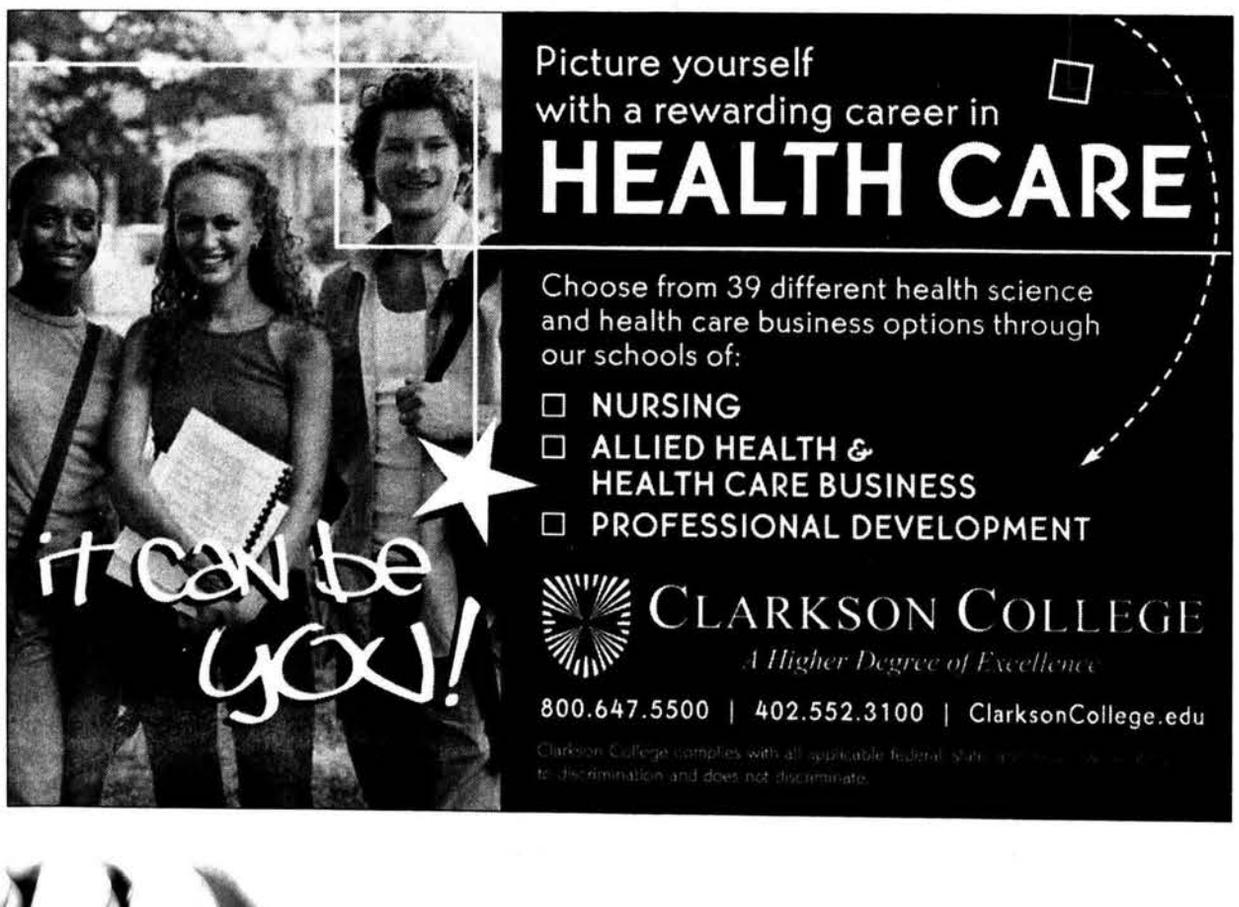
The players all attributed part of their success to the year of coaching by Ball.

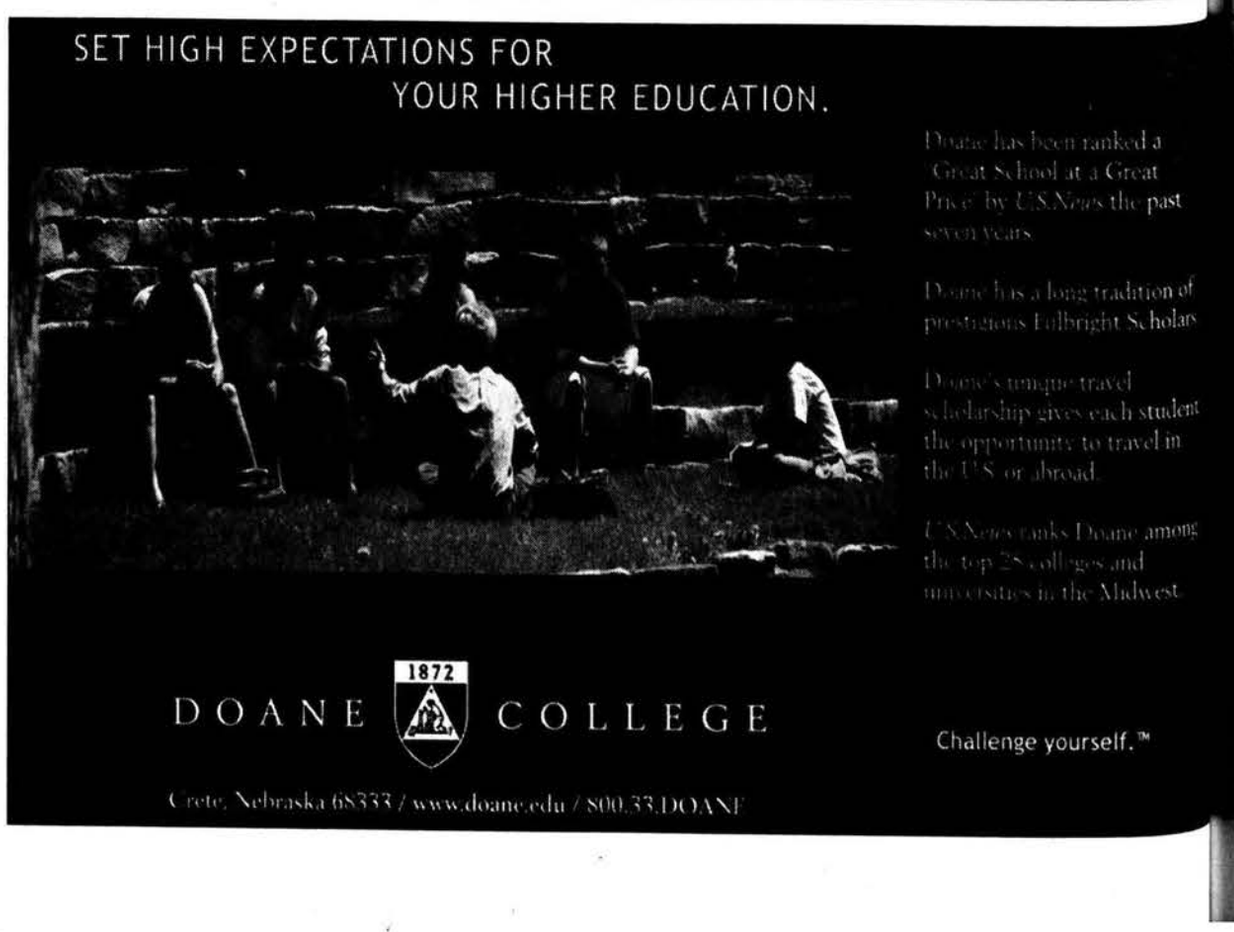
Although he was only around for one season, Clay Ball pushed them to do their best.

"He improved our work ethic," Thompson said. "We d lot of conditioning. He mentally and physically prepared u

Each player will be joining their team at the end of t final year of high school. Then they will continue to pra and play.

This time on an even larger stage.



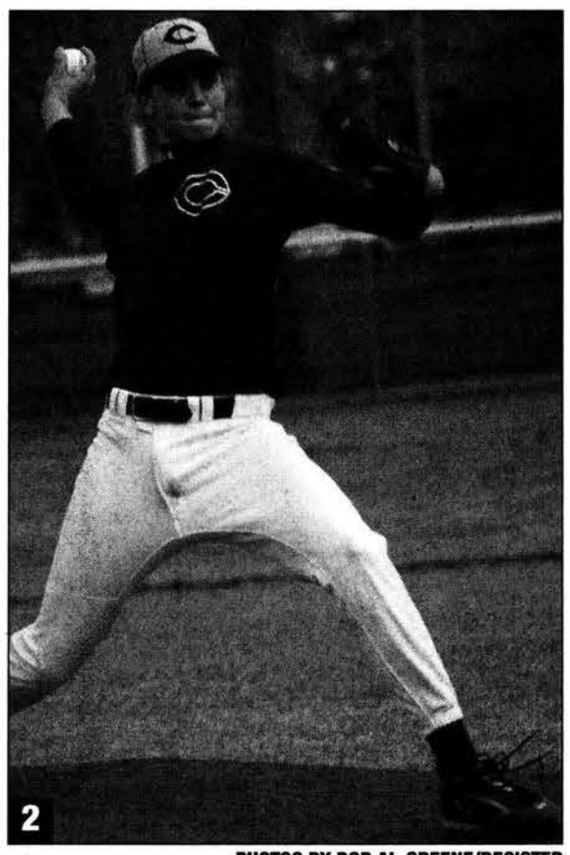


GETTING THROWN A CURVE

With basketball's season ending in a Championship boom, the reserve baseball team looks to get out of an early-season slump while the varsity team is focused on a State title







PHOTOS BY BOB AL-GREENE/REGISTER

1. Freshman James Kuzelka stands with the rest of his team and listens to Reserve Baseball Head Coach Jeff Potter as the Eagles prepare for their second game against Millard West on the day of their season-opening double header. 2. Kuzelka winds up to pitch. Kuzelka pitched for three innings during the games and only allowed one run. 3. Kuzelka strikes out, ending the first inning of the second game.

Reserve team starts on low note, hopes to build good season

BY BOB AL-GREENE

"One of the things I hope athletics teaches is self-discipline," Reserve Baseball Coach Jeff Potter said.

Potter has been coaching sports for over 30 years, from baseball to football to basketball and even track. This is his first year at Central. He coached at South during last year and before. He said he's noticed there are a lot of very talented players at Central since he's been here.

"They work hard," he said. "They listen."

The Reserve Baseball team's season opener ended with a disappointing 20-1 loss against Millard West on March 17 at Boyd Park, the Varsity home field.

"They (the players) were very nervous in the first game, unsure of the level of competition," Potter said. "They became more comfortable."

Potter said the role of a coach and the relationship he has with the student athletes is very similar to a teacher's with a pupil or a parent's with a son or daughter.

"Friend is not the best word," he said. "(A coach shouldn't be) buddy-buddy."

He said other than the experience of competition, one of the most rewarding things about being a coach is watching the student athletes improve off and on field.

"In the classroom, as a person," he said. He said to see them become better students and mature goes along with knowledge of the game and getting actual skills on the field.

He said there is no most important lesson to teach the team members, but rather a number of lessons such as how to handle adversity, work with others and build self-confidence.

"Just to name a few," he said.

He said when he is coaching, the first thing he does is teach discipline and let the students know he will respect them if they respect him. He said a lot of yelling and screaming doesn't do the job, so he tries to talk with the team.

He said it is important to keep up with academics but said he believes if a student is self-disciplined, he or she can perform well in the classroom and on the field.

"We tell them it's student athlete, student comes first," he said.

The St. Patrick's day match which opened the team's season was a double-header, with both teams returning to the field for a second game, in which Central lost to the Wildcats by a much smaller margin of 7-3.

We swung better and hit better later," Potter said. "It was a long day."

Freshman catcher Peter Bock said the main goal for the team remains the same for the season as it did for the first games. He said since there are no playoffs for reserve teams, the Eagles just want to improve their skills and compete in all games.

He attributed the 20-1 defeat to "first-game jitters," and said it took until the second game to get back into a groove and start playing baseball as a team.

"We were pretty disappointed," he said. "(By the end of the second game) we were a lot better."

He said they needed to work on pitching, fielding and batting.

"Pretty much everything," he said.

Potter said practice began on Feb. 19. The first cut came on Feb. 23, and the second cut on the final day of the month. During the winter break, the team went through workouts at least once a week, starting at 6 a.m. It was optional for players whether they wanted to hit, pitch or catch.

They started out using the gym, then went to the field once some of the snow had gone away, Potter said.

Ban on metal bats would change the game, varsity coach says

BY MAX LARSON

The New York City Council passed a bill a few weeks ago to ban the use of aluminum bats in high school baseball. The bill was made for the safety of the players.

"It [an aluminum bat] boomerangs the ball so fast," Varsity baseball Coach Steve Russell said. "It's pretty scary."

He said he could understand why someone might want to ban the use of aluminum bats to prevent injuries because balls are being hit back harder at the fielders. Players are becoming stronger and are using performance-enhancing drugs, increasing power and bat speed. He said it was especially dangerous for the pitchers, and banning the use of an aluminum bat could help lessen this hazard.



"I definitely think it's a weapon," he said.

Sophomore Josh Samuelson said aluminum bats definitely create more power on contact with the ball. Samuelson, who plays third base for the varsity baseball team, said metal bats are more effective regardless of whether or not the ball hits the bat's sweet spot.

"The sweet spot is the part on the bat where, if you hit it, it will go the farthest," he said.

He said he has had experience with wood and metal bats in high school, but only metal bats during games. He uses a wooden bat in practice.

"Wood bat training is used so you get used to hitting the ball on the sweet spot," he said. "It is definitely effective."

He said he would be in favor of a Nebraska high school switch to wooden bats.

Russell also said he would support a change.

"The game's getting out of control," he said. "The pitchers don't really have a chance."

He said metal bats are lighter and the weight is distributed evenly throughout the bat, whereas a wooden bat is heavy and the weight rests more in the barrel. He said wooden bats would not only make the game safer but more interesting as well, because it would force hitters to rely on skill.

"The game was played with wood way back when," he said. "They made it aluminum to help some of the kids that aren't as proficient. But now these kids today are strong."

The bill passed in New York City has met some resistance from major bat companies.

"It would all come back to the manufacturer wanting money," Russell said.

He said the top baseball bats cost around $400, and bat companies aren't going to want to start selling cheaper, wooden bats. He also said these companies support and sponsor a lot of big college names in baseball.

"Somebody's got to step in and say 'Hey, enough's enough,'" he said.

Samuelson did complain about the fact that wooden bats break frequently, which can add to the cost of a more expensive wooden bat. Last season, he said, he went through three wooden bats. In his whole career, he has never broken an aluminum one.

Russell said the ideal solution would be a cheaper, less resilient aluminum bat, but bat companies wouldn't want the profit cut.

"I truly believe that those companies could come up with a composite type of bat with the same feeling of a wood bat," he said.

Returning players, newcomers earn spots on team through early work



PHOTO BY BOB AL-GREENE/REGISTER

Junior Anthony Lopez waits to show off his talents as a catcher. The early morning try-outs determined players' commitment and skills.

BY PATRICK BREEN

Waking up as early as five in the morning to work out at six. It isn't most people's idea of a great time. But for three days, prospective players competed to earn a spot on one of three Eagle baseball teams.

The drill isn't new; the team has been practicing two-a-days since former coach Scott Hodges arrived. But new coach Steve Russell practiced new drills to keep players ready.

Junior John Johnson said the coach was giving everyone an equal opportunity to show their skills and assets to the team. Johnson played JV last year, but earned a varsity spot this year.

"He was giving everyone a fair chance," Johnson said. "It's a level playing field."

Johnson said even if a player was cut in past years, he had another chance to prove himself and play. He also said even returning players will have to prove themselves.

Even before the early-morning tryouts, the players were training indoors. The weather had forced the team inside and times varied for workouts and open gym.

"There's just one gym," Russell said. "So we have to practice late or early."

Russell said the early and late workouts played a role in the decisions the coaches made on who would play, and what level they would play at.

"It shows a big commitment," he said.

Russell said about 60 players tried out, and they were dispersed between multiple levels.

Varsity, JV and reserve are the teams for baseball. Unlike other sports, baseball doesn't offer a freshman team. Players need to earn a spot on a higher level to play.

Players arrived early, trying to make the best impression on the coaching staff. Potential players lifted weights and ran on Monday.

The team ran several times around the track, pushing students to the edge of their abilities.

The Tuesday practice was on fielding. Johnson said this was where most of the new drills took place. The new fielding drills had players field several balls quickly so coaches could study their reaction time and hand skills. Overall the players did well, instilling confidence in the coaches.

"There is a lot of young talent," Russell said.

The varsity team has a few returning starters including senior Ben Kline, who signed to the University of Nebraska early this year.

The third and final day of tryouts centered around one of the most important aspects in the sport: hitting. Players where thrown different types of pitches at different speeds to test the hitters' skills. Pitch recognition, taking balls and swing mechanics where all noted by the coaches.

Johnson said the early training and tryouts would build a vital component of the team.

"Practice makes us better (and helps team chemistry)," Johnson said.

In the end, the final cuts were made and the players were divided between the three teams. The coaches said they chose the best players for each team.

The tryouts were crucial to a younger team with a new coach. They provided Russell with a chance to evaluate the talent the Eagles have. He said the team had talent, but would have to work hard to become better.

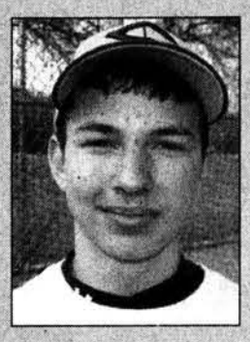
The last few years the team played very well. The talent level and chemistry were extremely high. The loss of several graduated seniors leaves the Eagles with plenty of voids, but the tryouts put new players into the roles.

The younger team members look to make an impact after beating out players for their spots.

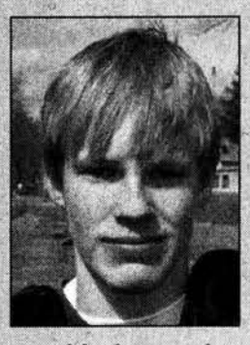
REGISTER YOUR OPINION

TEAM POLL

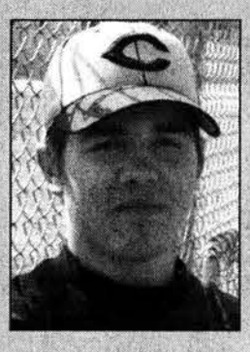
What would it be like if you were forced to switch from metal to wooden bats?



"I wouldn't mind. It's a lot safer than with metal bats."
Matt Legino (9)



"It would change the way the game is played."
Peter Bock (9)



"I wouldn't feel too bad. Those going to the next level... it would prepare them for major league ball."
Matt Guinn (9)



"It wouldn't really bother me too much. ...It's just a bat."
Julian Ramirez (9)

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THE BEST OF THE BIG O! '05

Readers' CHOICE

AAA



EXERCISE
Setting lofty goals for physical fitness can come at a risk to some teens' health.
PAGE 69E

THURSDAY, APRIL 5, 2007

HEALTH



DIETS
Some people fill up on protein instead of eating balanced meals. Is any diet the right choice?
PAGE 71E

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SPECIALTY SECTION

In a time of medical advancement, how do teens keep themselves running? Turn the page for an in-depth look at issues concerning HEALTH, be it physical, mental or social. This is American Health, 2007.



INSIDE on Page 77E

GOING TO PIECES:

Whether it's from the stress of school or a social life, teens are falling apart. What factors affect the lives of today's youth?

PHOTO ILLUSTRATION BY BOB AL-GREENE/REGISTER

Leaps and Bounds

There's no doubt the world has seen significant advances in the last century when it comes to health care. But what methods can we trace to the Roman Empire? What techniques were born in Ancient China? Follow a brief history of health throughout the next 15 pages.

BCE: Before Common Era (commonly BC)
CE: Common Era (commonly AD)



3000 BCE

Honey, milk, dill, garlic, onions and other items were used to cure various diseases such as headaches. Because of mummification, the Ancient Egyptians also had a lot of knowledge on the human anatomy. Ancient Egyptians were able to perform surgery, faith healing, autopsies and embalmments. The Egyptians explained sicknesses as the work of God, caused by the presence of evil spirits or their poisons. Incantations or prayers to the goddess of healing were often accompanied by injections into bodily orifices with the hopes of being effective. The importance of diet was partially recognized.



2737 BCE

In one popular Chinese legend, Shennong, the legendary emperor of China, inventor of agriculture and Chinese medicine was drinking a bowl of boiling water. The wind blew and a few leaves from a nearby tree fell into his bowl. He took a sip and was surprised by its flavor and restorative properties. Today, herbal tea can be purchased in almost any part of the world.

TURN
timeline continues through section

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ALL ILLUSTRATIONS BY BOB AL-GREENE

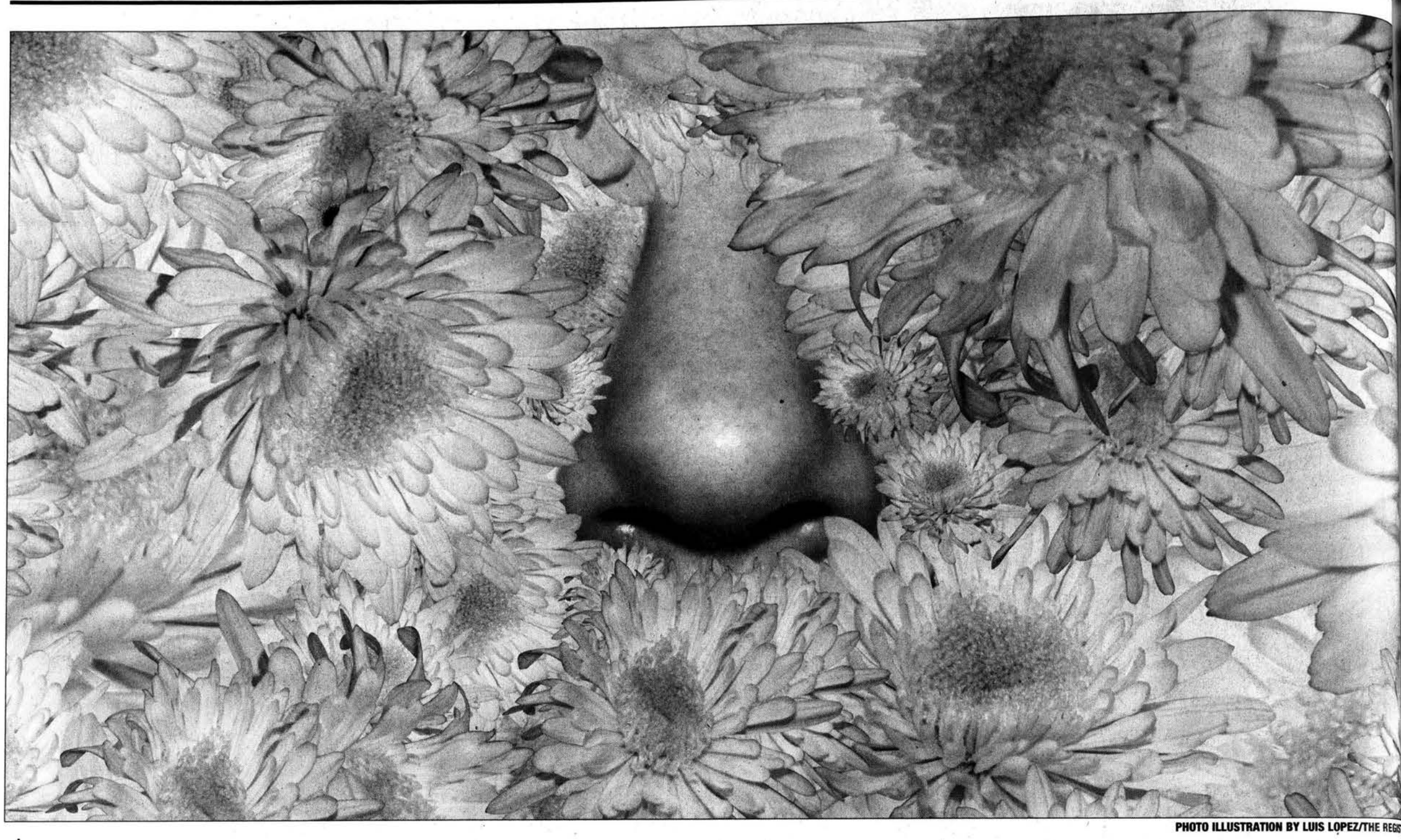


PHOTO ILLUSTRATION BY LUIS LOPEZ/THE REGIS

What if you could never escape from the itchy, sneezing feeling of allergies? Some people are allergic to the usual things, like certain types of food. Others aren't affected by things like pet dander or pollen at all. Some suf from year-round symptoms and are desperate to find any relief.

Junior gives up on finding cure for constant allergie

BY BOB AL-GREENE

For some, allergies are a part-time annoyance; they come around only in the spring, or when there's a dog or a cat in the room. Junior Matt Bower doesn't get that luxury.

That's because Bower has inborn allergies as well. The symptoms of severe allergies stay with him no matter where he is, and even worse, they're year-round.

"It's just always like that," he said.

Bower said in addition to the fact that he always has a stuffy nose, he also gets frequent sinus infections. He said the symptoms get even worse in the winter.

Laray Palmer with Midwest Minor Medical said in cases like Bower's, in which the allergies are inborn, it is usual for the things to become worse during the winter because the house is closed up with all the dust trapped inside and the furnace is on.

"It can really be bad," she said.

Palmer said such cases can lead to not only the usual sinus and ear infections, but asthma as well.

"My doctor said you barely ever get people with allergies like mine," Bower said.

He said he'd been told there were very few cases like his (Bower's), and his doctor called him the "Midwest Phenomenon."

They got so bad, in fact, Bower had surgery.

"The doctor thought it was adenoids," he said. The adenoids, or pharyngeal tonsils, are a mass of tissue at the very back of the nose.

They're part of the immune system, and they defend against inhaled substances. However, their usefulness decreases with age. Enlarged adenoids can be as large as a ping pong ball and block or get in the way of airflow so that breathing through the nose is difficult.

The frequent sinus infections from which Bower suffered are one of the prime indicators of swollen adenoids, and often call for an adenoidectomy, or removal.

Bower said when he first heard about the possibility of having the operation, he supported it.

"If anything could help me," he said, "I was all for it."

So when he was 14, Bower had his adenoids removed.

"They just put you under and then you eat ice cream," he said.

But it didn't help. Bower's allergy symptoms remained, and though they were lessened, he said it was a slight and barely noticeable improvement. So now, he said, he's given up on finding a cure.

"We've tried all the medicines," Bower said. "Everything on the market. So we've stopped trying."

He said he's prepared to live the rest of his life with the symptoms.

Palmer said there are more cases of allergies now in the spring because of the trees beginning to bud. She said pollen allergies are frequent.

She said typically allergies are identifiable by the watery eyes and constant runny nose a patient has.

"Usually, it's clear," she said. "You can tell it's not an infection."

She said allergies in minors typically worsen as the person matures.

"They may become more severe as adults," she said.

Palmer said the clinic where she works sees a lot of peanut allergies, especially in smaller kids, which often leads to hives and swelling.

"They can become quite severe quite quick," she said.

She said as a result of this peanut allergy, it is largely recommended that children under age 2 not be given peanut butter.

Palmer said for those without the inborn allergies, a lot of time anti-histamines are prescribed to help with the symptoms. She said sometimes if the situation is severe enough, a short-term steroid will be prescribed. She said this is because allergies cause mucus membranes to swell and steroids can reduce them. She said if Midwest Minor Medical ever got a case which required surgical attention like Bower's, the clinic would recommend him to an ear, nose and throat specialist.

"(That's) not something we would deal with here," she said.

HAY FEVER

The ins and outs of the most famous (or infamous) airborne allergy

- Hay Fever is an allergic reaction to pollen. It varies geographically based on the amount of pollen in the air.
- Trees such as birch, willow and poplar produce allergenic pollen, as do ragweed, nettles and rye grass. Twenty percent of Hay Fever sufferers are sensitive to birch pollen and 90 percent are sensitive to grass.
- Symptoms include coughing, headache, itchy or runny nose, sneezing, sore throat, fever and conjunctivitis (pink eye).
- You can prevent Hay Fever by staying indoors and washing your face and hands.



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INFOGRAPHIC BY BOB AL-GREENE

Sophomore remembers his adoption, brother and parents

BY PATRICK BREEN

"When I was about 3," sophomore Adam Cook said, "my parents died in a car accident."

Adam and his brother Tyler were left all alone. This situation isn't a new one for many. The kids are left with two options; adoption or a foster home.

His parents' close friend Christine Cook was asked by his grandparents to adopt them. Adam said he was glad he was adopted, and he loves his family.

"For people like me," he said, "who have lost a loved one, adoption is a good thing."

He said adoption provides a family.

"It gives you a home, a family and everything you need," Adam said.

His adoptive mother Christine said having a family was important. She said it helps him.

He was too young to really know his mother and father, but he said he remembers visiting his parents' graves for almost his entire life.

Adam then experienced tragedy only a few years later. It happened as suddenly as the death of his parents. When he was 7 years old, his older brother and the last one of his immediate family drowned.

It took him several more years to get over that loss. He said when he lost his parents he was too young to realize the enormity of it. But now that he is older, he said it has really sunken in.

He feels bad he never knew his parents, but said he tries not to think about it too much, knowing he has a family.

"My mother has the story (from the newspaper), photos and old things of my parents," Adam said.

Christine said it was important to save those memories so Adam could know about his family. She said showing him the memories was emotional.

He said they go to the graves nearly every Memorial Day and they planned on going over spring break. He said it's a reminder of how much they are missed.

"We (him and his family) visit them all the time," he said. "It makes me feel good. I know they're all in a better place."

Christine said the visits were important. She said that the visits helped remember their lost loved ones.

"We go often," she said. "It's nice to be there."

He said he really misses his brother, Tyler. Adam said they were very close. Christine completely agreed. Although he misses his family, his brother holds a truly special place in his heart.

"I miss him an awful lot," he said. "He respected me and I respected him. We looked out for each other... I miss him."

The loss of his brother is something Adam said he thinks about fairly often. He remembers the time they used to laugh and play together.

Adoption was the right choice for him, he said. He said he thinks of his adoptive family as his real family. Even though they aren't his biological family, they have been with him all his life.

Adam said he does miss his biological family. When he was younger, Adam said he didn't really think too much about his parents.

But since for the last few years, he has been meeting his biological side of t family.

He said he met his cousins for the first time in his life, just this year.

He said at first it was awkward, but now they have really come together a family.

"At first it was weird," he said, "but now were like friends."

He said he really has a family now.

He said that she has basically taken care of him all of his life.

"I never really knew my real mother," Adam said. "I lived with my adopted moth so long. She's my mom."

His adoptive mother saved him and his brother from the foster system, he sa Adam said he didn't think foster homes were bad, but he wanted to be able to rea have a family.

Adam said he doesn't remember his parents, but his Christine has kept the artic about the crash and family photos.

He said that he felt like he knows a little bit more about his biological paren now.

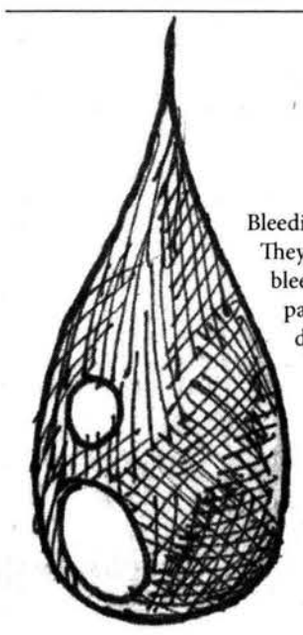
Although Adam was adopted, he said his family is like any other.

He attends school, does homework, plays with friends just like any other k Adam said like other kids, his family has its confrontations, but they still love ea other.

"We're just like a normal family," Christine said.

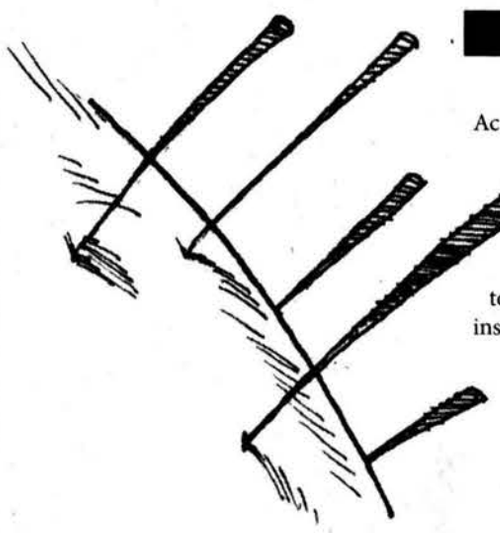
Leaps and Bounds

A timeline of medicine



2500 BCE

Bleeding was used by the Egyptians to help cure patients of various diseases. They used a tool called a lanclet in bloodletting. The Egyptians believed that bleeding would help restore the body to normal because it freed up blocked passages of fluid. The origin of the barber pole is associated with the device of bloodletting, when barbers performed surgery. The pole had a brass basin at the top and bottom. The pole itself represented the staff the patient held during the procedure to encourage blood flow. The red and white stripes represent the bandages used.



1550 BCE

Acupuncture was talked about and probably used, not just in China, but in Japan and Korea as well. Acupuncture is still used today, but not as often. Acupuncture is supposed to have healing qualities and take away stress. Filiform needles are inserted into pressure points on the body and the procedure is designed to restore health and well-being. It is especially good at treating pain. Some believe acupuncture to be a placebo, but the practice is still under research. Mostly there is insufficient scientific evidence.



PHOTO BY KIM BUCKLEY/REGISTER

Junior Dan Villalba (left) and sophomore Zalika King work on a project during their human growth and development class. Teacher Jeanee Weiss said the class differed from the ones offered in elementary and middle school in that the class goes more in-depth in certain topics.

Classes help with understanding issues

BY KIM BUCKLEY

Human growth and development (HGD) is a course that covers topics that might make some parents squirm.

Instructor Jeanee Weiss said the goal of the HGD classes is to further the understanding of relationships, sexuality and the decision-making process.

She said she thinks the classes can be extremely effective for teenagers.

Weiss said she had a student from two years ago tell her she's more knowledgeable of issues than her friends who haven't taken the class.

That student was senior Kelsie Maslo.

She said she believed she was more knowledgeable than some of her friends because learning things from a teacher meant she received her information from an educated source.

"I think it's a class everybody should take," she said.

Maslo said she thought there shouldn't be an opt-out option because she said when learning things from friends and television, people can get information that's not true.

Some say that kind of thing happens a lot.

Others would disagree.

"I think the information is accurate and can be delivered in a fun and interactive way," Weiss said.

Sophomore Chloe McPherson said she has not taken the HGD class yet and is not planning on taking it during high school.

"We've (students) already taken it (the class) in elementary school and middle school, and I don't know why we should take it again," she said.

Freshman Chris Ramsgard said he was going to take the HGD class next year and not pick the opt-out option.

He said it was because it is a required class and is only one semester long.

Weiss said she believed there was an increased need for HGD classes because of the epidemic of sexually transmitted diseases in Douglas County as well as an increase of pregnancy rates.

She also said dating violence is common because, according to statistics, 60 percent of students may become involved in an abusive relationship before graduating high school.

That's an alarming statistic.

Maslo said she benefited from the HGD classes because she now knows the precautions when it comes to the basics.

She's bettered prepared because she's informed.

She also said because of the class she knows the effects of drugs and alcohol can have on a body.

Maslo said she thought people needed to know the information given out in the class.

She said she thought the class was effective because students can get knowledge of what is right and wrong, and what to do in certain situations.

Ramsgard said he thinks the HGD class is sometimes effective.

"Some kids might not think it is, but I think it is," he said.

Weiss said teenagers don't always get the correct information when they use their peers or television as sources.

She said she didn't think the opt-out option is good because all students would benefit from taking the class.

Weiss said she thought the class was relevant because teenagers deal with many issues like sexual harassment, decision-making, physical abuse, birth control, pregnancy, sexually-transmitted diseases, drugs, parenting and possible parenting.

She said she feels teens have many things to deal with today and having the correct information always helps.

McPherson said she thought the class was effective when she took it in elementary school and middle school.

She said the class told students some stuff they might not have learned without the class, but said since she had taken it, taking it again would kind of be redundant.

Weiss said the HGD class in high school was much more in-depth because the class was able to have more mature conversations.

Teens can handle tougher topics in high school.

Many teens are not getting this information at home. They need to get the correct information somewhere, and what better place than in high school.

She said the variety of topics is wider and more applicable to this age group.

Ramsgard said students should be able to opt out of the class, but it was a good thing if they did take it.

"They (students) can understand what the class goes over," he said.

Ramsgard said the class was a little redundant and one time is enough, but said there was a lot of stuff to go over in HGD classes.

Weiss said to make both males and female students comfortable about these topics at the beginning of year the students are handed out a sheet with guidelines and rules for discussion.

She also said the human growth and development teachers don't tolerate inappropriate remarks.

"If you're able to do that in a mature manner, then both males and females should feel comfortable," Weiss said.

She said the information was given to the students in a manner-of-fact format, and there is a lot of open discussion.

Weiss said students are open and able to ask questions in the class.

She said next year an honors option of the HGD class will be available.

Weiss also said the honors option will be a year-long class and be offered opposite of the honors chemistry lab.

Students take project extra step

BY PATRICK BREEN

It started off as a project, but three students took a DECA competition beyond what was needed.

"It's less about the project," junior Carli Culjat said, "and more about the people we're helping. We want to donate our voice, in this crazy world of stereotypes about teens. People don't think we care, but we are trying to show we do."

Culjat was approached by marketing DECA seniors Kara Lambrecht and Scott Kielion to participate in the DECA club competitions.

The club competes in State in individual and team competitions.

The competition calls for the students to compete in individual marketing tests, skits and community projects.

The projects are graded on completion, community and student involvement and how much the project affects the needed.

Culjat started the project by picking Muscular Dystrophy Association (MDA).

"I chose it because some the judges at the competition were from the MDA," she said.

She said it was a good foundation which helps people in need.

After trying to start the project on her own, she realized that she would need more help.

Culjat enlisted the help of friends and fellow marketing DECA juniors Maya Doghman and Antea Gatalica as a way of reaching the goal.

"The task was too huge for just me," Culjat said.

The trio started the project with a meeting.

The group decided the best way to go about the project was to do more than one major drive.

Culjat, Gatalica and Doghman chose to do different drives at different times during the year.

"We started this year off with a shirt drive," Culjat said. "We thought that by selling T-shirts we could raise more money than by just a donation."

The group decided on a general idea of a sports T-shirt and kept the T-shirts very vague so they would be able to be worn at any sporting event.

On the color purple were the words Central Eagles imprinted in white lettering.

Then, on the back was "Ball game Ball game," modeled after the chants heard at sporting events.

"We didn't put a year (on the T-shirt)," she said.

She said group members want the shirt to be used over and over again, for different sports and not just for basketball.

Culjat, a Relay for Life member, finds the work beneficial to everyone.

"It helps the association, the people, and the volunteers," she said. "It's an awesome experience."

She said it was a fulfillment of what she could do for other people.

The group said that selling the shirts was a success and they hoped to continue with the other plans. Group members said they plan to organize penny drives at local middle schools.

"It gets the young kids involved and helping the community," Culjat said.

At the State competitions, DECA members will compete in the tests the students have been preparing for and the skits they have been practicing.

The top three from the State competition for projects will advance to the National competition.

"I'm really excited," Culjat said. "We are working really hard, and the help of others has really showed up."

She said helping others is something everyone should do, and helping others is more rewarding than just a single trip to Nationals.

"If you have a chance to help those less fortunate," she said, "you should."

Lane says condition improves with each day back

CONTINUED FROM 'LANE' ON PAGE 1A

before allowing his return to make sure it wouldn't be too stressful.

"The one concern he had was when I have to physically control (the students)," Lane said.

He said he usually relies on his verbal skills to avoid confrontations between students anyway.

Birkman approved him, though, and so the next step for Lane was to attend OPS' physical therapy course, Excels, which included going up stairs, lifting and pulling things.

"They (OPS) released me," Lane said. "That was Monday the fifth (of February). I was back Tuesday the sixth."

Lane said his wife, Cookie, was of course happy for him.

"She was in awe," he said. "I didn't need the bypass. That was the surprising thing."

Cookie said they had certainly not anticipated Lane going back to work, giving everything they were told by medical professionals before the Echo Stress.

She said the fact that he was only having the test to find out if he was even strong enough to survive surgery shows that.

"I guess he's just a miracle man," she said.

She said since his release from the hospital, Lane has been living a healthier lifestyle all-around.

She said he's been staying consistently on his diet, has been exercising regularly and faithfully twice a day and is always checking his blood pressure and blood sugar levels.

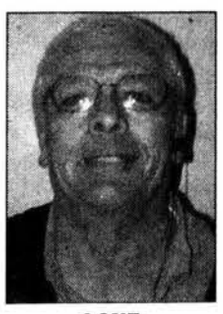
She said she hadn't noticed a lot of physical changes after he ended physical therapy.

Still, she said, Lane's doctors have been just as amazed as the family.

She said when she first got the news from a doctor that her husband was fine and wasn't going to need the surgery, she made the doctor stop and repeat what he had said because she thought she had misheard or he had misspoken.

"I just stopped and said, 'Wait. This is amazing,'" she said. "And he (the doctor) said, 'I know.'"

As soon as they did find out about Lane's condition, however, she said the plan was for him to get back to work as soon as possible, if for no other reason than it would get him out and about.



LANE

Cookie said it's important to realize for all those months of recovery, Lane was pretty much just tied to the house.

"I loaned his car to one of our children out of town... to make sure he couldn't get his hands on it," she said.

Lane said even since he's been back, he's been feeling a little better every day.

"I've got to kind of go at my own pace," he said.

He said on the first few days back on the job, when he was in the crowded halls watching the "traffic" during passing periods, he would become slightly dizzy, but that passed as well.

And the numbness is still in his arm and still noticeable.

"It's not back to 100 percent," he said.

When he was still in therapy, Lane said he wasn't planning on returning to work unless he was back to 100 percent again. Now that he is back, he said he's not worried about it.

He said he's always getting better with each passing day.

"Hopefully, things'll go smooth," he said.

He said the best part of being back at work was just being able to be around the school and with his friends on the security staff.

"Back with my buds," Lane said.

He also said from the day he was back, he noticed all the support he had around the school.

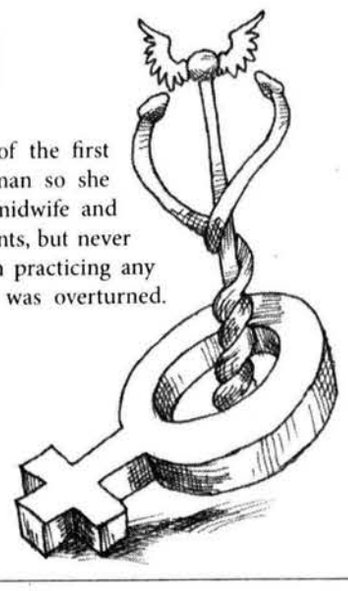
"The thing that was overwhelming," he said, "was all the staff and students that were happy to see me back."

Leaps and Bounds

A timeline of medicine

300 BCE

Agnodice, who in Greek legend was a virgin of Athens, was one of the first women who practiced medicine. She had to disguise herself as a man so she could learn about medicine from Herophilos. She learned to be a midwife and began to practice. She always revealed she was a woman to her patients, but never to anyone else. At this point in time women were legally barred from practicing any type of medicine. When she was caught and put on trial, the law was overturned.



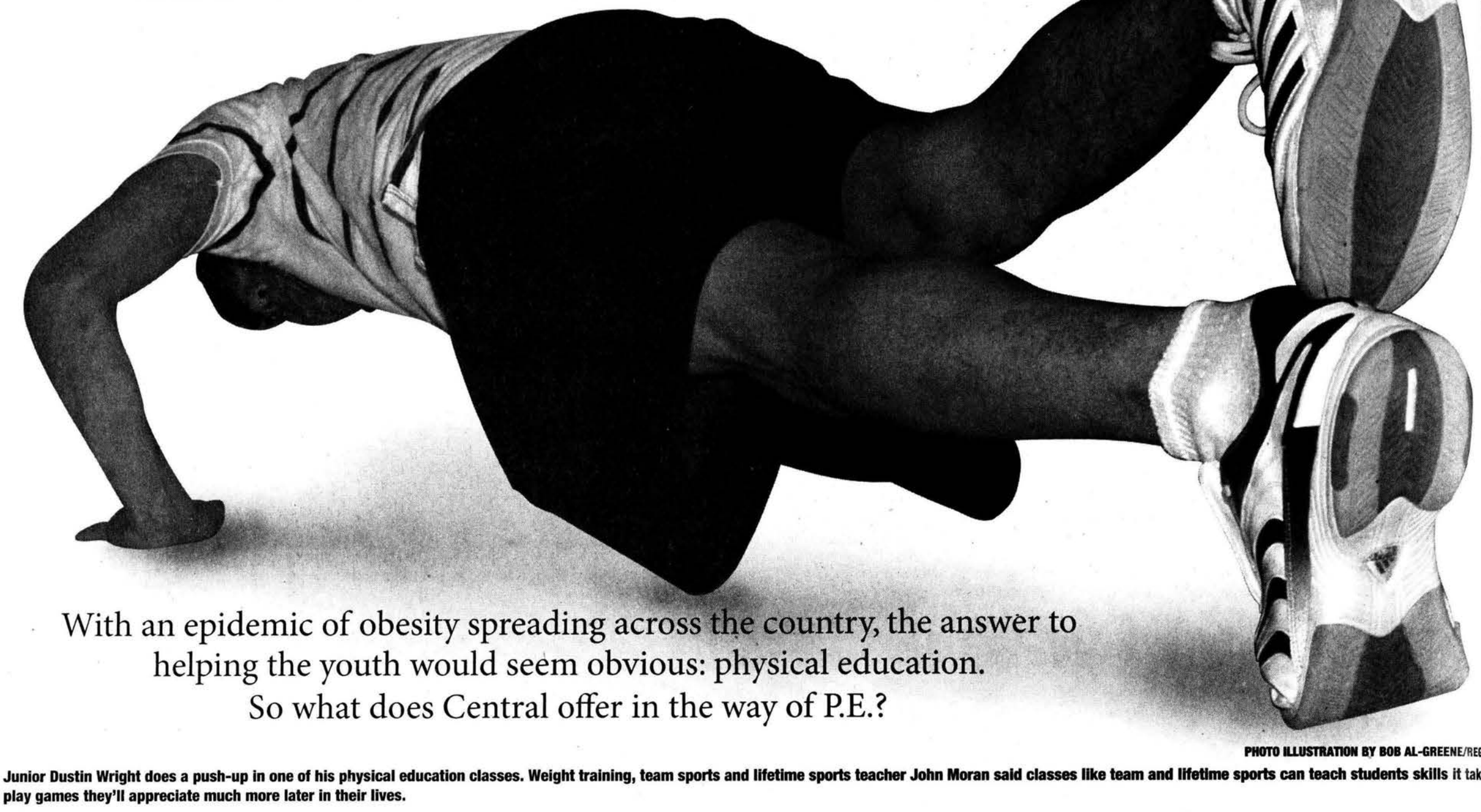
542 CE



The first accounts of a plague were in the Torah, but 542 was the first positive identification of the Bubonic Plague, thought to have originated in Egypt or Ethiopia. Constantinople imported grain from these countries and fleas transferred the disease to rats, which transferred it to the grain. At its peak the plague was killing 10,000 people a day and killed perhaps half of the city's population. A reasonable estimate for total dead in the plague of Justinian was 25 million. The Bubonic Plague was stopped with the last big outbreak in 1722. Plague doctors like Der Doktor Schnabble von Rom (Dr. Beak of Rome) **(at left)** traveled from town to town wearing primitive, beak-like gas masks filled with herbs which were thought to protect them from the plague.

TURN

GETTING PHYSICAL



With an epidemic of obesity spreading across the country, the answer to helping the youth would seem obvious: physical education. So what does Central offer in the way of P.E.?

PHOTO ILLUSTRATION BY BOB AL-GREENE/REGIS

Junior Dustin Wright does a push-up in one of his physical education classes. Weight training, team sports and lifetime sports teacher John Moran said classes like team and lifetime sports can teach students skills it takes play games they'll appreciate much more later in their lives.

BY BOB AL-GREENE

"Everybody cares in our department," physical education teacher John Moran said.

Moran said he has taught for 20 years and has spent the last four at Central, where he teaches two sections of weight training, two sections of team sports and one of lifetime sports.

In weight training, he said, the students usually stretch before and after their activities. He said sometimes there is some light running, and then the students get into it.

There are two weight rooms available to the students, and Moran said the rooms are basically divided between upper body and lower body workouts. The "old" weight room is focused on upper body work.

Moran said for the first 15 minutes of class, students can work on the bench press, and then for the last half of class they do incline or military lifting, with the bench at 45 degrees.

In the newer room, he said, students can do both upper and lower body work, but the majority is lower. Students can do squats, with the bar behind their neck, or they can do clean lifts, by pulling the bar up over their legs and onto their chests, Moran said.

"Every six weeks we do the maxes," he said. "We're not trying to build a lot of muscle. We try to tone with more reps and less weight. ...A majority are trying to tone."

Team sports focuses on exactly what the title of the class implies. Moran said the students play flag football, volleyball, basketball, softball, hockey and soccer.

"And then we have games like dodgeball," he said. "We mix it up so kids get a variety."

He said the goal of team sports is to have the students constantly moving. He said movement keeps them busy and keeps them fit.

"A body in motion stays in motion," he said.

Lifetime sports, then, focuses on more individual games, which students can play one-on-one or alone. They include 'bowling, shuffleboard, golf, badminton and pickleball or tennis.

Moran said the point of the class is to teach students how to keep score in a game which they will appreciate more when they get older. He said these games take a lot of practice, which at first the students aren't willing to put in.

"Some of them can't do anything at first," Moran said. "They're kind of scared. Once they get through that fear, they perform well. We try to do that here."

Moran said along with different motivating factors for the students, maybe there should be different stretching practices before activities, though he said that is already beginning to change. He said many times now the pre-activity workouts are done w walking, such as lunges, instead of just having the students sit down and stretch.

He said a main goal across the board has always been to get more stude involved in class as well, though he said classes for the most part are already too bi

"We've got a lot (of students)," he said. "We got too many. Having smaller clas would be nice."

He said in some classes there are 40 to 45 students, while a smaller size, like to 30, would be better.

Moran said the classes get all types of bodies through them, so it's hard to the overall physical condition of the students, but he said he thinks there's been improvement, especially since he's been at Central.

"Overall," he said, "I think the staff gets the kids to work. We try to get these k to stay on task. That's a tough thing to do, but we have the right people to do it."

Senior LaVel Sterling said the best thing about his team sports class are the f days, which he said students get once every two weeks. On these days students can anything they want. He said he usually plays basketball.

He said the class is one of the few to actually teach students how to stay fit a he really wouldn't make any improvements to it. He said the skills teens learn in class will come in handy later.

"Usually everybody participates and we have a good time," Sterling said.

Weight loss competition allows staff to lead healthier lifestyles

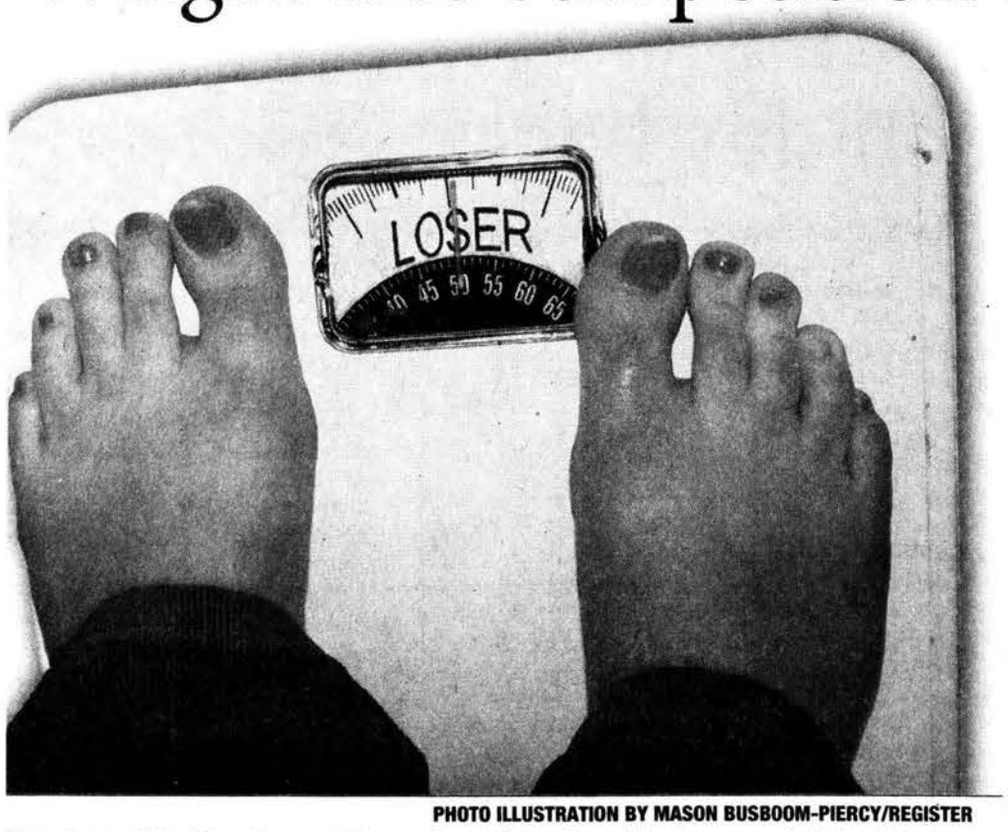


PHOTO ILLUSTRATION BY MASON BUSBOOM-PIERCY/REGISTER

The stress of looking down at the scale can be unbearable for some. Is it best to worry about how many pound are lost or should people focus more on simply living healthy?

BY KIM BUCKLEY

Inspired by the television show "The Biggest Loser," a few faculty members held their own weight-loss competition to see who could lose the most weight throughout most of the second semester.

German teacher Erica Meyer was the teacher who coordinated the competition this year.

She said the competition was easy to coordinate and there had been no problems.

Meyer said the goal of the contest was for the teachers and staff to lose as much weight as possible in 11 weeks.

Nurse Jennifer Conahan said she weighed the teachers and staff in the competition every Friday.

She said the first weigh in for the competition was on Jan. 12, and the last one was on March 31.

"It (the competition) gets the staff aware of how important nutrition and exercise are for a healthy lifestyle," Conahan said.

She said the school has held weight-losing competitions before this year, but this year's competition was the one that has had the most participants and the most publicity.

She said this year there were 26 staff members involved in the competition.

"It would just be usually five to 10 participants," Conahan said.

She said this year the competitions was more structured than previous competitions.

Conahan said past weight-losing competitions in the school were a lot more casual.

She also said she thought there was more emphasise on weight loss because of obesity in society.

She said the incentive to be in the competition was also there.

Meyer said she let the staff know about the competition through e-mails.

She said more teachers participated because the teachers have heard about the competition before and knew about it.

"This year, people were more willing to get into it," Meyer said.

Teacher Jimmie Foster was one of the teachers who participated in the competition for the first time.

He said he found out about the competition the day before when Harry Gaylor asked him to participate. Foster said it was probably because Gaylor wanted to get more people involved with the competition. Conahan said hopefully the competition will help motivate the staff to have healthy lives because they will start to feel better after seeing their results from the competition.

She said the nursing staff wanted to participate in the competition because th wanted to encourage healthy lifestyles.

Foster said his original goal for t competition was to get first place, but said it w now to weigh less than what he started at.

Administrator Andy Wane was another o of the participants in the competition.

He said he is competitive so being in t competition was a fun way to do something thought he needed to do.

"It (the competition) allowed me to use m competitive spirit to see how I could do again other contestants," he said.

Conahan said most of the teachers and st in the competition had been losing about o to three pounds a week, which she said was t healthy amount of weight to lose.

She said some of the teachers have lost weig faster than others, but have tapered off later in t competition.

Conahan also said she talked individual with the participants on different topics.

Wane said to lose weight for the competitio he used a combination of exercise and diet.

He said to also lose weight he adopted th philosophy of going to bed a little hungry.

Wane also said to help lose weight he tri to get in 30 to 45 minutes of exercise five tim a week.

Leaps and Bounds

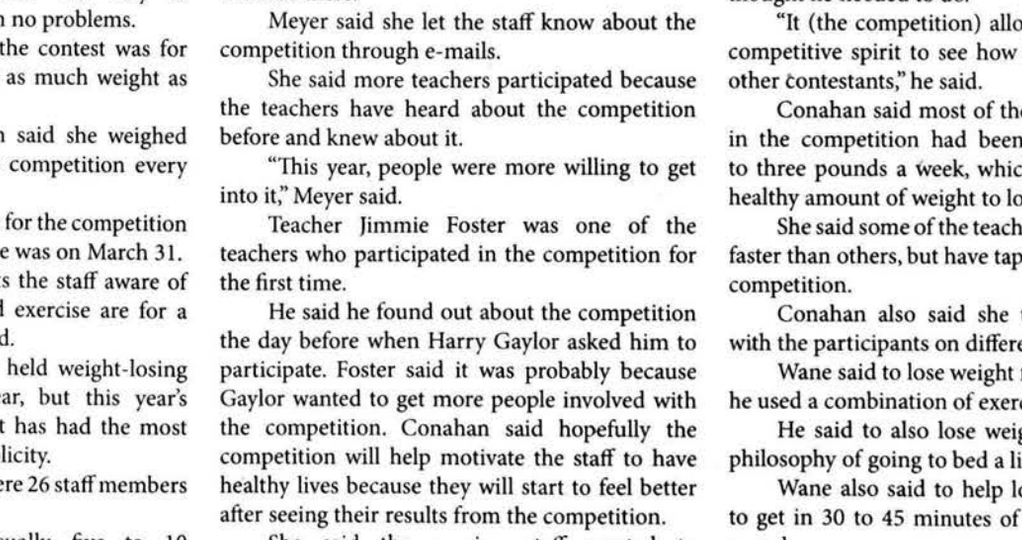
A timeline of medicine

910

Rhaizes identified smallpox, which didn't reach Europe until the 6th century. The disease is over 3,000 years old. Smallpox was responsible for an estimated 300 to 500 million deaths in the 20th century. Smallpox is a highly contagious disease unique to humans caused by either of two virus variants named variola major and variola minor. Variola major is deadlier. Long-term side effects blindness, skin scars and infertility in male survivors. The disease can take two roads - discreet ordinary, in which blisters fill with pus, and confluent ordinary, in which the blisters form a sheet which detaches from the flesh underneath. Hemorrhagic smallpox causes bleeding under the skin, making it look black and charred.The eyes and organs hemorrhage as well. The mortality rate of Hemorrhagic smallpox is 96 percent.

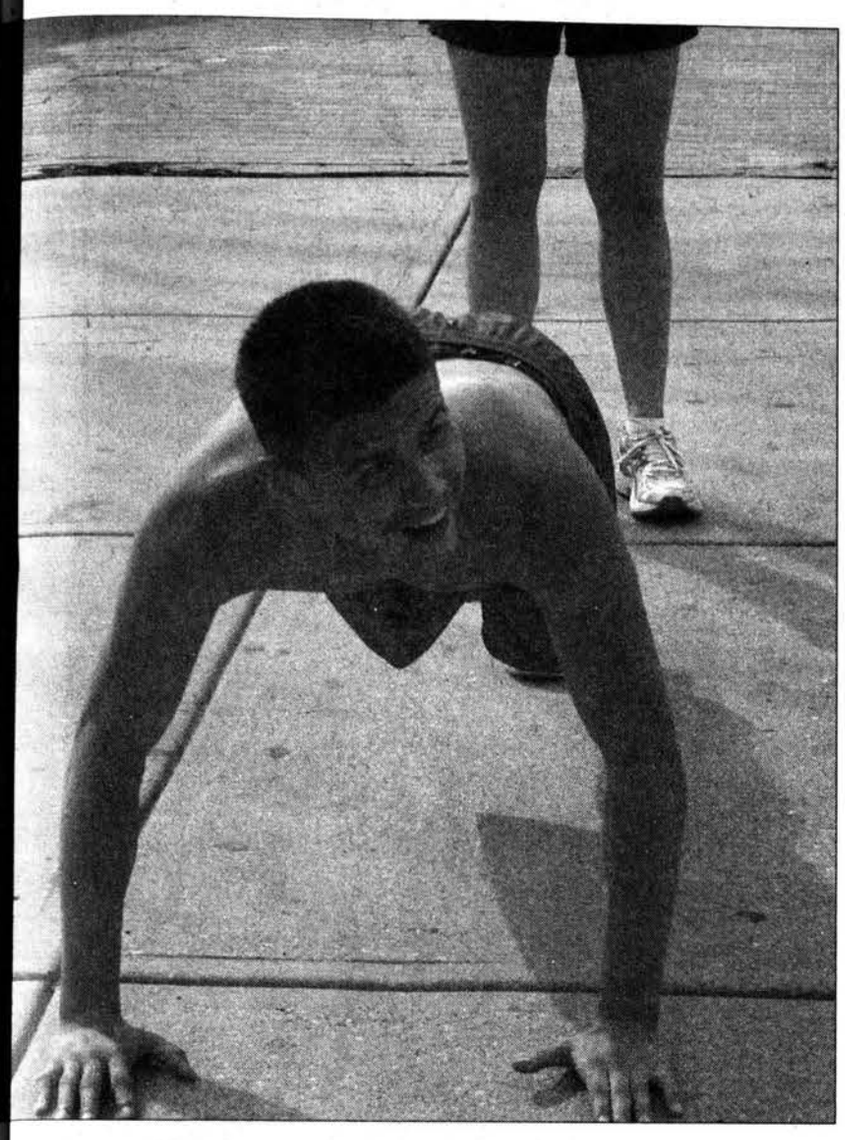
1285

Eyeglasses were invented in Florence, Italy. It is not clear who invented the technology, but in 1776 Francesco Redi, a professor of medicine at the University of Pisa wrote that he had a manuscript from 1289 where the author was complaining he would not be able to write without them. Originally, glasses were only used to help those who were far-sighted. It wouldn't be until the 16th century that glasses were invented to help the near-sighted. Today, glasses are being replaced by contact lenses and laser eye correction.



DROP AND GIVE ME 20

As the weather started to warm up and the pavement started to heat up, members of the JROTC Raider Team were down on the cement outside of Central building their bodies and becoming more fit



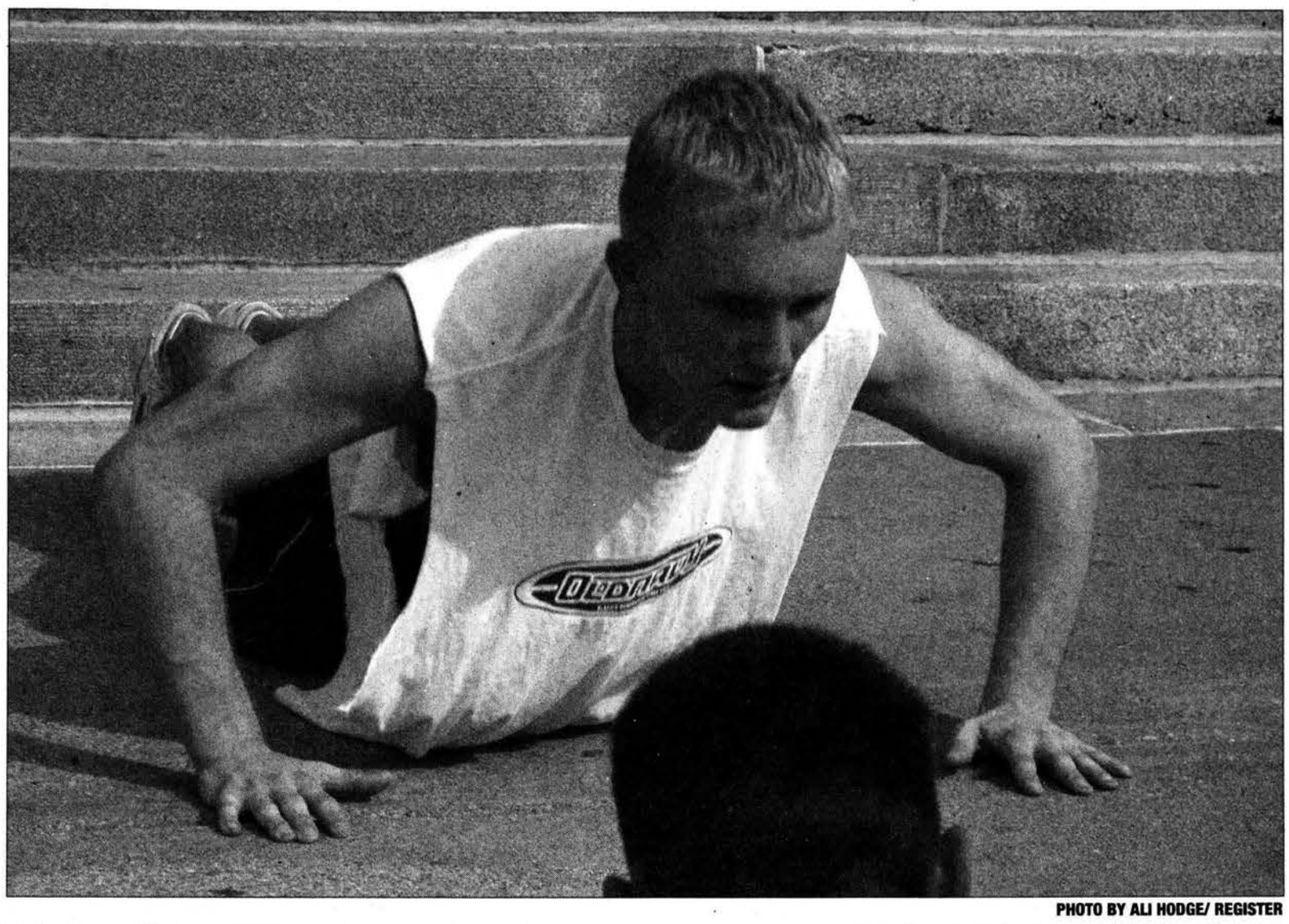


PHOTO BY ALI HODGE/ REGISTER

Sophomore Francisco Sosnowski (left) laughs as he does push-ups during a Raider Team's conditioning drill. The practice is a time to have fun, yet learn discipline and get in shape. Senior Justin Prosolow (right) participates in the push-ups as well. He is going to enlist in the Marines and is trying to get ready.

Raiders take time to improve physically, build a team

BY ALI HODGE

To further prepare themselves for JROTC competitions, cadets have started the Raider Team, a yearly conditioning team that is designed to tone bodies and build muscles.

"Everything I teach them, I've already done myself," 2nd Lt. Kenneth Dupree said. "The importance is to build a team. You're as fast as your slowest team member."

Dupree, one of only two sophomore second lieutenants in JROTC, said he has been involved in the program since his freshman year.

Since he was such a high achiever his first year, making friends with students in higher ranks and generally just working hard, he received the title of second lieutenant, something that is very rare for a sophomore.

He said it was something he had been working for and he was glad he was given the opportunity to help head the JROTC program.

Now, as part of his duties, he instructs and coaches the Raider Team.

The team is student led as everything is in the JROTC program.

"The importance is self-evidenced in its purpose," Lt. Col. Mike Melvin said. "(It is designed) To promote teamwork and leadership."

Melvin said they would usually be preparing for competition, however, the program will not be participating this year. That means the Raider Team is mainly there to improve JROTC students physically.

The purpose of the Raider Team is to build a strong group for the competition, whenever that may be. It is intended to build a team, an aspect of person's personality that is very important in any U.S. military branch.

For members of JROTC planning to join the military, it is a good idea to participate on the Raider Team, whether or not they intend to compete at the JROTC competition or not.

The competitions are held yearly and include smaller competitions such as Raider challenges, a 10K, a six mile run or march, push-up and sit-up competitions and knot tying competitions.

Most of the events require team work and the unity of the group, something Dupree makes sure they learn if they are involved in the Raider team.

The group does push-ups and drills to practice for specific competitions. They also run a few miles which may be a few laps around the school.

The program, which is student led by Dupree and senior Justin Prosolow, meets in a number of different places daily whether it be outside or in the JROTC room, practicing for the mental aspects of the competitions.

During practice, Dupree does his thing by "yelling" into the students' faces, telling them to drop and do push-ups, in which they respond with a "yes, sir," count every push-up and then ask permission to get up.

That's how things work.

Structure is something that is definitely practiced on the Raider Team.

Respect is practiced as well.

You have to have one to have the other.

Both of these are supremely important to the JROTC program, and will ultimately help students in the future if they know these things.

Everything they are practicing and learning is something they will have to do in any branch of the military, Prosolow said.

Prosolow has only been at Central for a little while and is not involved in the JROTC program, but he said he helps out on the Raider Team to get more practice in for when he goes off to join the Marines in April.

He said he is not one to yell at his cadets.

He said there are many things that are asked of the students to be a part of the JROTC program such as self-discipline and leadership, all of which are worked on in the Raider Team.

The team helps individuals who don't like the commitment of sports.

In a sport, if you quit, you are look upon as a quitter.

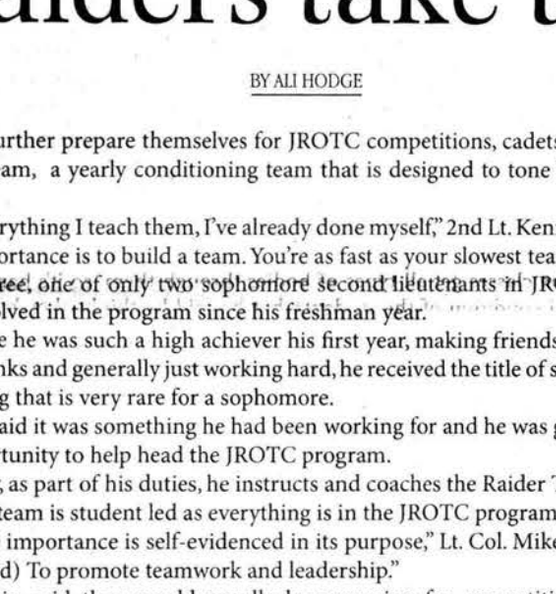
But in the Raider Team, if you quit, no one cares. It is mainly for the purpose of strengthening an individual.

It is for individuals to get themselves into shape, being that the program requires it so much anyway.

It is made to get them ready for the competition, however, Dupree said there are many involved in it for other reasons including body toning.

All reason are healthy and important to JROTC.

No matter what the participant's reasons may be, Dupree said they welcomed to join because it is ultimately just a really good workout.



Weight lifting can add to the stress teens experience everyday, making some feel like the world is on their shoulders.

PHOTO ILLUSTRATION BY LUIS LOPEZ/REGISTER

Athlete's back injury ends high school football career

BY BEN McGUIRE

"I was planning on college football," senior Colin Conn says softly, musing in the near empty Courtyard. Coming from most people, this would sound like foolish pride, but Colin's dark, serious demeanor , and sheer size, somehow lend him credibility.

When Conn was a sophomore, he was a member of the varsity football squad. At the time, he was one of the strongest students in his grade, and had the potential to keep on getting stronger through his years at Central.

During a weight-training class one morning, Conn was maxing out (establishing the maximum weight possible to lift) on a clean, an exercise that requires precise technique as it can be very dangerous to the lower back and abdomen. Colin candidly admitted that his technique that morning was probably not perfect.

Conn's maximum that morning was 254 pounds, and as he lifted, he felt "a little pop" in his lower back. Pain began developing immediately, but Conn was a tough kid, and he ignored it for a full month and kept on lifting, squatting, and cleaning, after which he went to a doctor. An MRI revealed two herniated discs at the base of Colin's spine. He would never play football again.

"That injury changed my life," Conn said.

Going into sophomore year, Conn's life plan was simple; work out during the year, go to football camp during the summer, play football in the fall, and repeat. He planned to play football in college.

"Colin was a great football player," coach Joe Shimerdla said.

In that moment, when 254 pounds were balanced precariously on a few bones and muscles, everything changed.

Conn's life plan now? He will never be able to work on a physical job, but Colin believes that it is important he remains strong forever.

"I'm going to have problems forever," said Colin, who, two years after his injury, still must be careful in games of frisbee and capture the flag, and is virtually barred from games like pick-up football.

Conn's life changed in an instant because of an injury that was due mostly to bad technique. According to Conn and some other weight lifters, the format of the weight-training program at Central may indirectly encourage the kind of injuries that Colin experienced.

Senior Morgan Shumaker said getting a serious warm-up, cool-down, and work out is virtually impossible in the amount of time available between periods. Thus, there is not enough time to get muscles relaxed and prepared for exercise, leading to easily avoidable injuries such as pulled muscles.

However, Conn said pulled muscles and other such injuries are not the fault of the class period, nor teachers who may not teach perfect technique, saying that "some kids max out every day" against the advice of teachers and other students "just to get big."

Coach Shimerdla agreed, and said that "jocks" who try to "lift heavy all the time" are more likely to get injured. He said each new unit of weight training is begun with a week of solid technique.

"We always start off light," Shimerdla said, but "people will always get hurt."

Shumaker also said more blame falls on kids who don't listen than coaches who might not teach perfectly.

"There's just some kids who don't follow directions," Schumaker said.

Colin agreed and said although teachers hold the responsibility for teaching correct technique and keeping the students on track, "they can't be watching everyone."

"You have to be disciplined" to build muscle and get strong, Schimerdla said. This was something all three agreed on- that is lack of discipline that causes most injuries, and no matter how much coaches focus on technique, injuries can and will happen.

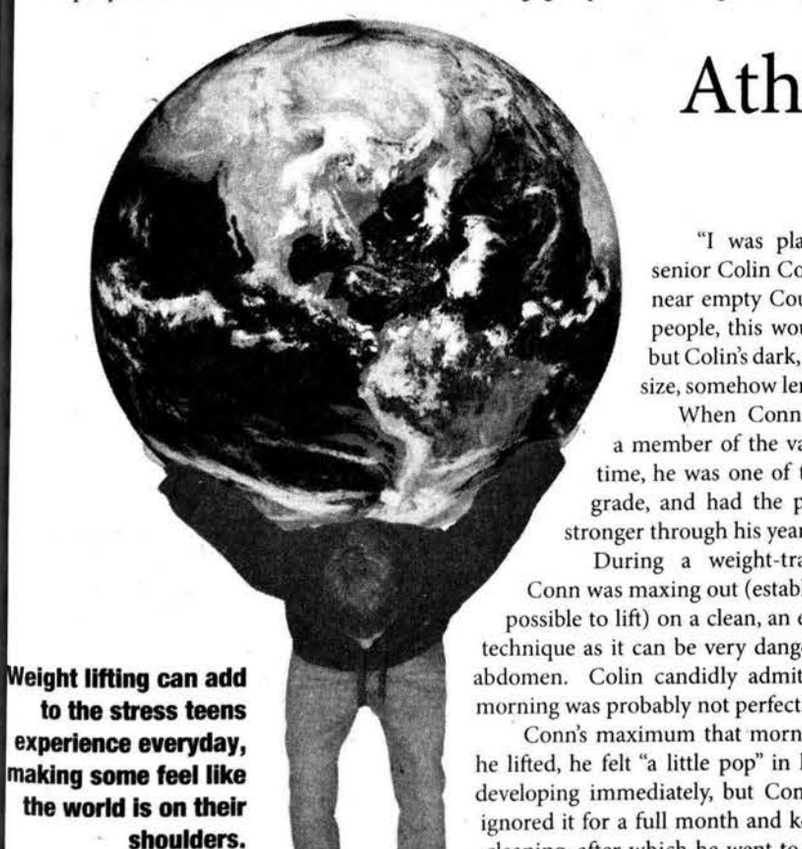
Schumaker and Conn agreed on one central point- "for the kids who are serious and responsible about getting strong, we've got a good program here."

Colin's injury may have changed his dreams, but it has not diminished his focus, his strength, or his dedication to getting strong.

Leaps and Bounds

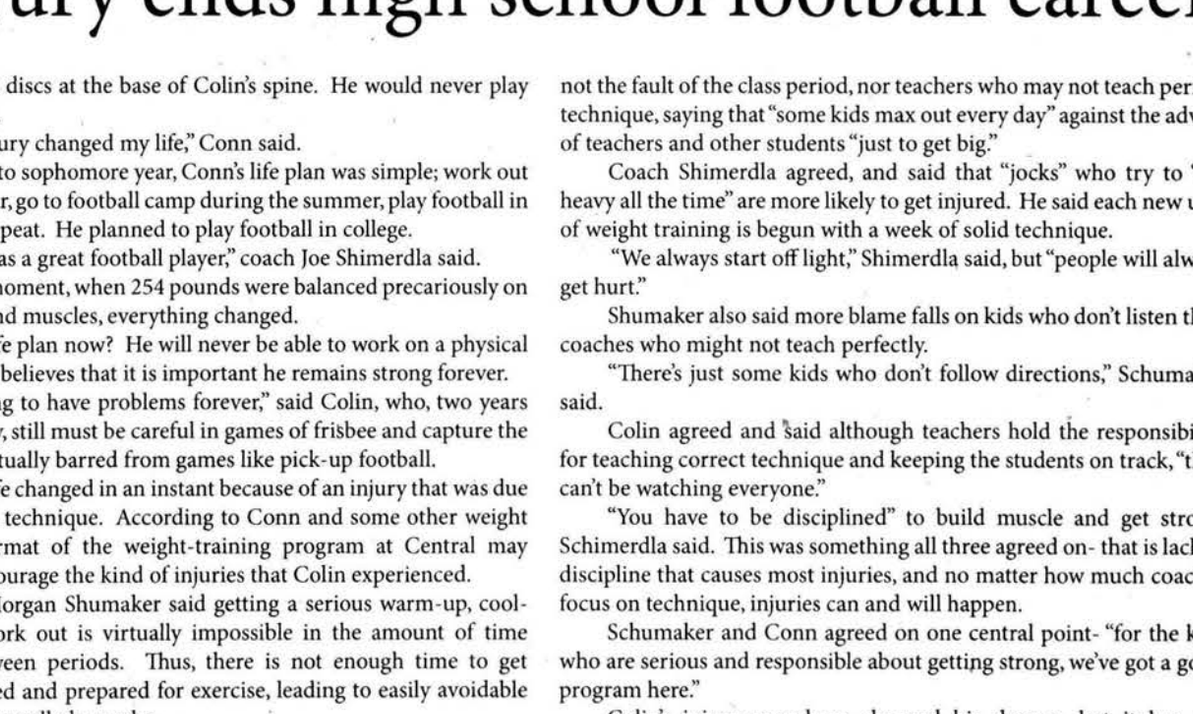
A timeline of medicine

1588



The first hearing aids were invented at this time. They were made of wood, and were shaped like the ears of animals that could hear well. They were described by Giovanni Battista Porta in a book. In 1898 the first commercial carbon-type hearing aid in the United States was produced by the Dictograph Co. In 1984, the FDA approved the first cochular implant for marketing.

1600



Midwives were an important part of society at this point. One of the first schools for midwives was started around 1600 in a hotel in Paris. Louise Burgeoise, the wife of an army surgeon, was the first woman to write a text on midwifery. A midwife has the qualifications to care for mothers and children in delivery. In the 18th century the line between midwives and surgeons began to be drawn. Often, midwives would boil water or at least have water present **(left)** for cleaning purposes.

TURN

INFORMATION COURTESY OF THE AMERICAN ACADEMY OTOLARYNGOLOGY

OPEN WIDE...

For some people, those pearly whites are never going to be white enough, or straight enough, or shiny enough. And in some cases, the extent we go to for beauty can hurt our health.



PHOTO ILLUSTRATION BY BOB AL-GREENE/REGIS

Young people these days are going to the extreme to have their teeth shiny. From whitening teeth to braces and grills, thousands of dollars are being spent to keep teeth beautiful. It seems many people lose sight of their health concerns when physical appearance is involved, even on this scale.

Teenagers use devices to make teeth perfect despite cost

BY FRANI JAMROZY

Oral hygiene is usually defined in the simplest terms of "keeping your mouth clean." However, it seems with time comes more people compelled to sacrifice the well-being of their teeth simply for their appearance.

The most accessible way to change the exterior of teeth is through whitening products. These products are available in primarily gel or strip form and are bought over-the-counter at roughly $20-$40 a box.

Due to their expense and ever-increasing popularity, people of all ages are taking advantage of the rapidly-growing trend.

Freshman Grace Anderson said the first time she whitened her teeth was at the end of her sixth-grade year.

"I wanted a pretty smile for cotillion," she said.

And a pretty smile she has. When Anderson grins, she displays a row of big, straight, and of course gleaming white teeth.

"I heard that at home whitening was the most effective way next to the whole dental, professional thing," she said.

Anderson experimented with both the white strips and the gel before favoring the former because "you can close your mouth and talk better than if you've applied the gel- even though it does cause you to talk with sort of a lisp."

She said another downside of the night-paint gel was it was uncomfortable to sleep in.

"It hurt really badly," she said. "It was painful the entire night until I could get up and brush my teeth."

She said she used both products moderately for about two months before taking a break and re-starting with the strips at the end of eighth grade, this time her motivation being eighth grade graduation.

This time she was more efficient, wearing them twice a day for a week or two and noted she had far better results doing it in that fashion as opposed to here and there for eight weeks as she had done two years prior.

However, the second time around proved to be a far more painful experience.

"I felt my teeth were nearly going to fall out of my head," Anderson said.

After that, she decided to stop whitening her teeth all together. I wasn't because she was satisfied as much as she "didn't want to kill her teeth again."

Though she seemed definite in saying she was done for good, once pressed admitted her teeth whitening days weren't completely finished.

"Yeah, after I forget how much it hurt, I'll probably start again," she said.

Though the store-bought products prove to be successful in the aspect of teeth whitening, Dr. Fender said take-home professional products from the dentist are the most efficient.

Dr. Fender said in order to acquire a take-home kit, a mold of the customer's teeth is made. With this custom tray comes a gel that will be used for two to three weeks for the upper teeth and another two to three weeks for the lower row. Touch-ups may be required six months to a year after the initial whitening.

Though there is always a danger in using whitening systems, Fender is quick to add that problems only will come about with over-use.

"If a whitening gel is kept on the teeth for an extended period or if it is used excessively, it can break down enamel," he said "When this takes place teeth become more sensitive to temperature, they break easier, and decay can occur to the point where restorative work may be necessary. Over-whitening can also promote problems causing root canals."

The last and most extreme method used is laser teeth whitening. In this process, a laser activates peroxide bleaching compounds in the mouth. Though this process is the quickest, at typically $1,000 a session, it is also the most expensive and in Fender's opinion, the most frivolous.

"You're spending a lot for something that you're not getting a lot out of," he said. "Basically, you're paying for your time. You're paying for the dentist and the dental staff, for the rent, for the electrical. You're virtually only paying for your time in that chair."

Fender pointed out even after the laser treatment, the same at-home kit he promoted is required for use.

"In my opinion, the laser treatment is a couple day jump start to the kit provided by the dentist," he said. "That's really all it is. The whole idea of laser whitening is just a media campaign as opposed to a really efficient treatment."

While some spend substantial figures for white teeth, others do for gold, platinum, or silver ones.

"Grills" are trays made of metal and sometimes ornamented with jewels, rooting from hip-hop culture as a declaration of prosperity.

Senior Clenant White invested in his own set of grills last summer, spending about $250 for his extravagant pair of the gold-plated set.

Though permanent grills can cause cavities and even tooth decay, White said he's had no problem with his mouth jewelry to date.

"I can slip mine on and off whenever I need to, like when I sleep. Because they come on and off, I can brush my teeth regularly, so there hasn't been any negative effects to wearing them."

Though some dentists will make your grill, White simply got his on a trip to the mall. He said it was legitimate though because they made a mold of his teeth and he was able to choose what he wanted his plate to be made of and had the choice of decorating it with faux or real diamonds.

The second type of "mouth jewelry" is rarely described as glamorous, like grills tend to be.

Sophomore Sara Danielson has worn braces for nearly four years and freshman Molly Anderson has had them twice. While neither may be ideal situations, they're both well on their way to healthy smiles.

"The first time I got them [braces] was in first grade because I had crooked teeth and I only wore them for about a year," Molly said.

Though she was told by her orthodontist she wouldn't have to wear them again, overtime her teeth shifted until she decided to get them again in eighth grade.

"I just really wanted a straight smile, so I was willing to do the whole thing over again. It was my choice to get them fixed completely," she said.

Despite that Molly was supposed to get them off at the beginning of this year, she hasn't exactly been up to par on her upkeep.

"It's difficult and annoying having to take care of them," she said. "In eighth grade I wore my rubber bands every day. This year, once every two weeks at the most. I mean it's almost never. Since I don't, I'm not fixing my overbite and I won't get them off until I do."

She has to deal with the pain and annoyance of her brackets, which to her worse part of having to wear them a second time.

"They're so painful when you get them on, so painful," she said. "At first you can't eat for about a week, not even cereal. After you get used to them, the pain stops, then the wires need to be tightened and it starts all over. The wires break as well and dig into my bottom lip. If I don't have my wax when that happens, the cut gets painful and bleeds all day. It's pretty awful."

Despite the off-putting aspects of her brackets, Molly discovered an overall consciousness of her mouth as a whole was one unexpected upside.

"Now that I have them, I'm more careful to eat sugar and I brush my teeth more frequently. Even though this started out as care for my braces, I'll probably continue (the routine) even when they're off."

Until then, Molly is impatiently awaiting the day she won't have to routinely visit her orthodontist for her bracket changes.

"Other than the colors- the colors are kind of fun- there's no excitement in having braces aside from the effect it will eventually have on your smile," she said.

As opposed to Molly who started her braces ordeal directly after kindergarten, Danielson's struggle began in seventh grade.

"At the beginning of seventh grade, they said I'd have to wear them for about a year and a half. That was about four years ago," Danielson said.

Her dentist suggested she go to the orthodontist for a routine check and they quickly decided she would have to wear braces.

"I previously had five baby teeth pulled and one just didn't grow back," Danielson said. "They took an x-ray and told me it would never grow back in and would have to get braces because the empty gap had affected the teeth all around."

She has to wear braces equipped with rubber bands "to help with spacing" until around the end of the school year. After the braces come off, she will have to wear a retainer all the time for a year and then only have to wear it at night for six more. Following the retainer, she will finally get an implant or "a bridge", which is a fake tooth that will occupy the space of the missing one.

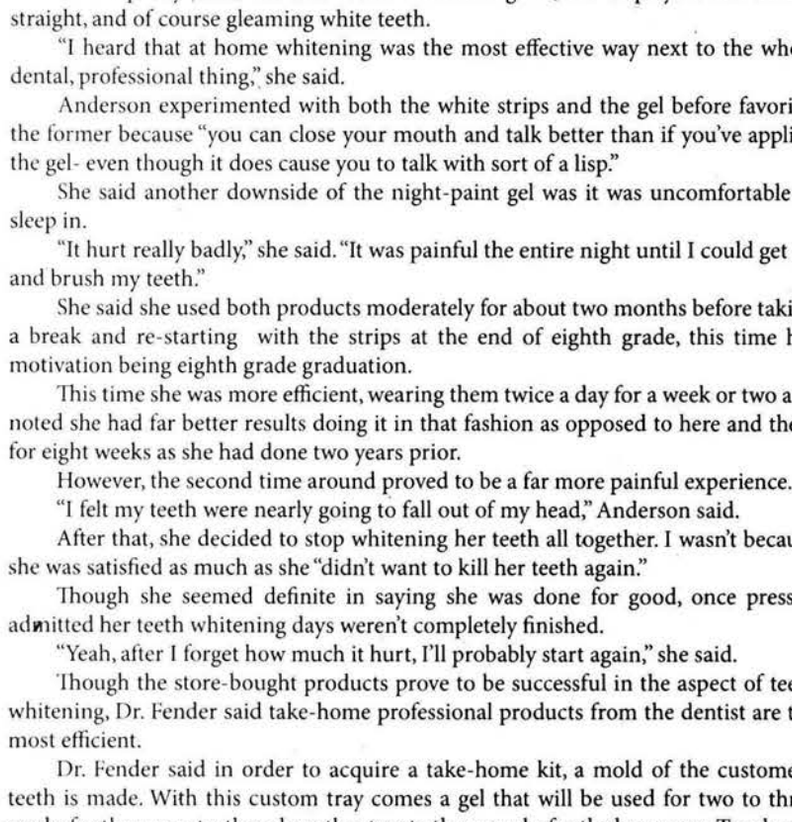
Up until that point, Danielson makes usual visits to her orthodontist every five weeks to get her mouth examined and to also be reassured it won't be long before she's done wearing her braces.

"In seventh grade, they told me I would have to wear them for a year and a half. In June, it will be four years. Every session I've been to in past year they've told me I only have one session to go, so I don't really know what's going on," she said.

Leaps and Bounds

A timeline of medicine

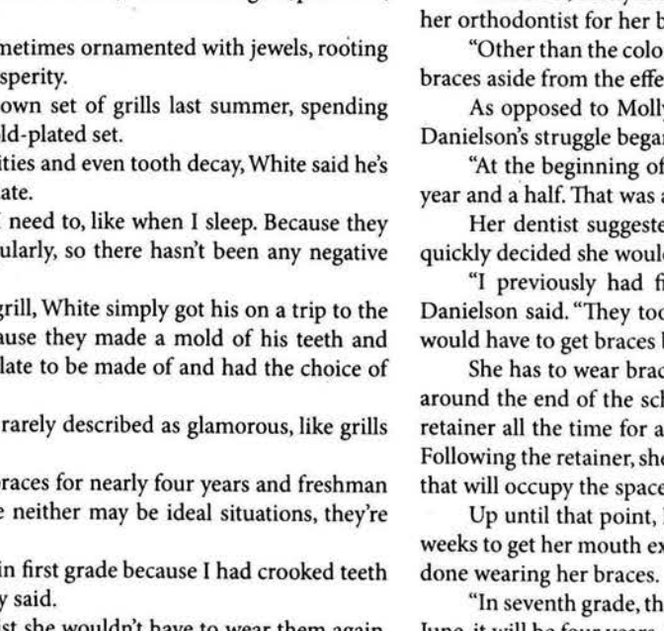
1778



There was a theory on the healing power of magnets. Even today, magnetic bracelets are bought to heal arthritis and to lower the blood pressure. Magnet therapy or magnotherapy is an alternative therapy claiming certain disorders can be cured by exposure to static magnetic fields. Even water can be magnetized to this end. Electromagnetic therapy involves the application of electromagnetic waves to the patient. Criticism has come from the scientific community because magnotherapy has no scientific confirmation.

1796

Edward Jenner created a vaccine for smallpox on May 14 of this year. The vaccine was contrived from a similar virus called cowpox. Jenner noticed that girls who milked cows in the country didn't get smallpox, which led him to believe that being around cows helped their immunity system fight off the virus. The first vaccination against smallpox in North America took place on June 2, 1800 by Dr. John Clinch in Trinity, Newfoundland. New laws requiring vaccination appeared by 1805. The final reported case was almost 200 years later, in 1977. The World Health Organization declared it eradicated in 1979.



THE MEAT OF THE MATTER

s eating meat an instinct or choice? Some students have given up unhealthy foods, while some have abandoned a carnivorous life altogether.



Vegetarian diet becomes way of life for students after seeing film

BY BAILEY DILOCKER

"I figure, if I were an animal, would I want to be eaten?" senior Samantha Chesters said.

There are other people who feel the same way.

It has been two years since Chesters decided she would take on the vegetarian diet.

"After watching "Super Size Me," I realized how badly I was eating," Chesters said.

She also said she probably would not have become a vegetarian if it were not for her having a dog.

"I have a compassion for animals," Chesters said.

She said she does have a craving for meat and loves ham and turkey, but she is willing to give that up for what she believes in. It's a small price to pay.

Chesters said it was difficult at times finding food at restaurants that did not contain meat, but she resolved her conflict by putting together different side dishes.

Instead, when she has an urge to eat meat, she will heat up her "fake chicken," which is by the popular vegetarian food company, Morning Star Farm.

Another food choice offered is soy bacon, which, by a number of hands, taste like real bacon, which can be found at Hy-Vee for reasonable prices.

Senior Aaron French, a vegetarian for over two years, is also a big fan of soy foods.

"Eating something that once had a heartbeat and had emotions made me really grossed out," French said.

He said the only hard part of transitioning into the vegetarian diet was getting his family to change up dinners and finding foods that were different from last nights' meal.

French said that it was difficult telling others that he was a vegetarian because society didn't accept that.

He said the only all vegetarian restaurant in Omaha is McFoster's which includes organic food.

French said he enjoys eating the variety offered there.

"When I see other people eating meat, I don't freak out because I know that it was my personal choice to be a vegetarian and I know that it is completely illogical that every person is going to stop eating meat," French said.

Chesters said she is the same way.

"It doesn't bother me when I see others eating meat because I chose to remove myself from it and it's their choice if they want to ask me about my decision," she said.

It's a personal choice.

Long-distance running inspires senior to eat healthier

BY ANGELICA GENOVESI

"What you put into your body is what you get out (of it)," senior Jared Dittman said.

Dittman is on the track and cross-country teams, and he said when he decided to take running seriously he began eating healthier and changing his lifestyle.

"It's not as difficult as it seems to switch diets," Dittman said, "It just depends on how much you really want something. If you want to compete, or if you simply want to feel good."

He said when most people think healthy, they think organic, but organic isn't the only way to go.

Dittman usually shops at Wild Oats which offers the best of organic foods such as dry groceries, meat, poultry, seafood, dairy, frozen and many other items. But he said if someone wanted, he or she could also get healthy items at a local Hy-Vee or Baker's.

He said healthy food is everywhere, but people are so overwhelmed by the amount of unhealthy foods and the quickness of fast foods, that it often gets surpassed.

"People are always going to buy it (fast food)," he said. "It's easay and it's cheap, that's why. It's a convenience thing."

He said America is a "force society," where people aren't going to change their lives until they're forced to. He said this can be related to the search for alternative fuels, which he said will not be focused on until natural gas runs out.

Fast food is one of the leading causes of obesity in America and it is simply because it is a speedy way to get food; it definitely isn't the best choice, Dittman said.

"Eating healthy also doesn't mean never eating sweets or fatty foods, it just means that the base of what you eat needs to be healthy and nutritious," Dittman said.

He also said he enjoyed snacking a lot throughout the day, but he tried to eat a balanced amount of healthy snacks.

"I really enjoy granola bars," Dittman said, "They are small and healthy, but still delicious and make for a quick on-the-go snack."

Snacking is something most people do often and in overwhelming amounts. It is one of the main things that leads to an unhealthy diet.

But simply substituting an orange for a bag of potato chips will not only be healthier, Dittman said. It will also make your body feel better. Senior Jackie Pirtle is another member of the track team who gave up the temptation to fast food and now eats healthier because of it.

"Not eating fast food is actually way easier than it sounds," Pirtle said, "I just took baby steps and gave up one thing at a time and eventually you realize how gross it really is and that you wouldn't eat it anymore even if you wanted to."

Her mom had always bought healthier food and just about six months ago, she started to eat more of it.

"It was mainly because of track that I gave up fast food, but it has stuck with me ever since and I feel healthier and more energized," Pirtle said.

Eating healthier foods also helps with her performance when on the track and her concentration and awareness during school and the rest of the day.

"I always thought of myself as a healthy and fit person, but eating better makes me feel better, too," Pirtle said.

Many find it hard to change diets when they are so used to only eating fast food as often as they do.

"Changing your diet isn't that difficult, as long as you are dedicated," Pirtle said. "You just have to start small and work your way up to where you want to be."

There are also those people who start a diet and then give up due to frustration and temptation.

But by starting small and learning how to control the amount of fast food or unhealthy snacks you eat, it will eventually become a habit.

"The main thing to do when wanting to change your diet for the better is to not do it because you want to but because you desire to change a lifestyle," Dittman said. "It's all about limitations and discipline."

Bob Al-Greene contributed to this story

WHAT'S FOR DINNER

Teenagers and adults alike are not getting enough protein in their diets. This is how some of the foods stack up to each other in terms of protein.

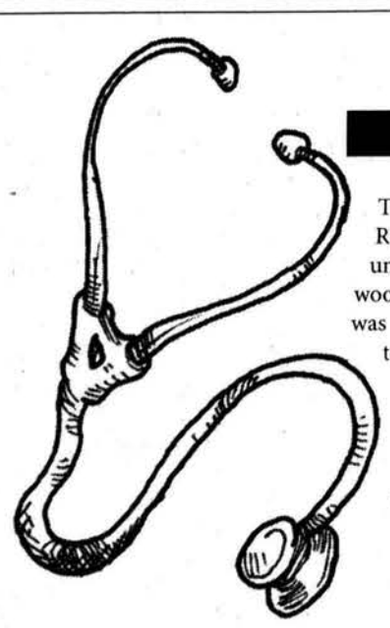
- Hamburger that is extra lean has the most grams of protein in it than any other food product. Lean hamburger is healthier for the heart, and doesn't have as much fat as the regular kind. Hamburger has 48.6 grams of protein.
- Soybeans have a little amount of protein compared to red meat, chicken and fish. Soybeans are said to help lower cholesterol and are good for the heart. A glass of soy milk has 6.7 grams of protein in it.
- Fish has a good amount of protein as well as omega-3 acids. Fish is often used as an alternate to meat, especially during the time of Lent. It has 41.2 grams of protein.
- Chicken is high in protein and is healthier than red meat. Roasted chicken has 42.5 grams of protein.
- Cottage cheese has a good amount of protein in it. Other products that contain dairy have some protein in them as well, such as yogurt, milk and cheddar cheese. Cottage cheese offers 28.1 grams of protein.
- Skim milk has more protein than whole milk does. A cup of skim milk contains 8.4 grams of protein.
- Like some dairy products, eggs have some protein, but not a lot. Eggs are a good way to get some protein in the morning. There are 6.3 grams of protein in a large egg.
- Some vegetables have a small amount of protein in them. However, not many vegetables have protein in them. Corn, split peas and broccoli can have up to 5.4 protein grams.
- Whole-wheat bread has a little amount of protein in it. It has a little bit more protein than white bread. Two slices of whole wheat bread contain 5.4 protein grams.
- Broiled beef would be the meat that most of Americans eat. Broiled beef would include steak, one of America's favorite foods. There are 38.6 protein grams in beef.
- Cooked macaroni has very little protein in it. However, with some kind of meat sauce on top of the macaroni, it would be a meal with a good amount of protein in it. Cooked mararoni has 6.8 grams of protein.
- Cooked kidney beans have been used as a healthy substitute for meat. A serving has 7.6 grams of protein in it.
- Even though it is unhealthy, cheese pizza has some protein in it because of the cheese on top of it. Two slices of cheese pizza contains 15.4 grams of protein.
- Fruits really don't have protein in them. Apples and oranges have vitamins, not proteins.

INFORMATION COURTESY OF HSPH.HARVARD.EDU

INFO GRAPHIC BY KIM BUCKLEY/REGISTER

Leaps and Bounds

A timeline of medicine

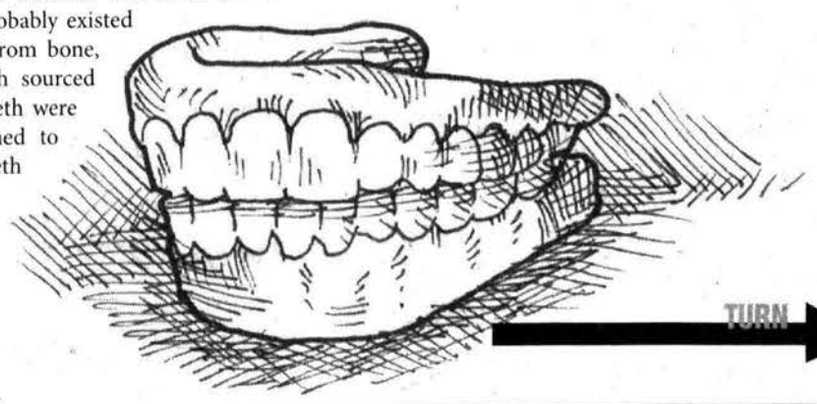


1816

The first stethoscope was invented in France by Rene-Theophile-Hyacinthe Laennec, but it was unlike the ones seen today. It was just a hollow wooden tube that was put to the chest. The stethoscope was invented because a doctor was embarrassed to put his ear up to a woman's chest to hear the heart. The stethoscope took its modern form in the 1940s, designed by Rappaport and Sprague. It became the stethoscope by which all others were measured. Today it is considered to be the finest acoustic stethoscope.

1833

The first dental supply house was started in 1833. The first European sets of dentures date from the 15th century and most probably existed before that time, carved from bone, ivory or made from teeth sourced from graveyards. These teeth were uncomfortable and attached to the base of any existing teeth with a thread of metal or silk. They usually rotted with extended use.



TURN

YOU ARE WHAT YOU EAT

School lunches get a bad rap. They're always portrayed as disgusting gruel fed to the students unlucky enough not to have brought a brown bag or lunch box. But is there more nutritional value sitting on your bright red tray than meets the eye?

Chicken Patty, Breaded (includes bun).
Serving Size: 1
Calories: 400
Total Saturated Fat (g): 4
Cholesterol (mg): 90
Sodium (mg): 930
Carbohydrates (g): 40
Fiber (g): 1
Protein (g): 21
Vitamin C (mg): 1
Iron (mg): 2
Calcium (mg): 80

Potato Gems.
Serving Size: 10 each
Calories: 160
Total Saturated Fat (g): 2
Cholesterol (mg): 0
Sodium (mg): 300
Carbohydrates (g): 21
Fiber (g): 2
Protein (g): 2
Vitamin C (mg): 0
Iron (mg): 0
Calcium (mg): 0



Chocolate Milk.
Serving Size: 16 oz (2 cups)
Calories: 480
Total Saturated Fat (g): 10
Cholesterol (mg): 60
Sodium (mg): 230
Carbohydrates (g): 70
Fiber (g): 0
Protein (g): 16
Vitamin C (mg): 5
Iron (mg): 0
Calcium (mg): 600

Lemonade.
Serving Size: 8 oz (2 per container)
Calories: 120
Total Saturated Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 15
Carbohydrates (g): 29
Fiber (g): 0
Protein (g): 0
Vitamin C (%): 100

Orange Juice.
Serving Size: 4 oz
Calories: 60
Total Saturated Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 0
Carbohydrates (g): 15
Fiber (g): 0
Protein (g): 0
Vitamin C (mg): 30
Iron (mg): 0
Calcium (mg): 0

The nutritional values shown above are for an average school lunch consisting of a chicken sandwich, tater tots (or "gems"), orange juice, chocolate milk and a bottle of lemonade. Notice there is no ketchup, ranch dressing or other condiments or toppings such as lettuce. There is also no soda or fattening potato chips because they are not sold through the school lunch program, and though 10 is the serving size for tater gems, the average a student receives may only be between five or seven. All values were obtained through the OPS Nutrition web page or through Roberts Dairy.

INFOGRAPHIC BY BOB AL-GREENE/REGISTER

Nutrition, flavor biggest factors in food production, official says

BY BOB AL-GREENE

"What you do now will affect you 50, 60 years from now," said Tami Yarmon, director of nutrition for OPS. Yarmon said when she graduated from an OPS school in 1977, the food provided to students was a lot different.

"When I was a kid," she said, "we didn't get soda. That was a treat."

Now, however, students can get access to soda virtually any time they want, including during the school day from vending machines in the halls. Though at many schools these machines are turned off during lunch hours, Yarmon said, it goes on a school-by-school basis.

She said with all the snacks and sodas adolescents can access nowadays, it comes down to a matter of choice by those students.

"We (OPS) focus on a healthy meal," she said. "Our hope is that students will eat lunch with us."

Yarmon's job is to oversee food service in the entire district. She said she's been in her current spot since 2000 and has been with the district since 1990, during which time she said she's seen a change in school lunches.

She said there's more of a focus on fruits, vegetables and grains, and healthier food in general in recent years. She said this is visible in the inclusion of enriched flour in the buns or breading for certain foods, and in the reduction of fat in other items as well.

Food is prepared for the students in two different ways, Yarmon said. Some of the food, such as chicken nuggets or beef cutlets, are manufactured and sold to the district, then later reheated. Other items, such as macaroni and cheese or creamed turkey, are prepared by the district using OPS' own recipes and ingredients.

The manufacturers have begun to change their food just as the district has, Yarmon said.

"Everything has to meet certain guidelines," she said. "I always look at what the students like as well as the nutritional value."

As the schools and manufacturers work to make their food better, though, the vending machines, which Yarmon said for the most part provide unhealthy snacks, can jeopardize students' desire to have a school lunch. Even so, Yarmon said, schools will not begin offering such unhealthy foods with their meals.

"I don't ever see that happening," she said. "The federal government won't allow it."

The National School Lunch Program (NSLP) is a federally-assisted meal program which was first established by President Harry Truman, according to the United States Department of Agriculture. It has been expanded numerous times to better fit the perceived nutritional requirements of school children and has shown very beneficial results.

For example, a New York study showed 50 malnourished children between 2 and 9 increased their IQ by an average of 18 points after having their nutrition improved.

Important points of the NSLP include:

The nutrition in the meal must be at least a third of a student's daily requirements and consist of essential elements to create a balanced meal. The meal also must be within the ability of most children to pay and must be reduced for those who cannot pay.

Menu plans are created to give districts and individual schools the ability to plan day-to-day. This allows schools to introduce food which students may not be used to in order to broaden their range keeping them healthy.

Yarmon said since the NSLP's reauthorization in 2004, the focus has increasingly been on wellness. Though the reauthorization didn't change much about the plan as a whole, specific guidelines have been provided to help schools decide what they can and can't serve.

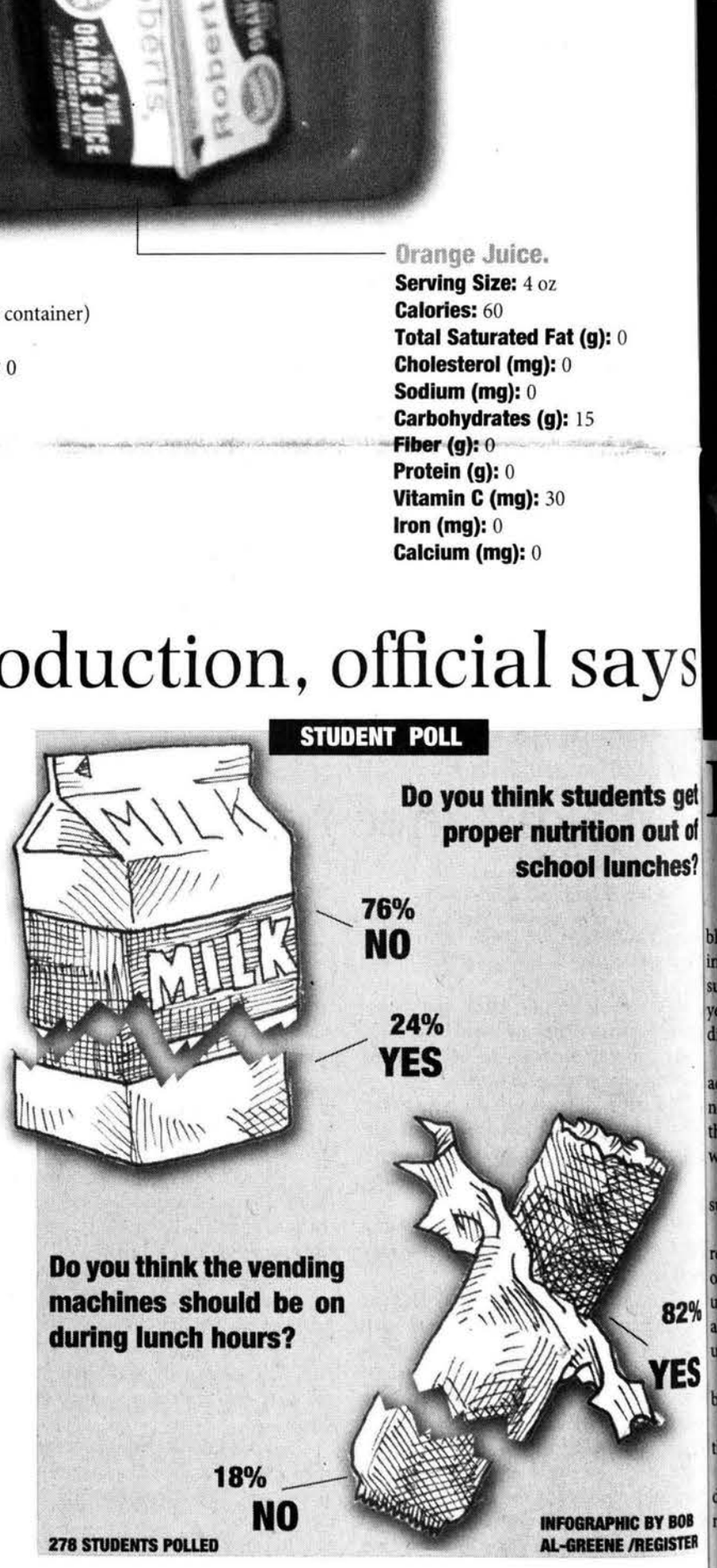
Despite these strict and healthy national guidelines, Yarmon said, people are sometimes unconvinced or unsatisfied with what is served in schools because it doesn't seem like enough.

"People don't realize school lunches are the correct proportions," she said. She said corporations which obviously wouldn't have to adhere to the same guidelines have made food bigger and less healthy.

Yarmon said there are four specific components for keeping students in good health: education, standards, physical activity and class-based activities. She said education was important because the message of health needs to be coordinated so administrations can be on the same page while increasing communication to the students.

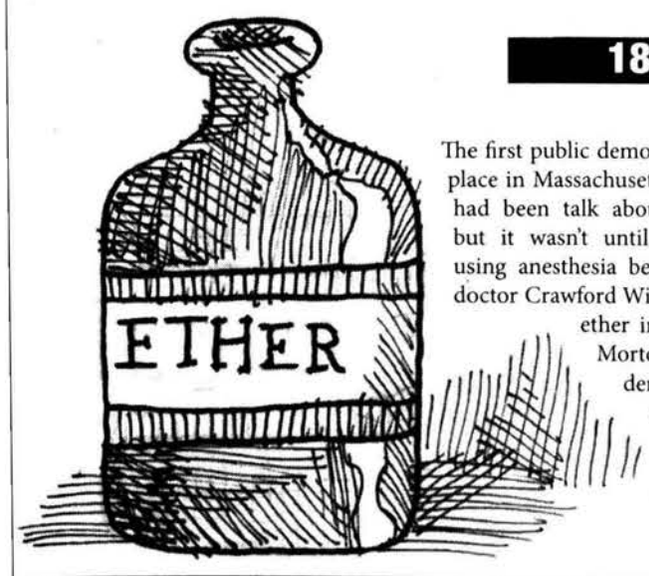
She said this helps many customers understand the work that goes into providing nutritional value in the food.

While ingredients are available on OPS' web site, Yarmon said some of the only questions and comments she receives concern the schools serving cinnamon rolls and donuts for breakfast.



Leaps and Bounds

A timeline of medicine

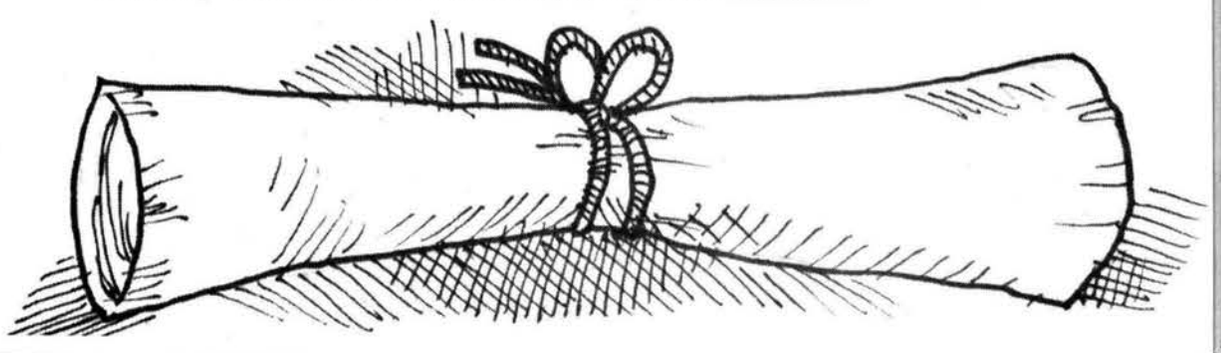


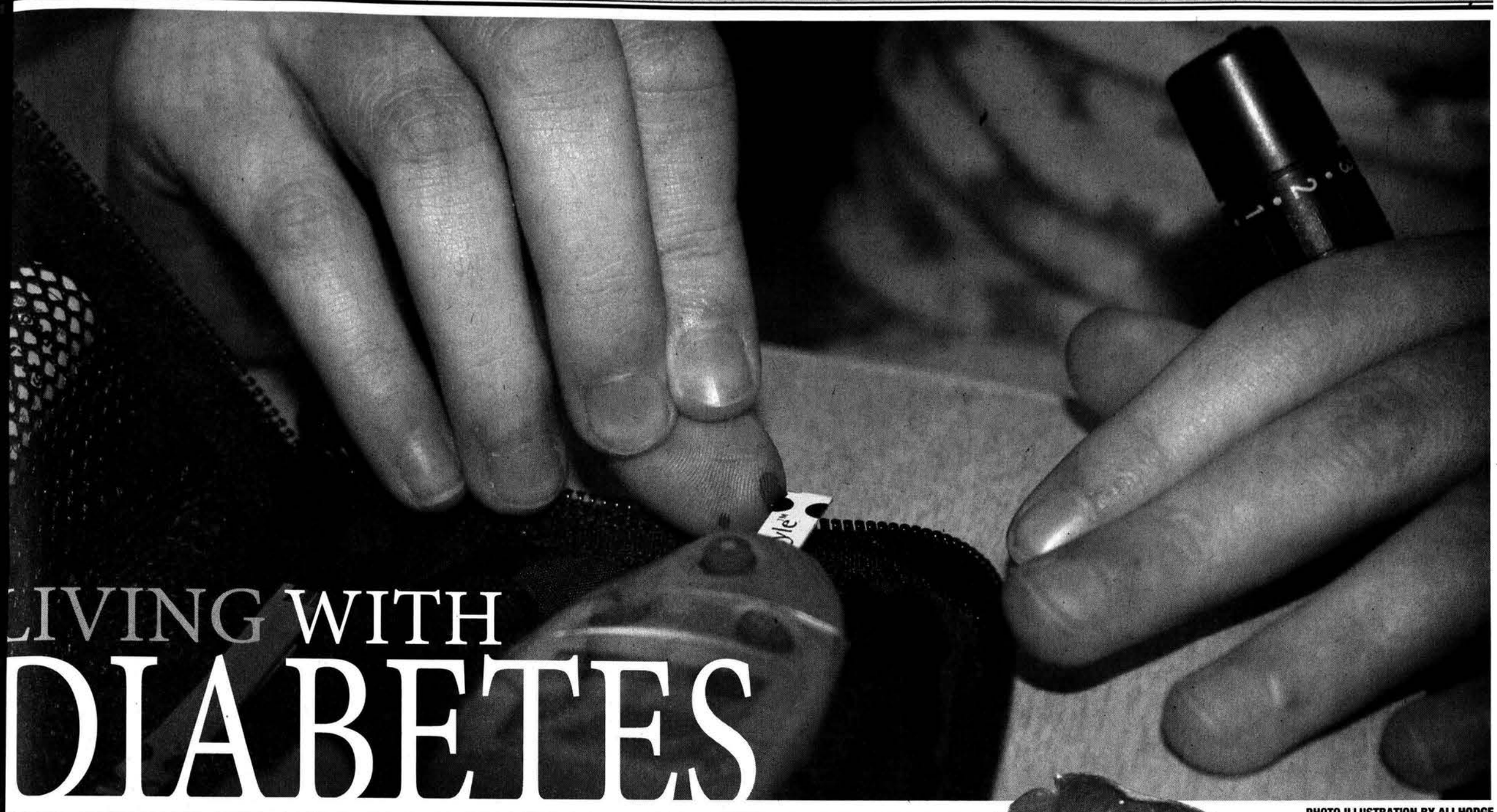
1846

The first public demonstration of ether anesthesia took place in Massachusetts by William T.G. Morton. There had been talk about using anesthesia in dentistry, but it wasn't until the public demonstration that using anesthesia became common used. American doctor Crawford Williamson Long was the first to use ether in general anesthesia in 1942, but Morton got the credit for the first public demonstration. The use of flammable ether waned as nonflammable anesthesia become available. Side effects included nausea and vomiting.

1849

Elizabeth Blacknell was the first woman to get a medical degree, which she got from the Geneva Medical College. During her time at medical school, she did not get a lot of respect from her peers, though she was near the top of the class. She was even banned from some of the demonstrations.





LIVING WITH DIABETES

PHOTO ILLUSTRATION BY ALI HODGE

Astrika Wilhelm, junior, pricks her finger and checks her blood sugar during class. Wilhelm said like it or not, diabetes does control her life in a way.

Junior takes care to avoid health risks

IN HER OWN WORDS:
ASTRIKA WILHELM
EXECUTIVE EDITOR
DIABETIC

Different than everyone else.

When I was younger, I would never let diabetes take control of my life, but as I have grown up, I have slowly realized the situation I am in.

I don't remember a time when I didn't have this disease; it's just always been a part of my life. The complications of diabetes are frightening and sometimes I have even broken down because of them.

My numerous doctors have always warned me what would happen if I didn't take care of myself. The amputation of my legs, the blindness, the kidney failure.

All so scary for someone, especially a child. Sometimes I would be afraid to go to bed, thinking I might die.

I was too young to die, barely even a teenager. So many people say diabetes doesn't have to control your life, but in reality everything you do is because of the diabetes.

Waking up from a stressful night during which I was constantly up to check my blood sugar.

In the morning, before I even think what to wear or what to eat, I automatically get up from my bed and go over to my table where my diabetic supplies are.

I am always checking my blood sugar to see if it's normal or if once again I have redoubled during the night.

I am always calculating how much insulin I need to inject into my arm based on the food I will eat and what my blood sugar is.

Eating the correct food, something that will keep my blood sugar at normal levels until lunchtime worries me at times. Then, after only two hours, I check my blood sugar again. Right after first hour is over, then checking it periodically to see if everything is going well.

If not, I head to the nurse to get another injection shot. Heading up to class, already 15 minutes late. And yet, the classes go by quickly, and the next thing I know I'm in the nurse's office, getting another injection.

Two hours after lunch, and I'm back to checking my sugar.

Once again, I constantly check it, over and over again.

The evening is the worst part of the day. When it's dinner time, after going through all of the procedures, checking my blood sugar, preparing the insulin for the food, I need to get another dose of insulin.

But, directly after that injection, I inject myself with another insulin that works for 24 hours. And the rest of the night is just like the day.

Check blood sugar. Make correction with insulin. And every night, in order to have tight control, I wake up at midnight (if I'm sleeping) and three in the morning. So, diabetes does control my life, and people need to accept that.

I would rather do all of this work than lose my legs, sight, or kidneys in the future.

Multiple times a month, I get worried that I've been doing something wrong.

If my feet or legs start to tingle, I'll have a moment of panic that this is the beginning of my amputation, Slamming my feet against the floor, hoping the numbness came only because I was sitting on my legs.

When I can't read something far away, I wonder if it really is too far away or if maybe my sight is beginning to go, if my blindness is starting up. I'm always so terrified whenever I go to my eye doctor, if he will tell me that some of the blood vessels in my eyes have popped.

Every three months I have an appointment with my diabetes-specific doctor.

Ever since I was first diagnosed, my hemoglobin A1C has been as close to perfect as it could be for a diabetic. But, lately, for the past year or so, ever since I was put on the pump, a new device to help with diabetic management, my blood sugar levels have been horrendous.

It's just so hard to say "no" to something sweet.

Disease remains big impact on teen's life

BY BAILEY DILOCKER

Diabetes is a disease, and sufferers have trouble regulating the ood sugar in their bodies. Specifically, the pancreas cannot produce sulin. There are two types of diabetes. Over 170 million people ffer from diabetes and statistics prove this number could double by ar 2030. Diabetes can lead to serious illnesses and most people with abetes do not live past the age of 70.

Sophomore Nicholas O'Bradovich has Type 1 diabetes, which counts for 10 percent of diabetics. Type 1 diabetics produce insulin. O'Bradovich's mother and sister have Type 1 diabetes, erefore his sickness was expected. It was just a matter of when he as going to get it.

He was diagnosed with it before his third birthday, when he ddenly got really sick.

This sickness is called ketoacidosis. It is a stage the body can ach when a diabetic does not have enough insulin regulating his her body. The blood sugar will increase dramatically. Ketoacidosis ually occurs with stress, missed insulin treatments or too much cohol. Symptoms include vomiting, nausea, thirst and frequent rination.

O'Bradovich reached the condition of ketoacidosis when his ood sugar got too high the summer before his freshman year.

"I felt like I was in a different body and I had no hope, which was e main thing I relied on," he said.

O'Bradovich doesn't remember first being diagnosed with abetes because he was so young, but he said he often asked his other why she poked his finger.

Up until five months ago, O'Bradovich had to give himself a shot of insulin six times a day. He would shoot himself either in the tricep, stomach, or thigh. Insulin injections also depend on how high the blood sugar is. Now, he wears an insulin pump on his stomach.

"The insulin pump is easier, but then again I feel like a machine is running my body," he said. He said he was forced to get used to it.

"My insulin pump is like a cell phone, because you would want to know how it was doing most of the time," O'Bradovich said.

The insulin pump has a needle attached to a tube that pumps insulin into the body. O'Bradovich is able to do basically anything with the pump, including any physical activity. Diabetics are able to disconnect the pump from their body for a few hours, but still leave in the needle. When showering, they can also disconnect the pump. Pumps are used when the diabetic is sleeping as well.

If the blood sugar is low, then O'Bradovich would cut back on the insulin and may want to eat some carbohydrates. If the blood sugar was high, he would give himself extra insulin.

"You have to spread out what you eat in order to maintain a normal blood sugar," he said.

Insulin helps regulate the sugar, or glucose, in the body. It is a life-saver among diabetics. Insulin is needed to break down the sugars in the body so our bodies can function. It cannot be taken orally, because it can ruin the digestive system.

Therefore, diabetics take insulin by a shot, pump, jet injectors or pens.

If diabetes is not treated with insulin, it can result in death or coma. Depending on the seriousness of the disease, a diabetic can go for about three to four days without any insulin.

The price of insulin and a pump is high. Although insurance may pay for some costs, insulin can cost up to $60 a bottle.

O'Bradovich said he goes through two bottles of insulin a month, plus the costs of his mother and his sister. His insulin pump alone costs $7,000. Additional costs also include his blood sugar meter, the blood sugar testing strips, and trips to the doctor.

"I know people are just curious, but I find it really annoying when I am standing in the nurse's office and kids ask me if the poke in my finger hurts," O'Bradovich said.

It makes O'Bradovich feel better knowing he is not alone in the fight with diabetes, and he said he figures his condition could be worse.

O'Bradovich said he doesn't wake up in the morning and plan what he is going to do.

"I try and make life spontaneous, I change it up everyday," he said.

He said he doesn't want to make the world a negative place just because he has diabetes.

He said he knows there are worse diseases out there.

"If I were to die today," he said, "then I would die happy because I have everything I want: I go to Central and I live with great people."

PHOTO ILLUSTRATION BY BOB AL-GREENE/ REGISTER

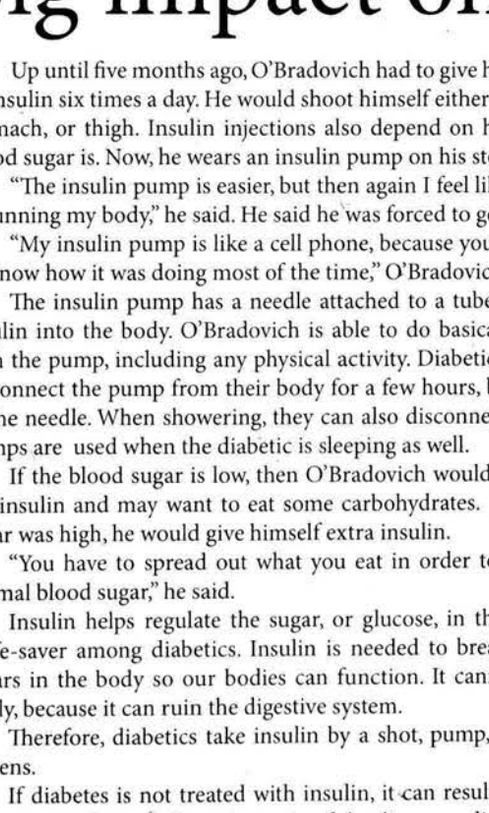
As delicious as this red-ripe strawberry might look to any of us, the increase in blood sugar it symbolizes represents a potentially deadly problem to men and women living with diabetes. Maybe not by itself, but dip it in chocolate or sprinkle some sugar on it and it becomes something else. Meanwhile, an entire generation of boys and girls are turning themselves into future diabetics with the soda and corn syrup-laced foods they consume in vast amounts. So what's the real threat to your health?

Leaps and Bounds

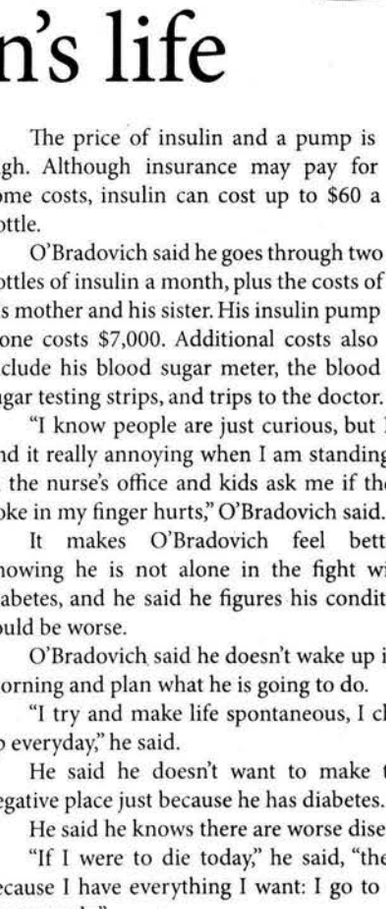
A timeline of medicine

1863

Up until this point there was no organized army nursing system for casualties. There was no safe or protected institution for people who were wounded in battle. So in February of 1863, the Swiss businessman Henry Dunant formed a committee in Geneva to look at the situation. In 1876 the committee took the name of The International Committee of the Red Cross, which is still the official name of the organization today. Dunant had to declare bankruptcy and leave Geneva, but five years later Clara Barton helped found the American Red Cross. The Red Cross would be very important in the first World War. This organization does several things to help prepare for emergencies.

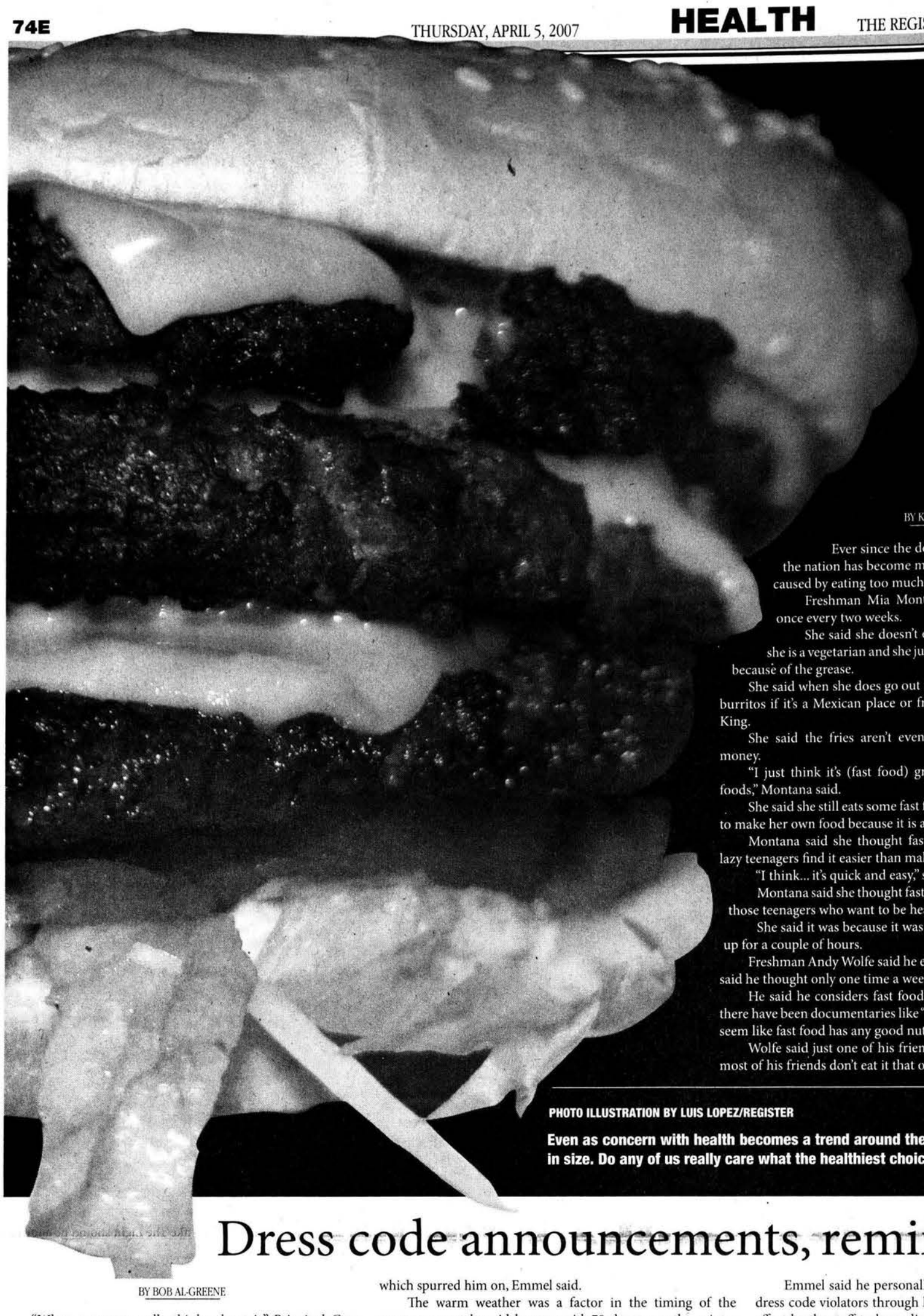


1895



Wilhelm Roentgen discovered X-rays using Cathode tubes. He held up a Crookes tube to a black paper to mask the glow, but he found that some crystals on a table also became fluorescent. Since he was unsure of his discovery, he didn't tell people for a couple of weeks. Today they are commonly used.

TURN



YOU WANT FRIES WITH THAT?

Students become more aware of negative side effects of fast food

BY KIM BUCKLEY

Ever since the documentary "Super Size Me," the nation has become more aware of the health risks caused by eating too much fast food.

Freshman Mia Montana said she eats fast food once every two weeks.

She said she doesn't eat a lot of fast food because she is a vegetarian and she just finds the food unappealing because of the grease.

She said when she does go out to eat fast food she eats bean burritos if it's a Mexican place or fries if it's a place like Burger King.

She said the fries aren't even filling and are a waste of money.

"I just think it's (fast food) gross and I stick to healthier foods," Montana said.

She said she still eats some fast food when she is not at home to make her own food because it is a quick filler.

Montana said she thought fast food was popular because lazy teenagers find it easier than making their own food.

"I think... it's quick and easy," she said.

Montana said she thought fast food places were not helping those teenagers who want to be healthy.

She said it was because it was cheap and it would fill them up for a couple of hours.

Freshman Andy Wolfe said he eats fast food once a week. He said he thought only one time a week is reasonable.

He said he considers fast food a risk to his health because there have been documentaries like "Super Size Me" and it doesn't seem like fast food has any good nutrients.

Wolfe said just one of his friends eats a lot of fast food but most of his friends don't eat it that often.

He said he really doesn't worry about his weight.

Wolfe said when he goes out for fast food he gets the me option, complete with a burger, fries and a drink.

He said he mostly eats it after baseball practices or any othe activity.

He said the reason he doesn't eat a lot of fast food is becaus he never gets around to it.

"There's always food in my house," Wolfe said.

Freshman Aly Davis said she eats fast food about four time a week, which she said was probably too much.

"We're on the move a lot and it's convenient to do," she said

Davis said fast food is popular because it is the easiest thin to eat. She said she tells her mother they shouldn't eat as muc fast food and said she has cut back.

Nutritionist Dr. Patricia Ryan said french fries are fried i fats, and that's not healthy.

Ryan said for a teenager who is an athlete, eating the "bad" fats would mean an increased risk of tendonitis and othe injuries.

She said better options when having fast food were to hav milk or water instead of pop, grilled chicken, chili, baked potatoe soft-shelled tacos or salads.

Ryan also said to stay away from sausage, fries, onion ring potato chips and hot dogs.

She said part of the reason fast food isn't really healthy i because people don't eat a lot of fruits and vegetables with th fast food.

"The more vegetables you eat, the better," Ryan said.

She said students could eat healthier by staying away fro artificial sweeteners and use fruit and honey to satisfy a swee tooth.

She also said students can eat whole-grain bread instead o plain white bread.

PHOTO ILLUSTRATION BY LUIS LOPEZ/REGISTER

Even as concern with health becomes a trend around the nation, fast food meals are increasing in size. Do any of us really care what the healthiest choice is?

Dress code announcements, reminders signal start of spring

BY BOB AL-GREENE

"When a person really thinks about it," Principal Greg Emmel said, "there seems to be a wider variety of options and styles than ever before."

Emmel said at Central, there is more of an opportunity to see these varieties than at any other school in town. But sometimes, there are limits which need to be placed on these options.

"I think the concern ties into the learning environment," he said. He said it's important for students to keep a sense of decorum, and visitor's impressions can be based on seeing students in the halls all with hats on and iPod buds in their ears.

By breaking rules which can be found in the student handbook, he said, inappropriate decisions can lead to distractions in class.

For that reason, Emmel said, he decided during the week of March 26 to make an announcement reminding students about the regulations of the dress code. There were other reasons which spurred him on, Emmel said.

The warm weather was a factor in the timing of the announcement, he said, because with 70-degree weather winter clothes begin to change to spring and summer dress. He said this was most noticeable in the way female students' dress changed.

"Not to pick on them (females)," Emmel said. "They're more creative. They have a lot more options. ...Not that guys are always left out, but girls are more creative and concerned."

Emmel said he'd gotten comments from a department head and an administrator.

"I try to listen to those suggestions," Emmel said. "A lot of heads are better than one."

Emmel said he would have made the announcement earlier, but there were more positive announcements about students winning awards to make, so he had to wait to stress the student handbook.

"Through the years, the trend has been more," he said. "More rules... elaborations... legal explanations... Certain things are need-to-know reminders."

Emmel said he personally doesn't get very many cases of dress code violators through his office. He said there is a team effort by the staff to keep distractions at a minimum. He said this applies to students whether they're walking down the hall or arriving to first hour.

"We all have to keep our eyes open all day long," Emmel said. "It's common for people to have the thought that they'd rather not address this because it's easier. Easier to run class than address three issues of inappropriate clothing."

When he points out a dress code violation to a student during a lunch hour in the cafeteria, he said, the number one reaction is "No one else has said anything to me about it." He said he tells students it doesn't matter since he's telling them.

Science teacher Matt Aguilar said he sees a dress code violation almost every day.

"Not every class," he said. "But every day."

Aguilar said sometimes a teacher doesn't have time to stop in the hall and deal with a problem with student dress. He said at the beginning of the year, once a week he has to send a student to the office to fix his or her manor of dress, even if it means going to the school store to get a generic Central shi

"But as the year goes on," he said, "the administration lax."

He said on a given day he might encounter student spaghetti-strap tops or shorts which are too short, but nott happens about it. For Emmel to make an announcement ab the dress code, which Aguilar said was intended not onl the students but also for the teachers, there needs to be a bi focus on the issue. He said if someone was going to go to trouble to make the announcement, he was going to follow

Aguilar said overall, he thinks the dress at Central is a bit too casual for school.

"Basically, people come in (to class) in their pajama their underwear, when you really look at it," he said.

When he attended Creighton Prep, Aguilar said uniform was a collared shirt and non-jean pants with a belt said students could wear any shoes they wanted, but there no hear below the collar.

"If you dress professionally, you're going to act m professionally," he said. "There's less distractions."

YMCA offers programs to encourage physical activity, mental productivity

BY CLAIRE LANGDON

At the end of the day many students go home, grab a snack, and plop down in front of the television. Of course, this lifestyle is accompanied by lack of activity.

Dr. Kevin Nohner, a family practitioner, said if a teenager does not exercise while in his or her youth there is a high risk that he or she will remain inactive for adulthood. He said physical inactivity in adulthood may lead to poor health and problems such as diabetes, obesity, heart disease, asthma and hypertension.

He said exercise improves the body's composition by burning fat. In order to maintain normal muscle strength and joint structure, physical activity is a must. Also, being active boosts a person's immune system.

He said physical activity benefits humans by increasing blood circulation, oxygen and glucose that filter through the brain and in return enhance energy productions and waste removal.

"Being physically active promotes psychological well-being and reduces the feelings of depression and anxiety," Nohner said.

There are several after-school organizations aiming to get students involved in both physical and educational improvement.

The YMCA is a well-known organization that works with many students on various issues by offering an assortment of different programs.

"The YMCA programs are one of the best kept secrets," said the downtown branch of YMCA's Teen Director Angela Reed. "Not many people know what all the programs entail."

Youth Net Hoops and Homework is one program that encourages and helps teens to be physically active. Reed said this particular program was first created for at-risk teens but is now open for all in order to endorse the importance of exercise.

The students who participate in YouthNet Hoops and Homework benefit directly, both mentally and physically, she said. Reed said she sees improvement in the students' attitudes, which helps them overcome life's obstacles.

"I believe that the teens love coming to the Y and are happy to be here because it takes their minds off of their struggles," Reed said.

In the program, students arrive at the Teen Center in the YMCA at around three and are first required to do homework. Adults are around and ready to assist the students at all times.

Reed said once the students have spent time doing something mentally productive, they may join in on structured play, basketball being the most popular activity.

She said the Teen Center is open to all students who are involved in YMCA's programs until 7. She also said, adults supervise the kids the whole time and are openly available for any of their needs.

She said the program is the most popular amongst teens at the YMCA. O involved in Hoops and Homework, students tend to keep coming back through their high school careers.

Sophomore Kenneth Cribbs participates in Hoops and Homework after sch every day of the week. It is just an easy walk after school, the downtown Y being ab four blocks south of Central.

Cribbs said he joined the program in eighth grade when one of his sch counselors recommended him to the YMCA. Since then, Cribbs said he has achie better grades and stays productive.

Sophomore Marcus Hall-Oliver said he started going to Hoops and Homew just last year. He said his friends encouraged him to start coming with them to program.

He said he keeps going every day of the week because it helps him tolerate interact with people. He said the program has taught him social skills.

Sophomore James Nance said the program has had a positive effect on h through the past two years.

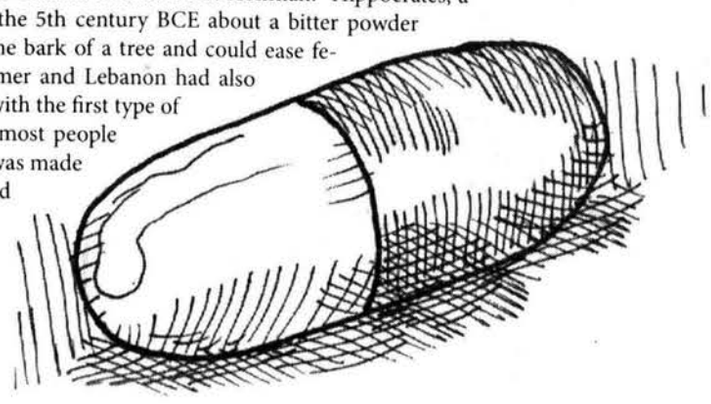
He said it gives him something to do and keeps him out of trouble, not to ment helping him with homework.

Leaps and Bounds

A timeline of medicine

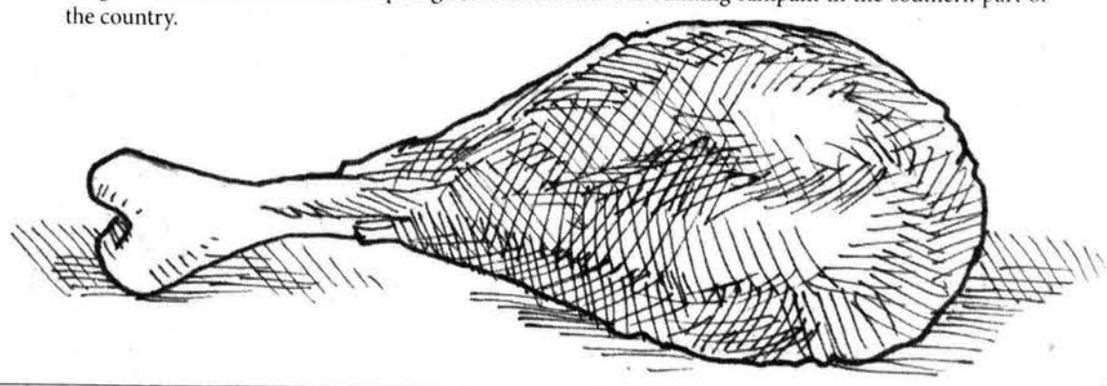
1897

Aspirin was first made by a Bayer chemist named Felix Hoffman. Hippocrates, a Greek physician, had written in the 5th century BCE about a bitter powder which could be extracted from the bark of a tree and could ease fevers and pains. Physicians in Sumer and Lebanon had also written about it. Bayer came out with the first type of aspirin which could be used by most people without any side effects. Aspirin was made from the bark of willow trees and meadow grasses.



1915

Poor diet is found to be a possible cause for disease. This was found out by Joseph Goldberger, who was assigned to discover the cause of pellagra, a disease that was running rampant in the southern part of the country.



THE POWER OF PRAYER

Students, no matter what their religion, find comfort in worship, the feeling that some supreme being is on their side.

Junior shows strong desire to become priest

BY KIM BUCKLEY

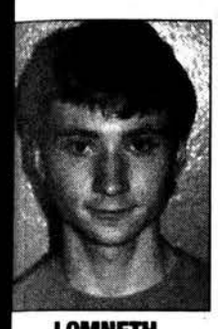
Junior Phil Lomneth is a person who knows what he wants to be.

Lomneth said wanting to become a Jesuit priest has personally helped his spiritual growth because he has traveled to places where people were more open with their faith.

He said in fifth grade he met a priest from Uganda who inspired him to become a priest.

"It just seemed to me there was a calling," Lomneth said.

He said he did some research, found out about the Jesuits and read a book written by one.



LOMNETH

Lomneth said after finding a little bit more information about the Jesuits, the book influenced him to become one.

Lomneth said Jesuits take different vows, like a poverty vow, a chastity vow and an obedience vow.

He said the poverty vow states a priest won't gain excess things or make money. He said they are allowed to budget, but they should live a simple lifestyle.

Lomneth said the chastity vow forbids priests from being married or having children. He said the obedience vow was obedience to superiors as well as the Pope.

He said he was mostly drawn to just going out, meeting people, finding problems and tackling those problems as a Jesuit.

Lomneth said he wants to go to the places where he is needed.

"We can't always see where we're needed," he said.

He said what attracted him to the Jesuits was going where he could do the most good, and not just where people think the most need is.

He said his parents where very supportive when he told them his decision.

"They took me seriously," Lomneth said.

He said they support him 100 percent, whether he wants to be a priest or any other decision.

Lomneth said his parents said they realize his decision and the weight of what it will mean.

He said they encourage him to get involved. Lomneth said they treat him as they always have and don't treat him as a good kid or a bad one because of his decisions.

Lomneth said it wasn't really hard to pick a calling not many teenagers choose. He said it would be harder for him to lie and say he didn't want to be a priest.

"I'm more determined to tell the truth than say I don't want to be a priest," he said.

Lomneth said people can mention and point out some of the scandals involving the Church, but at the same time it strengthens his conviction and he wants to show that not all priests are like that.

"I feel a lot stronger because of that," he said. "I feel comfortable with it (my decision)."

Lomneth said some people may say being a priest would be wasting his talent, but he is going where the greatest need is.

He said his mother informed him of a camp where he could go talk with priests. He said it was a retreat and the campers could talk with Jesuits in the process.

Lomneth said he has gone twice for three days. He said it was for high schoolers because high schools can be more serious and sure about their decision.

Lomneth said it strengthens him to see people wanting to become priests and to know it's not just him.

He said that was an important part of the camp.



PHOTO ILLUSTRATION BY MASON BUSBOOM-PIERCY

Central has many students who take active roles in their religions. Almost all of the religions in the world are connected through prayer.

Religion helps youths with life

BY KIM BUCKLEY

One of the biggest parts of any religion is prayer.

Junior Rachel Reno said her religion, Judaism, creates how she prays.

She said her religion is the cause of and effect on how she prays.

Reno said she really doesn't pray unless she is at a service at the synagogue she attends with her brother and mother.

She said the service is mostly in Hebrew, which she said she learned prayers in at a young age.

She also said she has learned how to read the language because she was taught in her elementary school.

Junior Alek Erickson said he doesn't believe prayer helps because he doesn't believe in God.

He said he never really started thinking about it seriously until a year ago. He said he now has a definite belief there is no God.

Erickson said he felt prayer is like hoping or asking for something and he doesn't see how just asking for something helps a person.

Senior Rachael Larington is a Mormon who prays every day.

"We (Mormons) are taught that we should pray as often as we need to," she said.

Freshman Lapavia Johnson said she really didn't follow a certain faith or religion, but said she believed anyone can pray.

"Prayer is for all types of people. It doesn't matter," she said.

Reno said when the Jewish people pray, they sing songs and blessings, either thanking God or asking for something.

"I think everyone prays the same," she said.

Reno said the service at Church was basically the same as Christian ones, but with more singing and the services take longer.

She said it takes longer because it is required that the entire Old Testament be read throughout the year, and there are certain portions they need to read during the service. She said how long the service lasts depends on how long the portion is for that week.

Senior Karima Al-Absy said prayer helps keep her faith in the front of her mind.

"It just calms me. It helps me keep things in perspective," she said.

Al-Absy is a Muslim, and keeping with the Islamic faith, prays five times a day. She said a Muslim could pray at different times in his or her own mind.

"We have a designated time to pray," she said.

Al-Absy said she has been praying five times a day since she was in sixth grade.

She said she prays in the morning, after school, a little while after that, after dinner and before she goes to bed.

Johnson said she prays every time she needs God. She said sometimes that could be in the middle of school.

"Praying has helped me a lot," she said.

Johnson said she believed prayer helped for people who believe in God, but for people who didn't, it probably wouldn't help them.

Larington said she thought prayer could make a person spiritually healthier.

"When you pray you get more in touch with your spiritual side," she said.

Larington said she prays every day to thank God for everything he sent to her that day and she hopes tomorrow goes just as well.

Al-Absy said praying helps clear her mind and makes her feel united.

"It's a lot like meditation," she said.

Al-Absy said when she prays it's like a spotlight is on her because she is focused completely on God.

Johnson said prayer has helped her become a better person.

"I don't have an attitude as much," she said.

Johnson said she really didn't pray a lot when she was younger because she was too busy looking for fun.

Larington said she feels more connected with God when she prays.

"When you pray it's like you have an extra friend to talk to who doesn't talk back or talk bad to you," she said.

Larington said she believes prayer helped her when she had surgery. She said she was scared, but prayed and then felt calm.

She said she felt by praying, she helped the doctors find out what was wrong and fix it.

Johnson said prayer helped her when her father died. She said it helped her understand people can heal.

"It (praying) helped me see that people will get better," Johnson said.

Larington said the only time she didn't pray was when she was sick.

She said she didn't feel it hurt her spiritually because she still went to church and attended church activities.

Reno said attending service makes her feel happier, alive and thankful. She said she felt it helped with her spiritual health.

She said it also makes her feel more in-tune with her religion.

However, Reno said she really didn't think prayer helped her physical health.

Study group lets teens share beliefs, faith

BY KIM BUCKLEY

Sponsor Jesse Busse said The Light is a group of students who get together and talk about and study the Bible.

He said the members of The Light find verses from the Bible about a topic, share them with the other members and then the group discusses them.

Busse said The Light was more of a discussion than an actual class.

He said believing in a religion has shown some health benefits.

"There are a lot of studies that show people who have religious faith tend to have healthier lives," Busse said.

He said there have been no significant negative reactions about The Light since it was formed.

Busse said none of the members were worried about separation between Church and State.

"The United States Supreme Court had said schools couldn't prohibit the access to the building of a group because of its religious beliefs," he said.

Busse said the school sponsor is not allowed to lead the lesson, give an endorsement or say whether something is right or wrong.

He said this was because the Supreme Court decided in the eyes of the students, he is an authority figure.

Busse said there have been concerns about clubs like The Light being unconstitutional.

He said a lot of people think clubs like The Light are banned in the Constitution, but they're really not.

"I think it's important to point out separation between Church and State is not in the Constitution," he said.

Busse said separation between Church and State started out so the government would not get involved in the Church's decisions.

Freshman CJ Dickson said she believes religious clubs like The Light should be allowed in school.

She said she thought it was OK because some people might be interested in getting together with people to talk about religion.

Junior Rachel Woolard said she joined The Light when an original member introduced her to it.

She said she was interested in joining The Light because she is Christian and The Light is sort of a support group.

"We encourage each other to keep doing the right thing," Woolard said.

Busse said he thought students benefited from being in The Light because they got to spend time with people who share their beliefs, make new friends and hang out with existing friends.

He also said just like any other club it was fun to be with people who like the same thing.

Woolard said she believes she is more spiritually healthy because of The Light.

"The encouragement in Christ is really valuable in a public school and I've been challenged by other members and Mr. Busse," she said.

Woolard said it's cool for her to hang out with other Christians in a public school. She said she's had her eyes open to other applications of what she believes in at school.

Busse said he thinks the students in The Light understand there is a responsibility and they take turns leading the classes.

He said the students can understand what the Bible says and when The Light talks about issues that are important to them they learn there are Biblical principals to things like dating and handling money people don't realize sometimes.

Busse said an example of that was the fact that there are more verses in the Bible about money than about heaven.

Woolard said she thinks The Light can benefit the school because the members of The Light try to promote it around school so other people can hear about it.

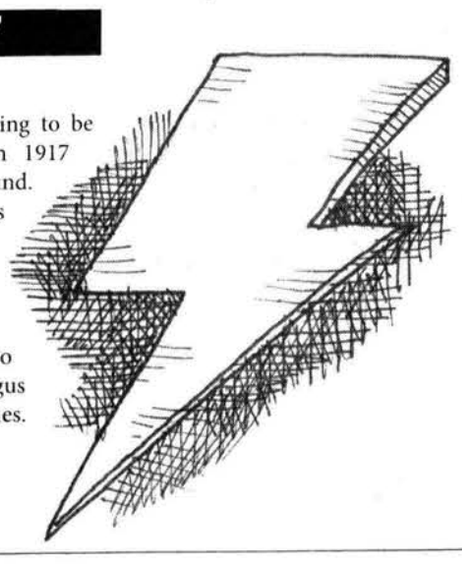
She said she thinks it's the connection between Christians in the school that strengthens the impact of The Light and to help honor God.

Leaps and Bounds

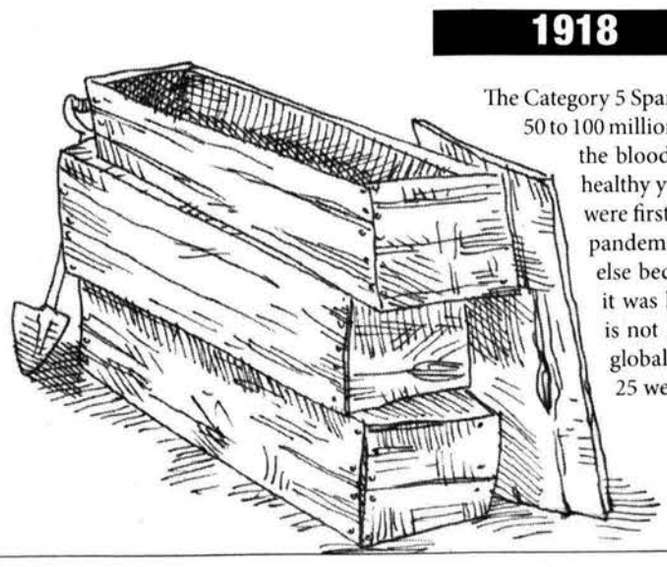
A timeline of medicine

1917

New practices of shock therapy were beginning to be experimented with during the 1920s. From 1917 until 1930, four common methods were found. However, the safety of shock therapy on patients was questioned in the 1930s. Physicians had noticed for thousands of years that a person's physical state changes after recovery from shock or head injuries. In the time of the Roman Empire, for instance, electric fish were used to provide shocks to ill patients. Scribonius Largus used it in 47 CE for treating persistent headaches.



1918



The Category 5 Spanish Flu pandemic lasted until 1920. It killed between 50 to 100 million people worldwide in a period of 18 months, dwarfing the bloodshed due to World War I. Many of its victims were healthy young adults. 17 million died in India alone. Its effects were first noticed on March 11, 1918 in Fort Riley, Kansas. The pandemic received greater attention in Spain than anywhere else because Spain was not involved in the war. This is why it was known as the Spanish Flu. The global mortality rate is not known, but it is estimated at 2.5 to 5 percent of the global population. The outbreak killed 25 million in its first 25 weeks. AIDS took 25 years to kill this many.

TURN



HOW TIME FLIES

For some, the year can't end fast enough. For others, every day is an opportunity. Is it possible to care too much about school? Or too little?

PHOTO ILLUSTRATION BY LUIS LOPEZ/REGISTER

Do you know someone who wishes he had a way to just stop time for a while? With a full docket of AP or honors homework, sometimes it seems like the days are slipping by. That next big project is coming at you faster than you think. That paper is already due. Before you know it, it's all you can do just to not fall behind. So in a time when education is supposed to be in a crisis, do some kids wait until it's too late and blame everyone but themselves?

'Easy classes' detract from freshman's motivation

**Name changed to protect identity*

BY FRANI JAMROZY

"I'll bet if I walked into a class that I haven't really attended for a few weeks, I could keep up with what they were doing," said Freshman John Doe*, confident as he was casual, slouched up against a wall in the basement during eighth period, when he should have been in class.

Doe started skipping class in his first semester of high school, leaving school to take part in a political walkout organized by a friend of his.

He was pleasantly surprised that the consequences of such an action were minimal.

"After the first time," he said, "I discovered the repercussions weren't severe. I thought I should do it more often. It really started in November, maybe. First it was just a little bit. I would skip to go eat lunch with my friends or something."

Doe said his developing truancy habit wasn't due to confusion in certain classes or a lack of caring for education, but boredom with the material and frustration with his instructors.

"I really respect teachers who do what they should be doing," he said. "However, I resent those who aren't. They are detracting from students' experience when they're in an occupation without passion and dedication. You can't do well at something you don't care about."

He went on to say unenthusiastic teachers who supplied him with little intellectual stimulation throughout junior high may very well be the root of his disinterest in attending class.

"It began in seventh grade," he said. "Seventh grade was horrible. Teachers had no idea in their incompetence to educate students. I was placed in honors classes and they in no way differed from regular classes, just more work. We didn't learn more, we just did more. Tedious, meaningless work, just more of it."

Doe's anguish at others' lack of intelligence compared to his own started becoming evident when he was in sixth grade.

His first social problems concerned students as opposed to the teachers he would later resent. He just couldn't identify with them.

"I would talk to other people and they wouldn't really comprehend what I was trying to say," he said. "Stuff about what we were learning in school and such.

He said just by showing the creativity which came naturally to him, he could gain praise from his teachers and rise above the people around him.

"Other people seemed less creative than me," he said. "I was put in more advanced classes and it felt like they wanted me to be superior to other people."

Doe also mentioned his peers noticed his intelligence and he didn't discourage it, doing the best job he could to showcase his vocabulary in every-day social situations.

"I realized I was better than most people," he said. "I take pride in my intellect."

He said he likes to know that he is definitely smarter than most people.

In seventh grade, due to his placement in honors classes, he with a select group of students was eligible to take an ACT-like aptitude test.

Seniors in high school took the test, and Doe, at the time only 12, scored in the 86th percentile.

"All my teachers saw me as a shooting star," he said, referring to the partiality displayed towards him.

However, though favored in middle school for his known creativity and intelligence, Doe began to lose interest in doing homework and concentrating in his classes in the middle of his seventh grade year.

It was then, he said, he lost the incentive to do well which he has yet to regain.

"Seventh grade just dragged me down," he said. "I hated schoolwork. It was far too easy and virtually worthless. I stopped doing anything because the teachers were so ridiculous. My creativity became crippled with time and I ended up with no motivation."

He said that due to his study habits, or lack thereof, it was hard to get back in the swing of things. As a matter of fact, he has yet to.

"I just can't always figure reasons to go to class. They're not really teaching me," he said. "I can learn the same thing the spend so much time teaching in the textbook, so why not just read that?"

Doe said he doesn't regret not doing well in classes.

He said he understands the value of education. He repeated the last part, as to prove he cared very much about attaining academic achievement, just not the way he was forced to endure it.

"I'm not a motivated person anymore, is all," he said. "That the root of my difficulty in life. I'm not driven at all."

He said he uses his brain capacity for other things, such as reading novels daily, writing and playing instruments.

However, he hopes next year he can target his energy enough to finally be successful in his academics and do well in his classes.

"I have to get in the right mind-set," he said, "but I don't know how to get in that state of mind. I'll make a decision and I'll just put it off."

He said doing well in school is always the first step toward a successful life.

He's the first to say his laziness factor may be a difficult barrier to cross.

"Of course I feel like I could be doing better, but it feels rather hopeless, like I've gotten too bad at school," he said. "I think I need to develop my talents. I know I'm not working towards my potential."

Students take needle in the arm to donate blood, help those in need

BY PATRICK BREEN

The needle plunged into junior Rachel Reno's arm. It drew a pint of her blood, and after a few minutes she was done.

"We're just trying to save as many people as we can," Rob Campbell said. "It's important to help those in need."

On March 30, the American Red Cross Foundation sponsored its second blood drive of the year, settling its blood drive bus outside Central in the Joslyn parking lot.

"Our goal is 39," Campbell said, "but since 70 signed up, I'd like to get 60 (people)."

Over 70 students signed up to donate blood to help the cause and the students had to pass a few requirements before donating blood.

The student had to be 17 with parent permission, be at least 110 pounds and have a good breakfast with plenty of liquids.

"Especially if it's your first time," Campbell said, "you need a really good breakfast."

For her first time having blood drawn, senior Victoria Merino prepared just as the instructions listed.

"It's something I've always looked forward to," she said. "I always wanted to help out."

Merino became light-headed after the doctor pulled out the needle, but said she quickly felt better.

"It was something I didn't expect," Merino said. "But I ate well, which helped me stay awake."

This is evident in the fact that if a student doesn't they may pass out. Junior Will Robbins knows the experience. Robbins participated in the blood drive last fall and said he passed out because he didn't have breakfast.

"Less than five percent pass out," Campbell said. "One or two people every drive, but that's it."

Despite passing out the last time, Robbins went back to donate blood again. He said it was important to donate blood and it saved lives.

Once again though, he passed out, and this time threw up. He said he didn't like the experience, but it was well worth it.

"It helps people," Robbins said.

Other students also passed out from the drawn blood. Senior Abby Fleek had donated blood before, but said she hadn't had a problem in the past.

"I don't know what happened," she said.

Fleek said she felt fine as she got up from the chair, but then started to lose her balance. Campbell quickly helped her to a seat, where she sat for awhile before regaining consciousness.

Then Fleek threw up. In a short time period, the Blood Drive had seen two people throw up and some pass out.

It was something new for the blood drive, because Campbell said they usually see people relax a little bit more.

Once back on her feet, Fleek said she did it because it was for a good cause. She said she plans to give blood again.

"It helps save a lot of lives," Fleek said.

Campbell agreed and said one pint of blood can end up saving three lives. All the blood donated goes to the hospital to give to patients.

He said the range of people who come in are very different.

"We have people who donate blood every year, and we have those who have never done it before," he said.

For the people who have never had blood drawn before, it can be a very nerve-wracking experience.

"A lot of the new ones are nervous," Campbell said. "What people don't understand, it makes them nervous. If you educate yourself about it, there is nothing to fear."

Campbell said the people who donate blood are directly benefiting other people.

"They are directly saving lives," he said.

For each student it took between four and 15 minutes to draw the pint (500 milliliters) of blood. The reason the blood was drawn slowly was to make sure the student didn't lose too much blood quickly and pass out.

Campbell said the bark was worse than the bite, so to speak. He said people hype up the pain and worry too much before going in.

He said it's the main determinant if someone who signed up isn't going to show. Campbell knows the feeling of giving blood, since he has given blood himself and taken it so many times.

Nervousness is something that comes with needles, he said. People hear all these stories about the problems, but never hear the good things.

"Almost every time," Campbell said, "it goes really smoothly, almost without a problem."



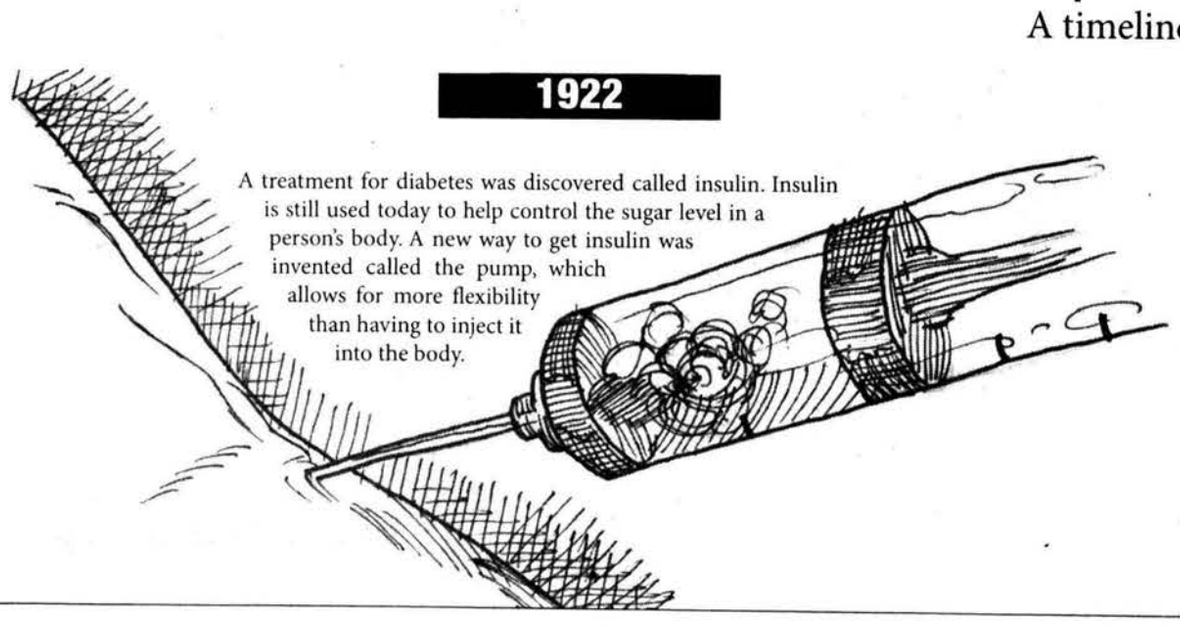
PHOTO BY PATRICK BREEN/REGISTER

Students have their blood pressures taken during the blood drive held on March 30.

Leaps and Bounds

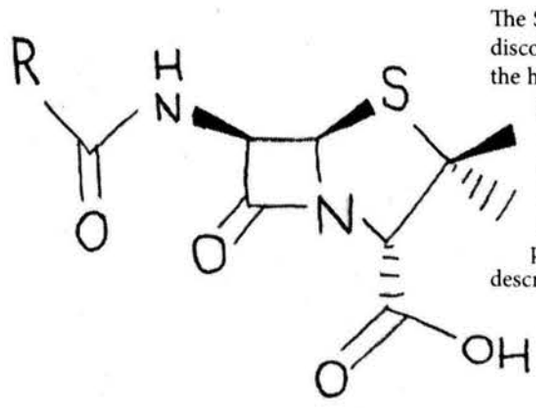
A timeline of medicine

1922



A treatment for diabetes was discovered called insulin. Insulin is still used today to help control the sugar level in a person's body. A new way to get insulin was invented called the pump, which allows for more flexibility than having to inject it into the body.

1928



The Scottish scientist Sir Alexander Fleming made his discovery of penicillin in 1928 though others had noticed the healing powers of penicillium. At his laboratory in London, Fleming noticed a halo of inhibition of bacterial growth around a contaminated blue-green mold on staphylococcus plate culture. Fleming theorized the mold was stopping the mold and grew a plate of it, discovering it was penicillium mold. He coined the term penicillin to describe the broth of the culture.



A THIN RED LINE

The depression which some teens succumb to can cause them to cut deep into themselves to evade the emotions

PHOTO ILLUSTRATION BY MASON BUSBOOM-PIERCY/REGISTER

Helpless feeling of sadness pushes sophomore to self-mutilation

CONTINUED FROM 'DEPRESSION' ON PAGE 1A

dn't know what to do. I was scared for my life. I was never happy. I was always really d for no reason."

Doe said she didn't know she had a problem until her steadily-declining attitude an all-time low in eighth grade. She tried to kill herself by overdosing on pills she nd in her parents' medicine cabinet.

When her plans didn't work and the pills only made her ill, she told her parents rything. She told them she was depressed and was also cutting herself as a way to ease her pain.

Doe said she couldn't explain the way she felt when she cut herself, only that she ew she was really sad. She said the cuts felt good to her. Only afterward did they rt to hurt.

"It's really hard for them (my parents). They're scared," she said. "They've been ally good about it."

Doe said it was hard to tell her parents or anyone else about her depression cause she was scared. She was scared for her life and scared about the reactions of r friends and family.

Eventually, she did end up telling them because she was nervous about what uld happen if she didn't. She was afraid of what she would do to herself if she didn't to get a handle on her sadness.

After hiding the sharp objects and all medication from her and talking with her, r parents decided to take Doe to a therapist and eventually put her on medication.

Doe started seeing a therapist in eighth grade and now continues to see her and ke medication.

"She would help me just get my mind together," she said.

She said she depends a lot on her medication and therapist to help get her through some of her "down" periods.

For example, when her dosage needs to be upped, Doe said she can feel herself falling back into a rut. One of the signs is that she tends to sleep a lot.

Her therapist helps her make sense of her feelings and her medication, Doe said. Overall, the therapist keeps her feeling in control of her depression.

Once Doe entered high school, she became better at handling her depression. She certainly had her bad days, she said, but there seemed to be happier days more often as well.

When she switched medication in the middle of her sophomore year from Lexapro to Zoloft, she said, she would have major breakdowns.

She would confront her parents crying hysterically, unable to speak. Fearful, they would try to take her to the hospital and when that didn't work, they just tried talking to her.

Doe said her parents have been very supportive through a confusing, scary and stressful situation. Always having been "the easy child," she said she can tell this is a nerve-wracking time for them because they didn't think they were going to have to go through something like this with her.

Other then her parents, Doe said her boyfriend at the time was very supportive as well and without him, she didn't know where she would be.

"He saved my life so many times," she said. "So I thank him."

Varsity soccer also helped her deal with some of her down periods in both ninth and 10th grades.

"It's something I'm good at," she said. "I can just go with the flow."

She said it was something she really enjoys because it relieves her stress and she was also very close with her teammates.

Therapist Iris Hagood said clinical depression is not a disease. She said it is an illness when the feelings of sadness interfere with the individual's ability to function properly throughout his or her daily life.

She said depression is common in teens who are trying to find themselves, their friends, their style and generally their character as they travel through their high school years.

It's important for teens to surround themselves with things they like to do and people who are like them. However, for some teens, that distinction is not found as easily.

The stress of the social and personal aspect of high school often leads students into clinical depression.

Some symptoms of depression Hagood said she often sees in her patients include constant feelings of sadness, despair and hopelessness, declined interest in activities and persistent boredom, meaning no motivation to do anything.

She often sees her patients with depression have a severe lack of energy and speak about how they sleep a lot and socially isolate themselves.

They usually have very low self-esteem and seem to think they are not good enough for anyone or anything so they distance themselves from risk-taking and socially as well.

Because of their low self-esteem, they are overly sensitive to criticism and failure.

Doe said when she is feeling depressed, the tiniest thing such as a joke, a racial slur or a sad discussion in class can ruin her day.

Hagood said she often sees increased irritability and anger in her patients. They tend to complain often of physical things such as headaches, stomach aches, back pains and nausea. And with teenagers, their school performance suffers dramatically.

Sleep depravation proves to have negative affects on teenagers

BY ANGELICA GENOVESI

Sleep is something everyone needs, especially growing enagers. It is said the average teenager should get around eight 10 hours of sleep every night, but most barely even get six.

"I try to get as much sleep as possible," sophomore Kristin ipfler said, "but it's hard to do with all the homework and tracurricular activities that I have."

Wipfler is just one out of the many students who suffer om sleep deprivation, a condition most don't think is truly rious, but can affect a person's future in more ways than one.

Homework and after-school activities are two of the main uses of sleep deprivation in teenagers and most teens take n more than they can handle without the willingness to give mething up.

On any normal day, Wipfler said, she gets home from hool, goes straight to play rehearsal and doesn't return home ntil around eight or nine, when she has to eat, finish her mework and do her chores all before she can go to bed.

"Without coffee I don't think I could stay up and concentrate as well as I do," Wipfler said.

Coffee and energy drinks are what most teenagers rely on for their pick-me-ups in the mornings or even late at night when trying to finish a project or paper that has been put off.

But caffeine is not as sufficient as a good eight hours of sleep and kids usually get addicted and it becomes an unnecessary must-have.

There are also more serious health problems that can develop from lack of sleep. The most common include diabetes, obesity and growth defects.

But most teenagers don't think about the health issues and are unaware of how serious sleep deprivation can become.

Trying to change your sleeping pattern is also very difficult after you are used to a certain schedule. Even those who wanted to get more hours in said it was difficult and almost impossible to change their habits.

"Even when I finish everything and try to go to sleep, I can't," Wipfler said. "It's not as easy as it sounds to just fall asleep. I'm not tired yet so I end up just laying there."

This is the same with many other teenagers and one of the obstacles people with sleep deprivation have to overcome in order to get more sleep.

"I find it hard to get to sleep at night but that's not all because of school," junior Caitlin Farrell said. "I think the main reason is that as a high school junior I'm going through many other things and they are constantly on my mind."

She also said she finds it hard to go to bed early unless she is truly tired because she has so many additional activities, the stress builds up and makes it hard to get a sufficient amount of sleep.

Stress can become a health issue on its own but is also a contributor to sleep deprivation.

Teenagers are more affected by stress from the problems that develop through school, friends, family and other personal things and this makes it difficult for them to get a good nights sleep or even concentrate.

"When I'm tired I can't think straight and I cant concentrate so I actually end up doing things a lot slower which stresses me out even more," Farrell said.

Farrell said when she does get a full night's sleep she feels more energized and aware.

Those students who don't get enough sleep are also jeopardizing their grades because they are not able to concentrate and pay attention to their full ability while in school the next day.

This also makes it harder for them to do well on tests, projects or nightly homework in general.

"I just took the ACT and I went to bed at 3 a.m. and I did terrible," Farrell said. "I kept falling asleep. It was awful and I was disappointed in my score."

But not all teenagers are affected by the overwhelming high school expectations. Some manage to get an excellent amount of sleep and still participate in extracurricular activities.

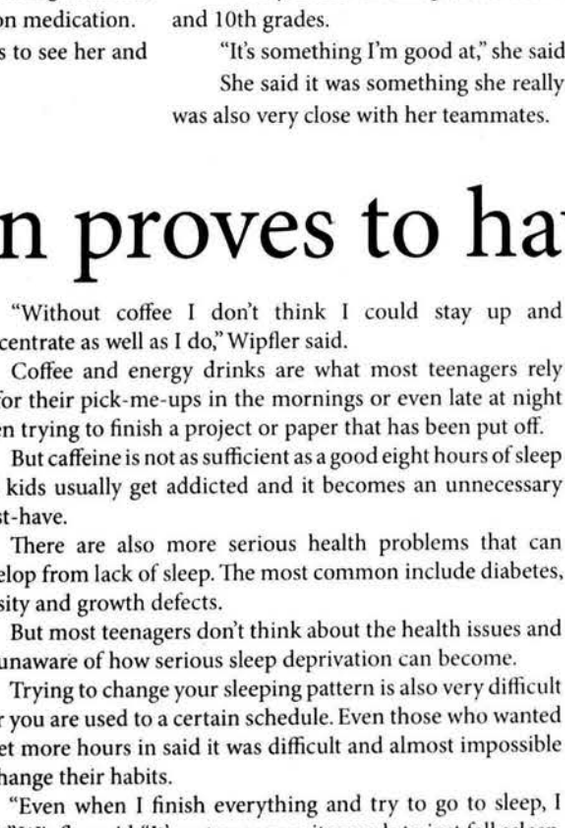
Sleep is a very important aspect of life and students said teenagers take it for granted. Not correcting the problem now could result in an insufficient sleep pattern later in life.

Leaps and Bounds

A timeline of medicine

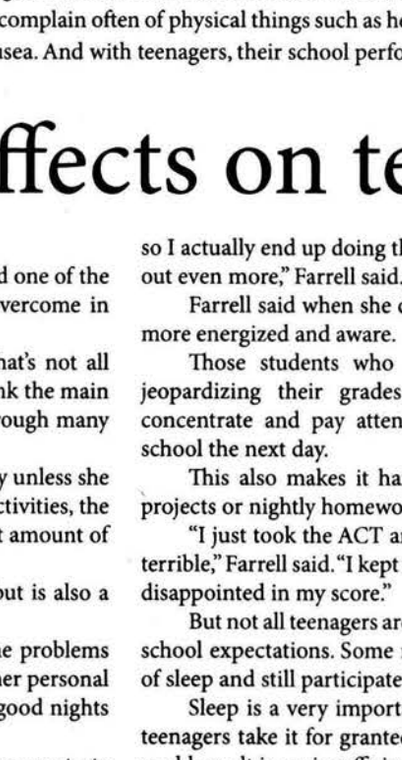
1932

Armand Quick comes up with a test to measure the ability of the blood to clot. During a career spanning more than 50 years, Quick made several contributions to the study of homeostasis, or the stopping of bleeding. Quick studied hereditary bleeding disorders. He was among the first to draw attention to the anti-coagulant properties of aspirin and at the end of his career postulated on vitamins beside C and K which are essential for homeostasis.



1938

The first surgery on vessels around the heart was performed by Robert Edward Gross at Boston's Children Hospital. Gross worked in pediatrics for more than 40 years. The development of cardiac surgery has reduced the mortality rate of these surgeries to low levels. Currently, there is a 4 to 6 percent mortality rate for these surgeries.



TURN

FORMATION COURTESY OF THE NATIONAL LIBRARY OF MEDICINE



PHOTO ILLUSTRATION BY KIM BUCKLEY/REGI

Sophomore Allisa Hearn said when she first found out she was pregnant, she was shocked. After an ultrasound she said she got excited, but she is worried about her son coming out all right or her having to miss school some reason.

Pregnancy forces teens to fill multiple roles in life

BY KIM BUCKLEY

Sophomore Allisa Hearn is expecting a son in a couple of months.

She said the thing she is most excited about is she is going to be a mom. She said her boyfriend is going to help her and she is planning on getting good grades and not doing anything "stupid."

Hearn said to make sure both she and the baby were healthy, she has been eating right and not doing anything she's not supposed to.

Sophomore Crystal Himel said she hasn't really changed since she had a baby boy earlier this school year.

Himel said she didn't really feel uncomfortable with people when she was pregnant when they asked her about it.

She said she only missed five days of school when she was pregnant, which she said was before winter break.

Himel said to keep herself and the baby healthy during her pregnancy she would work out, eat three meals a day and take her pills.

She said she thinks it's better to have children at a young age because a person has more friends to help support when they're younger. Adults don't have as many friends, she said.

Himel said her parents were supportive. She said she wasn't worried about telling her parents she was pregnant.

"They knew I would be a good mom," she said.

Himel said her friends did a lot of things to help support her when she was pregnant.

"All of them have been good to me," she said.

Hearn said she was afraid to tell her parents that she was pregnant.

"Both of them were in shock," she said.

Hearn said her boyfriend is going to help out because he has a job and he's going to school.

Her friends were surprised to find out she was pregnant, but they were very supportive.

Himel said the reaction of her peers was mostly shock as well. She said there really hasn't been any negative reaction to her pregnancy.

She said a lot of people at Central are pregnant or have had a baby.

Himel said it wasn't hard for her to juggle both school and being a parent. She said this was because her mother had her little sister and she took care of her.

She said she believed taking care of her own baby is the same as taking care of any baby.

"It made me grow up faster," Himel said.

Hearn said when she first found out she was upset for a while. She said she got excited about the baby after an ultrasound. She said she bought baby stuff and her friends were excited about it, which she said got her excited too.

She said she was still afraid something could be wrong with the baby or she would have to miss school for some reason.

"He could die or something," Hearn said.

Nurse Jennifer Conahan said she definitely hasn't seen a decrease in pregnancies in the last few years.

She said her staff helps teen mothers by making sure they have a support system of people who know about the pregnancy. She said she also needs a doctor's note verifying that the person is pregnant.

"In that way we know they're getting medical care," Conahan said.

She said she also makes sure during pregnancy the mother takes prenatal vitamins.

Conahan said she also talks with the mother during pregnancy about some lifestyle changes in lifestyle and the importance of nutrition. She said she also emphasizes the importance of not smoking, drinking or doing drugs.

She said a few more teen parents stay in school than drop out. She said so students don't get far behind in their school work, the school has a policy of letting the mother take two weeks off, unless there is a serious medical condition.

However, Conahan said, attendance is an important issue. She said Central has some of the best teen parent support programs.

She said there is the teen parenting class, which is made up of students who either have already given birth or are still expecting.

Conahan also said the school offers an independent study program. She said the program offers a little more flexibility for the parent. She said it wasn't recommended often because the program doesn't cover every credit needed.

High school students fall victim to rising problem of drunk drivin

BY MAX LARSON

Recently several students have been involved in drunk driving accidents where the driver of the other vehicle was intoxicated.

Junior Clifton Roebuck's car was struck by a drunk driver in January while he was driving with several other teens, including juniors Jason Storm and Dustin Wright. He said it was in Dundee at around 11 at night.

"I was trying to take people home," Roebuck said. "All of a sudden this guy runs through a stop sign and he T-bones us."

He said his car turned 90 degrees, rolled to its side, hit a light pole, and tipped back down. All of the windows were shattered except the front passenger's window, the left side of the bumper was smashed and the right side of the car was turned inwards after the impact.

"I thought my life was over," he said.

He said when he got out of the car, the other driver tried to blame him with running the stop sign and then walked to a nearby house. The police found him and discovered he was drunk.

The man was given a DUI and was taken to jail, Roebuck said. Roebuck said he has not pressed charges yet, but plans to.

One passenger in Roebuck's car smashed her face on a window and broke the window, one tore a muscle in his stomach and Roebuck suffered whiplash. He said his insurance covered his medical expenses, which included a chiropractor visit.

He said he was not getting compensated as much as he thought he should for his car, however.

He said he was definitely angry with the other driver at the time of the crash.

"I kind of started yelling at him," he said. "I was mad."

Junior Connor Mayfield said a drunk driver hit his car as well. He was driving a car full of teens and was on his way to Blockbuster.

He said it was around 11:35 p.m. when a man driving a construction company truck hit the back of his car and then continued through the intersection on Center Street.

"I looked into my rearview mirror and saw headlights," he said. "He must have been going 30 miles per hour."

He said he followed the driver for about 5 minutes, trying to write down his license plate number.

Someone else in Mayfield's car called the police, and they said not to follow the driver because if he were to shoot someone they would be the first ones. Mayfield said he had never considered the possibility of gunfire until then.

"That was the point when I started getting scared," Mayfield said.

Eventually the driver pulled over in the Field Club neighborhood, reached for something out of the back seat and got out of his car.

"I had my foot on the gas and I was ready to go in case he whipped something out," Mayfield said.

Fortunately the driver was unarmed.

He said the driver approached his car and tried to blame the crash on him. Then, the driver allegedly tried to convince him not to call the police, offering incentives like alcohol.

He said he rolled up his window until the cops arrived, and the driver just stood outside of Mayfield's car.

While no one in Mayfield's car was hurt, he said the damage came out to around $5,000. The driver was arrested and given a DUI, he said.

"He ended up blowing a .236. This was his third DUI," Mayfield said.

Police Officer Bobby Vondrasek has been working with arresting drunk drivers for 24 years and has been involved in groups like Project Nightlife. Vondrasek said someone with a .236 blood alcohol level would most likely have difficulty even walking.

Vondrasek, Mayfield and Roebuck all agreed drinking and driving is a very poor decision.

"It's an epidemic in our society," Vondrasek said. "Alcohol is six times more likely to injure or cause death to youth than all the other drugs combined."

If you're drinking, you shouldn't be driving, he said.

He said to avoid driving with someone who is drunk at all costs. Instead, call friends, parents, other relatives, the police or, in some cases, taxicab companies, who will take a drunk person home if he calls and says he has no money.

Vondrasek said in his years as an officer, he's probably arrested nearly 6,000 people, and has seen too many fatal accidents. He said at many of these accidents it's the drunk driver who comes out in the best condition.

Mayfield said he realized he was fortunate to leave with his life after the crash and he was substantially tense by the time the police showed up.

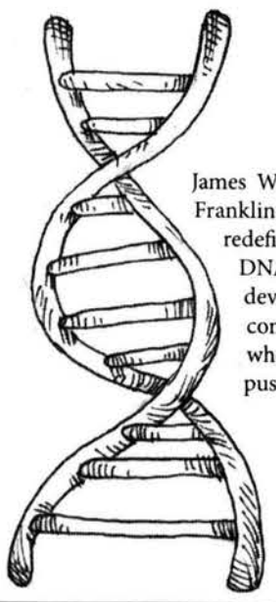
"I couldn't find my license and registration because I was shaking so much," he said. "My hands could not keep still. I kept dropping stuff."

Roebuck said he holds a slightly different view on drunk driving after the experience.

"I just think it's dumb," he said. "I didn't realize how bad it was until we got into it. I mean, I was against it at first, but now I'm really against it."

Leaps and Bounds

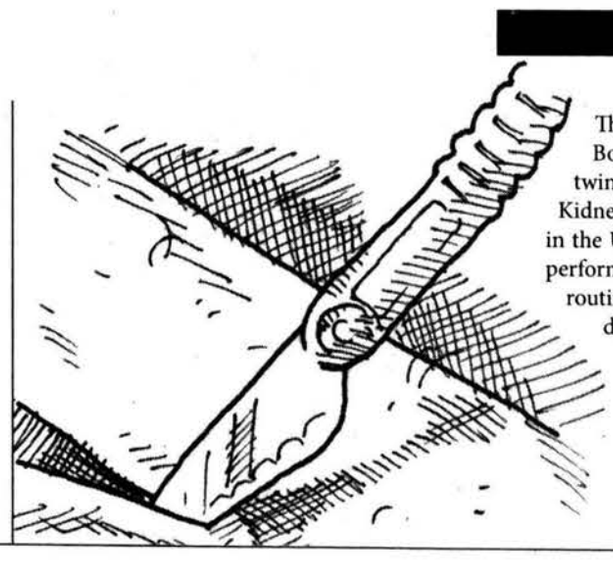
A timeline of medicine



1953

James Watson and Francis Crick, with the help of the work of Rosalind Franklin, managed to figure out the structure of deoxyribonucleic acid (DNA), redefining genetics. Watson and Crick won the Nobel Peace Prize in 1962. DNA is a nucleic acid which contains the genetic constructions for the development and functioning of living organisms. All living things contain DNA. DNA was first isolated in 1869 by Frederich Miescher, who discovered a microscopic substance which he called nuclein in the pus of discarded surgical bandages.

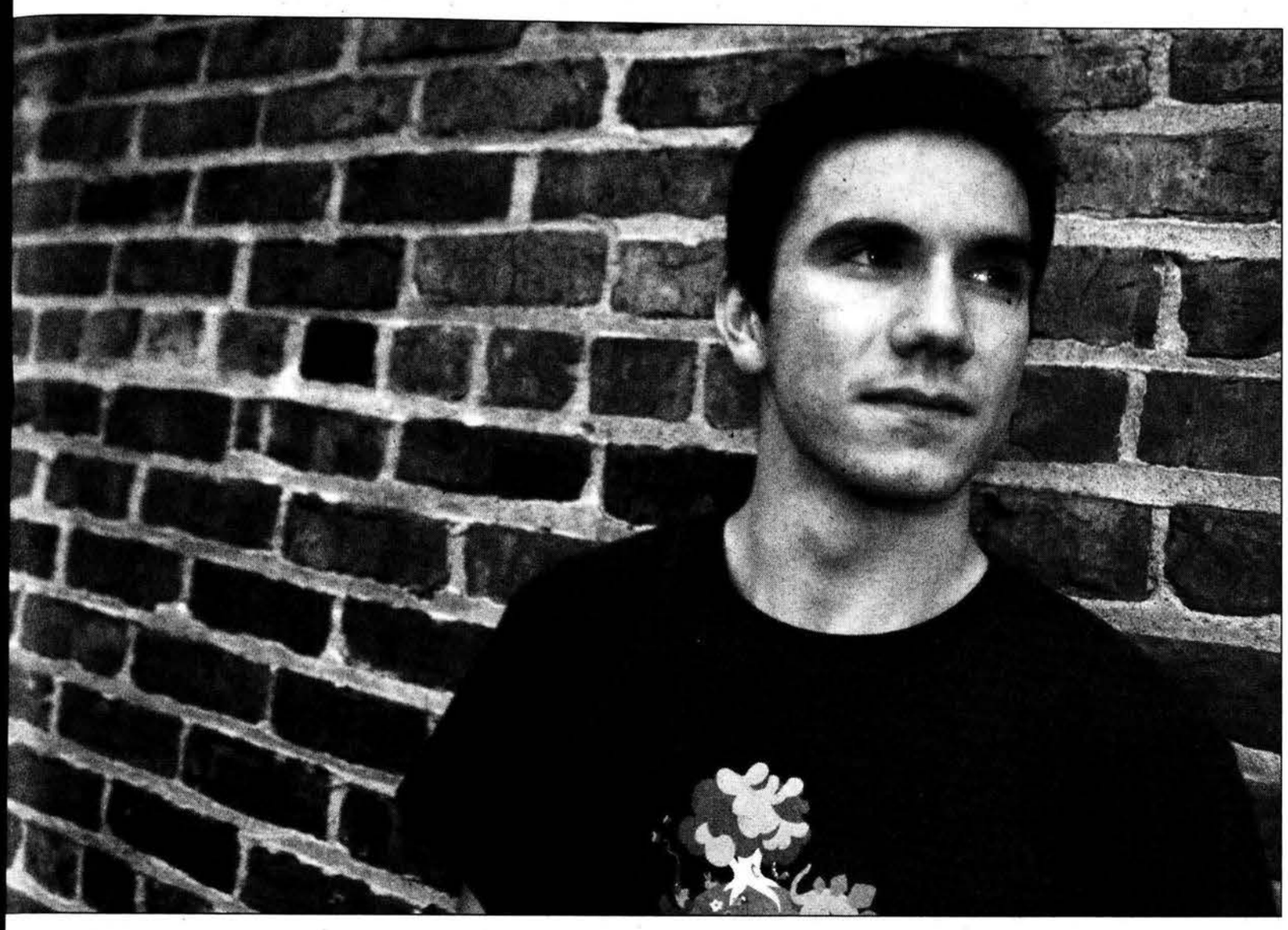
1954



The first successful kidney transplants took place in Boston and Paris. The transplant was done between twins to eliminate any chances of an immune reaction. Kidney transplants were slow to take on - the first transplant in the UK didn't occur until 1960, when Michael Woodruff performed one on identical twins in Edinburgh. Until the routine use of medicine to treat acute rejection in 1964, deceased donor transplants were not performed.

AN HOUR AT A TIME

After dropping out of school midway through his junior year and becoming a thief to feed his drug habit, former Central student Logan Dumaine has been clean for more than a year and says he's living his life based around routines and his faith



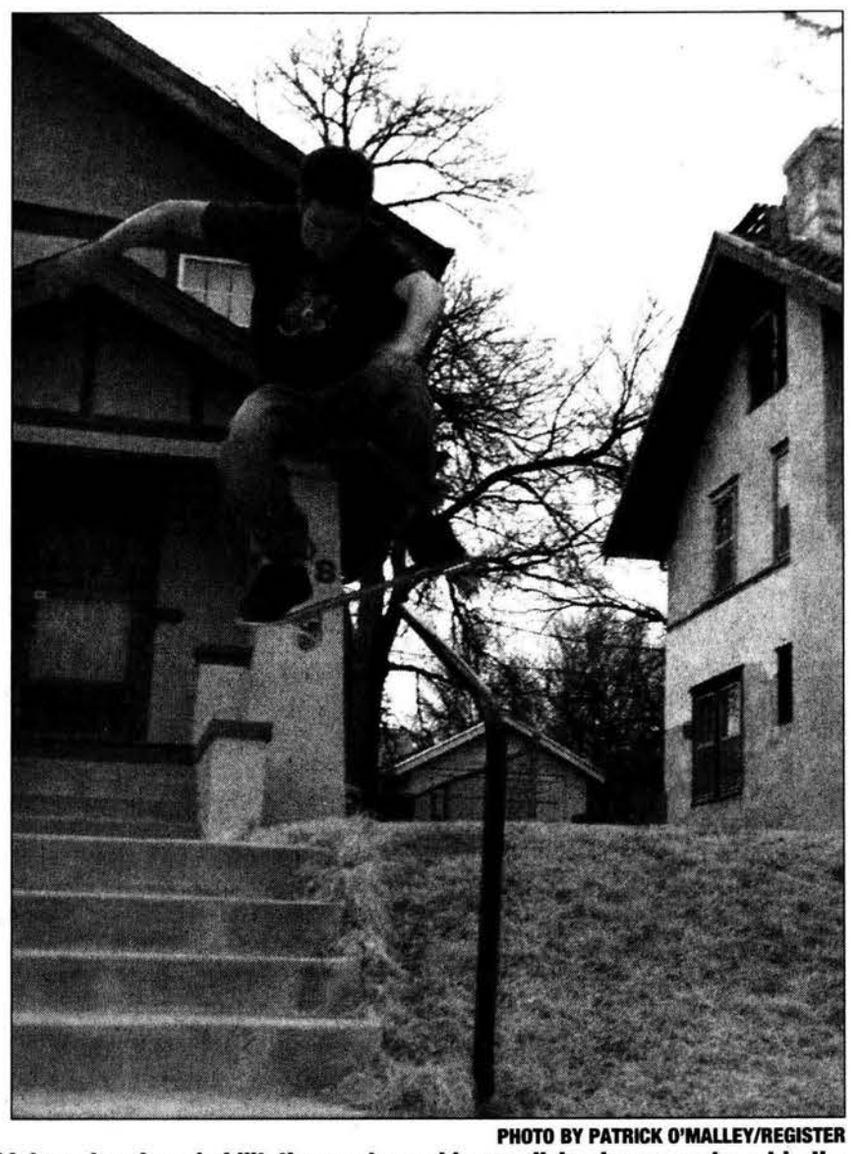


PHOTO BY PATRICK O'MALLEY/REGISTER

gan Dumaine waits outside a building in Dundee before skateboarding. After spending Christmas Eve of 2005 sleeping in a stairwell, Dumaine said, he entered a rehabilitation center and is now living in an apartment in the ea. Later, Dumaine skateboards in his neighborhood. He said while skateboarding is one of the hobbies he has brought back into his life of sobriety, he places more importance on his faith.

BY BOB AL-GREENE

"Someone once told me it's more important to focus on what I want to be than at I want to do," former Central student Logan Dumaine said. "Everything will fall o place."

Little more than a year ago, Dumaine might not have had that same optimistic itude. At that point in his life, he was caught in the grip of a drug habit.

Dumaine said he was first introduced to drugs by some friends during a vacation seventh grade. He said he began smoking marijuana then, and since it was something enjoyed, he continued and pursued finding ways to get drugs in Omaha.

By the time he was a freshman at Central, he said, he was smoking pot every . He said he was involved in parties and raves through which he was introduced even more drugs, such as acid, ecstasy, mushrooms and cocaine. By the end of his homore year, he'd discovered opiates.

"In a sick sense, I guess I found what I was looking for," Dumaine said of the ates, which delivered a better high. Dumaine developed a physical dependency on drugs.

He dropped out of high school halfway through his junior year, in early 2003.

"It was too hard to balance schoolwork and a drug habit," he said. "It was one or other."

Dumaine said the dependency was breaking him down and making him sick.

"You feel like you have the flu," he said. "You can't sleep, you're throwing up…"

He said there are several blank spots in his memory, but he knows there were gh patches drugs dragged him through before his mom put him in an outpatient abilitation program, which lasted around eight weeks. He cleaned up for a year and alf after that program, during which time he was able to get a GED. Then, he picked drugs again.

Dumaine said the mistake he made during this period was erasing his past and ing to start over again as a new, empty person. It made sense, then, that he was akened and returned to using.

"I forgot who I was," he said, "and what I was capable of."

When he began using opiates again after months of sobriety, he said, he started ng a needle to get his high. He said this was a new, low level for his habit.

For the last six months of 2005, beginning in August and ending in late January of next year, Dumaine said, he supported his habit through various forms of theft.

"My family wouldn't talk to me," he said. "I was a criminal. A thief in every sense of the word."

He also went through what he said were two stints in jail. The first brief visit, he said, lasted 36 hours. After he got out, he continued to get high.

He became homeless during the winter between 2005 and 2006 and began living outside. He said he spent Christmas Eve of that year sleeping in a stairwell.

He said he was suspected in several crimes and when he found out detectives were looking for him, he turned himself in.

The police were gracious, he said, and put him right into another rehab program, not a cell. He said he had wanted to enter this program himself anyway, but the program wouldn't accept fugitives, so turning himself in greatly helped his situation. This was 14 months ago, in late January 2006.

The new rehab program was a local inpatient program which lasted three months, and during that time Dumaine said he learned the basic tools of how to live life as a healthy individual.

He then lived in a three-quarter-way house from April until August.

"Then my life really started to get going," he said.

He said after getting out, he got an apartment in Dundee and became involved in his community. He is now a full-time student at the University of Nebraska-Omaha (UNO) and a cook at M's Pub. He said he attends local Alcoholics Anonymous (AA) meetings and maintains the relationships he establishes through the organization.

"Most of my life today has been built on a foundation of AA and Buddhist practice," he said.

Dumaine is a lifelong Buddhist. His family, he said, has been involved with the religion his entire life and his mother has practiced it for years now, but he never took advantage of it. Now, though, it has helped bring discipline to his life. He spent Spring Break in India.

"It's always been something in my life," he said. "I saw it as something that would be valuable."

He said his mom has been sober for the past 22 years, but his biological father was sentenced to 20 years in prison the day Dumaine was born – Dec. 2, 1985.

"You'd never know where she (my mom) comes from," he said. "But Dad continues to be a mess. I've seen him three times in my life."

He said his family stopped talking to him when he was at low points of his addiction, but the second he decided to go into rehab they were there for him. He said they understood what it's like to have an addiction and just had to protect themselves because they knew what he could do out of desperation.

"When you're a drug addict," he said, "you do whatever it takes to get high."

He said his actions have been especially hard on his mom.

"She has gone through hell," he said. "Her love has been unconditional."

Dumaine said the hardest part of the journey back was in early sobriety, when he said he had to come to terms with dumping everything and give his life to trying to get back on his feet.

"I had to completely shift my life towards sobriety," he said. "Friends, hobbies… Everything had to go."

Once the ball got going, he said, he began to bring things back into his life, including skateboarding. Everything had to change, but by keeping disciplined he is moving forward.

"Now, it's just not that complicated at all," he said. "It's definitely harder to be a drug addict. That's a 24-hour-a-day job."

Dumaine said he still has passing thoughts about getting high which come over him when things get difficult, but he said it's not an issue at all.

He said he stays healthy by paying attention to routines and maintaining consistency and practice of his faith.

"That stuff is way more powerful than any problem I have ever had," he said.

He said hobbies like skateboarding also play a role, and he said he can relieve stress by working out or through music, which he said has the same effect it would have on any person. He doesn't put too much importance on the boarding, though.

"It's always good to have just a positive thing," he said. "I can have fun, too."

In the future, Dumaine said, he's going to be continuing his work as an intern in the international studies office at UNO. He said he plans on traveling in Europe this summer, as well as continuing his growth through spiritual practice.

At this point in his sobriety, though, he said focusing on short-term goals is more important than long-range.

He said he tries to look at what needs to get done today or in the next hour, not in future years.

"I try not to get too far ahead of myself," he said.

He said anyone who feels like he is in the position Dumaine was in 14 months ago should remember there are always local homeless shelters which will guide people who need help to rehab programs. He also said Campus for Hope downtown is a good starting point.

"Help is out there," he said. "Help is there. There are so many people out there who want nothing more than to lend a hand."

unior gets involved by leading youth groups at local church

BY KIM BUCKLEY

Junior Mattie George is the leader of a youth group made up of seventh grade rls at Dundee Presbyterian Church.

George said she got involved in youth activities when she was in the fourth ade.

She said she's been in youth groups throughout elementary, middle school and gh school.

"I get so much out of it," George said.

She said she believes she gets as much out of it as the girls do. She said she loves ing with the girls and loves teaching them and learning from them.

"I feel it holds me accountable for my faith," George said.

She said she has to be a role model.

George said it was sometimes hard for her to be true to her faith because the ajority of people don't have a lot of faith.

"Their actions don't speak very loud," she said.

George said she felt it was good for her to be a youth group leader because it was good to stand out, and she felt her faith allows her to do that.

She said she believes she has become spiritually healthier and feels she has grown in her faith.

George said even though her faith has never been constant, she knows pursuing God's word will be worth it in the end.

She said even though it is harder for her to live out her faith through her actions, she knows it will be better for her and will get her far.

George said she tries to teach the seventh graders how to apply faith in middle school and the importance of having faith.

She said she teaches them things they need to deal with, like peer pressure as well as sin, heaven, hell and life.

George said in college she will continue using her faith.

She said she feels like she has built strong foundations and knows she is not doing anything alone.

George said because of her faith she doesn't worry about things, and if she leaves everything up to God, then what will happen will happen.

She said God encourages her and she knows if something happens, it happens for a reason.

Youth Minister Andrew Klausen said he believes George has responded well to being a youth group leader.

"She has shown she has a passion for working with the students," he said.

Klausen said George is working alongside with adults who have been youth group leaders for a while.

He said he believed being involved at the head of a youth group has helped her grow as a leader. He also said even though George was already a responsible person, he believes she has gained even more of a sense of responsibility.

Klausen said the church has put George into a position to step up and be a strong leader.

Klausen said it was almost like forced maturity. He said the church has seen the benefits of throwing high school students into a leadership position.

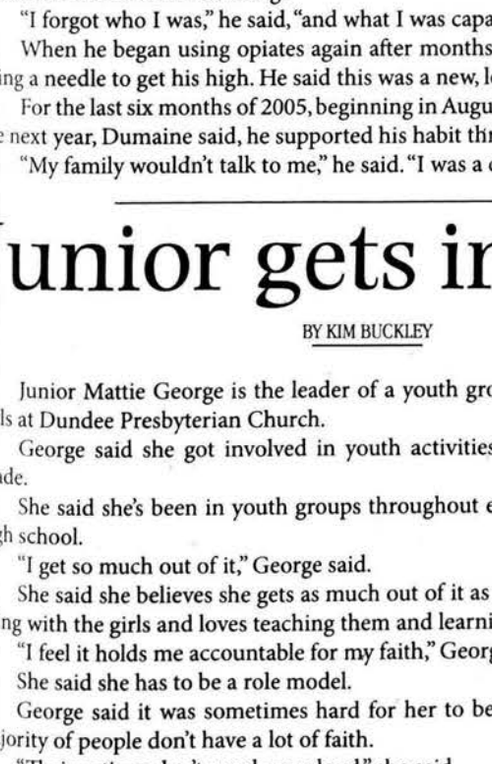
"It gives them a hands-on experience for leadership," Klausen said.

He said he thinks high school students can connect better with middle schoolers because of the age difference and the fact that middle school students look up to them.

Leaps and Bounds

A timeline of medicine

1983



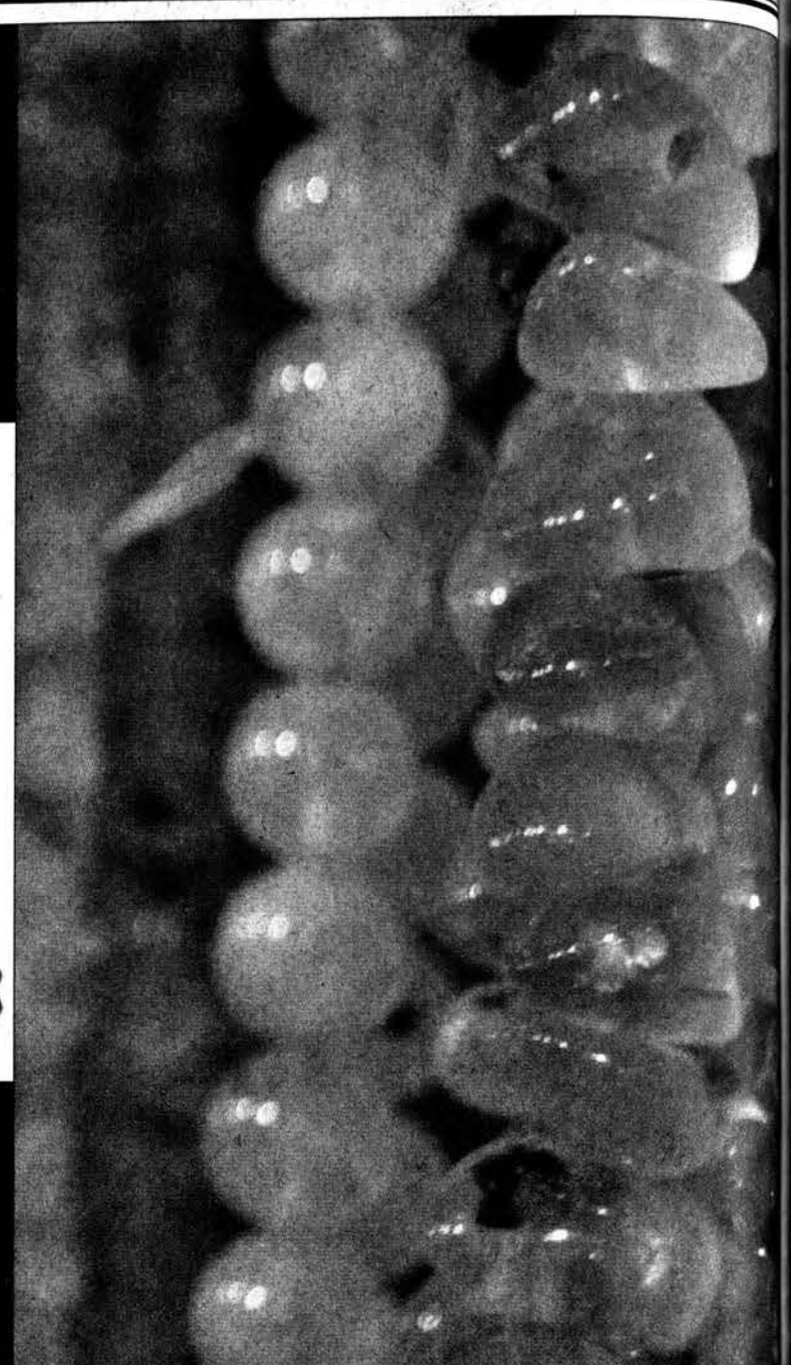
The first American case of Acquired Immune Deficiency Syndrome (AIDS) is reported. AIDS is the most severe manifestation of Human Immunodeficiency Virus (HIV). Most researchers believe HIV developed in sub-Saharan Africa in the 20th century. It is now a pandemic, with an estimated 38.6 million people now living with the disease worldwide. The red ribbon **(left)** is a symbol of solidarity for those living with AIDS. As of January 2006, the UN joint movement estimated AIDS has killed 25 million people since it was first identified in June of 1981. There is no known cure for AIDS, which is transferred through mucus membranes and bodily fluids and leaves the human immune system weak and open to infection.

1996



On July 5, Dolly the sheep, a ewe, was the first mammal to be successfully cloned from an adult somatic cell. She was cloned at the Rosalyn Institute in Scotland. She lived there until her death at age 6 in 2003. Research suggested Dolly may have suffered from premature aging, passed on from her donor, who was 6 years old at the time of sampling. Therefore, Dolly would have been genetically 6 years old at birth.





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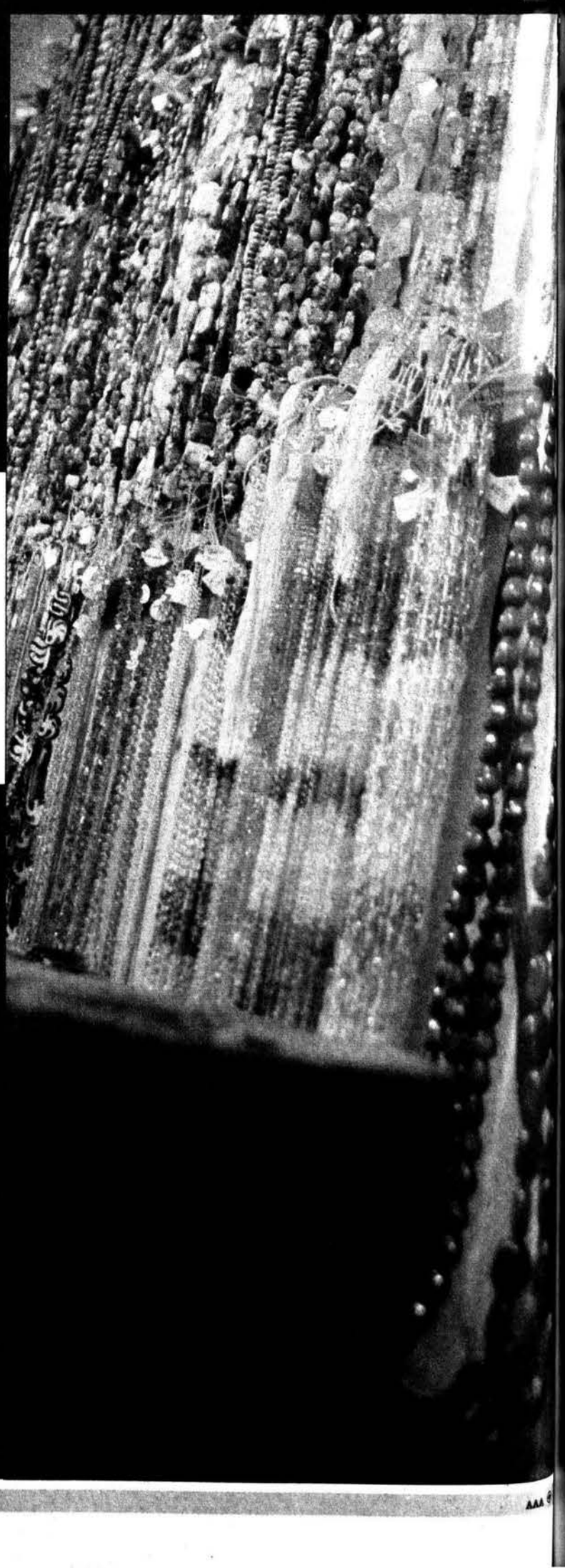
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