

## Illiteracy hits youth

In the fall of 1982, Kevin Ross, a student and basketball player at Central High School, enrolled at Westside Preparatory School in Omaha, a school for children from kindergarten through eighth grade. There Mrs. Marva Collins began the process of teaching him to read and write.

Kevin attended Westside at the suggestion and expense of his father, according to Mr. Dan Offenburger, who was the athletic director at the time. "It was embarrassing for him to admit his problem," said Mr. Offenburger, "but I eventually convinced him that it was necessary for him. I was blamed for a lot of the humiliation Kevin received, but I feel that that was one of the most significant things I've ever done."

"How could I blame him for being reluctant?" continued Mr. Offenburger. "I was telling a grown man that he needed to go back to school. That took a lot of courage on his part."

February 2 "World-Herald" article, Mrs. Collins said that Kevin learned to read, Kevin has been "trying to inspire millions of adults who have been hiding behind illiteracy." She added that she "inspired the first adult education program at her school" and that she made other adults less ashamed of coming out and saying they need help.

### One out of five

Illiteracy is still a serious problem and more needs to be done, according to Mrs. Beverly DiMauro, president of the Omaha Council on Literacy. One out of five people in Omaha are functionally illiterate, 30,000 in Nebraska, and 27 million in the United States. The rate may not have necessarily changed a great deal in recent years, but we are just beginning to realize how bad the situation is, said Mrs. DiMauro.

The problem begins in the early years of school when students are not prepared to go on to the next grade level without having mastered the material. "The schools or the teachers can't be blamed for the problem," said Mrs. DiMauro. "Out of a class of 32 students, maybe one doesn't learn the material," said Mrs. DiMauro. Parents often don't want their children held back when they should be, when the problem can still be corrected, she said.

During the secondary school years, the problem becomes more serious and bad habits become harder to break. "By the time a student is a junior or senior, he is very idealistic and just wants to get out of school and get a job. But he doesn't realize how tough it really is out in the real world," said Ms. Kim Schellpeper, Central's reading teacher.

When students are able to learn satisfactorily through lectures and are good memory learners, they develop a good memory and are able to learn effectively in class discussions. But that can never take the place of a book," said Mrs. Schweiger.

Several programs exist within the school system which are designed to help students with their reading problems. Among these are remedial instruction, reading clinics, and diagnostic testing, according to Mrs. Schweiger.

### Television and VCRs

One may wonder how a student could make it through so many years of school without being able to read and write effectively. "Students are very good at 'faking it,'" said Mrs. Barbara Schweiger, supervisor of reading services for Omaha Public Schools. "The serious problem, according to Ms. Schellpeper, is the number of students who don't take advantage of the reading programs available. At Central, as at other high schools, reading is an elective. 'The kids I get are usually steered this way by counselors and teachers who notice a problem,'" she said, "but there are still a lot of kids in the halls who need help."

The embarrassment that has been keeping many people from seeking help. "With all the attention the illiteracy problem is receiving now," said Mrs. DiMauro, "I'm hoping people will realize the problem and decide to do something about it. I've been getting a lot of calls from individuals who say 'I thought I was the only one in the world who doesn't know how to read.'"

Books are enjoyable as well as educational tools, according to Mrs. Schweiger. But in today's society television and VCRs are a distraction. "It's much easier to sit in front of a television set than to go to the library and check out a book."

"If you can read easily, you can enjoy it," said Mrs. DiMauro. "Reading is a struggle, it becomes a chore. You can learn anything if you just look at any time you want. Television could never replace



photo by Mary Turco

Central's Academic Decathlon team claimed a first place victory over South on February 22. Central will represent Nebraska at the national competition in Los Angeles on April 9. Team members from left to right in the back row are Denise Wenke, Kate Madigan, Rachele Wyzkowski; middle row, David Pansing, Gordon Pioreschi, Chris Swanson, Bill Carmichael, Adele Suttle; front row, Wendy Novicoff, Anita Barnes, and Eric Severin.

## Academic Decathlon team defeats six area schools

Todd Peppers

Forty-two students from seven Omaha Public Schools met on Saturday, February 22, in the second annual Academic Decathlon at South High School. Central, the defending decathlon champion, won the contest with a 2,700 point victory over second place South.

The Academic Decathlon consists of ten different academic events in the areas of economics, science, mathematics, fine arts, social sciences, and language and literature.

In addition, the students must write an essay, give planned and impromptu speeches, and be interviewed. The final event in the competition was the Super Quiz, which focused on immigration.

Central's team consisted of six members and five alternates. The contest has three divisions based on students' grade point average. "A" is the honors level, "B" the scholastic level, and "C" the varsity level.

"We had students from each grade category sign a list stating that they were interested in trying out for the team," said Mrs. Bernstein, team advisor. "From

**"The students at Central start preparing when they are sophomores entering Central's rigorous academic program."**

that list 35 students were chosen to take the qualifying test. We gave the students an outline of what was going to be on the test and let them study for a month. The test was given November 21st, and from the test results and teacher recommendations, the team was chosen."

The team started practicing later in November. "At first we practiced twice a week, then before and after school as the contest got closer," senior Wendy Novicoff said. "Each week a different teacher came in and gave us material; then it was up to us to study on our own. It was hard, but I enjoyed it."

"It was a bigger victory than last year when we beat South, so we did pretty well," Mrs. Bernstein said. "I think the key to winning is to have strength across the board. What made it a winning team is the fact that we really don't start practicing in October for this contest; the students at Central start preparing when they are sophomores

entering Central's rigorous academic program."

"I think it's been worth the work," senior Gordon Pioreschi said, "but I don't think I could do it again for a while."

Mrs. Bernstein also explained that the other Omaha schools were out to get Central in the contest. The week before the competition rumors were circulating around other Omaha area high schools that Central's team members got the entire week off to study.

"It was not true at all. We had one team member who was sick all week with the flu, but the rest of the kids had to attend classes all week," said Mrs. Bernstein.

"Ideally we should bow out gracefully. Central's had their turn winning and I'm burnt out," she said.

The team members have one more test before them. On April 9 they will represent Nebraska in the U.S. Academic Decathlon at Loyola Marymount University in California.

## Viewpoints

To what extent should prayer be allowed in public schools?

Diane Perrigo, senior

"I don't think it should be. If people want to do that they should go to a private school. It infringes on the rights of people who aren't religious."



Mark Austin, sophomore

"I think that if you feel it is necessary, you should be able to pray whenever you want to, not when someone tells you."



Tonya Robards, senior

"I think they are making too big a deal out of it. If someone is going to pray in school, you can't stop them. I don't think organized prayer would mean anything to people."



Stacy Adkins, junior

"It should not be. What is the purpose? It is good to have a moment of silence if someone has died, but not any other times. That should be kept in church."



Debby Ziskovsky, senior

"I don't think it should be. It is an individual's choice to pray. They can do it at home or before school, not in the classrooms."



Matt Crook, junior

"They already have time to pray. In study halls or when people have spare time they can do the same thing. The whole issue has become too politicized."



photos by Mary Turco

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## Prayer: Spoken, 'voluntary' school prayer meaningless, unconstitutional

editorial

"Congress shall make no law respecting an establishment of religion."

-First Amendment to the Constitution.

"Beware of practicing your piety before men in order to be seen by them. And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men."

-New Testament, Matthew 6:1, 5.

"If we could get God and discipline back into our schools, maybe we could get drugs and violence out."

-President Reagan

The God that President Reagan refers to is in the form of school prayer. He, as well as many political and religious leaders, hopes to place "God" (prayer) "back" into schools through a constitutional amendment. This amendment would allow students and teachers to say a prayer together before class.

While the issue is not foremost in the minds of most people, it is already a serious topic in many of the Congressional and

Senatorial races and a weapon for political and religious groups such as the Moral Majority.

Organized prayer will never work in the public schools for several reasons.

### Wishy-washy prayer

First of all, comparing the lack of school prayer and increased drug use is like comparing forgetting a homework assignment, and failing the entire course.

Secondly, imagine trying to come up with a prayer that could apply to Presbyterians and Pentacostals, Jews and Jehovah's Witnesses, and Mormons and Methodists. The prayer would be so wishy-washy that it would be demeaning to all religions.

When did a one-minute prayer suddenly signify belief in God? Why can't a student pray on the way to class, in class, or whenever he feels the need? It is impossible to deny someone the right to pray.

### Spontaneous

What are students who have no religious affiliation, or prefer not to pray, supposed to do other than feel left out.

"Spoken prayer would be physically coercive and silent

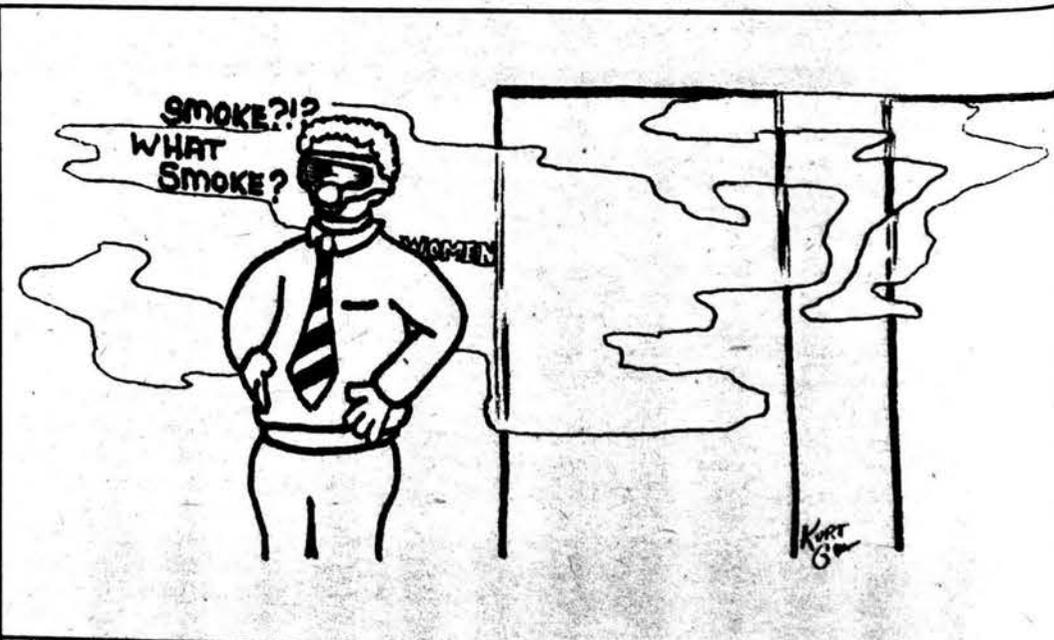
prayer would be physically coercive," Mr. Mann said in an issue of the Century.

Many of the fundam who are behind this is that it would reduce and violence by students about "moral

Instead, teach students prayer is supposed to be spontaneous and meaningful. Teach them that the fathers," who they cite reporting school prayer, sick at the idea of school prayer. Teach the religious freedom or to think for themselves make their own decisions.

Public schools are not to be a religious show where parents send their to school with a lunch hand and God in the Prayer should be a issue.

Not allowing school won't keep students from ing, it will only give students who chose not the opportunity to do feeling left out or pres



## Staff ignores smoking problem

editorial

What are located on the northwest and southeast corners of the building, smell like stale and not so stale smoke, and are almost never patrolled by administrators or teachers?

To any observant student, the obvious answer is Central's restrooms.

According to the student handbook, smoking is prohibited on the school grounds. However, according to the "Register" staff, the administration and most teachers are failing to enforce this rule.

The smell of smoke in many of the halls is not left over from the recent fire in a music practice room, it comes from the

nearest bathroom. The worst bathroom in the entire school happens to be across the hall from the administration office.

It isn't that smoking is or isn't right; that has nothing to do with the problem. Any student, regardless of whether or not he smokes, should have the opportunity to leave a restroom without smelling like he just smoked a pack of cigarettes.

According to Mr. Dick Jones, assistant principal, teachers and administrators are responsible for checking the restrooms. Although the administrators are far too busy to spend their time patrolling restrooms, they do not seem to be putting any effort into getting teachers to do so.

Fortunately, the problem is easy to solve. All it takes is an administrator or a teacher walk into a restroom during class time, lunch, or period, and look around. As soon as students see they won't smoke restrooms in the first place.

This isn't a major problem is just frustrating because is doing anything about more than ten percent of the smoke in the restrooms. other 90 percent walk out ing like they did.

It is the administration enforce this rule and it time they began doing

# Blues overcome students



## That's the Way It Is

by  
Todd Peppers

tom to strike is an intense hatred of anything associated with class work. For instance, last week during biology class, something just snapped. As I looked at a frog that was cut up into 100 pieces, I suddenly realized that the digestive system of a frog wasn't the important thing in my life I want to be a lawyer, and lawyers don't have very many frogs as clients.

It got worse the next day in history class. We were on our third day off taking notes about the important policy decisions of the Hayes administration. The thought struck me — this man has been dead for 100 years and the chances of President Hayes showing up and asking me questions about his year are pretty slim.

The final and most serious characteristic is an acute sense of anger aimed at anything associated with school. If you walk past an administrator and address him by his first name, if you laugh at the cheerleaders during a pep rally, if you ask the cashier in the cafeteria for an accidental death insurance policy, all of these actions indicate the anger syndrome.

I, too, have suffered from these fits of rage. Only last week I walked into the bathroom and noticed a rather short sophomore smoking in the bathroom stall. I smiled sadistically and informed him that cigarettes would stunt his growth. Then I said, "Oops, too late" and walked out of the bathroom.

"Second semester blues" is a rather serious disease, but luckily there is a cure. Three out of four doctors recommend that afflicted students take a three week vacation to Hawaii to get plenty of surf-n-sun. I was thinking, shouldn't the school board pay for this cure since they caused the disease? Maybe if we got a petition drive going...

"My eyes have seen the glory of the king of the school" — famous polboy song.

If you haven't guessed, today's column is about that dreaded disease called the semester blues; a sickness which is estimated to strike 99.9 percent of all high school students.

How can you tell if you have this horrid bug? I have consulted several experts at the Mayo Clinic, and they have listed the following common characteristics of this disease.

1. "Snooze alarm syndrome." This is the first symptom to strike students. "Snooze alarm syndrome" is when you set your alarm for 6:30 am, but after pressing the snooze button ten times, you end up falling out of bed at 7:20 am.

2. The second major characteristic of "second semester blues" is an acute sense of time, known in medical circles as "acute mania." Now be truthful, do you get up in your homeroom on Monday morning and wonder how many minutes till your date is Friday night? Do you know how many minutes we have until spring break, or the end of the school year? If so, you are suffering from "minute mania."

3. Experts agree that the next symp-

Shrimp, dork

# Siblings torment senior



## Afterthought

by  
Vina Kay

I have a complaint. It's bad enough that I have to be tormented everyday at home by my younger brother and sister. I'm tired of being constantly bombarded with their demands.

"Get off the phone!"

"Mom says you have to drive me to Westroads."

"I'm telling!"

I've lived with that problem for years. I've grown accustomed to facing them at home. But this year I've been forced to face their tormenting at school. It really is not fair. I've made it through years of school without them, and in my senior year, supposedly my best year of high school, I become the victim of two sophomore siblings.

I remember a time, not very long ago, when school was a place to escape from all the pressures of being an older sister. But my present situation has brought with it several problems, a few of which I'll mention to you now.

First of all, I've been forced to put up with derogatory comments. Not only are

they incredibly unoriginal, but they happen to refer to a very touchy subject with me — my height. That may seem like a minor problem, but someone my size has an extremely low tolerance level. I've heard every short joke and every snide, crude remark in the book. It is starting to get old. Take, for example, a normal exchange between my brother and me if we should happen to come across each other in the hall.

"Hi, shrimp."

"Hi, sophomore," I naturally retaliate.

"Nerd."

"Dork."

"Reject."

"Scum."

This leads me to another problem. Not only do I receive such comments from my brother and sister, but I am also being attacked by their friends. Total strangers are coming up to me and calling me "shorty." Now is that any way to treat a senior? It doesn't end there.

The other day, for example, I accidentally put my brother's white pants in the washer with my sister's red shirt. It was a complete accident. Anyway, the next day people were coming up to me and saying, "So you turned Charlie's pants pink, huh?"

All of us do some things at home that we would never do at school. Just little things like singing and dancing around the house. But it is just not nice to expose these little secrets to the whole world.

For these reasons, I am formally demanding that all this tormenting be brought to an end. It is not fair to have to spend my senior year in such distress. And if you don't stop bugging me, my dear little brother and sister, I'm telling Mommy.

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**In Brief**

**Omaha Ole** will be held on March 8 at Bryan High School. Spanish students from local junior highs and highs and high schools will compete in various activities including a college bowl and recitation of poetry.

**Military Ball** will be held on March 20 at the Peony Park Ballroom from 7 pm to midnight. All ROTC officers from Omaha schools will attend. The ball is open to the public. Tickets are \$6 per couple.

**Spring fashion show** will be held on March 20 at 3:30 pm in Central's courtyard. One section will consist of clothes designed and made by Centralites, and the other section will consist of clothes from local clothing stores. The clothes will be modeled by students.

**Seniors Monica Hart and Susan Kraft** are the winners of the Peter Kiewit Scholarship. They will receive a scholarship that is \$4,000 a year, renewable for four years, and transferrable to any college or university. The award is based on accumulative grade point averages, class rank, and financial status.

**OPS drill meet** was held February 7 at the National Armory. Each school entered one team which consisted of nine members and one drill team commander. Central's drill team commander is commander sergeant major William Battle.

**The Cooper Award** was recently given to Mrs. Daryl Bayer, French teacher and Mr. John Waterman, math department chairman. Each received a \$1000 check for excellence in teaching. Forty-one teachers from Nebraska competed. The teachers submitted specially prepared projects for teaching.

**"Suicide Prevention"** will be the topic discussed during a free seminar on March 20. The seminar will be held during third period. This seminar is sponsored by Central's counseling department.

**Students of the month** of February were sophomore Siphiew Balosang, junior Eric Severin, and senior Letitia Ford.

**Youth Art Month** is March. Students city wide will exhibit their work throughout Omaha. The purpose is to promote art in public schools and show the community the need for art in schools.

**Teen Jam 1986** was presented by Joslyn Art Museum on February 28. The show featured a fashion show from "In Active Pursuit." Disc-jockey Jack Swanda played the music.

**Strong tradition, fun continue in math club**

Gerry Huey

The shelves of room 316 are lined with trophies. "In Stiefel We Trust" reads the seal on a purple flag hanging on the wall. The seal is ironic because Steifel was a poor mathematician. It isn't the largest room, but it's home for Central's math club.

The math club recently participated in the South High Math Contest and Creighton Math Field Day. Central finished first at Creighton and first and fourth at South.

Last year Central competed in the American High School Math Exam (AHMSE). Central finished 17th in the nation out of 6,000 other schools. The two leaders on the club were Arthur Kosowsky, Central graduate, and Anita Barnes, senior and math club president.

"Anita is probably the strongest," said Mr. John Waterman, math teacher and sponsor of Math Club. Mr. Waterman expects Anita to win this year.

The AHSME is one of the four tests given to high school students throughout the nation. The other three include the American Invitational Math Exam (AIME), Math Olympiad, and International Math Olympiad.

The AIME is a three-hour test where a student must answer nine problems from the twelve asked. The Math Olympiad is the next test that chooses the top math students in the nation to compete in the International Math Olympiad, which is held in Europe. Many foreign countries compete against one another and the United States.

Central has never had a stu-

**"In Steifel We Trust" reads the seal on a purple flag hanging on the wall.**

dent reach the Math Olympiad, but Arthur came the closest by answering seven of the 12 problems.

When asked if she felt she would qualify for the International Math Olympiad, Anita answered, "It would be nice, but it's not terribly realistic."

Anita joined the math club in her sophomore year. She first became interested while in junior high school. "Math club is a lot of math and fun."

Anita explained how the math club shows its personality. While accepting their awards and trophies, the members were dressed in loud and outrageous clothing, while the other schools were dressed in formal attire. "We're so weird," admitted Anita.

"It's not all math," junior Marc Lucas explained. The math club plans to go to Kansas City for a field trip this spring. Last year the math club spent a weekend in Chicago. The trips are paid for by Mr. Waterman and candy sales.

Central's math club has three branches: Mu Alpha Theta, math club, and math team. Mu Alpha Theta is a national math club and math team is the group that competes in the contests.

"Anyone can join who has



photo by Val Spellme

**Math team displays past regional trophies while hoping for more in the future. Last year the team placed 17th in the nation.**

above average interest in math," said team member junior Doug Deden.

To become a math club member a student must have an active interest in math, Mr. Waterman explained. A grade point average of 3.0 is needed to be included in Mu Alpha Theta. Mr. Waterman expects all new members to attend every meeting and help score the junior high program, Math Counts.

Central has been traditionally dominant in math, according to Mr. Waterman. The rivalries come from within the club and not so much from other schools.

In the past three years no

school in Omaha has come close to defeating Central. At times the difference of points between Central and the second place team is greater than second place and last place, Mr. Waterman said.

Junior and math club secretary Travis Mood attributes their success to the fact that "math club practices more." Math club prepares for upcoming competitions by reviewing previous tests. Problem solving in enrichment math is also used.

Mr. Waterman stresses the need for balance to become a dominant force. "Good teachers, good school, good students, and a good curriculum are the key

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# Steam system heats building

to keep warm may be a primary objective of students during the winter months. Wearing scarfs, sweaters, and jackets are ways to fight the cold on the way to school, but once entering the building, students and faculty rely on the school's heating system to make the day more comfortable. Sometimes get tense and frustrated, too much the "sophomore Bonerfield explained. It's hard trying to keep warm and still try to concentrate at the same time," Racquel Alhvers said. **Underground pipelines** The fact of the matter is Central has no huge furnaces or boilers; instead, Energy Systems Company, a former subsidiary of Internorth, sends steam through underground pipelines from its furnaces to a central system in Central's auditorium. There, the amount of steam pressure is reduced, and sent to all classrooms where the temperature is con-

trolled by a thermostat in the class. Mr. David Woods, Director of Marketing for Energy Systems Company, explained how Central is not their only customer. "We supply 53 different buildings in the downtown area — buildings such as northern Natural Gas, Northwestern Bell, St. Joseph's Hospital, and the Boy's Town Institute," he said. **Floor temperature** Energy Systems Company has been a Private Nebraska Corporation since December of last year but has manufactured steam for Central since 1976. "The boilers we had were out of date," said Mr. Jim Merrifield, head engineer at Central. "It was the renovation that did away with them, and it would have been too expensive to install new boilers." While the thermostats in classrooms are preset to 68 degrees, Central's largest space, the courtyard, has no heat vents of its own. "The floor temperature normally is around 60 degrees," Mr. Merrifield said. "This is because of the circulation and transferring of heat in the halls which makes

its way into the courtyard." The overall time it takes for the system to have a noticeable effect is approximately 48 hours. "It usually takes that much time for the inside to level off with outside temperatures," Mr. Merrifield explained. "The south and east sides warm up quicker because the winds during the winter are from the north and west." Since the removal of Central's furnaces and the installation of the new system, only a few repairs have been done and principal Dr. G.E. Moller has had nothing but positive remarks concerning the service. "I am quite confident that it has worked well for a building that is this old," said Dr. Moller. **"Worked well"** Central is billed every month at a flat rate; however Mr. Woods could not say what it was without the consent of the school board. "The estimated budget for 1985-86 fuel based on the past year and normal increase is \$142,231," Dr. Moller said. "Whether or not we over or under spend this amount remains to be seen. It all depends on the weather."



photo by Shanda Brewer  
Senior Angela Box and junior Anissa Green collaborated to make this display in honor of Black History Month, which was February. They were inspired by studying black cultural cuisine in their advanced foods class. In conjunction with the Black History month, English classes attended presentations in the auditorium on black history.

# 94 Centralites make first semester honor roll

The list of first semester honor roll students was recently released. A student must earn 20 grade points a semester to be on Central's honor roll. The honor roll is a motivation; it shows that a person can achieve," Central Principal Dr. G.E. Moller said. He explained that the world is very competitive and students who work hard should be honored. "Students who made the honor roll echo his words. "Being on the honor roll is a great honor to me," senior Tracy Orr said. "It takes long hours of work but in the end, being honored with peers brings satisfaction." Moller honored to be on the honor roll because it shows me that I have achieved my goal of getting good grades," said senior Julie Kubik. The following students have been named to the first semester honor roll:

- Sophomores**
- Wendy Allen, Kye Andersen, Kalen Anderson, Yolanda Anderson, Douglas Back, Dan Backens, Jonas Batt, Stephanie Beerling, Jori Besancon, Athena Blakey, Chandra Bostick, Stephanie Bowers, Kate Bostick, Stephanie A. Brown, Alyson Bruns, Amy Bruns, Bridget Buckley, Sandra Bushey, Steven Butler, Andrew Carlson, James Carlson, Andrea Christ, Elizabeth Christ, Heidi Clark, Jill Cornman, Erin Cornman, Carla Dailey, Susan Diemont, Beth Dubes, Catherine Easton, Michele Easton, Chandra Freeman, Robert Fuglei, Gansz, Randall Gilbert, Tracey Gilchrist, Jennifer Gottschalk, Lance Grush, Sara Gutierrez, Alexander Haecker, Kimberly Hale, James Hansen, David Heck, Jennifer Hempel, Trista Herd, Kaylene Hixson, Amy Hoffman,

- Tanya Hoffman, Erik Hoiekvam, Jennifer Holmes, Brecke Houston, Douglas Howland, Sevrin Huff, Ken Hui, Jocelyn Humphrey, Jocelyn Jepsen, Lara Jochim, Christopher Johnson, Courtney Jones, Heather Jones, Joan Jorgensen, Kristi Kalinowski, Paul Karnish, Ann Kay, Shirley Keeling, James Kemp, Douglas Kerns, Justin Kerr, Allen Klopper, Jean Kraft, Julie Kubik, Sandra Lane, Robin Leavitt, Gwendolyn Lietzen, Steven Likes, Victoria Livers.
- Lisa MacAfee, Trungtin Mai, Koren Mann, Laura McLaughlin, Brian McQuiddy, Sarah McWhorter, Amy Meyer, Andrew Meyer, John Miller, Tamara Mitchem, Angela Naab, Heather Nash, Kathleen Nass, Sonenia Nettles, Zantel Nichols, Deborah Noveski, Stacy Nystrom, Jill Ogden, Donna Olson, Denise Palensky, Corie Palmer, Dena Pecha, Susan Peppers, Wade Peterson.
- Timothy Randolph, Christy Reed, Kimberly Reitz, Kimberly Richard, Eric Rihanek, Janel Rodriguez, Shonda Rohn, Dawn Rosenbaum, Albert Rovang, Renee Ryan, Joseph Schlesselman, Scott Schultz, Jody Sharpe, Donald Shennum, Jennifer Shepard, Donnetta Sherrod, Sara Siebler, Ann Sitzman, Erick Skeen, Inga Soder, Doug Stansberry, Christina Steele, Brittmarie Steenberg, Joanne Streib.
- Sharon Strickland, James Swanson, Rachel Swanson, Jennifer Tallman, Janelle Thomas, Jennifer Thomas, Lisa Timm, Charles Tomlinson, Christine Turley, Jennifer Urias, Jennie Valentine, Lisa Vogel, Wesley Vogel, Andrea Walker, Michael Warner, Todd Weddle, Erika Wenke, John Williams, Karen Williams, Elizabeth Wolff, Chris Worm, Ruth Zdan, Alexandre Zing.

- Juniors**
- Juniors include Susan Anderson, Annetta Adams, Cory Anderson, Lisa Arnett, Julie Ashley, Duwayne Backens, Monica

- Backens, Ronna Baker, Brenda Banks, Patrick Bartmess, Susan Beach, Michelle Bessey, Tiffany Boyer, Robert Brigham, Karyn Brower, Sherri Brown, Mike Buckner, Stephanie Cannon, Dan Carlson, Sarah Carlton, Rachel Cartier, Anthony Clark, Dawn Clark, Sheri Collier, Kitamba Crawford, Cara Crinklaw, Rodney Dailey, Cori Darvish, Doug Deden.
- Kristina Deffenbacher, Mark Ebadi, Tracy Edgerton, Nicole Else, Anthony Evans, Joe Fogarty, Michelle Fox, Robert Fry, Nicole Galiano, Michelle Graham, Steve Gross, Tiffany Hale, Craig Hamler, John Hannon, Michael Hargreaves, David Havelka, Mary Hays, Elizabeth Hazen, Troy Helmig, Andrew Hilger, Cynthia Hoden, Robert Holtorff, Gene Huey, Chris Hughes, Lisa Hutchinson, Camille Jackson, Linda Jackson, Lisa Jensen, Scott Jensen, Joel Johnson.
- Kevin Kathka, Kristy Kight, Michelle Kinnach, Mollie Kinnamon, Julie Kliever, Courtney Koziol, Kimberly Kraft, Vicki Krehbbriel, Kim Kunze, Cynthia Lauvetz, Alissa Lawson, Vanngoc Le, Kirsten Leach, Eric Lee, Jenni Lexau, Kirsten Lillegard, Marc Lucas, Kate Madigan, Renee McArthur, Martha McGill, Rebecca McKim, Teri Michalski, Andrea Montequin, Joe Montequin, Travis Mood, Marlene Moravec, Jo Newbold, Michelle Nippert, Sandra Nolden.
- Sean O'Hara, Rachele Palmersheim, Jeff Palzer, Andrew Pankov, David Pansing, Laura Pattee, John Pavel, Kelly Penry, Ken Pepple, Cynthia Peterson, Todd Petrick, Angela Pick, Amy Pickens, Kristi Plahn, Lisa Prescott, Michele Rempel, Christina Reyes, Kurtis Rohn, Stephanie Ruegnitz, Michelle Scasny, Janelle Sievers, Ketsamone Sisavanh, Frankie Skorniak, Ellen Smith.
- Stephanie Somers, Val Spellman, Jennifer Squires, Kelli Station, Laura Sterck, Patricia Stodola, Tim Stohs, Andrea Stonehouse, Sarah Story, Petr Sumbèra, Virginia Suttle, Sheri Tuma, David

- Vodicka, Brian Wanzenried, Eric Weaver, Kara White, Stacey White, Dwana Williams, Elaine Williams, Joy Williams, Kevin Yam, William Young, and Lynn Zealand.
- Seniors**
- Seniors include Jill Abrahamson, Brent Adamson, Kennette Allen, Michelle Bang, Brenda Barber, Carmella Barber, Anita Barnes, Tracy Barrientos, Christine Bates, Don Benning, Phil Berman, Robert Biggs, Gary Bonacci, Vicki Bowles, Jessica Bresette, Shanda Brewer, Cindy Brown, Suzanne Brown, Jeff Burk, Bill Carmichael, Heather Carpenter, Matt Carpenter, Tim Combs, Thatcher Davis, Bryan Douglas, Travis Feezell, John Fogarty, Jeanne Galus.
  - Heidi Graverholt, Karen Grush, Princess Hampton, Pete Holmes, Sarah Holmes, David Holt, April Honnies, Kathlyn Hossman, Shanen Houston, Debi Howland, Julie Howland, Gerry Huey, Tuan Huynh, Vina Kay, Sean Kershaw, Tim Kilgore, Wendie Kirkpatrick, Margaret Kohout, Toni Koob, Steve Kosowsky, Julie Kousgaard, Susan Kraft, John Krecek, Jo Krell, Theresa Krell.
  - Kelli Kubik, Tracy Kunze, Mitch Lewis, Keith Logan, Anthony Mancuso, Lisa Martincik, Jennifer Mattes, Tom Maycock, Sean McCann, Lisa McElroy, Mike Meehan, Doug Mousel, Laura Murray, Tracey Newby, Diane Nicksick, Wendy Novicoff, David Olerich, Courtney Orr, Linda Orsi, Tim Ostermill, Todd Peppers, Diane Perigo, Kelly Phillips, Becky Pistello, Barbara Poore, Matt Pospisil, Gordon Pioreschi, Matt Reynolds, Tonya Robards, Keri Saar.
  - Mike Salerno, Jennifer Sampson, Theresa Scholar, Julie Selk, Margi Shugrue, Dan Sitzman, John Skoog, Tim Smith, Mimi Sterett, Jill Stommes, Chris Swanson, Robert Thorson, John Timm, Lisa Tubach, Mary Turco, Pat Volkir, Sonna Voss, David Weill, John Weill, Denise Wenke, Eric White, Dan Wolford, Michele Wolford, and Debra Ziskovsky.

# Exercise clubs on rise

Jennifer Mattes

With the growing trend toward fitness, health clubs and other exercise facilities have enjoyed an increase in membership. Many Central students use them for a variety of reasons but with one common goal of getting in shape.

Mr. Jim Work, operations and sales manager of the Alpha Fitness Center on North 90th Street, said there has been an increase in students at his location over the past two months. "I'd say about ten percent of our members are in high school. They want to get a tan and get in shape for the spring sports."

Mr. Doug Young, business coordinator at the downtown branch of the YMCA, said most students come during the summer, either on individual or family memberships.

The yearly membership rate for the YMCA is \$245 and Alpha's is \$334. Senior Wendi Kirkpatrick uses both facilities regularly and feels the cost is worth it. "There's a better atmosphere to work out in, so that increases your motivation," she said. She likes the YMCA better because it is closer to school and is not as crowded in the late afternoon.

### Tanning beds

Senior Phil Lavoie goes to the downtown YMCA in an effort to

prepare himself for boot camp this summer. "It's not as glamorous as those other fitness places you hear about, but I like it. When you go there, you go to work out. No frills." The facilities include a swimming pool, track, tanning beds and raquetball courts.

Mr. Young was quick to point out all the benefits of a YMCA membership. "We offer a very studied, progressive fitness plan. The YMCA is more family oriented." Several fitness programs are offered at an additional cost, and a membership to one of many divisional sports leagues may be purchased.

Senior Sherri Hoppes prefers the Alpha facilities and their wide range of equipment, which includes motorized treadmills and lifecycles. "Exercise is a good outlet for anger and frustration. It's very relaxing."

### Informal aerobics

Sherri likes the gradual pace of Alpha fitness program in particular. "They give you a test on your first visit to see how fit you are, and the program starts you out at certain weight amounts and repetitions. This allows for your abilities, so then you can move on to something harder."

Mr. Work feels that this is one of the primary reasons why a membership at Alpha is worth the cost. "In a sense our members are guided and

counselled through specific programs for specific needs." He believes that the money students spend on junk foods could be better spent on improving their health.

Jill Ebner, senior, also goes to Alpha Fitness Center. She does not have to pay membership dues, since her stepfather is a manager there. "I think it's worth it even if you have to pay," she said. One feature she likes in particular are the informal aerobic classes that she attends early in the morning.

### "Like blue jeans"

Students are undoubtedly improving their health with such memberships, but one question remains. Is it all part of a fitness craze, a fad that will only last for a few more years?

"A lot of it was a trend to begin with," said Sherri. "Now the people that go regularly have lessened. They're serious about getting in shape."

Mr. Young agrees. "In the 1970's you had the more trendy health club phases. In the 1980's people are more concerned about getting in shape."

"Good health is not a trend," Mr. Work emphasized. "We have too many 12-year memberships here. It may be a trend with some kids, but I think it's like blue jeans—it'll stick around for a while."

# H

# Dieting:

Margi Shugrue

During the winter months, daydreams about summer are inevitable. Yet slipping on last year's sleek bikini, a few extra bulges. It cannot be blamed on the lack of exercise. The obvious solution is a nasty four letter word: diet.

Mrs. Geri Thomas, school nurse, said that many students, besides dieting on their own, seek help from such establishments as Weight-Watchers and Nutri-System. "I'm losing steadily because a lot of unwanted flab remains on my body. I'm on a controlled diet program. Starchy and fried foods are eliminated and replaced by a bigger intake of vegetables."

Upon recommendation by her parents, Cheryl, a sophomore, decided to decrease her consumption of food. She skips breakfast, something of which Mrs. Thomas disapproves, and eats apples and oranges for lunch. "I'm doing this because I was bored. Now I keep myself busy by watching television, talking on the phone, or asking friends to come over."

### Untrained muscle

She dislikes it when her friends sell candy or go to fast food restaurants because it weakens her will power. "The progress of Chelsea's diet so far has made her feel 'healthier' better."

"There is no diet now, and there never will be a diet to solve an overweight problem," claims the book "Fit or Fat" by Dr. Bailey. Fat is caused by unused or untrained muscle, the most efficient solution being aerobic exercise.

As defined, aerobic exercise is a steady exercise that produces an uninterrupted output from muscles over a 12-minute period. The type of exercise makes the muscle lean and changes its metabolism while removing excess fat. "Fit or Fat" states that muscle weighs heavier than fat.

Therefore, if one exercises, he may gain weight yet still be in shape. When one diets, he loses fat from under the skin, not the muscle. But simple dieting methods do not work. Exercise forces the muscle into a leaner shape.

### Plastic suit

Forms of aerobic exercise include jogging, jumping rope, and even running in place. The author warns that exercise should be 12 minutes nonstop; intervals less than a 12-minute rest are worthless.

Junior Kim Kunze has trained herself to keep a healthy weight. Kim eats three meals a day, runs, and takes aerobics classes. "Keeping in shape depends on what you eat after you eat. I avoid being lazy," she said.

Exercising was a major factor in what helped senior Mike lose 20 pounds for wrestling. Mike had to avoid sweets for five months and train himself to eat salads, fruit, and vegetables.

At the beginning of the season, the wrestler's weight was measured and it is determined how much each wrestler must lose safely. Mike's weight category was 145 pounds. An abdominal brace was wearing a plastic suit which would help temporarily hold off water in the body.

If Mike was over his weight division on days of meet, he would jump rope, steam himself in showers, or wear a number of coats. "I never missed my weight," said Mike.

### Vitamin supplement

Fasting is strongly discouraged by "Fit or Fat." Calories should be spread out in up to five small meals. Refraining from eating for a long length of time sets the body up for heavy weight gain after fasting is completed. Mrs. Thomas also dissuades people from dieting. She feels many become extremely weak and



D.C. Polliam

# With



## awareness involves breaking bad eating habits

daily nutrient allowances are suddenly halted. Both sexes of teenagers visit the Weight Loss Clinic, explain-  
thy Meyer, a nurse at the establishment. "They do well if they  
selves have the desire to diet, but do poorly if it's only the  
ts' decision." Most patients are ten to thirty pounds overweight  
only a handful of serious cases. Weight Loss Clinic's diet con-  
of the four basic food groups and a vitamin supplement. They  
a behavior modification program and counseling daily.  
Ms. Meyer explained that there are three stages of weight loss:  
t reduction, stabilization, and maintenance. During stabiliza-  
more varieties of foods are slowly added to the diet.  
enance is a stage in which the patient is weighed in, checking  
e if he is sustaining his desired weight loss.

he Weight Loss Clinic's goal is for the patient to develop new  
etter eating habits. Patients lose from three to five pounds per  
Exercise is not required but rather is up to the individual.  
successful example of a Weight Loss Clinic patient is junior  
Right who lost 43 pounds in 12 weeks. "I felt bad about myself;  
t have things to wear and I was always self-conscious about  
f," she said. Kristy was given pamphlets explaining what foods  
and ways to cook these foods.  
he was also taught other options to do besides eating. She  
down things that she would give herself if she reached her  
"I bought an outfit the size I knew I could reach and hung it  
back of the door so I could see it every day," Kristy said.  
Although she sometimes cheated, counselors continued enga-  
ging her. Kristy was never pushed to do exercise. Because mus-  
weighs more than fat, the clinic's philosophy was to get the  
t off first, then tone it. "I did it for myself and now I feel so  
better," she stated. Because of her diet changing so  
tically, Kristy is no longer anemic.  
t the Nutri-System Clinic, clients purchase most of their foods  
measured, easy-to-prepare packets. A patient explained that  
et is particularly effective for those desiring to lose more than  
unds. "There are few choices to make that will throw off your  
t loss, as long as you stick to the prescribed Nutri-System  
t," she stated. "Because it's so well-balanced nutritionally, you  
ell and don't lose hair as in some more drastic diets," she

### Doctor's supervision

he patient attends weekly behavior modification classes and  
es eating regular foods in a year-long maintenance program  
neeting the weight loss goal. Health status is carefully watch-  
th an electrocardiogram before beginning the program,  
ic blood test, and weekly weigh-ins and blood pressure checks.  
se, or at least walking is encouraged.  
nless a person is using diet pills under a doctor's supervision,  
thomas emphasizes resistance to using them. She feels they  
dictive. "It's proven that people lose weight by proper dieting  
ms of drugs are not needed," she said.  
Spot reducing does not work," says "Fit or Fat." According  
book, exercising in a particular area increases the muscle,  
still possesses the same fat deposit on top. To lose weight  
area, one must exercise the complete body.  
Making your body healthier through weight loss is good, but  
ould not become obsessed with it," Mrs. Thomas said. Serious  
ms can evolve like anorexia nervosa. Along with excessive  
t loss, other symptoms are agitation, lack of energy, and  
ing withdrawn.

### Caffeine

## Soft drinks, chocolate contain hidden dangers

Liz Welling

The student who stays awake late at night studying, is well aware of the various forms of caffeine.

The most common sources of caffeine include coffee, tea, soft drinks, and chocolate. Other sources are over the counter non-prescription pills such as No Doz, Vivarin, Caffedrine, and Quick Pep.

However, the next time a student burns the midnight oil to finish a term paper or to prepare for a test and finds himself relying on these products to keep awake he may want to exercise caution; caffeine has side effects that one should be aware of.

Although caffeine pills are not physically addictive, there is documented information stating that there can be a psychological dependency upon them. "A person's own body chemistry has a lot to do with how dependent they can become," said Mr. Donald Klein, pharmacist and owner of Cris' Rexall Drugs. "It's just like cigarettes and nicotine; a person may have a strong craving for caffeine which can be hard to suppress."

In addition to a psychological dependency that may occur with caffeine, Dr. Martin Mancuso pointed out that health related ailments may exist with caffeine, such as nervousness, depression, insomnia, muscle twitching, hand tremulousness, upper respiratory problems, high blood pressure which may increase blood pressure as much as 14 points, and headaches, although it has been suggested that caffeine may ward off these.

One study by Ohio State University published in "The New England Journal of Medicine" showed that as little as two cups of coffee a day can produce profound rhythm changes in the heart muscle.

**"It's just like cigarettes and nicotine, a person may have a strong craving for caffeine which can be hard to suppress."**

During her two week bout with caffeine pills, Julie, a Central student who wished not to have her last name or grade identified, complained that she had trouble breathing and that her hands shook constantly. She stopped using them after her mother found them.

The motivation to keep alert in class may result in a tolerance build-up. As explained by the "Family Medical Guide," this build-up can only be eliminated by increasing the dosage (up to three or four times) or by complete abstinence. Bill, a former graduate who asked only to be identified by his first name, had to increase his caffeine intake by three times because of his tolerance level.

Mrs. Geri Thomas, Central nurse, said that she would not at all be surprised if a student's behavior radically altered from too much caffeine. "It makes people hyper, and when they try to get off of it, they usually end up at the doctor's office." Yet, Mrs. Thomas has only had to send one or two students home, and she said that was some time ago.

Dr. Mancuso said that the advice he gives his patients wishing to assess their caffeine intake is to see if they can go three days with no caffeine at all.

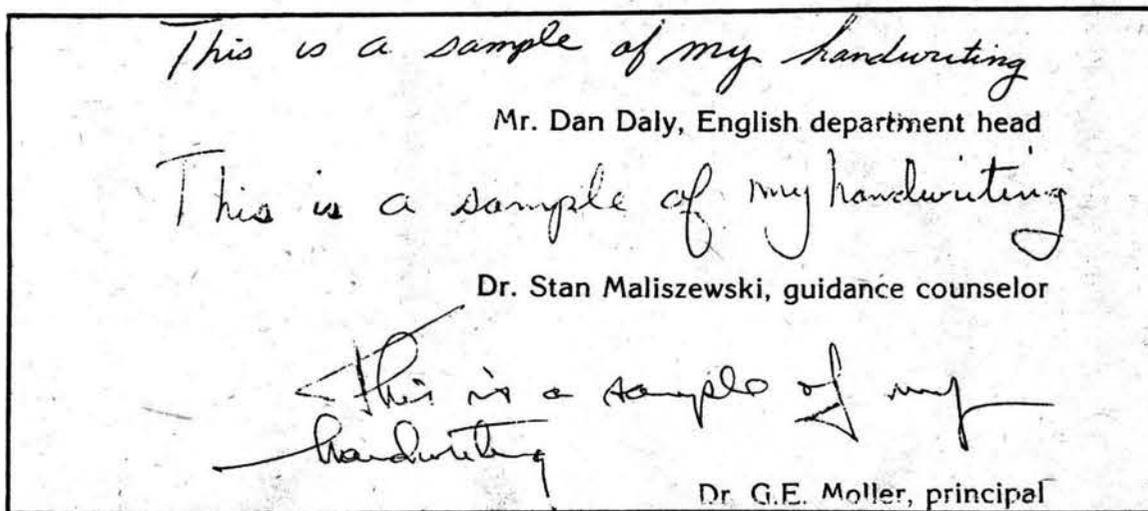
He explained that for someone who ingests a lot of caffeine this could be a problem because of withdrawal. Some problems which can occur are insomnia, irritability, flushing, dehydration, fever, abdominal discomfort, and anorexia, an eating disorder.

Extremely high dosages of caffeine can be toxic and result in convulsions or even respiratory failure, said the "Family Medical Guide." Yet, Mr. Lee Milton, pharmacist, believes that this is highly unlikely. "You could eat a whole box of Vivarin and it still might not be toxic."

According to the "Pharmacological Basis of Therapeutics," with long term use, caffeine has been linked to coronary artery disease, bladder cancer, pancreatic cancer, mild delirium (delusions or hallucinations), diuresis (increased discharge of urine), and dyspnea (difficulty in breathing).

Mr. Milton has noticed in the past that young adults usually buy caffeine pills around finals time. When asked if he has ever consulted a teenager about caffeine pills, Mr. Milton said that usually they don't come to him for advice, they go on what their friends say. "Kids think it is the answer for cramming," he added.

Although "The Pharmacological Basis of Therapeutics" classifies caffeine as a recreational drug, it is a central nervous system stimulant. Its primary use is to increase alertness and to reduce fatigue. It is absorbed in the stomach, where it is readily distributed throughout the body, and rapidly taken up by the brain. It is metabolized by the liver and is excreted both free and as a metabolite by the kidneys. It then releases massive amounts of adrenalin (over 200 percent) into the blood stream.



## Handwriting expresses personalities

**Don Benning**  
Handwriting is a lot more than a form of communication.

When a person writes in a given fashion, it represents a particular personality trait which comes directly from the brain states, Mr. Joel Emgel in his book "Handwriting Analysis Self Taught". Emgel says, "When a person writes, it's his hand that does the writing, but his brain does the dictating."

The study of handwriting and what it means is called graphology and is becoming more interesting and popular every day according to an article in "Seventeen" appearing January, 1986, entitled, "Analyze Your Handwriting (and everyone else's!)" by Joyce Dyer.

One's personality is expressed on paper by his handwriting. Ms. Nady Olyanovia, a leading handwriting expert, said, "Handwriting analysis is an index of a person's strength and weaknesses, and through it one

can learn to help others, to encourage them and avoid hurt feelings."

In a school environment, handwriting analysis can be very useful, states Mrs. Marlene Bernstein, English teacher and former handwriting enthusiast. Mrs. Bernstein said she became interested in handwriting analysis in college. Now she finds handwriting analysis useful to recognize forged notes and downslips.

The process of analyzing a person's handwriting is time-consuming and complicated, according to Mr. Emgel. "To do a complete analysis of an individual can take up to seven hours."

Many students seem to be taking an interest in handwriting analysis. Junior Amy Leach said, "I find handwriting analysis interesting; stuff like that has always fascinated me."

Bold letters indicate a person who is physically active, adventurous, and impulsive. Light let-

ters, Mr. Emgel said, suggest a person who is extremely sensitive, possibly somewhat timid.

An extreme forward slant is the sign of an individual who is too emotional. Mr. Emgel also said that a backward slant is the characteristic of an individual who is an introvert, one who keeps to himself.

Small writing shows a person who is modest and possibly an introvert. Medium writing indicates a person that can be very private or very social, and finally large writing is a characteristic of an individual who is vain, self-centered, and seeking attention, Mr. Emgel explained.

Even though handwriting analysis is growing in popularity, it still has its limits, said Mr. James Rawlings, sociology teacher. "There are always those people whose handwriting will fake an analyst out. A person's full personality cannot be told by their handwriting."

## Former director returns

**Todd Peppers**

It was a homecoming of sorts for Mr. Rod Walker, former director of Central's A Cappella choir, when he stepped into Central High School after a 20 year absence.

Mr. Walker was the conductor of the All-City Concert Choir which performed February 8, 1986, at the All-City Music Festival. The All-City choir practiced for two days at Central High School, and Mr. Walker had the opportunity to notice the many changes that Central has undergone through the years.

"It is very interesting to come back to Central after 20 years. There are so many changes in the building. It's interesting to see the teachers that I taught with at Central and that are still here," Mr. Walker said.

### "Feel at home"

Mr. Richard Jorgensen, coordinator of music for the Omaha Public Schools, said, "I had contacted Mr. Walker two years ago about conducting for All-City, but at that time he was busy. Last fall I tried again and Mr. Walker agreed to come."

"I wanted to come back and see what it was like after 20 years," Mr. Walker said. "It gave me a chance to see some old students and feel at home."

Mr. Walker heard A Cappella Choir when the choir performed last May at the Worlds of Fun Choral Music Festival. Mr. Robert McMeen, director of vocal music at Central, talked about last year's concert.

### "Fine performances"

"Mr. Walker heard A Cappella Choir last May, and he wanted to come back to Omaha and work

with Omaha students. Mr. Walker was impressed with the choir down at Kansas City, and he remarked to me this year that during the All-City practices he could pick out Central A Cappella members by their posture and attitude."

"I'm very proud of the way A Cappella has held up through the years. Mr. McMeen is a fine director and has maintained the tradition of A Cappella choir," Mr. Walker said.

"A Cappella was excellent under him," Mr. McMeen said about Mr. Walker. "I've heard some tapes of A Cappella when they were under Mr. Walker and they really gave fine performances."

Mr. Jorgensen added, "I saw Mr. Walker's production of 'My Fair Lady' and it was outstanding."

### "Pros and cons"

Mr. Walker has kept busy since leaving Central. He is currently the director of choral studies and activities at Kansas State University in Manhattan, Kansas, where he conducts the Kansas State Choir and Chamber Singers. Under Mr. Walker the Kansas State Choir has performed on three continents including traveling to the Soviet Union and Poland for a 1980 tour. Closer to home, each year the choir performs on CBS Radio's international "Cavalade of Christmas Music" program.

When asked if he missed teaching at a high school level Mr. Walker replied, "There are both pros and cons to working in a high school, but it's nice to have a chance like this to come back and work with the kids."



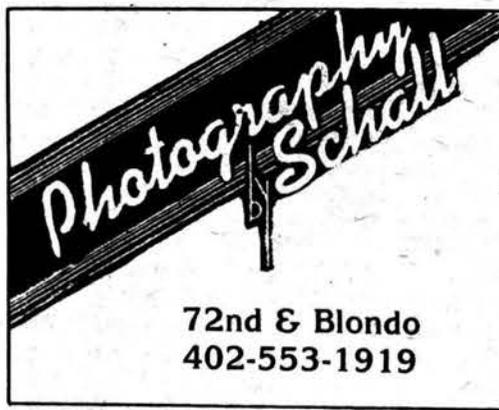
**POSTER CONTEST!**  
A Poster Contest for the 1986 Scholarship/Auction Dinner is being held thru April 2nd.

**RULES:** Open to any CHS student.

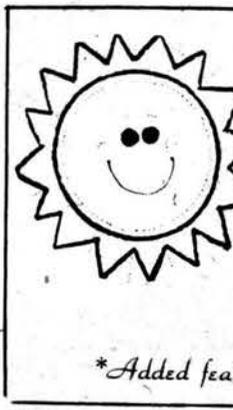
Pick up poster board and official rules in the office.

Posters must be returned to the office by April 2nd.

The winning poster will be used in advertising and the winner will receive a Central High sweatshirt and a \$25.00 cash prize.

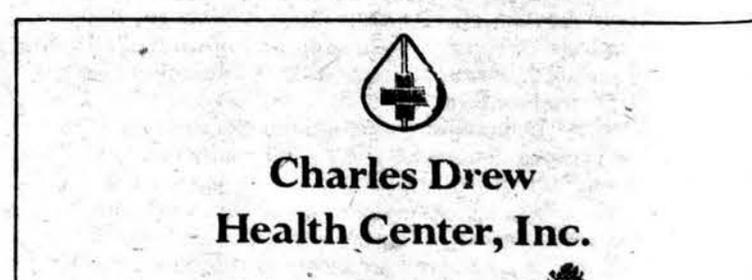


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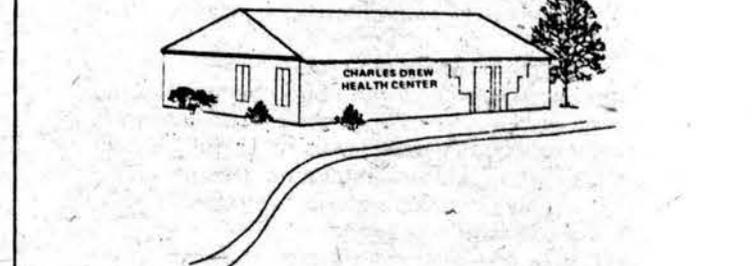


Come see the latest spring fashions at the CHS Spring Fashion Show  
**A Rainbow of Fashions**  
When: Thursday, March 20th at 3:30 p.m.  
Where: Central High School Auditorium  
Admission: \$1.00  
\*Added feature: Original wear by CHS students\*

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## Clubs make money the old way: they earn it

Mike Meehan

In need of money? Many Central clubs face this problem because they are not supported by the school financially. These self-supporting clubs raise money through some type of fund raiser.

"We have sold candy for ten years," Mrs. Pegi Stommes, drama teacher, said. In addition to selling candy some clubs have tried to sell candles or calendars.

French teacher Mrs. Daryl Bayer said that she even had bake sales for about three years but stopped because of the time spent preparing food and the allure of convenience candy.

"French club has two fund raisers a year to support such club activities as the Foreign Language Banquet, progressive dinner, and two scholarships." According to Mrs. Bayer all clubs that are not supported by Central are allowed to have some type of fund raiser such as selling candy in school.

### "Split the profit"

Mrs. Bayer and Mrs. Stommes both agreed that a good amount of money could be made selling candy in a school of Central's size. "There are a lot of fund raising companies that approach clubs, but we picked one closest to home because it is easier to order more candy and easier to send in money. Most of the companies split the profit 50 percent and send the club a bill which is for the number of boxes of candy sold."

Though fund raising in this manner can be very profitable, the teachers who sponsor these clubs find it to be a very taxing effort. "You have to collect the money from all the kids that are selling candy," Mrs. Bayer explained. "Then you have to count all of it out to make sure that you can pay the bill, and sometimes kids lose their money or leave their candy in study hall."

"I like doing it for a good cause and it also keeps the cost down for going to Kearney State," explained senior D.C. Pulliam. "Selling also gives me a chance to meet new people and help out drama club. It gives me experience in the business world like selling candy in study hall and at lunch."

### "Vending machines"

Senior Robin Fann views fund raisers differently. "I don't like selling candy because I'm on a diet. I feel exploited selling because we do things in our club already. You have the hassle of carrying the box around all day and the responsibility of the money."

"It is necessary to have fund raisers even though there's a few wrappers on the floor," accounting teacher Mrs. Eileen Conway said. "It is no more objectionable than having the vending machines on in the courtyard."

Mrs. Conway added that teachers that would have any problem with candy being sold in school are teachers that do not sponsor any clubs.



photo by Phil Berman

Central student shows that he is what he eats: corn starch, corn syrup, gum acacia, artificial colors, dextrin, and sometimes peanuts, just like a box of M&Ms.

Margi Shugrue

The challenging thrill of competition flows through Central's classrooms. For many students it only involves classmates, but for some Centralites the rivalry is heightened because it involves siblings.

"We compete for everything," said senior Matt Bushey referring to his brother David, a sophomore, "but I think it helps push us to do better."

The competition between the brothers mainly originated when David became the same size as Matt. "Luckily, we're really supportive of each other. We don't try to let jealousy get in the way," David said.

The degree of competition between children of the same family depends upon the understanding and awareness of parents that each child should be labeled as an individual, according to Mr. Byron Thompson, Central psychologist. "Teachers, friends, and parents must accept the person for what he is, not on achievement in relation to those who have come before him."

Senior Steve Kosowsky said his parents have never been intrusive, but rather have emphasized uniqueness. A rivalry did not exist between him and his brother, Arthur, a 1985 graduate, Steve said. He added that the spotlight that Arthur was often placed in did not annoy him. Steve has pursued his own areas of interest such performing in Central plays and acting as section leader of A Cappella Choir.

Joanna, Steve's younger sister who will attend Central next year, will not be a victim of rivalry, Steve believes. "Siblings from the opposite sex are not easy to compare."

### "Special privileges"

Senior Shelly Wolford agrees. Being an unidentical twin, she and her brother Dan are rarely critically analyzed. "We look different

and act different. We excel in different subjects," said Shelly.

Dan explained the only way they may not be treated equally is in the area of male and female equality. "I sometimes get special privileges when it comes to traveling away from home without an adult."

"My parents are more protective of me because I'm a girl," Shelly said.

Because of the number of similarities between twins, comparisons may be magnified Mr. Thompson said.

Three members of the Howland family currently attend Central. Julie and Debi, seniors, are identical twins. "We started high school competitively, but now we realize that we're equal," Julie said. Debi said that their parents warned them to expect one would be better than the other in certain areas. Because of their interests in different activities, the twins mostly compete with grades.

### "Rub it in"

Everything that sophomore Doug Howland does reflects back upon the girls. "When it's an accomplishment, Doug loves to rub it in," Julie said. "The girls love to play two against one," Doug said.

Although they are often compared to one another, they have learned to remind others that they possess their own style.

Mr. Thompson stressed that if brothers and sisters share the same interests, one should not be persuaded to follow an opposite route for the purpose of avoiding rivalries. Both Matt and David are interested in soccer, but Matt says it is more of a game for him while his brother takes the game more seriously. "I'm not bothered by his success," Matt said.

Depression and rebellion can be some psychological effects of rivalry, according to Mr. Thompson, but it is probably that added factors have helped to kindle the specific problem.

Others,  
sisters hard  
compare



photo by Shanda Brewer

Senior Wendell Duncan pins a teammate during practice. Wendell and senior Sam Rizzuto qualified for state competition this year.

## Grapplers uphold wrestling tradition

Dan Rock

The wrestling team finished its season by sending two matmen to the state championship meet in Lincoln. Seniors Sam Rizzuto and Wendell Duncan competed at the championship which was held on February 20-22 at the Bob Devaney Sports Center.

"It was an honor to just go," said Sam Rizzuto. Only 12 wrestlers from 42 schools were selected to go for each weight class. However, Central only sending two men, did not have a chance to win the state team competition.

"Central has won way more state championships than any other school in Nebraska but you just can't win with only two guys there," said Wendell Duncan.

Central did not send as many wrestlers as anticipated to the meet because of the fierce competition in Central's district this year. Five of the teams in Central's district playoffs were in the top six ranked teams in the state. "We should have had eight guys there but we got surprised at districts," Wendell said.

Wendell Duncan went into the state championship with a record of 26-7 in the 132 pound weight class. Wendell lost his first match. However, the way in which the tournament is set up a wrestler may compete again after a loss in the first round if the person who beats him gets beat in the second round.

This rule applied to Wendell and he took full advantage of it. Wendell came back to win four straight matches but was beaten by Riley Nelson of Hastings. Nelson went on to place second and leave Wendell the third place medal.

Sam Rizzuto, wrestling at 185

**"You just can't win with only two guys there."**

pounds, had a record of 21-10 going into state. Sam had beaten six out of the 12 wrestlers in his weight class in previous competitions. Unfortunately, Sam was matched up against Tom Richter, Millard North senior, in his first match. Richter beat Sam in an earlier match this year, 7-6. Richter again beat Sam 10-6 at the state championship.

Centrals' wrestlers found the state tournament to be much different than their regular season. An average of 7,500 were on hand to cheer on the wrestlers.

Coach Mr. Gary Kubik said, "Wrestling at Central is very traditional. But there is no emphasis on it like there used to be. Our kids find state to be a real shock. They are apt to have stage fright."

The reason why Central wrestlers are apt to develop stage fright at state is because during the season they have had no fan support nor even cheerleaders.

However, even with these obstacles the wrestling team turned in a "better than projected year" according to Coach Kubik. The team earned 40 medals and had people finish with better than 20 wins.

The team will continue to wrestle for six weeks in the Eagle wrestling club. In these tournaments there is a chance to earn a spot in the national tournament. "We think Wendell may have a shot to get into nationals," said Coach Kubik.

*Turf not direct cause*

## Five endure knee surgery

Dan Rock

Five Central football players suffered knee injuries serious enough to sideline them for the rest of the season this year.

Junior Kurt Rohn was injured in the annual preseason purple-white game when he twisted his knee on Central's football field. Seniors Moody Birdhead and Jessie Owens injured their knees during practice.

Senior Walter Owens re-injured his knee from an accident that happened his sophomore year playing a reserve football game. Sophomore Randy Gilbert suffered a blow to his knee while he was quarterbacking a junior varsity game at Central.

All of these injuries occurred on Central's pro turf field and all resulted in arthroscopic surgery.

Head football coach William Reed does not believe the turf is to blame for the numerous knee injuries this year. "The turf has caused no more knee injuries than before Central had artificial turf. We average, unfortunately, two knee injuries per year."

In precautionary measures, Coach Reed does not allow any team member to wear any uneven cleated turf shoe on the turf. "The best shoe you can wear is just a plain flat-soled tennis shoe," said Reed.

Kurt Rohn credits his injury not being any more serious than it was, to the shoes he was wearing. "It wasn't the turf that

got me, I was wearing real worn shoes. I would have been a lot worse if I was on grass and wearing steel spikes," said Kurt.

Coach Reed has set up a program at Central to not only build strength, but to combat injuries. During the off-season, football players are urged to work out with weights that strengthen their knees and the rest of their muscles. During the summer months football players are put through a conditioning program consisting of lifting weights and exercising.

### Rebuilding fibers

Coach Reed has employed the use of a new set of exercises that was developed by East Germany and Russia. Plyometrics is a combination of jumping, hopping, and bounding. It is designed to break down muscle fiber and then over the period of the program to rebuild the fibers back stronger and tighter.

Except for Jessie Owens, all four of the players that were injured had primarily the same surgery. The surgery three players underwent was arthroscopic surgery.

In this surgery the players had three or four holes, depending on the individual, drilled into their knee instead of the older methods where large incisions were made, which could have caused permanent damage. One hole was for a macroscopic scanner, a small video camera.

The second hole was for the

surgeons cutting device. The third hole was for draining what the surgeon had cut out. In case of a fourth hole, it was to give the surgeon a better angle of the damaged area.

### Recovery time

In Jessie Owens' case surgery was more difficult than what is known as arthroscopic surgery. Jessie's anterior cruciate, the major knee ligament, was severed. Jessie had a hole drilled from above his knee through a hole in his knee that the surgeon had drilled.

In a normal surgery recovery time takes from three to six months. Older men had a recovery time ranging from three to as much as six months.

After the surgeries athletes were placed on a program consisting of exercises to strengthen their knees.

The future of these athletes varies. "I still can't run or jump. It's supposed to take a year to heal completely. I don't want to do anything that might hurt it again," Owens said.

Kurt Rhone was fitted with a custom knee brace, as were the other four athletes. "If I take care of my knee now, the doctor says it won't hurt me when I'm older," Kurt said.

Randy Gilbert is progressing well and plans to play baseball this summer and football next fall.

## Siblings seek own identities

Thatcher Davis

"Are you Larry Station's sister?"

"Hey, 'Little Rid' come here would ya?"

"See that girl? That's Maurice Ivy's little sister."

Statements like these may be made in reference to three Central students: junior Kelli Station, junior Sherri Ridley, and sophomore Mallery Ivy. All three of these girls have one thing in common, they are all younger sisters of former Central athletic stars.

Being a sibling of a former high school star has its benefits, but more often than not the negative aspects outweigh the positive. Growing up in the shadow of a celebrity may cause pressures other students do not have to face.

The biggest problem these young ladies face is a lack of personal identity in the eyes of others. Quite often they are called so-and-so's sister, not Sherri, Kelli, or Mallery.

"I don't like it because Maurice made a name for herself and I want to make a name for myself," Mallery said. "It seems she already made a name for me."

Mallery is faced with an even larger problem than the other two girls. Mallery participates in basketball and track as did her sister. By playing the same sports, Mallery is almost forced to compete with her sister's records.

Mallery solves the problem of competition by focusing mainly on track. Track was Maurice's second love.

"I don't think I'll be better in basketball, but I will be better in track," Mallery predicted. As a freshman from Lewis and Clark, Mallery won three gold medals in state track competition last year.

Kelli must also compete with her brother in one of his strong areas, academics. Since Larry produced good grades in high school and was named an Academic All-American at the University of Iowa, Kelli feels some pressure to do well in school.

Supporting a full honors course load, Kelli does well in school and commented, "I'm getting better grades than my brother did while he was at Central."

Although the girls are continually overshadowed by their

last name, they all have their own identities.

"I feel very proud of Sean's success," said Sherri.

Mallery also expressed the same feelings toward her brother. In fact, Maurice occasionally coaches Mallery with basketball.

The three girls have found it difficult to have a name such as Ivy, Station, or Ridley, a lot is usually expected of them. "People expect more from me since I'm Sean's sister," Sherri explained. "They expect me to be good at everything and if I make a mistake it is usually amplified and not understood."

Being known as someone's sister has bothered all of them at one time or another. "I've been asked about my name by grocery store clerks, substitute teachers, and even instructors."

All of these three stated they want to make a name for themselves so people will respect them for what they are and not just whose sister they are. And all possibly have high expectations. "Maybe someday I will be known as Kelli Station's sister," remarked Kelli.

# Omaha: a midwestern sports town

## Sidelines



### Extra Point

Travis Fezell

many may not even realize it, a major college basketball team plays right down the hill. When I first saw the Creighton Bluejays play in the late seventies, they were devastating.

No, they weren't a professional team, but the NBA is boring except for "Bird" and "Magic."

The Bluejays used to beat nationally ranked teams often and go the NCAA tournament. They had a player named Kevin McKenna who is now playing for the Washington Bullets in the NBA.

A few weeks ago I saw the Bluejays beat DePaul 74-61. DePaul is a perennial national power, but under the guidance of new coach Tony Barone, Creighton upset them. If you like good basketball, Creighton will fulfill your desire.

**"... buy a cheap two dollar seat in the bleachers and watch exceptional baseball."**

If you are a baseball fan, though, Omaha is a dream. The Omaha Royals are a professional team just one small step below the big leagues. Players like

George Brett, Charlie Leibrandt, and World Series hero Buddy Biancalana have played in Rosenblatt Stadium. But maybe that doesn't excite you. Once a year a baseball spectacle descends upon the metro area.

Every year the NCAA plays the national championship in Omaha. The College World Series showcases the top eight collegiate baseball teams in America fighting for the national title. One of my favorite things to do is to buy a cheap two dollar seat in the bleachers and watch exceptional baseball. Many of the players in the series go on to play in the major leagues. They are that good.

Omaha sports, though, does not just consist of great college athletics. Many high schools make great contributions to the metro sports scene. Yet, in my objective opinion, I feel Central has made the greatest impact.

Central athletes have got to be some of the best in high schools around the nation. Just last year, Sean Ridley was named as the second-best football player in America. He went to Iowa University to follow in the footsteps of another Central graduate, Larry Station, an All-American linebacker who will surely play in the NFL.

In our midst right now stands Joe Salerno, a stocky 5'5"

sophomore who doesn't look like a star athlete. But he is. Salerno has won back to back state tennis titles and may have a chance to play professional tennis.

The list of great athletes at Central goes on and on. Keith

**"The first thing I noticed was Big Red mania..."**

Jones is now a star running back at Nebraska. Maurice Ivy and Jessica Haynes, high school All-American basketballers, are playing for competitive college teams. Channing Bunch, an all-state baseball player now at Grand Canyon College in Arizona, may be drafted by a professional team this year. Yes, Central is definitely part of the sports scene of Omaha.

Omaha may not have its two football, baseball, and basketball teams like New York City, but we're getting there. We are a sports town with events, teams, and athletes that can compete with anyone in the nation. We may not be number one, but just wait.

Boys' and girls' swimming both took losses to a strong Millard North squad. The ladies were defeated by a 118-50 margin while the men lost 120-40. Both completed their seasons last week at the state tournament in Lincoln.

Wrestling team completed its season with two wrestlers qualifying for the state meet at Bob Devaney Sports Center in Lincoln. Senior Wendell Duncan won a third place medal in the 132-pound class while senior Sam Rizzuto was defeated in the first round of the 185-pound class. It is a prestigious honor to even qualify for the state meet.

Girls' varsity basketball completed another successful season with wins over Bryan and North. The top ten ranked Lady Eagles go into district play at Bellevue needing a tournament win to go to the state tournament in Lincoln.

Boys' varsity basketball finished the regular season with a 15-4 record and a top ten ranking. The Eagles defeated a pesky North High team in a 72-71 shootout. The boys followed that with an upset 50-45 loss to an excellent Bryan team. The Eagles have a terrific chance of making the state tournament. They must win their upcoming district tournament at Millard South or be selected as one of two wildcards.

## Sports medicine aids athletes, grows in metro area

Travis Fezell

The running back saw the gaping hole and sharply tried to slash through it. However, the opposing linebacker came up quickly and hit the back squarely in the ribs. With the sickening pop of two bones snapping out of joint, the player fell to the ground writhing in pain. With this injury he had just entered the new world of sports medicine.

"Sports medicine is that branch of the medical field which deals with the treatment, prevention, and rehabilitation of athletic injuries," said Ms. Mary Jones, an associate with the UNL Medical Center's sports medicine clinic. "Sports medicine not only deals with injuries, though. It can include such things as diet programs, exercise programs, and stress which are related to athletics."

Sports medicine now encompasses a wide variety of occupations. Family physicians, physical therapists, surgeons, and biomechanical engineers are just some of the many workers involved with sports medicine.

"Any specialist who takes care of a part of the body involved with athletics is included in the field," explains Ms. Jones. "A dentist or an optometrist are two good examples of this."

The athletic trainer is one of the most important members in the sports medicine field. A trainer will come into contact with an athlete many more times than a doctor because of the many jobs he must do.

Wayne Wagner, head trainer at Creighton University, explains, "As a trainer, I take care of some of the injuries

to our (Creighton) athletes. I do a lot of the taping and wrapping for the sprained ankles and bad knees.

"And since the doctor is the number one man in sports medicine, the medical advice I give is small. I tell the athlete to continue their activities unless they absolutely cannot do it."

OPS does not have athletic trainers for their teams. "Right now, I know that only Millard North, Millard South, Papillion, Ralston, and Westside have full-time trainers," said Mr. Wagner.

At Central, the medical duties are covered by Dr. Jack Lewis, the team physician, and the school nurse, Ms. Geri Thomas. "It is not in the philosophy of OPS and other schools to hire a trainer," explains Mr. Wagner.

The athletic coaches at Central take care of the training duties. "Mr. James takes care of all our needs," said senior track member Monica Hart. "He does an excellent job so I don't think there is any need for a trainer."

Senior basketball player Shane Sessions disagrees. "I feel we (Central) should have a full-time trainer. The coaches have enough to do already without having to take care of injuries."

Sports medicine is definitely growing. "I see a lot more people taking interest in this area of medicine. Also, a lot more professionals are getting into it. However, there are some, like the exercise spas, just jumping on the bandwagon. Other than that, the sports medicine field is becoming rather successful," stated Ms. Jones.

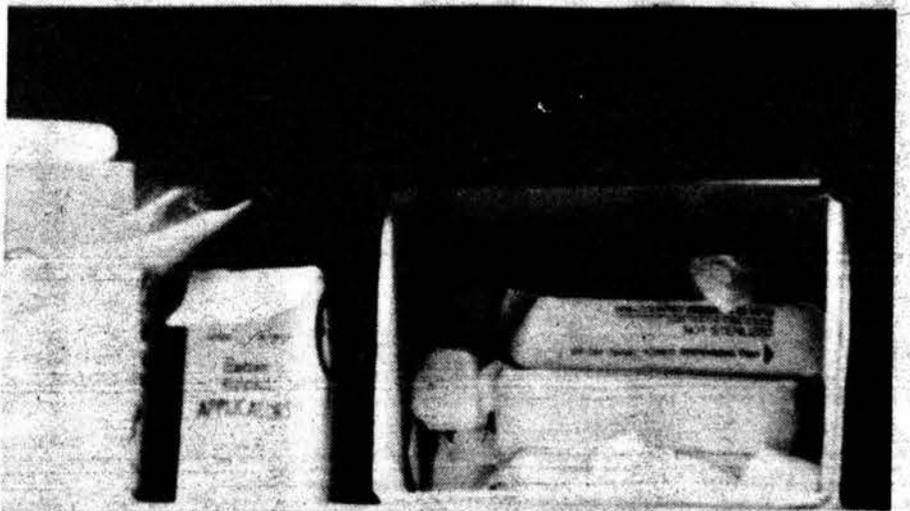


photo by Mary Turco

Many of the above products are used by trainers to help treat athletic injuries. Bandages, heating rub, and athletic tape are usually used just for the care of minor injuries. Major injuries, though, usually require some type of operation. These operations can often cost over \$1,000.

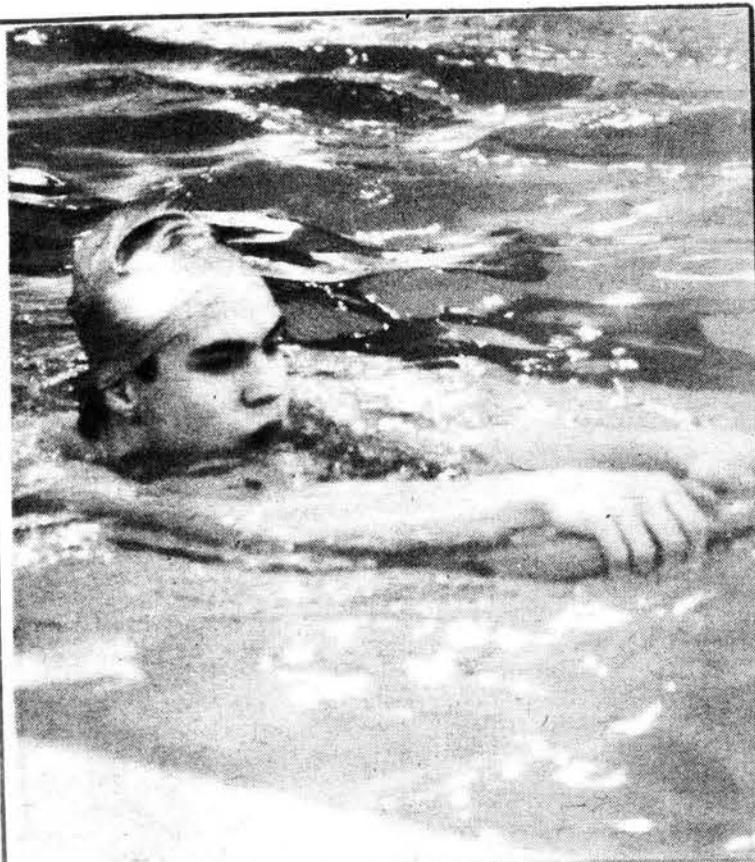


photo by Val Spellman

This year's Eagle swim team has broken more records and qualified more people for state than any other Central swim team in the past ten years. "Last year I said we'd be better and we are," Coach Allner said.

*Record breaking year*

## Swimmers go to state

Thatcher Davis

The 1986 boys' and girls' swim teams proved to be the most successful Central swim teams in years. Both teams set numerous records and qualified many swimmers for state competition.

The girls' team attributes most of its success to new coach Ms. Deb Chadel. Coach Chadel is a traveling physical education teacher for elementary schools and a former state finalist swimmer from Westside High School.

The boys' team attributes its success to a more stringent practice routine. "Our practices have been more organized this year," said junior Travis Mood. "We've pushed ourselves a lot harder."

### Setting goals

Boys' swimming coach Mr. Mark Allner explained that "target times" were set for practices. If the times were not met, it showed the swimmer that he had to work harder.

"We are more concerned with quality," said Coach Allner, "not quantity."

Junior Sheri Dreier related that the girls worked more on the basic fundamentals of swimming. "Our coach taught us a lot of new drill work and mechanics that really helped in the long run."

The teams would also set target times during competitions. Quite often these times were school records.

"We set the record for our goal because we knew we could get it if everyone swam well," commented Mood. Mood and relay partners juniors John Dineen, Alvie Goesser, and Brian Cooper set the school record for the 200 meter medley relay with a time of 1:53.2. Brian Cooper also broke the school 100 meter freestyle record this year.

The girls' team was not to be outdone by the boys. Senior Shelly Sitzman set the school record for the 100 meter butterfly at 1:08.9. The 100 meter backstroke was set by Sheri Dreier at 1:11.0.

Shelly reported that she was not trying to break the record. "I was more concerned with making the state competition."

### State Competition

Both the boys' and girls' teams continued to break school records in the state swim meet held in Lincoln last weekend.

Shelly and senior Danielle Miller also qualified for the consolation finals in the 50 meter freestyle. Also, the girls' 200 meter medley relay team broke the old school record with a time of 2:01.5. Medley team members included Sheri Dreier, Kristi Covalciuc, Shelly Sitzman, and Danielle Miller.

The boys also continued their successful season at the state meet. Alvie Goesser broke the 100 meter butterfly at 1:01.2; Travis Mood set the 100 meter backstroke at 1:03.9; Brian Cooper set the 100 meter freestyle at :55.8; and the boys' 200 meter medley relay team broke their old record with a time of 1:50.7.

"It's been the best finish we've had in a long time," said Coach Allner.

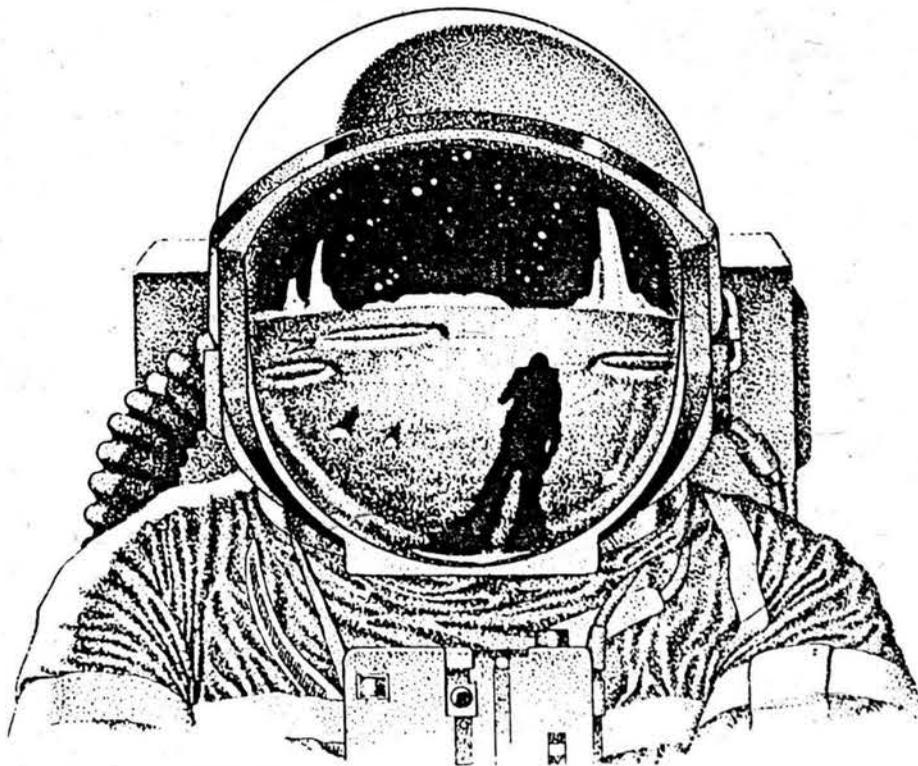
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