

Central High Register

No. 11

Omaha Nebraska, May 6, 1983 Vol. 98

Inside

Squeal law.....	p. 2
Spring Prom (pic. at right).....	p. 4
Spring musical.....	p. 5
AP classes.....	p. 6
Track and field.....	p. 8



photo by Jennifer Bakkerud

A Cappella choir students lounge on Wesleyan University's campus before Honor choir concert.

Wesleyan trip

A Cappella travels to Lincoln for concert

"It's going to be educational, but I know it will be fun, too. Everyone is looking forward to it, I know, and I'm anxious to do well." What could Barbara Condon, senior, be describing? The answer is simple when related to the Central A Cappella choir, of which Barb, a first alto, is a member. Spring is the time of year when A Cappella takes its show on the road, so to speak, by attending various competitions and guest concerts.

Wesleyan University's top choral group shared its spotlight with A Cappella in the first of these engagements on Sunday, April 24 at the Wesleyan Spring concert in O'Donnell Auditorium. Mr. Robert McMeen, Central vocal director and A Cappella conductor, said that the invitation to sing was "quite an honor for us. The choir was chosen by the music director at Wesleyan, Mr. Bill Wyman, who goes all around the state listening to different choral groups on the high school level." This was the first time that Central had been asked to participate in the concert as the honor choir, and Mr. McMeen compiled a 25-30 minute segment of choral works for A Cappella, and then the choirs joined for a combined work as a concert finale.

The concert at Wesleyan was important for the A Cappella choir for more than the honor of being selected to sing. Mr. McMeen planned for the Wesleyan concert with the regional competition of May 14-15, in Kansas City, well in mind. "The sophisticated level of the work at Wesleyan hopefully prepared our singers for Kansas City," stated Mr. McMeen.

The regionals involve choirs from Nebraska, Kansas, Missouri, and Iowa along with a few choirs from even further away, and requires a higher degree of competition than any other activity the Central A Cappella engages in. "It's a competition of pretty high stature," said Mr. McMeen. "It's only for large choral groups and the top choirs of each state represented, so of course it's a very important occasion for us." Choirs are only invited to participate in regionals if they have scored a superior rating previously at district competitions.

Central has been attending the regional competition for the last four years. Jill Brower, a senior and a member of A Cappella, said that she feels "it's a good experience. I think it will bring everyone together and let us get to know each other more. It's never too late to get closer, and it will help us to perform better at the competition. I think we'll learn a lot." Among the fine points of performance to be learned are tone quality, pronunciation, and other seemingly nit-picking details that will be spotted in a critique of the choir by the regional judges. These judges are college-level choral directors chosen for the competition who rate each choir's performance from top, "Superior", to "Poor" at the bottom of the ratings.

Sophomore tenor James Quigley is very hopeful for the A Cappella outcome in Kansas City. "I think we will rate a Superior. We ought to."

Dieters may sacrifice nutrition

Convenience food often high in sugars and carbohydrates

Jo Gibson
Associate Editor

Americans, in search of the perfect figure, have become a generation of meal-skippers and calorie-counters. Many dieters, though, keep their eyes too firmly planted on the scale to see their nutritional balances. A body's health can depend on an understanding of that area.

One important element of nutrition is protein, which forms nearly half of an adult's dry mass. Bones, muscles, hair, nails and cell membrane need regular supplies of protein. The substance also aids in growth, tissue repair, and the building of hormones and antibodies. Time-Life's food and nutrition stated.

Meat, fish, cheese, milk, and eggs all contain high quality protein in fairly large amounts and therefore supply the eight essential amino acids. Individual vegetables do not generally provide all of the necessary eight, but mixing complementing vegetables within four hours supplies all the needed amino acids, according to "Food, Nutrition, and You," by Fergus M. Clydesdale.

"Quite frankly, Americans really eat too much protein — about two or three times too much. We seem to think protein calories are better than others," Dr. Benjamin Oster said. Actually, after filling tissue needs, excess protein merely provides calories for energy, he said.

One section of American's public may have trouble fulfilling protein requirements. These are the vegetarians. Senior Sheila Monen gave up meat her sophomore year. Although she does not take vitamins to provide the protein meat would normally supply, Sheila has considered nutrition.

"I try to lean toward foods that are high in protein," the senior said. Sheila favors eggs at breakfast and peanut butter at lunch, as well as cheese and "nuts of all kinds."

The most-maligned of the nutrient groups, carbohydrates and fat, still play important roles in nutrition. Carbohydrate sugars and starches produce the sugar glucose, an essential nutrient, within the body, while fats provide calorie-yielding triglycerides and linoleic acid, another essential nutrient, "Food and Nutrition" said.

In America, a little less than 50 percent of all foods eaten are carbohydrates. Fruits, vegetables, and grains contain reasonably large quantities of the nutrient set, which should form about half of a person's diet, "Food, Nutrition and You" stated.

In recent years, convenience foods and fortified foods have contained increasingly large amounts of sugar, one carbohydrate. Because naturalists and dieters view these sugary products with scrutiny, many carbohydrates have gained reputations for being fattening, according to Mary Ellen Pinkham, author of the "Help Yourself Diet Plan."

In her book, Mrs. Pinkham defended the potato, a 75 calorie food which suffers because of its fattening toppings, and the banana, which, at an 85 calorie average, actually compares favorably with an 87 calorie medium apple.

The last major nutrient group is that of fats. Per gram, these compounds contain more than twice the calories of either proteins or carbohydrates, Mr. Clydesdale's book stated.

Certain fatty acids, including those present in corn, cottonseed, soy, and peanut oils, are necessary for good health. However, "by and large, Americans eat far too much fat. We have to have butter and margarine and marbled steaks (meats with added fat layers)," Dr. Oster said.

Other essential nutrients are minerals and vitamins. Tiny amounts, ranging from one thirtieth to one thirty-thousandth of an ounce daily, fulfill the body's needs for calcium, chlorine, and other such minerals, Life's publication "Growth" showed.

Even smaller, yet just as important, are the necessary daily requirements of vitamins. One one-thousandth of an ounce of vitamin A daily helps activate the eyes' light-sensitive cells, and 141 billionths of an ounce of vitamin B-12 aids red blood cells formation, the book stated.

"Most dieters forget what their bodies need from them," Dr. Oster said. "Too many forsake nutrition for a quick, temporary solution."

Dr. Oster, instead, recommended that a dedicated dieter sees a physician who could prescribe a reduction program suitable for the body needs of the individual. A practical program would combine reduced calorie intakes with increased exercise, of course, the doctor said.

"Setting goals is also important," Dr. Oster said. "Decide how much you want to lose and by when. Put aside times when you can and can't eat and then follow your rules." Close friends and relatives can offer support to the discouraged dieter.

Keenan takes pleasure in raising 'Checkered Giant' rabbits

After a hard day's work of teaching English at Central, Mr. John Keenan rushes home to greet his two dozen dependents. That's right, two dozen Giant Checkered rabbits.

Mr. Keenan has been raising rabbits since 1968. A student who knew of his interest in animals gave him his first rabbit. His interest grew from there and he joined the Nebraska Rabbit Breeder's Association.

After studying many breeds of rabbits, Mr. Keenan settled on a special large breed of rabbit called the "Checkered Giant." The Checkered Giant has very specific markings. According to Mr. Keenan, it is all white with a black headcap, a black spot under each eye, a long black stripe down the spine, and identical spots on the hips and loins on either side of the line.

Mr. Keenan finds raising rabbits to be an enjoyable hobby. He can frequently be found showing his rabbits in various shows on Sunday mornings. He goes to such cities as Sedalia, Missouri; Sioux Falls, South Dakota, and Des Moines, Iowa to name a few. He generally tries not to travel farther than a 250-300 mile circumference from Omaha.

Throughout his experience in rabbit showing Mr. Keenan cites that he has won "quite a few" ribbons and trophies.

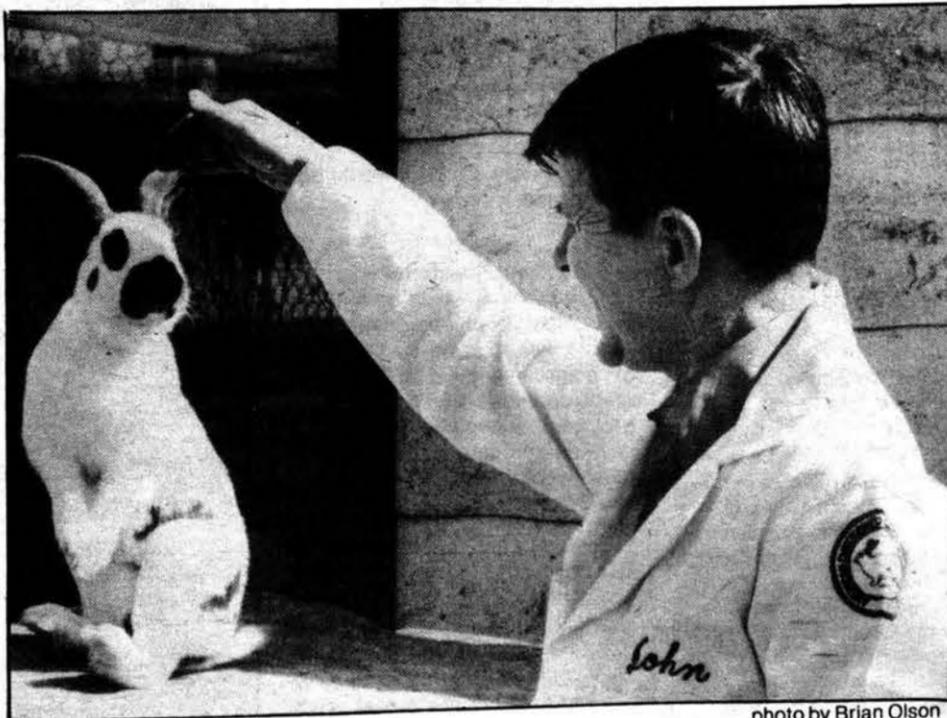


photo by Brian Olson

Mr. Keenan puts one of his top winners through the paces. The English teacher has two dozen such furry friends.

General judging criteria for a "running" rabbit; as the Checkered Giant is, includes confirmation of body, limb movement, and markings. "The judge will even pay attention to the color of the toenails," Mr. Keenan said.

All types of people participate in the rabbit shows according to Mr. Keenan who has met bankers, psychiatrists, farmers, and fellow teachers.

"Rabbits are very interesting animals but there are many myths about them," Mr. Keenan said. "Rabbits don't breed as fast as people think." Out of a whole litter one is lucky to gain one or two show animals. Most of the animals are "meat" rabbits that are not worth keeping to show.

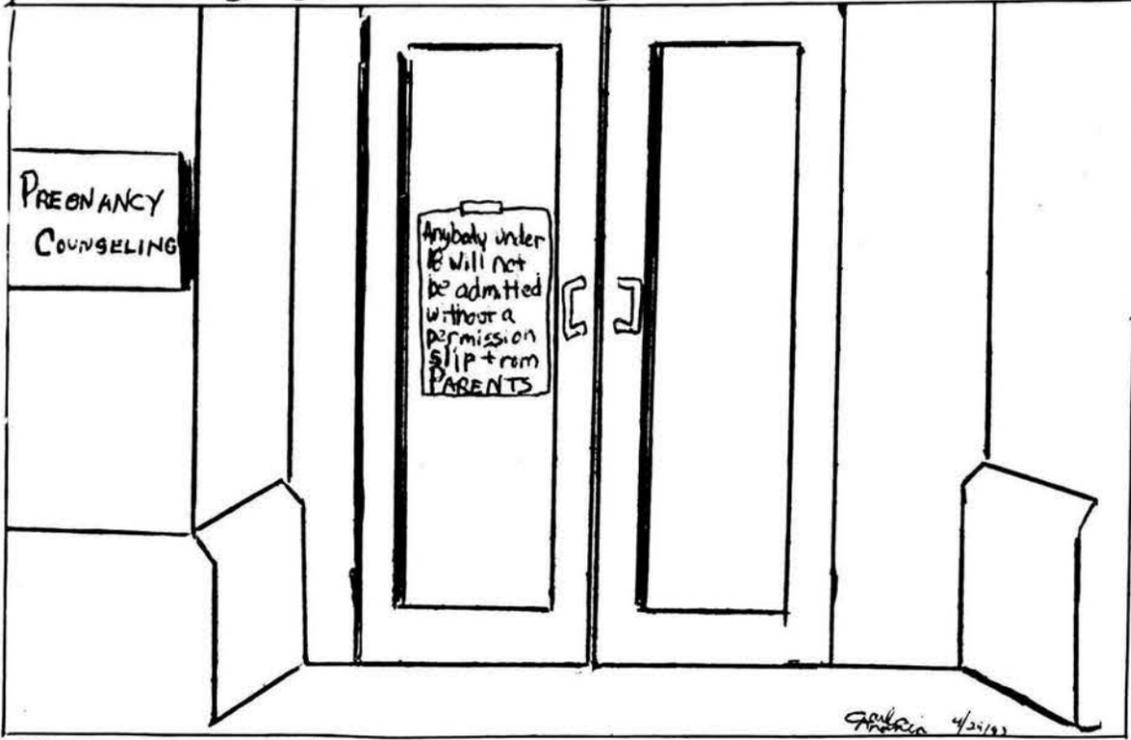
At the moment Mr. Keenan boasts two dozen rabbits that he keeps in his double back yard. The Checkered Giant is the second largest breed in the United States and requires a 4 foot by 3 foot pen for "running room."

Mr. Keenan now belongs to the Nebraska Checkered Giant Rabbit Association. It is a small group of people who share an interest for this special breed.

One of Mr. Keenan's special rabbits has been donated to the Central High Scholarship Action Auction.

Opinions

Family planning efforts inhibited by 'Squeal Law'



On growing up with Brother 'X'

Life with mushrooms, sweepstakes, and B-1 fighters

When the stork brought my brother some twenty odd years ago, I think he dropped him on his head.

Although my better judgement tells me to leave the subject at that, I guess I'd better explain. (I'm sure his lawyer will be contacting me soon after this is printed...)



As I See It
Erin Belieu

Brother "X", as we will call him, (see, Dennis, I didn't use your name!) is one of those people who eats right, watches his cholesterol intake, does his income taxes the day he gets his forms, is an avid comparative shopper (once it took him an hour and 45 minutes to pick out a small can of mushrooms), keeps his thermostat at 64° farinheit in below zero weather and eats cereal without sugar. He mails back all sweepstakes entries and exercises regularly, reads the newspaper and is highly intelligent.

Scientific Research

Growing up with Brother X has been quite a different experience. I remember this giant Leggo set he had, one of the deluxe kind. Little Erin, younger by 2 years, 11 months and 2 weeks (although he likes to say 3 years), would sit and struggle impatiently (for at least a good five minutes) trying to build a simple little

house that always turned out looking like it had been condemned, whilst Brother "X" made nuclear aircraft carriers, B-1 fighters and hover crafts. I'd hate to tell you what happened after he got his Erector Set.

Brother "X" also liked to do scientific research with his little sister, like for instance, how many dirt clods you could stick up a four year olds nose, how high she could climb a tree before she fell out (and how many stitches she received thereafter), and the psychological effects on that same child if you got all the neighborhood kids to pretend that she was invisible for a week.

Graduation and Disappearance

But he outgrew that (and I lived through it) and it seemed like time whizzed past for us both for awhile. The traumas of junior high (complete with glasses and braces) left me little time for worry over anyone but my quickly deteriorating self. My brother was busy being captain of the everything squad and hitting the books enough to scrape up a perfect grade point average, until one day... my brother graduated.

And soon after that, he was gone. Well, I guess he just went to college like a lot of brothers do, but for the next two years I saw him maybe 3 or 4 times.

It's funny how I suddenly started remembering things I thought I'd forgotten long before... tree forts and mulberries up on the path, riding our bikes together every morning to swim team practice in the summer... a little later, learning how to drive a car... and staying up late and watching Star Trek together...

My brother's home right now and, now that I think about it, I guess the stork didn't do such a bad job after all.

Premarital sexual activeness may be frowned upon by society but the decision for a minor to become sexually active is a right that a minor has as a United States citizen. In 1970, Congress added Title X to the Public Health Service Act which established a system of federally funded public and nonprofit private family planning projects, which would make family planning services available to all people.

However, recently, Richard S. Schweiker, Secretary of the U.S. Department of Health and Human Services, has attempted to infringe upon the rights of minors by suggesting that a regulation be followed which would force these family planning projects to inform parents of their children's use of the project's services.

Under the new regulation, which is sometimes referred to as the "Squeal Law" family planning projects such as Planned Parenthood, must notify parents or guardians of their children's use of prescription drugs or devices from the project, within ten working days. Fortunately, the regulation is not currently in effect because of several law suits against the Department of Health.

In one such suit, (State of New York vs. Richard Schweiker, Secretary of the U.S. Department of Health) it was decided that if the regulation were enforced, irreparable harm would be done to the plaintiffs. The State of New York proved that if parents are to be notified, teens will simply quit using the services of a family planning project and yet they will not abstain from sexual activity. Without the aid of such family planning services, an increase in unwanted pregnancies would be inevitable, and venereal disease would not be prevented, detected, or treated.

Although teens are encouraged to discuss their decisions to use contraceptives with their parents, any regulation mandating such discussions would ultimately only discourage teens from using contraceptives not from sexual activity.

Air conditioning unnecessary

With the extensive construction efforts in progress in and around Central, it would appear a logical time to add air conditioning. In the early fall, when students come back to school, and in early summer before students are out for vacation, the school can become uncomfortably warm. But these periods of time are so short that it is doubtful that the huge cost of installation would be worthwhile.

Mr. Al LaGreca, Central High administrator, said that because of the construction work being done, air conditioning would be more technically possible, but not financially feasible. Because of the dome over the courtyard, no air would be lost there, and new air-handling units have been stalled on the third floor, making it easier to circulate air. At one point some of the people involved with the work at Central thought it might be possible to use the same pipes which are used to heat Central to cool the building. However, Mr. Elza Tabor, chief engineer at Central, said that to make this possible, chilled water lines and condensers would have to be installed, with more added costs. As they are, the pipes are not set up for air conditioning.

As it is now, the periods of time when air conditioning would be necessary are too minimal to demand the installation. LaGreca pointed out that areas in Central which are used year-round, such as administrative offices, are now air conditioned. He said that perhaps if an extensive summer school program were initiated at Central, the need for school wide air conditioning would be greater.

Huge sums of money are continually being spent on improvement efforts at Central, and other schools need money appropriated for equally important causes. LaGreca said that with the consolidation of grade schools and possible building of new facilities, money will be greatly needed in other areas.

The amounts of money which have been spent thus far on construction at Central and on the surrounding grounds are astronomical. With the promise of a "near-perfect" Central, air conditioning is an extra which can be sacrificed for the time being while other schools' needs are met.

Editorials are the majority opinion of the Register staff.

Register

- Editor-in-chief: Stephen Diemont
- Executive editor: Sheila Monen
- Editorial editor: Katy Smith
- Associate editors: Jo Gibson, Lori Rogers, Jeff Zabin
- Business manager: Liz Faier
- Assistant business managers: Carla Anania, John Bradley, Ellen Osby
- Sports editor: Eric Olson
- Assistant sports editors: Tom Backer, Mark Jamison, Cherie Thompson
- Sports writer: Ellen Osby
- Feature writers: Delilah Gill, Charles Scarlett, Kristin Trandahl
- Reporters: Erin Belieu
- Photographers: Brian Olson, Mark W. Fritz, Daniel J. Kuhns
- Artist: Carla Anania
- Junior assistants: Tracy Bernstein, Nani Soares, Erika Herzog, Steve Brodkey, Raschelle Serghini, Andy MacCashland
- Adviser: T.M. Gaherty
- Principal: Dr. G.E. Moller

THE CENTRAL HIGH REGISTER seeks to inform accurately and fairly its readers as to items of interest and importance. Students publish the Register semi-monthly (except for vacation and exam periods) at Central High School, 124 North 20th St., Omaha, Ne. 68102.

Mail subscriptions are \$3.00 per year. The Register pays second class postage at Omaha, Nebraska. USPS 097-520.

Students ponder possible arms halt agreement

Because of the recent revival of the nuclear disarmament issue in the United States Congress, a nuclear freeze is a key topic. Recently, Central students expressed their opinions about a possible freeze and what problems it might cause.



Roxanne Gryder, junior

I don't believe in everybody building up their arms to see who can win. I think we should try getting along instead of killing each other.

Angelo Randazzo, junior

I am against a freeze because I don't feel the U.S. is at a point where they could possibly hold their own in a nuclear war. I think we should build until we are at equality and then begin negotiations with other countries, namely the U.S.S.R.

Brian Carlson, senior

I don't think we should ever use nuclear weapons if at all possible. There is no use in taking over a country which will be a wasteland because of our method of invasion. We should develop technology to prevent Russian weapons from getting over here. Problem is that in Russia, men believe that the state is more important than the individual so they don't have to follow treaties. We have got to make sure that we keep up in technology and readiness. We also need patriotism.

photos by Brian Olson

Brooke Rose, sophomore

I think it's a good idea. If all the countries agree to it and follow it, it will work. But, if they don't it could be dangerous for those who do follow it.

Ray Johnson, sophomore

Personally, I think it would be a good idea.

Wendy Franklin, senior

"The problem would be making sure other countries, especially Russia, would abide by the rules of an agreement. I'm really scared other countries won't keep their promises. It would be good to have an agreement so that countries would stop wasting their money, if the countries would do it."

Krissy Smith, sophomore

I think there should be a nuclear freeze or else we'll blow ourselves to pieces. I don't know if it could work because they've had agreements in the past which aren't always kept. It would be nice, but I don't think it will happen.



Reviewers' record harvest yields mixed crop: Journey, Madness, Tubes

Mark Fritz
Daniel J. Kuhns

Journey Frontiers (BMI8504)
The latest release from the San Francisco based band Journey is extremely baroque. The style of their music never seems to change from album to album; they seem to be stuck in the 1978 fast paced love ballet rut. With great talent, Neil Schon (formerly of Santana) provides very nondescript guitar work. If only the band could stray away from the burden of being over commercialized, they might one day be able to produce music suitable for a larger audience.

Floyd The Final Cut (QC-38243)

Pink Floyd's latest not up to par

This new release, a follow up to their smash success **The Wall**, is a continuous composition by Rodger Waters. **The Final Cut** is a disappointment to many Floyd fans because of its repetitions in content and style. Pink Floyd, a super group, which has put out

albums in the past with such dedication to perfection, has lost this with their new release. This album could be average Floyd at best. Even though this new disc doesn't stand up to the standards of past achievements it is worth buying.

Madness (Geffen GHS 4003)

Madness, a band that has had much success in England, is making an attempt at repeating that success in the U.S. This album is made up of songs that have been released in England but were only available here as imports.

Six of the twelve songs on this album are from their last album, **Rise and Fall**, the other songs range back to their first album **One Step Beyond**.

Judging from the playing by Z-92 of the single "Our House," it would seem that Madness may be getting the widespread success they deserve.

Favorite Rips: "Tomorrow's (Just another Day)," "House of Fun"

Eddy Grant, **Killer On The Rampage** (Portrait B6R38554)



There has been a large gap in the reggae scene ever since the tragic death of Bob Marley. The success of Grant's latest album seems to indicate the gap may be filled.

The amazing thing about this album is that Grant wrote, arranged, and produced that entire album. This is the type of music that was meant to be danced to, so the next time you're at Homer's don't ignore it, buy it! Favorite Rips: "Electric Avenue," "War Party."

The Tubes **Outside Inside the Tubes** (EMI ST-12260)

The new releases by the longstanding

art rock heroes, the Tubes, leaves much to be desired.

Tubes album may disappoint

The transition between many bizarre releases of the past and the new mainstream overtone of **Outside Inside the Tubes** isn't very smooth. This album could only be recommended to zealous Tubes followers and the hard of hearing. The one and singularly interesting aspect of the album is the endless thank you lists on the album cover. Albums courtesy of Homers'.

Drivers ed available

Summer courses offer fulfillment

While many students will be receiving ultraviolet rays and swimming this summer some dedicated students will be spending their time sweating over textbooks in summer school.

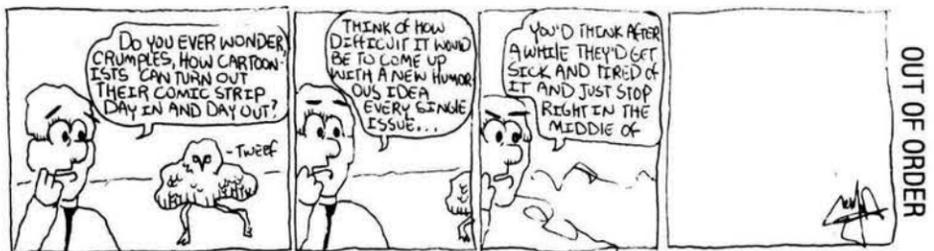
Summer school was reinstated for the 1982-83 school term. Dr. Rick Werkheiser, director of secondary education, said, "the superintendent felt very strongly about summer school and pushed it to be reintroduced. Remedial courses will be taught."

All courses required for high school credits will be taught. Courses include Business Education, Language Art, Mathematics, Physical Education, Sciences, Social Studies. Classes will be held at North, Burke, and South. Two semesters offered, first semester running June 6 to

June 29 and second semester from June 30 to July 26.

Dr. Werkheiser said a student can only enroll for two subjects unless he has permission for more classes. The cost is \$6 per class period, for classes lasting 3 1/2 weeks \$9, and classes lasting all morning \$18. To enroll a student should sign up with his counselor.

Dr. Werkheiser said drivers education will also be offered this summer. Burke and South will house the program for people holding learners permits. The program is divided into two sessions. First session is June 6 - June 29, and second session is June 30 - July 26. The fee is \$90.00 and registration deadline is May 6.



IT TAKES MORE THAN BRAINS TO GO TO COLLEGE.

It takes money. For tuition, room and board, and books. And that's just the beginning.

To help meet these costs, the Army proudly introduces the Army College Fund. You can join it, upon qualifying, when you join the Army.

For every dollar you put in, Uncle Sam puts in five. Or more. So, after just two years in the Army, you can have up to \$15,200 for college. After three years, up to \$20,100.

Call for your free copy of the Army College Fund booklet. It could be the most important book you've ever read. Call toll free 800-423-3673.

ARMY. BE ALL YOU CAN BE.

SSG Willie Mintz
U.S. Army Recruiting Station
401 South 16th Street
Omaha, NE 68102
221-4721

DELUXE SHOE REPAIR

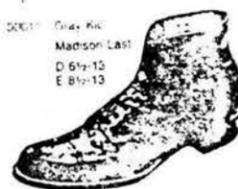
4607 No. 30th

453-8943

Open Daily

Monday thru Saturday

**THE WORLD'S
FINEST SHOES
STACY ADAMS
STACY ADAMS**

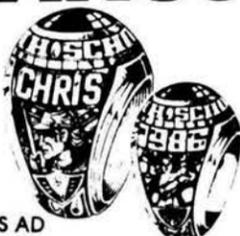


SOLID SAVINGS!

ARTCARVED SILADIUM®
H.S. CLASS RINGS

NOW ONLY

\$89.95



PLUS up to \$26 worth of custom features FREE!

Bring this ad to get super savings on your ArtCarved Siladium® class ring. Every ring is backed by the ArtCarved Full Lifetime Warranty. This offer expires May 31, 1983 and is to be used only for the purchase of ArtCarved Siladium® Class Rings.

BRODKEY'S

327 S. 16th, Omaha, NE
342-2975

ARTCARVED
CLASS RINGS INC.

J-0000

BRING THIS CERTIFICATE



KRUG'S
MEN & BOYS, INC.

8715 Countryside Plaza • Omaha, Nebraska 68114

Scholarship auction

"We are after cash." There lies the main intent of the Central "Action Auction" Scholarship: CASH. Mrs. Carol Valdrighi, Central Social Studies teacher, one of three faculty members in charge of the auction with PEP member Mrs. Liz Liakos, stated the purpose of the precedent-setting fund raiser.

"You've heard of the (Creighton) Prep BASH; this is more to the point. We needed the cash." Mrs. Valdrighi worked with Dr. Gary Thompson, Science Department head, and Mrs. Marlene Bernstein, English teacher, since January on the scholarship auction, the first one ever held at Central.

"It's basically a scholarship for Central seniors," explained Mrs. Bernstein, "that was created by the money raised from the auction. This scholarship money was then turned over to the Central High Scholarship Committee, who will designate which seniors are to receive the scholarship." The auction, held April 29 in the Central cafeteria, included a giant taco salad dinner. The callers for the auction were John and Don Groesser, Groesser Brother Auctioneers, Inc., of Weeping Water, Nebraska.

"We hoped to make a lot of money from the dinner (\$3.50 a plate) and the auctioned items," said Mrs. Valdrighi. Some of these items up for auction were: a performance by the CHS Jazz Band, a Checkered Giant rabbit, handmade clock and a concert by the CHS Singers.

"Students made aware" section text.

Trip 'clouds' studies

Up to 94 My Antonia enthusiasts on May 11 will enjoy the opportunity to visit Willa Cather territory at Red Cloud, Nebraska. Participants include many junior English students from the classes of Mrs. Marlene Bernstein and Mr. Bob Cain as well as several seniors who have previously experienced the course. The program is scheduled to begin at 6:45 and end in the late afternoon.

Although the individual cost is about \$14.00, which includes bus transportation, Mrs. Bernstein has no doubt that students will prosper from the trip. "It's an opportunity to go back a hundred years," she said. "When you get out into the fields and look around, you can better understand how she was able to write books the whole world loves."

Mrs. Bernstein feels that field trips often can be a significant contribution to understanding literature. However, the opportunity is not available for every work. In the case of Moby Dick for instance, "it isn't

easy to take the entire class on a field trip to Nantucket."

Choir exchange

This afternoon, CHS Singers and A Capella Choir will go to Burke High School for the second annual Burke-Central choir exchange.

The Central and Burke choirs will spend the afternoon together, performing for each other.

The idea came about last year between Mr. Robert McMeen, Central vocal music director, and Mr. Jeff Sayre, Burke Choral director.

According to Mr. McMeen, "We do the choir exchange in order to share our talents with each other, and I hope it will establish a sense of good will between the schools."

Students made aware

Beth Israel Synagogue Cantor Leo Fettman, a survivor of the World War II Holocaust, in which six million Jewish people were exterminated, spoke to several Central social studies classes on Wednesday, April 20.

"I hope that by speaking at Central, I brought the black and white students a little closer," said Cantor Fettman. "I also want people to be aware of what a madman can do, so that it will never happen again."

If this was the result he wished to illustrate, he did so very well, at least to Junior Ellen Zinn, who said of the cantor's speech, "He made people aware of what really happened because he doesn't want it to happen again to other people, here or anywhere."

And, added Central world and American history teacher Carol Valdrighi, "I think he feels he was spared in order to tell people about it. I thought he was absolutely warm and human, honest, and open. He made people very aware of the tragedy of the Holocaust, in hopes that it will never happen again."

Junior Aleta Whittaker agrees with Mrs. Valdrighi, by stating, "Cantor Fettman's speech brought the reality of the whole thing closer to me. I never really thought people could be so cruel to other people...for absolutely no reason."

Schools compete

On Saturday, April 23, at 8:00 a.m. began the second annual Central High Math Olympiad Extravaganza, a competition designed to determine who are among the best junior high mathematic students. Eight schools competed with about three to four players on each team, according to Ken Dutch, math club president and official m.c. for the contest. Team members collaborated

during the two-hour test in an attempt to solve as many of the one hundred problems as possible. The three winning teams in their grade were then eligible to compete in the math bowl finals.

And the final results? For the seventh grade division, Lewis and Clark finished first, Nathan Hale second, and Morton third. The one-man team of Kevin Yam brought Nathan Hale to the first place title for the eighth grade division, with Lewis and Clark in second, and McMillan not far behind them. For ninth graders, Lewis and Clark finished first, McMillan second, and King third.

Part of the reason for holding the competition is, according to Ken, an attempt to attract prospective students who are outstanding in math to Central. It is not only beneficial as a recruiting drive. "There simply aren't many math contests around," said Ken. "We're trying to get the achievers to compete in hopes that it will start a trend. It gives the kids a reason to strive."

Fashion hits CHS

Fabrications '83, the fourth annual Omaha Public School fashion show for junior and senior high schools, brought seven entries to Technical High School to model their projects Sunday, April 17.

Entries made by Toni Bell, Michelle Branch, Darlene Cotton, Dorothy Czynn, Kim Cross, Nancy Ourada, and Paula Szynskie included jackets, shirts, and dresses.

Students entered into separate categories such as sportswear, dresses, and evening gowns although Central's entries were mostly sportswear, said Mrs. Joann Roehl, homemaking teacher.

According to Mrs. Roehl, there were no "top" style or design. "This show was to create an interest in fashion and to display skills learned in class," she said.

Her classes began preparing for the event as early as September. "I give my students extra credit if they participate in the show," she said. That was not all they received. Door prizes were donated by businesses and all participants received a medal and certificate of participation.

Jazz honors awarded

On March 26, the CHS Jazz Band participated in the UNL Jazz Invitational competition. Instrumental to Mr. Warren Ferrel, Central's instrumental music instructor, Central's jazz band "...produced a strong performance in competition... (and) was .01 points away from receiving a superior rating."

The individuals receiving top honors at the Festival were Matt Ahrens, trumpet; Harold Donaldson, percussion; Lori Sebek, piano; Gunnar Guennette, drums; Mike Tyler, baritone saxophone; Anne Lee, alto saxophone; and Jay Nigh, alto saxophone. Special commendation went to Julie Godbersen, trumpet and Vonda Dalke, trombone.

Mr. Ferrel also noted that the jazz band will be performing at the Jewish Community Center on May 1 and in the All-City Jazz Festival on May 2 at South High School.



Seniors Tom Backer and Kris Grosse first Prom King and Queen

Royalty crowned

Spring prom has always been a highlight in the lives of many high school students. Prom '83 will leave seniors Tom Backer and Kris Grosse with extra special memories becoming crowned Central's first prom King and Queen.

King and Tom said that they do expect to receive the honor because they thought that the elected winners would be chosen from the five announced finalists.

"I was really surprised and... nervous," admitted Tom.

Runners-up for king were Bob McMeen, Tim Cook, Gardine Wilson, and David Salzman. Runners-up for prom queen were Renee Puzutto, Terri Svoboda, Sheila Monen, Debra Roach and Lorraine Beck.

Drama club travels

The Central High Drama Club traveled to St. Louis over the weekend of May 14-15th and 16th to view the city and to take some of the offerings of St. Louis theatre. According to Drama Club Senior Representative Lisa Kerekes, "It was fun although we were all pretty tired come Sunday." Along with theatre viewing the club also spent some time at Six Flags over St. Louis and took the elevator capsules up to the top of the St. Louis arch.

Associated Tax

We do it all for you. Guaranteed.



Congratulations Seniors
4800 Dodge

ATHLETES LOCKER

We get a kick out of Serving all of your soccer needs

13040 Arbor St.
Omaha, NE 68114
(402)334-0786

Special Offer for Seniors

- 1 10x13
- 2 8x10
- 3 5x7
- 3 3x5
- 18 wallets
- 12 mini-wallets

All for only \$49.95

- compare this offer to any in town
- call for appointment



Westroads

Mon-Sat 10-9
Sundays 10-4

392-0182

Sailing main order of business for sophomore

Weekend Snipe regattas prove Festerson achieved sailor

Sheila Monen
Executive Editor

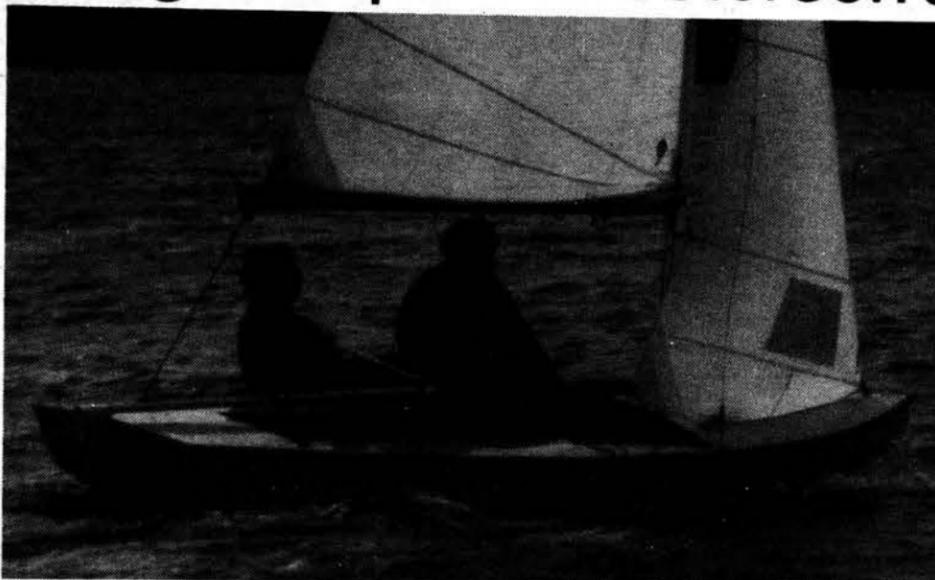
The hulls glide effortlessly across the calm water as the sails fill with the hot Nebraska wind. The excitement of the race is at a peak during its last leg or downward run. As the winning boat passes the last mark, cries of victory are heard from the champions as the attentive shorebound squint into the sun to read the numbers of the sail of a winner. Sailing is an exciting sport, enjoyed by many, especially by one successful sailor at Central.

Anneliese Festerson, sophomore, has been sailing since the fifth grade and hopes this year to do well enough at the national competition in Seattle, Washington, on Puget Sound, to take her to the International Championship in Portugal.

Anneliese hopes to go to internationals

Anneliese sails a two-person boat called Snipe, which is 15'6" long and has two sails. The fifteen year old's family is very active in Snipe sailing and keep their Snipes at the Lake Manawa marina in Council Bluffs, which is the headquarters for the Iowa-Nebraska Sailing Association (INSA).

Anneliese said that races are held from May through October every Sunday, and at the end of the season, whoever has the best



Festersons enjoy a quiet day sailing on Lake Manawa.

record wins and is considered the fleet champion. Then, for each fine fleet member, the INSA can send one member to the National Championship, and this year, Anneliese will be representing her fleet in Seattle.

Anneliese's sailing partner is Jon Skoog, 23, a family friend who is employed at InterNorth.

"Jon and I are really serious about what

we are doing. We do exercises in the winter — like push-ups, sit-ups, or just anything to build our body strength," said Anneliese.

"In order to win races," Anneliese said, "because all Snipes are exactly the same, the sailors in a boat must 'work together as a team, and practice, to get maneuvers down — each must take care of his job.'"

Jon is the skipper which means he steers and works the mainsail, and Anneliese

watches for other boats, works the jib (smaller sail), and adjusts the centerboard.

Each race consists of three laps, the upward leg, or run. A race committee officiates the race from their boat which is anchored near the finish line.

The whole Festerson family is involved with the sailing scene. Mr. Paul Festerson, Anneliese's father, sails with Anneliese's sister Else, age 8, and holds a national office with the Snipe Class International Racing Association (SCIRA).

Partnerships common among sailors

Anneliese's brother, Peter, age 12, sails with Mrs. Festerson. Anneliese said family partnerships are very common among Snipe sailors.

For Anneliese, sailing takes up much of her time, especially during the season. In addition to this sport, Anneliese plays the flute, the piano, and softball.

"Every weekend there's a regatta somewhere, which is kind of like a weekend tournament, with usually about 30-40 boats racing against each other. These regattas give us a chance to travel and compete against all kinds of people."

Anneliese said she enjoys sailing because "it's fun and exciting and I get to travel, but most of all, I get to meet many new people. All Snipe sailors feel a general sense of camaraderie — like a great big family."

Vacation changed

OPS calendar change splits spring break

Recently the Omaha Board of Education adopted calendars for the '83-'84 and '84-'85 school years, both of which call for unusual changes in recess breaks throughout the school year. This fall, school will begin on August 29 and close on June 1. An unusual feature is the division of the spring break. Vacation days are scheduled for February 23-24, and three more, April 8-20.

The 1984-85 calendar currently calls for school to begin before Labor Day also, on August 27. The change is in scheduling spring recess April 1-5, the week before Easter,

instead of the week after.

According to Omaha Public School Superintendent Dr. Jack Taylor, the calendar "is devised by a community group made up of parents, teachers, Board members, and others who are active within the school."

Dr. Taylor said that the recess period for next year will be split because Easter falls late in the year. "Otherwise," he explained, "there would be no break from January until late April. The Board recommended this (change) to prevent teacher and student burnout."

Unique, 'enlarged' Peanuts' play utilizes 'absolutely perfect' cast

April 29th, 30th and May 1st was the run of this year's Annual Spring Play, "You're a Good Man Charlie Brown." Directed by General Drama Coach, Mrs. Pegi Stommes, this play is unique as it includes a musical score directed by John Bennett and choreography by Wendy Larson for the players to learn, as well as the lines to the play itself.

Stommes, who reads and considers many plays during the course of the year, said she chose "Charlie Brown" "because, though it is a small musical, it could be enlarged to utilize the talent we have here at Central."

Stommes has added considerably to the original 6-8 students used in a play and has increased the number of participants in Charlie Brown to twenty-five.

Stommes said, "I went through Peanuts' books and inserted dialogue into the original script. Stommes also stated that, neither John nor Wendy or I had ever done a show before, and we were really excited about it. All the cast were absolutely perfect in their parts. Our shows hold up with any professional shows I've ever seen."

Stommes also designed the set for the show. Usually the "Charlie Brown" stage set consists of a few colored blocks and a dog house, but because of the upcoming Gensel and Gretel performances, this show is unable to have a permanent set. Instead, Stommes turned the Central High stage into a miniature playground, complete with a set of giant swings and a jungle gym.

The production of "Charlie Brown" was so unique due to the fact that musical director, John Bennett, was hired to coach the players in singing, and he also composed and added additional music for the inserted dialogue.

Nancy Gruber, who plays Charlie Brown's little sister, Sally, said, "He helped show us how our characters were going to come across." Lisa Kerekes, who plays the

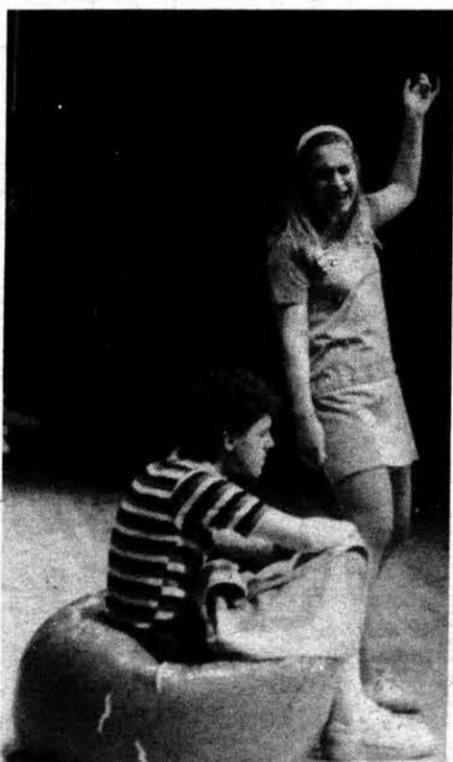


photo by Mark Fritz

Lisa Kerekes and Ray Johnson display their talents on stage.

principle lead, everyone's favorite crabby cartoon character, Lucy, opposite Bob McMeen's Charlie Brown, said, "He certainly kept us on our toes."

As with most any production, rumors of pre-casting flew after the parts were awarded. Stommes only says of these rumors, "These people don't know what they're talking about. It takes five minutes to be a critic and five years to be an expert. Of course you have to think of the talent available when you pick a show, but if it were precast, why would I even bother with tryouts?"

Literary magazine collects CHS prose, poetry pieces

"It's a dimension of Central. It's part of the school," explained Erika Herzog. The junior was describing the subject of the cover of CHS' 1983 literary magazine, but her remark fit the publication as a whole.

Every year, Mr. T.M. Gaherty's creative writing class gathers contributions of poems and stories from the entire school. From them, the group produces the *Dimension*, a printed collection of the best pieces.

This year, increased interest in the writing program led to the creation of two classes. To allow both groups to share in producing the magazine, sponsor Mr. Gaherty appointed an editor from each; Deana Vodicka from the first hour and Kris Olsen from third. The seniors are "supposed to carry ideas between classes," Mr. Gaherty said.

The rest of the staff, which includes all creative writing students, forms three committees: selection, publicity, and layout. "Everybody's involved," Deana said, "but not everybody's working."

Senior Erin Belieu, a *Dimension* veteran, heads the selection committee. Beginning in late March, her group accepted contributions of prose and poetry from the student body. Almost 280 pieces came in, including "a lot of last-minute entries," Erin said.

To pick the best pieces, five committee members read through every entry and classified it as "accepted, rejected, or undecided," according to senior David Salzer.

Unanimously favorable decisions earned entries spots in the magazine, while three rejections automatically dismissed them. About 30 or 40 submissions survived the voting, Erin said.

Contributors to *Dimension* included "a greater proportion of people from the class this year than in the past," according to Mr. Gaherty. This imbalance was not due to the selection process, however, since committee members could not vote on their own pieces, he said.

Journalism students capture state honors

Saturday, April 30, found five members of the *Register* staff and advisor Mr. T.M. Gaherty on the campus of the University of Nebraska at Lincoln. The six spent the morning competing in various categories for newspaper production.

Editor Steve Diemont placed first in the layout division, Dan Kuhns took second in photography, and Ellen Osby placed second in advertising, staff members said.

To earn these honors, the competitors beat out the top ten contenders in each field. A preliminary contest had determined this group.

Another trend of the contributions is their leaning toward serious topics. "Teenagers, just because of how emotional they are, tend to write about death," Erin said, adding that the selection committee judged quality rather than subject matter.

The task of producing a booklet from the entries fell to the design and layout committee, which Erika Herzog headed. The junior arranged each of *Dimension's* pages and selected artwork from items submitted by staff artists.

"I organized it (*Dimension*) into themes — seasons of the year, languages, and things like that," Erika said.

For the artwork adorning the magazine, the layout director turned to artists on her committee. Seniors Dan Shepard and Jenny Bakkerud "contributed the most significantly," Erika said. "Jenny's cover is magnificent."

Dan's "abstract, plant-like" borderwork drew praise from Erin. "He is a talented artist — of professional quality. We're so lucky to have people of quality on the staff," she said.

Mr. Gaherty expressed the same view. "I think I've discovered that people with creative writing ability also have artistic ability," he mused. "I'm really pleased. It lends a certain unity to our product."

Throughout the stages of this product's birth, the publicity committee, led by senior Charles Scarlett, advertised the magazine's arrival in early May. The group's schoolwide poster blitz announced sales, which began April 13, according to Charles.

Mr. Gaherty and Charles raised *Dimension's* price to one dollar because the publication is somewhat larger than usual and because other area schools charge more for similar magazines, the publicity director said.

"Besides, I didn't think a quarter would astonish anyone," he added.

Co-editor Deana echoed Charles' pleasure with *Dimension's* progress. "This is the first year there have been two classes and the first year there have been editors," she said. "I think the system's working."

Each winner produced his entire entry Saturday morning. Steve and Ellen were given an hour and one half to create their products, while Dan developed and printed for three hours.

Sports writer Tom Backer and associate editor Jo Gibson also attended the contest. Neither won in his individual event, but their previous efforts earned them standings in the top ten of the state.

"Steve's award shows the hard work he has put into the paper all year. You don't develop talents like that in one morning," said Jo.



photo by Daniel J. Kuhns

AP chemistry students endeavor to complete a lab as they become lost in the maze of their apparatus!

AP efforts applauded by many

"If you're willing to work and learn, go for it"

"If you're willing to work and learn, go for it, but if you're not willing to work, forget it, you'd just be out of place," Tammy Coleman, senior, advised juniors considering taking Advanced Placement courses next year. "I think if you've been keeping up, you can surely pass out of a first year college course and save yourself a lot of money."

Although A.P. classes may seem threatening to those students who are hoping for an "easy" senior year, both students and teachers at Central agree that the extra work will be worth while in the long run.

For Tammy, who takes three A.P. courses, the work in the classes "isn't harder (than academic classes), there's just more of it."

Many of the A.P. teachers agree that taking these college level classes in high school is an opportunity for students to learn more than they could in college because of the time factor.

Mr. Jack Blanke, A.P. History teacher, said, "If you want as in-depth course as possible, high school is the place. The main advantage is that we meet everyday for 40 minutes instead of just two or three times a week, like most college courses."

The A.P. teachers commented that their classes go much deeper into their subjects than do their corresponding academic high school courses. For example, Mr. Blanke said that his American History class begins with the colonization period while the academic equivalent begins with the reconstruction period.

Mr. Daniel Daly, A.P. English teacher, said the A.P. English course is "somewhat more challenging than academic English," and that his course differs from the academic classes in that it is organized generically covering the same material as a college freshman course and more material is assigned to be read.

Mr. Daly said that although most of his students are college-bound, it "certainly can't harm the non-college bound students. We hope people get value from studying literature which anyone can profit from."

Student congress useful

To many students, Congressional happenings are a blur, but to members of the Central High Debate team they are a reality. Student Congress, held April 14, is a mock set-up of Congress held for members of the National Forensics League (NFL). Debate Coach Mrs. Ellen Pritchard said that "each school submits bills to be discussed and all of the schools vote on the best." She said that those voted best are then debated in a mock Congress set up. She said that some of the bills submitted by Central were about Handgun Control, Environmental Protection Agency, and Tuition-Tax Credits.

Harry Berman, Central senior, said that the purpose of Student Congress was to give the experience of how the Senate and Congress work. Mrs. Pritchard explained that the teams, (varsity and novice) were split and each held their own session. The novices had two houses of Congress, and the varsity had a Senate and a House of Representatives.

The number of people allowed to participate depends on which house they are entering. Harry said, "The House allows more than two people, and there are two lower houses for the novices." Due to the

lack of varsity members Central did not have any senators only representatives.

Harry said that in each House there is a presiding officer who is equal to the president of the Senate or the Speaker of the House. In order to attain that position the debaters must try out, Harry said. Eric Akin tried out in his house and Harry was eliminated due to the number of people trying out in his House. "The president chairs it, calls on speakers, determines if amendments are relevant, and distributes parliamentary procedures," Harry said.

The speakers are judged by how well they speak. The point recorder gives each speaker points and the speakers with at least five speaker points are named outstanding speakers, Mrs. Pritchard said. The top five speakers are then voted on by their house and the winner is named the outstanding speaker for that house. The outstanding speaker from the varsity House goes to Nationals. Central students Eric Akin, Harry Berman, Jane Kurtz, Dan Mirvish, and Andrew Sullivan were given outstanding speaker awards, and Daniel Mirvish was voted outstanding member of Novice House #.

Central students fare well in NAACP ACT-SO competition

Recently seven Central High School students participated in the NAACP ACT-SO competition. The competition was organized to recognize those minority students who have special talents.

Michael Hall, senior, placed first in Architecture. According to Michael, the thesis of his architecture portfolio "was contrasting old and new architecture and which is better."

Michael said he designed a model home in Contemporary Tudor along with six blueprints of homes designed in modern architecture.

Eleshia Bledsoe, senior, was another

Central student to place first in the competition. Eleshia placed first in the Playwriting category with a one-act play she wrote. Eleshia said she wrote the play because it "the kind of thing that many people experience."

Also placing first in Oratory was Tony Horn. The first place winners will go on all expense paid trip to New Orleans on June 2 to compete against other first place winners from across the United States.

Other students who placed in the NAACP ACT-SO competition were Gary Jones, Shonda Grayer, Beretta Smith, and Natasha Brown.

Biking stressed

Gebhard prepares for 'Tinman' triathlon

Mrs. Carol Gebhard, Central social studies teacher and swimming coach, shows exceptional athletic talent in not one but three areas: swimming, biking, and running. Her interest in these areas has inspired her to enter the "Tinman" triathlon in Topeka, Kansas on June 18. The "Tinman" combines all of Mrs. Gebhard's talents in a running, swimming, biking race. To prepare for the race, Mrs. Gebhard takes biking time trials every Thursday night.

Mrs. Gebhard's biking experiences include winning first place in the women's division in the Septemberfest Citizen's Race and the Capital City Classic in Lincoln. Her first "big ride" which peaked her interest in biking was the Register's Annual Great Bike Ride Across Iowa. This year she plans to enter the Bike Ride Across Nebraska (BRAN).

In addition to participating in races, Mrs. Gebhard belongs to the Omaha Pedalers Bicycling Club where she currently serves as

Vice President of Racing. Her husband Gary, serves as Vice President of Touring.

Besides organizing weekend rides, the club has become involved in a community issue. The issue involves a proposition on a 3.7 mile recreational trail for runners, bikers, cross-country skiers and walkers. The trail would extend from 78th and Dodge to Irvington. The club proposed a letter writing and calling campaign to area Council representatives expressing the need for the trail. On March 22, the Omaha City Council postponed their vote for four weeks.

The Omaha Pedalers Club tries to schedule rides every weekend, weather permitting. Their official schedule started in April.

Mrs. Gebhard stated that there are "lots of members", but not all of them attend functions. However the St. Patrick's Day ride saw a good turnout and Mrs. Gebhard believes that warmer weather will encourage riders.

Students challenged in senior year

First and third quarter mark the half way point for first and second semester. It also marks the point for testing the knowledge one has achieved that quarter of the year.

According to Dr. G.E. Moller, Central principal, the policy towards midterms changed about three years ago. "Students used to come just to take their exams and then left for the rest of the day." It changed because junior high principals complained that senior high students were disrupting classes at their schools. Also the superintendent of schools felt that it would be better if students stayed all day.

Although there is a policy for midterm tests, there is no policy for figuring out grades. Each different teacher has his own distinct way of determining grades. The only general requirement is that every test should

cover what the course discussed the quarter. Every teacher decides how much to weigh the midterm examination themselves.

The most important thing to be considered is that midterm grades are only showing of progress in the semester. The grades are recorded in the teacher's grade book but not in students records. However these grades are used to average out semester grades which are recorded. Mr. Kevin Moran, counselor, said it is a possibility for a senior to fail American History first of third quarter and still graduate if that person has a sufficient enough grade second and fourth quarters. Central is not the only Omaha area high school which has midterms. Mr. Moran said that all schools have some way of determining grades whether it be midterms or something else.

Top music honors

Students excel in districts

Central's musicians were among the hundreds of metro area high school par-

ticipants in the annual district music competitions held on April 22 and 23 at Papillion High School. Groups who entered the competition from Central included Concert band, A Cappella, CHS Singers, Orchestra, and numerous soloists and ensembles.

Concert band came "extremely close" to receiving a grade of "superior" or "one" according to instrumental instructor Mr. Warren Ferrel. The following students received superior ratings as soloists or in small ensembles: Maggie Rathouz and Sheila Monen, flute soloists; Jennifer Hazen, viola soloist; Carey Byrne and Arthur Kosowski, piano soloists; Katherine Fritz and Jennifer Hazen, viola duet; Sheila Monen and Maggie Rathouz, flute duet; Anneliese Festerstein and Heather Hammons, flute and oboe duet; Karina Lathrum, Liz Prystai, and Fred Peterkin, clarinet trio; Anne Lee and Robyn Kuta, alto saxophone duet; and Kim Strain and Mike Tyler, alto saxophone duet.

Vocal music instructor Mr. Robert McMeen said he was "pleased and proud" of A Cappella and CHS Singer's performances. He commented that the judges were "fair and demanding" although both Mr. McMeen and Mr. Ferrel expressed displeasure with the judges' critiquing ability.

A male quartet comprised of Chris Adams, Dave Salzer, Loys Johnson, and Kevin Walden, soloists Jennifer Bakkerud, Julianne Franklin, Loys Johnson, Amy Schmidt, David Salzer, and Kevin Walden, CHS Singers and A Cappella Choir all received superior ratings in the vocal competitions.



Orchestra students prepare for district competition.

Faculty discovers out-of school competition helps work relations

Businesses around the nation have come to the realization that physical fitness programs among staff members result in a more harmonious personnel.

That theory has trickled down to the Omaha Public Schools and the Central faculty itself.

battle with English teacher Mr. Edward Waples for nearly two years. Semrad believes his tennis duels with Waples are beneficial to staff harmony.

"I think we've become better friends because of tennis," he said.

Semrad also said Central had a men's softball team several years ago that played in a summer league.

"A lot of the men got to know each other better, and that carried on into the school year."

One man who believes there cannot be enough staff participation in athletics or recreational activities is science teacher Mr. John Geringer.

"There is a need for any leisure activity that involves social interaction," he said, citing it would enhance communication.

"With some kind of association outside of school in leisure activities, you make yourself more approachable in serious situations."

Geringer went so far as to organize a group of teachers in a physical fitness-like club earlier in the school year. However, due to conflicts in schedules, the group, which keyed mostly on running, disbanded.

"Everybody fits into their own niche, and then people (staff members) break up into separate groups according to their preferences," he said.

Whatever the activity, it now seems there is a necessity for outside recreation among employees at their workplace. It makes for higher staff morale and can provide a good time for the participants.

From discussions with Central staffers, the general consensus is that there is plenty of leisure activity among them after the 3:20 bell rings.

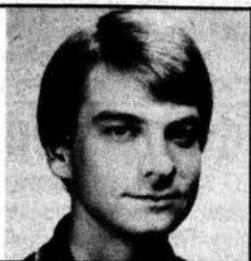


photo by Daniel J. Kuhns.

Tabby Whitmon runs the hurdles at the Lincoln High Invitational held April 22. Despite never having attempted this event in a meet before, she placed first.

Keeping Score

Eric Olson



OPS recreational activity for its employees will be highlighted this spring with a coed softball tournament. Organizers for Central's entry are Mrs. Sue Gambaiana, science teacher, and Mr. Stan Standifer, P.E. instructor.

Gambaiana said the tournament will give OPS employees a chance to meet with workers outside of their own school in a social atmosphere.

"This tournament will give people a chance to know who they're working with," she said.

Another activity sponsored by OPS is a golf league for school district employees. According to Mr. Al LaGreca, Central administrator, the league is made up of 20 two-man teams and meets for play once a week during the season.

Closer to home, Central staffers participate in recreational activities among themselves.

Mr. Paul Semrad, social studies teacher, has been engaged in a noncompetitive tennis

Girl tracksters tame rival Lynx

With the season just under way the girl's track team has been able to struggle through the dilemma of nagging injuries and finish high in their last two encounters, the South Sioux City Invitational and the Lincoln High Invitational, April 18 and 22 respectively.

Mrs. Jo Dusatko, girls' track coach, stated she is pleased with the team's performance of second at the South Sioux City Invitational, "considering we didn't run a lot of people due to injuries."

Senior Kathy Harris agreed, "A lot of our distance runners were injured, but I feel we could have done better."

Top finishers at the meet included junior Maurice Ivy's firsts in the 100 and 400 meter dashes, and senior Harris' first in the 200 meter dash.

In the Lincoln High Invitational, the girl's overcame their rival at state last year, Lincoln High, and captured the meet.

Central was able to sweep up firsts in

seven events. All their relay teams took first along with individual firsts by Jessica Haynes, sophomore, in the long jump, Harris in the 100, Ivy in the 200, and sophomore Tabby Whitmon in the hurdles.

"I was really proud of the team at Lincoln," said Dusatko.

According to Harris they discovered their depth and a lot of untested talent. Jessica never jumped in a meet before nor had Whitmon ever run hurdles in a meet.

"We were glad to prove we could beat Lincoln," said Harris.

"The team is really pulling together, and we're a lot more prepared to go to a meet," said Dusatko.

She continued by stating that "we're starting to solve little problems. We just need to get rid of the injuries."

But, the real success behind a team which has won Metro for the last ten years is, "We strive to win," said Dusatko.

Golden Gloves Victor Solis eyes Junior Olympics

As with any sport, boxing has its champions. Rod Solis, Central High junior, is one of those champions. Recently, Rod captured the Golden Gloves for his weight division, bestowing upon him the honor of being Omaha's best boxer for his class.

Solis started boxing three years ago, prompted by his brother, also a Golden Gloves champion. After three years of training, Solis felt secure enough to compete for the Golden Gloves. "I train every day for about two or three hours," Solis said. "It is a lot of hard work."

Solis' training program consists of jump rope, sparring, and practicing boxing moves. "I also jog a lot," he said, which, according to him, builds one's overall condition

and stamina.

Thanks to rigorous conditioning and tips from a coach, he was able to "take the gloves."

Since human physique differs, the junior boxing program is divided into two divisions, the novice and the open division. Solis himself fought in the novice division en route to the Golden Gloves.

Both divisions fight three rounds. The difference is that in the novice, a round lasts only two minutes while in the open, a round lasts three.

"You can't imagine how tiring it is to fight a round, Solis said. "It is two minutes of total movement."

With so much movement and physical

exhaustion, many people are against boxing and think it should be banned. Solis defends boxing.

"If you are getting beat, you can feel it," he said. "Then you should stop fighting before you get hurt." Consequently, one can avoid injury with certain precautions.

Solis attributes all injuries to out-of-shape fighters who get in over their heads.

"Boxing is not a very dangerous sport," he said. In addition, boxing can be quite practical, according to the junior. It is a "real good self-defensive sport." And along with boxing, one's whole physique improves, he said.

Solis will continue to improve by further practice. "I like boxing and I intend to con-

tinue."

His future looks bright. Only after one year of fighting competitively, he has taken the Golden Gloves, making him the Omaha Champ.

Next year Solis hopes to go further by not only winning his Omaha district, but also the Midwest district, to have a chance to compete in the Nationals for the best 119 pounder in the country.

"I also hope to make it to the Junior Olympics next year," Solis said.

After the Golden Gloves, what is in store for Rod Solis? Will he start boxing for money as a professional?

"Right now I am not thinking of turning pro — boxing is just something to do."

Please Patronize Our Advertisers

United States Marine Corps WANT YOU! Get good pay and learn a skill Call (402)221-3411

SMALLER IS BETTER Big enough to meet your educational needs, yet small enough to know you. •Small Classes •Faculty Who Care •Individual Registration •Financial Aid Available

TAKING THE ACT? SEND US YOUR SCORES FOR EVALUATION

A Fully Accredited Business and Liberal Arts College. Come in or call: 291-8100 2 miles south of Southroads Galvin Road at Harvell Drive

Bellevue College

TEENAGE PREGNANCY: WHOSE RESPONSIBILITY IS IT?



HERS?



HIS?

Or theirs? Remember the "good old days"? When the responsibility seemed to be all hers? Family planning was her job. Contraception was her worry. If she got pregnant unintentionally she was "in trouble." Not him. But somewhere between then and now, things changed. Today, individuals aren't locked into "for women only/for men only" roles anymore. People have a lot more flexibility than ever before. That goes for sexual relationships, too. Today's couples are partners, sharing what used to be "her" burdens, what used to be "his" obligations. They know that enjoying freedom from stereotyping means accepting a wider range of responsibilities. That's why men who really care are sharing responsibility for the prevention of unwanted pregnancy. Planned Parenthood is not "for women only." We offer contraceptive counseling and services for both partners, for today's men and women who share rights and responsibilities with each other. Planned Parenthood knows whose responsibility it is to prevent unintended pregnancy. It's hers. It's his. It's theirs.

CALL PLANNED PARENTHOOD 554-1040 It Makes Sense.

Planned Parenthood of Omaha-Council Bluffs

Sports

Blanks long jumps 23-11½ for 2nd at Kansas Relays

Long jumper Nate Blanks was Central's high finisher at the Kansas Relays held April 22 and 23. The senior jumped 23-11½ inches to finish second in the competition. Blanks' road to regional recognition started nine years ago at the North Omaha Boy's Club. He was a sprinter in his early days of competition, not jumping until he reached the seventh grade.



photo by Joe McMenamin

Nate Blanks begins his second-place jump at the Kansas Relays held April 22 and 23 in Lawrence. The jump, which measured 23-11½ inches, ranks fourth on the all-time list in Nebraska for long jumpers.

At the age of 15, Blanks was sixth in the nation in the 100. He also won the AAU regional in the 100 at that age.

"I like the long jump better than the sprints," said Blanks, who also triple jumps and runs on the 400 meter relay team at Central.

"I've improved a foot every year since seventh grade (in the long jump) and 1½ feet since last year."

Track coach Joe McMenamin believes Blanks is solid in every event he competes in.

"We can count on 20 points from Nate every meet," he said.

Blanks' jump at the Kansas meet puts him fourth on the all-time list in Nebraska for long jumpers. Former Centralite Gale Sayers holds the top spot on that list.

According to McMenamin, Blanks ranks fifth in the nation in the long jump as of the last edition of *Track and Field News*.

The Kansas Relays, which brought competition from Nebraska, Iowa, Kansas, Missouri, Oklahoma, and Texas, also included college teams. Although the high schools and colleges competed separately, Blanks' jump would have placed fourth on the college level, the coach said.

"He's got the potential to be a great collegiate jumper," McMenamin said, citing Blanks had four of six jumps measure over 23 feet.

Blanks said he will play both football and run track in college. The senior has narrowed his choices down to two schools — Southern University and Taft Junior College. Right now Taft has the inside track.

"Southern just asked me to walk on in football. Taft offered me a two-year full ride," he said.

Taft, located outside of Los Angeles, was the junior college national champion last year in football and also has a strong track program. Blanks has set his sights on helping Taft improve in the field events.

Even though he prefers football to track, Blanks does not intend to shirk his responsibility with the Central track squad.

"Without a doubt, this year's track team is the strongest I've competed with. I hope we can get another state championship."

JV cagers make final 30 of prep team

Central sophomores Dave Moody and Bertrand Turnbo were among 30 finalists eligible to compete with the Nebraska underclassmen basketball squad playing in the National Prep Invitational Tournament in Las Vegas.

The roster of 30 was cut to 11 on May 1 after final selections were made by the coaching staff, headed by Brother Mike Wilmot of Prep. Moody's and Turnbo's status

with the team was not known as of press time.

Moody and Turnbo were required to attend a try-out session at UNO on April 20 to make the final 30. According to Central coach Jim Martin, having two Eagle players in the final 30 is the best the school has done in the tournament's two-year history.

The Las Vegas tourney runs from July 24-29.

Eagles win 2 invites in run for state title

Central's traditionally strong track program may reach new heights this year if their early season success is any indication. Coach Joe McMenamin has molded his corps into a powerhouse in virtually every event.

"The team has performed better than we expected," McMenamin said in reference to the Eagles' sweep of three straight invitationals.

This spring's dismal weather may have put a limit on the Eagles' potential output, though. McMenamin said this season's marks have not been as good as in previous years.

Senior Tom Stawniak echoed the coach's sentiments. He feels his throwing distance in the discus and shot put, which

cannot repeat as champions.

One set of events Central should score well in is the weight events. The Eagles' Stawniak should fill the shoes of last year's

Central Invitational Results

1. Central	174
2. Prep	86
3. Northwest	75
4. North	73
5. Bellevue West	63
6. Benson	34
7. Bellevue East	14
8. Tech	1

leader Larry Station admirably.

The Iowa State-bound Stawniak says he is more comfortable competing in his events this year than last.

"I was a little bit scared last year having Larry (Station) around. He did help me out a lot, though."

Adding to Central's dominance going into state is Howard Howell, who finished 2nd to Stawniak in the shot at two invitationals.

Another boost for the field events lies in senior Nate Blanks. He set two records at the South Sioux City Invitational in the long jump (22-7) and triple jump (45-4).

McMenamin said the highlight of that meet wasn't Blanks' jumping but the 2-mile relay team's win. The team, made up of Gardine Wilson, Ron Barnes, Michael Carter, and Leonard Robinson, bettered the best

South Sioux City Invitational Results

Central	222
Sioux City East	119½
Sioux City Heelan	84
South Sioux City	78
Sioux City North	43½
Sioux City West	7

lead the state, could be improved with warmer weather.

The next major event for Central is the state track meet at Burke High on May 20 and 21. Barring a catastrophe, McMenamin feels there is no reason why the boys' team

Roach plays for Duchesne despite ruling

A new ruling has come down from the Metro Soccer Council this spring concerning player eligibility.

The ruling states: Participants must play for their school's club or team. Central's Deena Roach was to be the ruling's first case.

Due to Deena's involvement on Duchesne High School's soccer team, she was prohibited from competing at Central.

Central soccer sponsor Mrs. Sue Gambaiana said she could not cut a player from the team to make room for Deena. The

senior would then have to sit out the season.

After a discussion with Mr. John Rogers, president of the Council, and a majority two-third vote by Metro soccer coaches, it was decided that Deena could continue the season on Duchesne's team.

Because of her potential to receive scholarships, Deena said, "They won't deny me of the privilege." The scholarship factor was the key reason for allowing Deena to finish the season at Duchesne.

The council is now expected to meet to clarify rules concerning player eligibility.

Baseball spirits not dampened by rain

After having six games rained out earlier this spring, the baseball team finally had the opportunity to play.

In their first game, the Eagles found that mistakes can hurt. Central committed four errors and allowed three unearned runs against Millard South in a 7-2 loss.

"I was a little disappointed at the defense," Coach Wally Knight said.

The next game, however, was a victorious one for the Eagles as they ousted North 13-1 in five innings.

Apparently the late start hasn't dampened the team's spirits either.

"We just made fun of it (weather). What could we do? You can't do anything about it's all behind us now."

Overall, the season appears to be going well for the squad. They have hit well and, on occasion, pitched well. Yet, the end of the season will tell the story.

"Until we face the top-line pitchers, we don't know how good our team really is," Knight said.

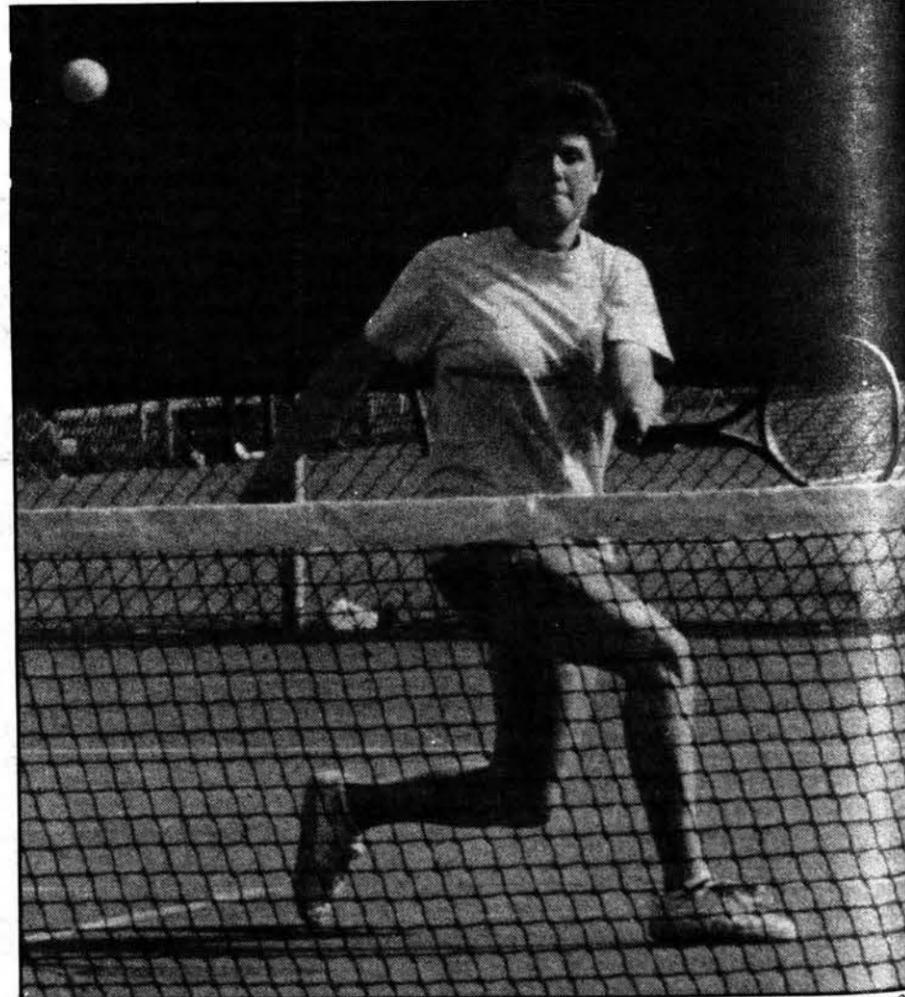


photo by Brian Olson

Ready to return. . . Central's Terri Tesar prepares to make a return in a match against Marian. The girls' tennis team has compiled a 1-3 record so far in this weather hampered season.

Calendar

Baseball	
May 9	Central at South at Lynch, 4:30 p.m.
Track	
May 10	DISTRICT at Bellevue West
May 20-21	STATE

'Young' golfers take 6th at Abe Lynx-T.J. meet

Golf has been having the "stroke" success against many of their competitors within the last month.

During the month of March, Central Eagles glided over Roncalli with a score of 157 to 186 with senior Mark Jamison leading Central.

Central scored another victory against Bellevue West with the score of 164 to 180 on April 12 at Bellevue.

At the Abraham Lincoln and Thomas Jefferson 4th Annual Invitational held April 18, Central placed 6th out of over 10 other schools. The top scorers were Chris Stawniak senior with a score of 89, and sophomore Brian Adamson's 94.

Major Ed McDaniel, varsity gold coach explained that out of 6 golfers on the team he rotates four for each match.

During the Metro golf meet all six golfers will compete. According to McDaniel, Central placed 3rd the previous year.

"I have an awfully young team, but I'm very proud of them," said McDaniel.

time so far this season in the state by 10 seconds.

On April 16 Central hosted their first invitational ever. The result was a Central victory by more than double the 2nd place team's score.

The team won 12 of 17 events, highlighted by Tony Fagan's win in the 100 and 200 meters over Northwest's Otis Perry.

Fagan, who bypassed the '82 campaign, said of the upset wins, "It was real important to beat Perry. It let everyone know I'm back in top form."

The senior gained recognition as a sophomore when he placed 6th at the 1981 state meet in the 100.

Eagle winners at the Central Invitational:

Long jump	Nate Blanks	22-9
Triple jump	Nate Blanks	44-1½
Shot Put	Tom Stawniak	58-4
Discus	Tom Stawniak	153-6
400 meter	Michael Carter	52.5
110 high hurdles	James Hart	15.6
100 meter	Tony Fagan	10.9
800 meter	Ron Barnes	2:02.1
300 int. hurdles	Bernard Jackson	41.3
200 meter	Tony Fagan	22.4
400 relay	Fagan, Jackson, Blanks, Jones	43.9
1,600 relay	Wilson, Barnes, Robinson, Carter	3:32.8