

1987 senior class officers elected

Niki Galiano

"Golly!" was Joe Fogarty's first word as he stepped up to the podium on Tuesday morning as the newly elected 1987 Senior Class President. His speech to the senior class that morning was short. "John Ford and John Pavel, thank you for a good race and a fair race. I've been awake since 5:00 yesterday doing my term paper, and I can't really say anything that would make much sense right now. But, I think I've already made my point. Thank you."

Dr. Moller, Central High Principal, announced the 1987 senior class officers on Tuesday, starting with boys' sergeant at arms, Michael Page. He continued with girls' sergeant at arms, Bridget Winfrey; treasurer, Dan Carlson; secretary, Marcus Harvey; vice-president, Mike Buckner; and finally president, Joe Fogarty.

"Forever and ever"

Before Dr. Moller announced the officers, he said to the seniors, "These will be your 1987 senior class officers forever and ever, as long as at least one of you are alive."

Mike Buckner, the senior class vice-president, said, "This is one of the most exciting feelings I've ever had since I've started at Central."

Marcus Harvey, the senior class secretary, said, "I'm happy. Surprised and happy. Just as much as I was being elected to the student council and nominated for homecoming king."

Dan Carlson, treasurer, said, "I'm darn excited and very happy." When asked what he thought won the election for him, he said, "Just being social and being friends with a lot of people."

Bridget Winfrey, girls' sergeant at arms, the only girl officer, said, "I'm just glad to be a part of Central High. It's always been a dream to be a part of Central High. I'd like to thank the class of 1987 for their support."

Michael Page, boys' sergeant-at-arms, said "I think its quite a privilege to be any class officer. Its quite an honor to be sergeant-at-arms."



The Senior Class Officers are Dan Carlson, treasurer, Mike Buckner, vice-president, Bridget Winfrey, girls' sergeant-at-arms, Joe Fogarty, president, Marcus Harvey, secretary, and Michael Page, boys' sergeant-at-arms. The officers serve for life and will organize the reunions for the Class of 1987.

Valerie Spellman

Government policies tighten: drug war continues

Anthony Clark

Public opinion polls show that the concern over drugs is rising steadily as the perils of drugs are more widely publicized. The public's concern led to a rush among politicians to do something about the current drug situation in the United States before election time, according to Adam Weisman, researcher for the U.S. World and News reports.

"The concern is caused mostly by politicians just trying to jump on the band wagon."

President Ronald Reagan proposed a six-point plan earlier this fall to combat drug abuse in the United States. His plan was a result of the recent widespread concern over drug abuse that is capturing the public's attention, according to Time magazine.

Drug-free work place

President Reagan's six-point plan consists of a drug-free work place for all Americans, drug free schools, public health protection, international cooperation, stronger enforcement, and expanded public awareness. He emphasized the need for more federal spending in these areas to fight the drug problem. As a first step, Reagan proposed the testing of about 1.1

million federal employees in "sensitive" positions for drug usage.

"Operation Blast Furnace"

This summer 160 U.S. soldiers were flown into a South American jungle to help Bolivian authorities combat cocaine production. Operation Blast Furnace, as it was called, was the first product of a National Security Division directive signed by

President Reagan on April 8 of this year. The directive declared drug traffic into the United States to be a national security risk and authorized the use of military force against it.

Congress has been active in pursuing anti-drug legislation. In September, the House passed a bill that would appropriate four billion dollars to increase drug enforcement and rehabilitation. The bill proposes a death sentence for dealers who have committed homicide while dealing drugs. The bill passed in the Senate without the death sentence provision and several fund cuts.

State and local government active

State and local government bodies are

also active in the war on drugs. The Alabama legislature passed a law that mandates a life sentence without parole to high-volume drug traffickers. Officials in Los Angeles have announced that \$500,000 is to be spent on drug education in elementary schools.

Statistics show that the concern over drug abuse is warranted, according to Time magazine. An Associated Press release estimates that three to five million people use cocaine regularly, 18 to 20 million use marijuana, and ten million are alcoholics. A government estimate states that over half of all Americans use a prescribed drug, and that close to half of these people misuse them.

People have argued that the media hype over drug abuse has led to misplaced emphasis in the drug battle. "The figures of alcohol and tobacco abuse dwarf those of all illicit drugs," said Mr. Weisman. "The concern is caused mostly by politicians just trying to jump on the band wagon."

The concern, if anything, has raised public awareness towards the drug problem, according to a "World Herald" story. White House polls show that the public is more concerned with drug abuse than the federal budget deficit or arms control.

Many people also feel that the drug culture is glamorized by television and by publicized drug usage among celebrities.

Media coverage

The media has devoted a great deal of time to the concern recently. The CBS report, "48 Hours on Crack Street," drew the highest viewership of any network documentary in six years, according to Time magazine. NBC has aired over 400 reports on drug abuse since March and ABC included a story on drug abuse in each telecast for two weeks.

The media attention towards drugs has, in part, been responsible for the public's changing attitudes towards the seriousness of drug abuse. According to government surveys, 25 percent all high

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Viewpoints

What is your opinion of the attempt to recall Mayor Boyle?

Lisa Hulac-Senior

"I think it's a bad idea. I think he gets blamed for a lot of things he doesn't do wrong. It's a personal thing done by a lot of the Chief Wadman supporters."



Nikki Melia-Sophomore

"I don't think he should still be mayor because I don't think he can handle the problems of Omaha."



Yvette Mcauley-Junior

"I think they should because he's taking out his personal vendettas and he shouldn't use his power for personal gain."



John Pavel-Senior

"I think it's totally fair if the general public decides in a recall election."



Mr. Behrens-Social Studies

"I guess I would sort of favor it. Generally I support him, but I thought he seriously mishandled the Wadman situation."



REGISTER

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Wmglap droxemy esdtbvy

Take a close look at this headline. Now, consider this: If you cannot read this headline, you cannot receive a job, or you cannot read a warning label, or you cannot read a street sign. How do you feel? Scared? Confused? Useless? If you can identify with these feelings in relation to the gibberish in the headline, you have just barely begun to understand illiteracy.

Illiteracy is a world wide problem. Its painful grip can be felt in any city, in any neighborhood. The causes are varied, from learning disorders such as dyslexia, to a mere lack of education.

Whatever the cause, the fact remains that many functionally illiterate students can and have graduated from high school and even college. The story of Kevin Ross who attended Creighton

University shed light on the growing problem.

Ross attended 16 years of school hoping to be drafted by a professional basketball team, without learning to read or write.

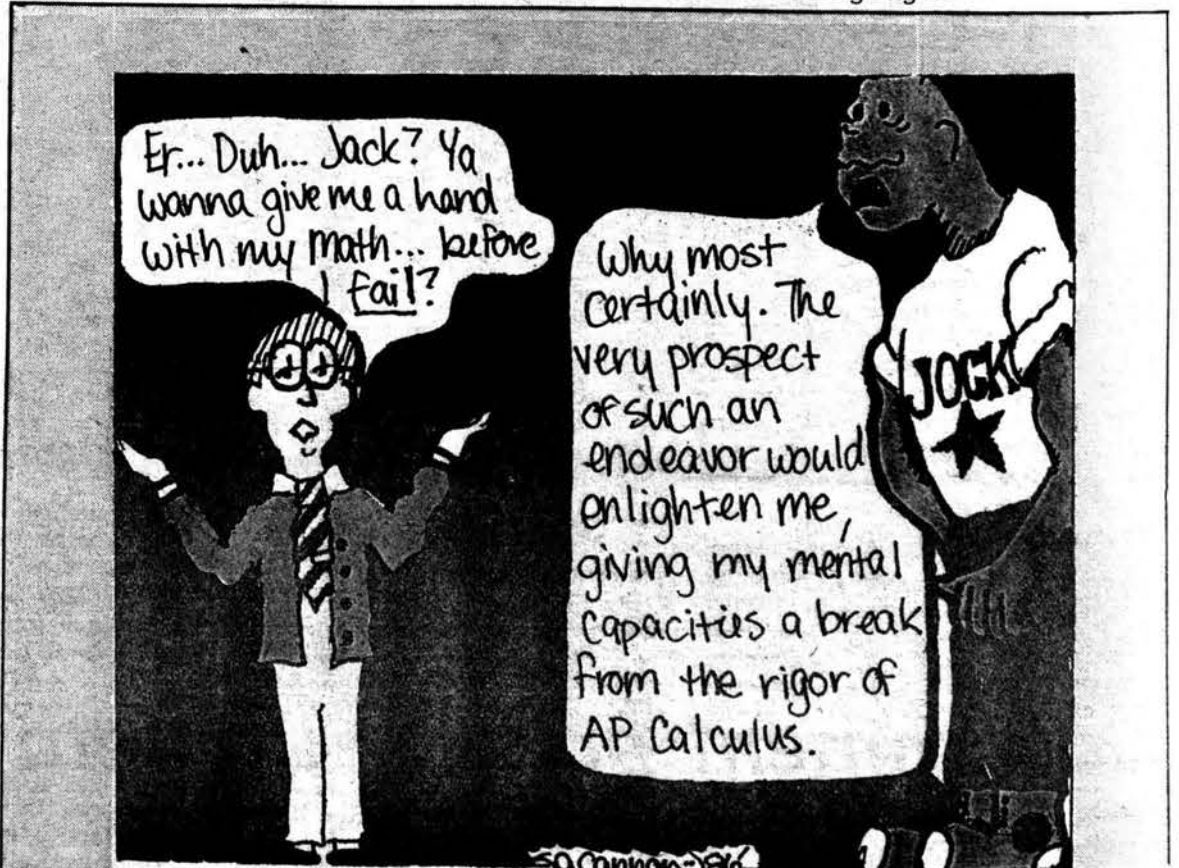
Reading, by its very nature, will always be much more important than any literary study or advanced English class.

Was he passed by sympathetic teachers? Was he pressed by basketball coaches and recruiting officers enough to just barely get by? Why or rather how did his instructors rationalize his advancing while still being

illiterate?

Such a situation as Ross' should not happen in any school system. Fortunately, many educators have recognized the problem and are attempting to prevent it. At Central, a special education program is currently working with students who have learning problems as well as other disadvantaged students.

Such a program is to be applauded. Reading, by its very nature, will always be much more important than any literary study or advanced English class. If the students and teachers involved in this program continue to strive for a working knowledge of the English language, they will have taken one more step toward abolishing one of our world's most crippling blights.



Stereotypes build barriers

John has long hair. John wears a leather jacket. John hangs around a "rough crowd." John likes Iron Maiden and Black Sabbath. Therefore, John is a headbanger, right? He's not smart, does drugs, fights a lot, right?

Have you ever considered the fact that John might be an honors student? He could be an excellent athlete or a wonderful poet. Maybe he avoids violence, even stops a few fights. He might also like Mozart, Bach, Beethoven... but does it matter what he likes or who he hangs around with? He might also be a

Why is it that so many people choose their friends on the basis of skin color, hair style, or clothes? The assumption that physical differences indicate unlikable character is absolute-

ly ridiculous. The human being is complete without such decorations.

With almost 2000 students at Central, it would be easy to assign everyone to groups and types. To take the time to find out what someone is really like and formulate an opinion based only on their character is hard. The risk involved scares many people. The person may prove to be like the stereotype and so was "a waste of time." On the other hand the person may be nothing like it and therefore proves all previous conceptions to be false. Both possibilities involve excessive pride. The attempt to make a friend, failed or not, is never a waste of time. And admitting that you were wrong does not require any crushing embarrassment.

The stereotypes and prejudices that exist at Central may

not be as drastic as at other schools, but they do exist. These create unnecessary barriers and divide the student body into cliques. So instead of seeing 2000 stereotypical headbangers, preppies, punkers, jocks, brains, freaks, geeks, loners, bandies, snobs, and dropouts, try to see 2000 individuals each with a potential to be a friend.

CORRECTIONS

Last issue the photograph on page 4 was incorrectly labeled as Mrs. Susan Roberts. The photograph was of Mrs. Susan Richards.

In the story, "Central's new teachers," on the same page, Mr. Mike Daugherty was erroneously omitted. Mr. Daugherty is a math teacher new to Central this year.

Melba's writer's block

Speaking
in
Tongues
Joe Fogarty



Melba: Here, look what I've written. (He hands Gordon a print out sheet.)
Gordon (reading aloud): "Accident. Billy's hurt. Oh no! Blood, Pain, suffering. Billy's mother runs with tears burning her eyes. The ambulance pulls away slowly. At the hospital, surrounded by antiseptic white, Billy's mother sits alone. 'Well Mrs. Johnson,' says the doctor, 'Looks like Billy's going to be just fine...'"

Melba: SEE? Where did that doctor come from? Why did he save Billy? That's just what I need, a good doctor! There's more, Gordon. I had to start over.

Gordon (continuing): "Accident. Lonely road in a thick forest. No one around. Billy's hurt. He drags himself from the smouldering cockpit. He passes out in the underbrush. A warm, bristled tongue drips hot saliva on his forehead. He cautiously opens one eye to see . . . Mathilda, the friendly mother bear that takes him in and nurses..."

Melba: I did not put that cartoon bear in that story! It's absurd that a depressing story should include a cute, human-loving bear! Read on.

Gordon: "Big, violent, bloody accident in the Sahara desert with 200 miles of hot sand in every direction. Billy is dreadfully wounded. The pain of his severed legs throbs through his very soul. The searing sun soars in a slow arc overhead. He knows that hope is futile . . . then he wakes up in his cozy bed with Mary..."

Melba: AARRRGH! No! No! A dream! It had to be a dream! I give up! I quit! I won't write a depressing, murky, tragic story! My keyboard is rigged! Fine! Happy it is. I'll write a cute, trite little piece on Billy: the cute little careless snot-nosed kid!

(In the mayhem, Gordon has retreated to the corner of the room. He cowers in fear of the raging Melba. Melba faces the screen and places his quivering hand on the keyboard. He mumbles repeatedly "cute . . . happy . . . snot-nosed" and begins to type.)

"Billy giggles uncontrollably and chases the golden butterfly through the soft, tall grass. He runs, carefree, his pheasant colored hair bobbing in the wind until the stray hunter . . ."

Melba is sitting in front of his empty word processor, staring at the blinking cursor. His eyes are pink and swollen; small smooth saliva globules slide past his flacid lips. There is a soft knock on his door. When Melba doesn't answer, Gordon Tripe (Melba's bestest buddy) enters.

Gordon: Melba? Melba? Are you awake? Hello? (Gordon nudges Melba's shoulder, waking him with a startled gargle.)

Melba: Huh? Wha...? Oh, Gordon, you don't know what it means to me to have you by my side in times of despair.

Gordon: What's the problem? . . . Have you been trying to swallow light bulbs again?

"You see, I've got to write a story for creative writing tomorrow and my mind has gone out to eat."

Melba: No, no, no, no. It's not that simple. You see, I've got to write a short story for creative writing tomorrow and my mind has gone out for a bite to eat. I have been trying to write a depressing and powerful story that will leave the reader with a sense of helpless limbo and inescapable void. Unfortunately, this is not what seems to want to be written.

Gordon: What do you mean? Are you trying to say that the story does not want to be written the way you want it to be written?

A lack of understanding

A
Closer
Look
Kris Deffenbacher



that was taking place on either side and might have seen both the humor and disgust to be found in the situation.

The leathered, ripped, and symbol-clothed students fulfilling the roles of the rebels accordingly sat in the back of the bus while the label-branded, "upstanding" young yuppies obviously sat in the front. My friend and I were both strategically and symbolically sitting in the middle of the bus, separated but within hearing distance of either group.

Ironically it was the establishment-following group that performed the opening act of the comedy by being so obnoxiously loud that the bus driver stopped the bus and came back demanding their bus cards. The group became loud and indignant, refusing to give up their cards and threatening to get off the bus. They were shaken by the fact that their threat had done nothing to intimidate the bus-driver, and after two of the girls gave up their cards they continued riding.

Irony of the situation

The true irony of the situation lay in the comments that two of the offenders made about the group in the back of the bus. "What a bunch of freaks. They rebel against everything, a lot of which doesn't need rebelling against," they said as they gave the back of the bus a look of contempt. I controlled my incredible urge to ask them what need there was for them to rebel against the city bus system.

Once this scene was over I became interested in the dialogue coming from the back of the bus. I found the "freak's" comments to be about as intelligent as those made by what they called "the damn preppies" at the front of the bus. Their symbols of "peace and understanding" became comically hypocritical as they stated their contempt and hatred for a group of individuals that they didn't know.

Each group was making comments on the shortcomings and inferiorities of the other, yet from where I was sitting I was seeing both groups with the same disgust. I hope that they will eventually mature to the point where they are able to see the folly in their own actions and will be more tolerant of the actions of others.

Several weeks ago I had the privilege of taking the city bus home from school after missing my ride. It was the first time this year that I'd had to take it home, and although it was truly a social and cultural experience, I hope it was my last.

I've never minded taking the city bus. There's usually at least one interesting character to watch. Anyone who's ever taken the city bus, especially downtown routes at obscure hours, knows the entertainment lies in watching the menagerie of people on board.

There's the frazzled mother who screams to her oldest child to sit still and to stop making a scene while her three younger children wander around the bus with wide-eyed greetings for strangers. Then the grizzled old man who was awakened from his sleep on the bench by the bus, gets on board, proceeds to sit next to the well-to-do, starched-hair old woman and explains the meaning of happiness to her.

Immaturity

But on my way home that day, the interesting characters that entertained a friend and I were not off-the-wall eccentrics or remote personalities at all; they were two groups of Central underclassmen. Watching them was like watching reruns of old movies in which the conflict was always between the up-standing establishment-following kids and the anti-establishment rebels. I wish the students could have seen themselves from where I sat. If they could have seen both sides of the picture, as I could, I think they might have had an insight into the immaturity and ignorance

Rejection: bouncing back and learning self-respect from it

STAFF COLUMN

Kelly Penry

Rejection is something we all must face. Hopefully, most people have come to the conclusion that nobody is, and will never be, perfect. Yet, I know many people who think that they've either come close, or are inevitably going to be there soon. I suppose there's nothing wrong with mapping your life out without the graphic relief...but your world is going to be a pretty blahpicture without all the mountains and valleys. Over the course of a lifetime we are bound to face a variety of disappointments that can affect us both personally and professionally. If you're a person who takes these kinds of rejection in stride, I can tell you now that your situation is not going to get any better.

"I'm really down today!" Perhaps you're now saying: All well and great for a brighter future, but I'm really down today and I can't get out of it and I can't go on with my life because I've failed. Maybe you've just survived a recent breakup, or lost an important election, or even humiliated yourself in a situation where you thought you'd be successful. What can a person do, anyway?

I, myself, have felt like this more than once in a passing week. My first impulse is to usually go home and stick my head under the covers, hoping to never wake up and face the world again. Especially the time I was offered a job at a clothes store. I didn't have time for the job, but the money income caused me to believe that I had all the time in the world. I really hadn't had proper training, but I thought I could handle the cash

register just fine. Once was fine when I miscalculated the daily amount, twice was acceptable, but three times was not. Besides, my attitude towards the job was not my usual "tackle with ease and forget about the worry" philosophy. I wasn't used to working a job that required standing around all day telling wealthy elderly ladies what sweater would look just "dahl-ing" with this skirt or this pair of pants. I also was not used to making so many mistakes and humiliating myself in front of co-workers. I politely quit and resumed on concentrating on my grades instead of money.

Rejection and failure

In that sense, rejection and failure can really interfere with your daily life. So often, we'll go after things we didn't want and fail...mainly because we really didn't want them in the first place. Evidently, I didn't really

have the time for the clothes store, or the patience. If I had, maybe I would have succeeded at it. The fact is, the job wasn't all that hard. I just hated it. If you fail at a lot of things, and if the rejection pattern keeps repeating itself, then you've got a classic problem. You know the type, this is the person who always swears that they're going to fail a test before they even take it.

Failure and rejection, not good

I am not one of those moralizers who believe that failure and rejection are good for you. Nor do I believe that the one who suffers is the better person in the long run. I think it's awful to fail, and it makes me even angrier when someone tells me that I can do better next time. I prefer to gloat on why I couldn't improve on what has already been done. I would rather take success and acceptance anyway,

but the truth of the matter is — my posterior had taken some bruising, but I wasn't prepared for it. Once the initial trauma of rejection subsides, I learn to go on with life...without self-pity. The "poor me, poor me!" attitude will keep you down longer than blame.

Life experiences are the only ways to learn from your faults. Self-confidence can result from turning the turn-downs into success. If we can read heartwarming stories of celebrities who have been pulled from the jaws of despair and have happily survived. I can say one thing that has resulted from my own experiences: I can't say that I'll never fail again, but I do know that I can be prepared for rejection when it comes my way. Hopefully, we can all learn to respect ourselves when we stumble and fall...as much as when we win the race.

Waples honored for teaching ability

In Brief

The 1986 all-school musical, "The Sound of Music" was performed November 14, 15; and 16, with a student matinee on November 13. Mr. Robert McMeen, musical director, said that this year's musical attendance was greater because of "word of mouth." People came back to see it a second time, Mr. McMeen said. Enron contributed \$400 to print and produce the program for "The Sound of Music." PEP helped support the production by selling patron memberships at Open House, and the First Westside Bank also contributed \$200, Mr. McMeen said.

The Winter Choral Concert will take place in the Central auditorium December 16 at 7:30 p.m. The concert will include performances by A Cappella Choir, Junior Choir, Sophomore Ensemble, Treble Choir, Chorus, and CHS Singers.

Central High DECA joined South High in planning and collecting pledges for Superdance, a dance-a-thon for muscular dystrophy. The dance-a-thon, held in the Fireman's Fund Union Hall, raised over \$2500 for the Muscular Dystrophy Association (MDA). Thirty businesses donated food, supplies, and other materials to the effort. DECA sponsored a car wash this September to cover the cost of renting the hall.

The counseling department will sponsor a series of special programs throughout this school year. Each month at least one speaker will talk to Central students about subjects relevant to their lives, said Mrs. Faye Johnson, coordinator of the special programs project. The first presentation, concerning the advantages and disadvantages of attending black colleges, took place on November 6. The program was given by Mr. Tom Harvey, North High principal; Mrs. Barbara Freeman, Small Business Administration; Mr. Mel Mobley, project director for OPS' Chapter One Program; Mr. Roscoe Harris, Superintendent of the Platt River Plant; and Mrs. Evelyn Smith, retired teacher and community activist. Ms. Nan Callen, a psychotherapist at Immanuel Hospital, presented a program entitled "How to Ask for What You Want" on November 18. On November 19, Dr. Pat Chaulk spoke to aerobics classes about PMS. Future program topics will include stress management, December; the disintegration of family relationships, January; date rape, February; positive visual imagery for athletes, March; chemical abuse, April; and contemporary issues for young women, May.

Kelly Penry

As the end of the school year rolls to a close, choices for senior class awards must be made. Although the majority of the titles are awarded to senior students, there is one that refers specifically to a favorite Central teacher. Could the 1986-87 award recipient possibly be Central English teacher, Mr. Edward Waples?

Mr. Waples has been elected "Teacher of the Year" for about eight years now, yet he is not really sure what the award means. His opinion is that the award is a gratifying end of the year occasion. "I believe that above anything else, the award is a nice way of indicating that you've taught well," Mr. Waples said. He also added that he would much rather be one of the most liked teachers instead of one of the least liked.

Relates well

Although most students said they knew Mr. Waples as a teacher, they felt that they really did not know that much about his personal life and his interests. Katrina Jones, junior, said that Mr. Waples is the kind of teacher who relates so well to his students that they respond quite openly to his classroom discussions. "Yet, I don't really feel like I know much about him as a person, but only as an instructor."

Mr. Waples is a Central High graduate of 1964. He pursued college studies at St. Olaf college in Northfield, Minnesota, and majored in English. Before returning to Omaha Central as an English teacher, Mr. Waples worked at Girl's Town, located at 42nd and Dewey. He explains that he worked with delinquent girls who had all kinds of problems that dealt with abuse, alcoholism, pregnancy and parent alienation. "I was always around social workers, psychiatrists and counselors who dealt with the girls. I felt that I wasn't ready for this kind of work, because delinquents are difficult young people to work with," he said.

High school teaching seemed to be a better environment to work in, said Mr. Waples, because he felt unclear in terms of what schooling the girls needed. "My philosophy is that these girls required a more structured environment... they actually needed more demands than fewer demands placed on them," he said.

Unrealistic expectations

Mr. Waples feels the students at Central today to be much different from those of his own generation. "They appear to be very mature at an earlier point of their lives and more worldly-wise," said Mr. Waples in comparing his students to his own genera-



Molly Bozak

Mr. Ed Waples, English teacher, is admired by students Lisa Wildman, Angela Pick, Jules Ilunga, and Bryan Williamson. Mr. Waples won the teacher of the year award last year.

tion. When asked what is the biggest conflict he's come across in his fourteen year teaching career, Mr. Waples replied that it is his desire to have high but not unrealistic expectations for students. He explains that in high school he was sporadically disciplined, too, and was an average student. His theory contributes to the belief that students and teachers alike are only human.

Mr. Waples also believes that his two children, ages seven and ten, have contributed considerably to his life. "Being a father has helped me learn things from them that are important in our relationship," said Mr. Waples. He also said that watching them grow can be related to the way he watches his students grow, as well.

New doctor actively involved

Doug Haven

There is a new face in the nurse's office every other Wednesday from 8:30 a.m. to 11:00 a.m. His name is Patrick Chaulk, M.D. He is a second year resident who has come to Central to further his education in pediatrics. He wants to work with adolescent students. "In medical school we dealt mostly with elementary and junior high school students," said Dr. Chaulk. "I just wanted to work with students at the high school level for a change."

Lectures

Dr. Chaulk is currently setting up lectures to give to various classes on subjects concerning the students involved. His first lecture, concerning premenstrual syn-

drome, was given Wednesday November 19, to the girls' physical education classes.

Dr. Chaulk completed his undergraduate study at the University of Nebraska at Lincoln and attended medical school at the University of Nebraska Medical Center. He has a bachelor's degree in both journalism and political science.

"At the beginning of the school year I was asked if I would consider having a doctor here at Central," said Mrs. Geri Thomas, Central's nurse. "Central is the only Omaha high school to have this opportunity," adds Mrs. Thomas. She says that this is a learning experience for Dr. Chaulk as well as herself. "If I need help I can use him as a consultant," she said.

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Daly takes charge

New Decathlon team prepares for competition

Anthony Clark

Central's Academic Decathlon team has begun training for the local competition to be held February 21, at UNO. Central will attempt to win the local competition for the third year in a row.

The Academic Decathlon consists of ten different events in the areas of economics, mathematics, science, fine arts, social science, and language and literature. Students will also be judged on a prepared and an impromptu speech, an interview, and an essay. The Super Quiz, which will concern the Constitution of the United States, will be the final event.

The team consists of six competitors and six alternates divided into three groups based on grade-point averages. Group "A" is the honors level, group "B" the scholastic level, and group "C" the varsity level.

"This year's team consists of last year's alternates and our National Merit Scholarship semifinalists," said Mrs. Marlene Bernstein, English teacher. Mrs. Bernstein coached the decathlon team for the previous three years. Mr. Dan Daly, English department head, is the decathlon team coach this year.

"I think I can bring something to the team," said Mr. Daly. "I like to rise to an occasion, so I accepted the challenge of coaching the team."

"I originally wanted to be on the team because it would look great on college applications," said senior Adele Suttle, "but it actually is a lot of fun."

The decathlon team members meet every Thursday after school for a study session. Different teachers will come in and tutor the students on a specific discipline. The students will then take a test over that subject, according to Mr. Daly. "But the students will do most of the studying on their own," he said.

"Our 'B' and 'C' teams are stronger this year, and that could make the difference between

"Part of the reason we will be so strong is our close sense of camaraderie. We don't have the personality conflicts we had last year."

winning and losing," said Adele. "Part of the reason we will be so strong is our close sense of camaraderie. We don't have the personality conflicts we had last year."

Along with the seven OPS schools that competed last year, the competition has expanded to include several suburban and parochial schools. "We are expecting a lot more competition this year," said Tony. "A lot of schools are out to get us because of our reputation."

"I would like to think we could win the local competition," said Mr. Daly. "It may be unrealistic to think we could win the national competition, but I think we could, and should, finish in the top ten."

"Timing is important in training the team," said Mr. Daly. "I would like the team's readiness to reach a peak immediately before competition so they won't have too much time to slack off."

The Decathlon competition began as a local competition in California in 1968, according to a study guide issued by the United States Academic Decathlon. It went statewide in 1979 and expanded nationally in 1982.

Nebraska was invited to participate in the Decathlon in 1984. Central has won the local competition each of the three years Nebraska has participated.

This year's decathlon team members are Adele Suttle, Kate Madigan, Travis Mood, Shelly Wyzykowski, Tony Evans, and Randy Pepple. The alternates are Elizabeth Wolff, Mark Lucas, Jennifer Anderson, Jonas Batt, Ann Gentle, and Peter Pirsch.



Decathlon team members Jonas Batt, Marc Lucas, Kate Madigan, Travis Mood, Randy Pepple, Adele Suttle, Lisa Wolff, and Shelly Wyzykowski relax during a study session. The team expects to finish stronger in the national competition this year.

Suggestion creates cleaner halls

Elaine Williams

At the beginning of the school year Central launched an experiment which has succeeded in frustrating many students. Dr. G.E. Moller, Central principal, at the request of teachers turned off the vending machines. They are now only open before and after school.

Dr. Moller said teacher representatives requested the change when the amount of unauthorized hall traffic grew to epidemic proportions. Shutting the machines off during the day eliminated the hall traffic problems and created a better school-day atmosphere. The halls had cellophane wrappers littering them.

Activity fund suffers

"The activity fund which received the profits will definitely suffer," said Dr. Moller, "however at the time we don't know how severe the loss will be. After we find out the difference between this year and last year we'll decide whether or not we can continue the practice." The school does not have plans to make up the loss from the candy machines through other sources. Miss. Kim Schellpeper said the number of people who wanted to leave class decreased. "Students used to ask to go to the bathroom and come back with Fritos. It keeps me from wasting valuable classtime policing persons."

Dr. Robert Wolff, physics teacher, also likes the change but said his classes are the same as last year because of candy from fundraisers. He said "it's my fundamental belief that the tax payers will pay for any worthwhile activities."

Students adjust

Some students needed to adjust their daily schedule because of the machines being closed. Junior Sara Rivedal said

"without caffeine in the mornings, I fall asleep in class."

Senior Jo Newbold said "it doesn't stop me from eating in class. I bring it in, instead. If we have vending machines we should be able to use them. The M & M's from fundraisers still create a mess."

Joel McCulloh, a junior who attended Burke last year, said at Burke they kept the machines open all day. She misses having pop with her sack lunch. However she prefers buying candy from other students because she wants her money to go to activities rather than "some company."

Sara disagrees. She would rather have the choice provided by the vending machine without the hassle of tracking someone down.

Activities gain edge

Mrs. Daryl Bayer, French Club sponsor, appreciates the shut down because it aids her organization's candy sales. "Last year each club had two consecutive weeks to raise money. This year we have two weeks at different times during the year and we sell the same amount in a single week."

The companies who provide candy for clubs need to have quick turn over because "our profit margin from candy is small because of their expensive ingredients. It's really easy for our company to run up a huge bill with our suppliers," said Denny Henkenius, manager of high school sales for Abby's Popcorn and Concession Supply Company.

He elaborated that he liked doing business with schools because of how they keep careful records and pay bills promptly. "Abby's has only been in business since March but we want to expand our transactions with schools because they make good clients."

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Absence of television not missed

Doug Haven

Have you ever thought of what life would be like without television? Kip Lathrum, sophomore, knows. Kip and his family have not watched t.v. for the past 10 years.

"When we were little kids we used to fight over which cartoons to watch," states Kip, "so we decided to stop watching t.v. for a month and it has never come out of the closet." Instead of watching t.v. Kip spends his time with other things such as doing his homework and reading.

Television broke

Judy Lathrum, Kip's mother, said, "Our first reason to stop watching t.v. was that it broke. During the week that it was in the shop we couldn't believe how

"T.V. can however, interfere with a students grades if he watches too much. In moderation it is O.K."

much time we had to do other things." Mrs. Lathrum says that it is hard for Kip when a teacher will give him an assignment that involves watching t.v. "In this case they go over to a friend's house and he watches the show over there."

Cartoons "in a blue moon"

"Once in a blue moon I watch cartoons on Saturdays," states Bryan Johnson, senior. Bryan spends most of his extra time doing his homework, with his

girlfriend, working at his job, or working out for gymnastics.

"I don't watch t.v. that much," states Kevin Moran, Central counselor, "just a little more than a hour a day." He states that t.v. can, however, interfere with a student's grades if he waches to much. "In moderation it is OK," Mr. Moran said.



Molly Bozak

Miss Kim Schellpeper, Central's reading teacher, instructs one of her classes. Miss Kim Schellpeper helps the students in reading vocabulary, and self-esteem.

Reading help found in Central's reading center

Niki Galiano

"Reading is a skill. There's always room for improvement in any skill at any level." This, said Miss Kim Schellpeper, is the basis of the reading program at Central.

According to Miss Schellpeper, she works with students to improve their vocabulary and attendance, and also helps them with "reality" reading, such as newspaper and magazine articles.

Miss Schellpeper said that the very first thing she establishes with her students is good self-esteem. "Once they start feeling success, they can do it."

Mrs. Juanita Vice, another reading teacher, said that she emphasizes comprehension and study skill. "Some students," she said, "need help on phonics, which they did not master in elementary school."

"Usually, the first order of business is to find out their strengths and weaknesses, then to build individualized reading programs based on those items," said Mrs. Vice.

"Unreal world"

According to Miss Schellpeper, there are several reasons why these students have made it to the high school level with such poor reading skills. "For some, their teachers decided that only an 'x' amount of students will fail, some are transfers from other schools, some may be cultural problems. A lot of these kids are in an unreal world and not aware of their problems," she said.

Both Miss Schellpeper and Mrs. Vice said that the main reason students are passed on in school is the student's parents. "Most parents prefer that their kids be passed because they are afraid that they will drop out," Mrs. Vice said. "If you cannot read, isn't it better to be in school, no matter at what level?"

"Negative attitude"

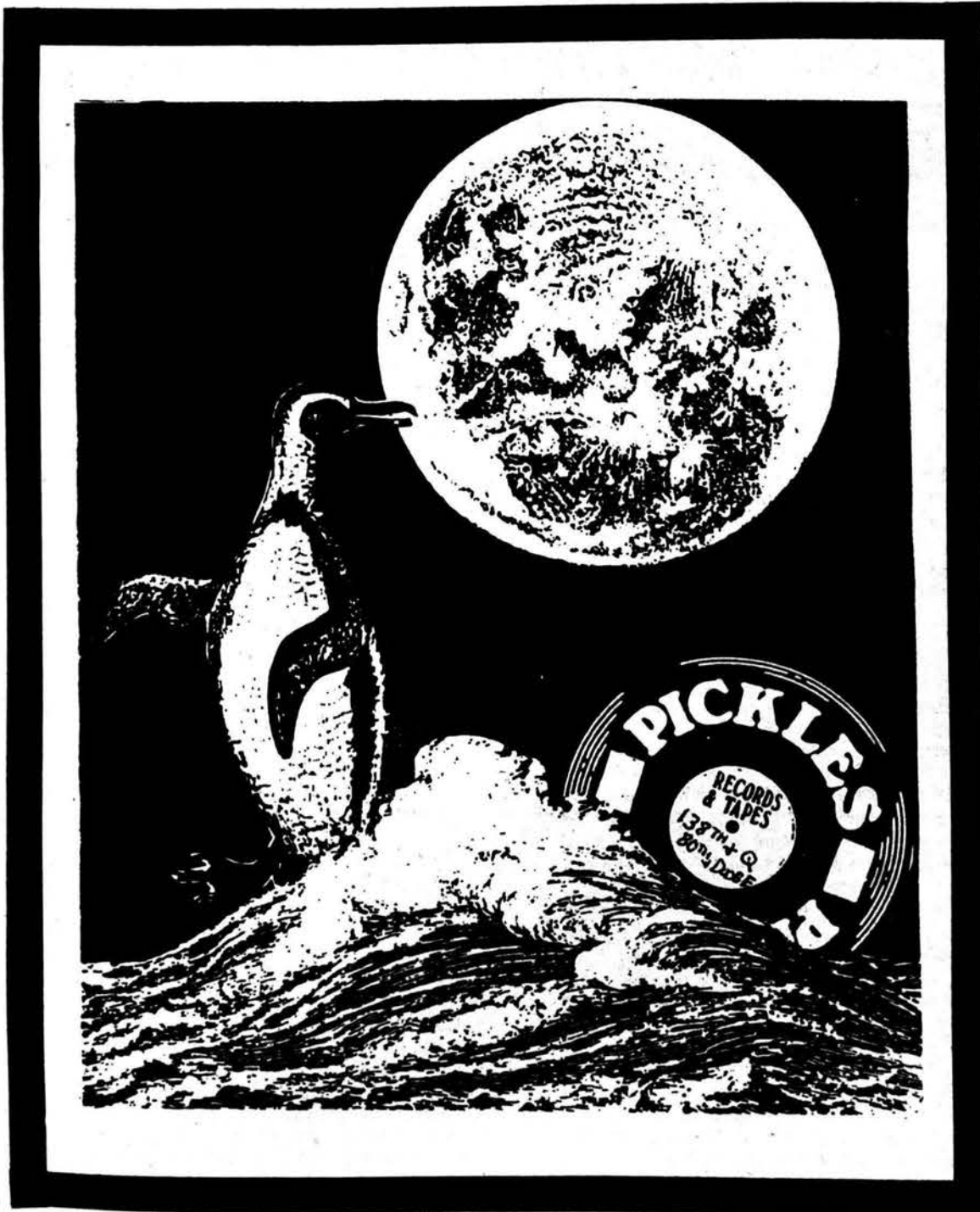
"The hardest thing about my job," said Miss Schellpeper, "is the negative attitude the reading program has acquired through the years. Central's reputation rests on the laurels of about 10 percent of the student population. Central has an excellent reputation as an excellent academic institution. It's hard to realize everybody does not fit into that. Central needs to keep up their reputation, but not at the expense of other students. You just can't put these kids in room 211 and 218, and pretend that they do not exist."

Success depends on student

The success of the program depends on the individual student. Mrs. Vice said "I'd say that there were some outstanding gains, and that some students show minimal gains. In just offering literature in providing books is something that can't be measured. So many of our students do not do reading outside of school."

"About three-fourths of the success in my area correlates directly to self-esteem. Last year, there were students who were not doing anything. This year, they are writing, doing homework, and even going in after school for help," said Miss Schellpeper.

"The best determiner of success," said Miss Schellpeper, "is whether they take what they have learned out of the classroom. And I don't know how much of that happens."



Support groups help Central students stay straight through drug-treatment program

Kris Deffenbacher

Students' names in this article have been changed.

"I'd taken a whole gram of mescaline and smoked a bunch of dope," said Jack, a Central senior, when remembering the last night he ever used drugs. "I sat on my roof for six hours and hallucinated severely. I bit my hand hard enough to make it bleed and make a scar. I don't even remember how I got back in the house," he said. "It was an intensely scary night."

That night was April 19, 1985, and Jack has not used any drugs or alcohol since. Jack went through a drug-treatment program, as have many students in recent years, and has "stayed straight ever since."

Counseling services

In the Omaha metro area there are nineteen counseling services, institutions and treatment facilities. Many of these in turn are supported by smaller counseling groups. Some of the counseling and treatment facilities most often utilized by students are the Eppley Chemical Dependency Services, the Immanuel Hospital Detox and Treatment Program, and the Omaha Area Council on Alcoholism. Support groups attended are often sponsored by Al-Anon or Alcoholics Anonymous (AA). Central students that are returning from treatment to school have the in-school Support Group available to them.

Central Support Group

The Central Support Group was founded by guidance counselors Kevin Moran and Geraldine Zerse in 1975. Mrs. Zerse described it as a 12 step program similar to the Twelve Steps followed by AA. She said its purpose is to provide students "support in order to cope with

"Support in order to cope with school and remain straight or to cope with having someone close to them involved with alcohol or drugs."

school and remain straight or to cope with having someone close to them involved with alcohol or drugs."

Of the 12 years of its existence, the Central Support Group has met during school for three years. It now meets in room 139 third period twice a week. This year's group has 20 members, more than ever before. "It seems to be working," said Mrs. Zerse.

Attempted suicide

Jack went through Immanuel's out-patient Lifestyle Alternative Seminar beginning in February of 1985. He enrolled after talking to his parents about his using drugs. "I got into the program after being very suicidal and very confused with a screwed up relationship," Jack said, "I attempted suicide, but it hurt too bad so I stopped."

Jack was in the six week program for eleven weeks because he got caught using drugs in the fifth week and had to start the program over. "When I first went into treatment I would party every week-end. I finally got busted," he said. In his second time through the treatment Jack was more motivated. "I just started working with the program," he said, "and I've stayed straight ever since."

Life-saving

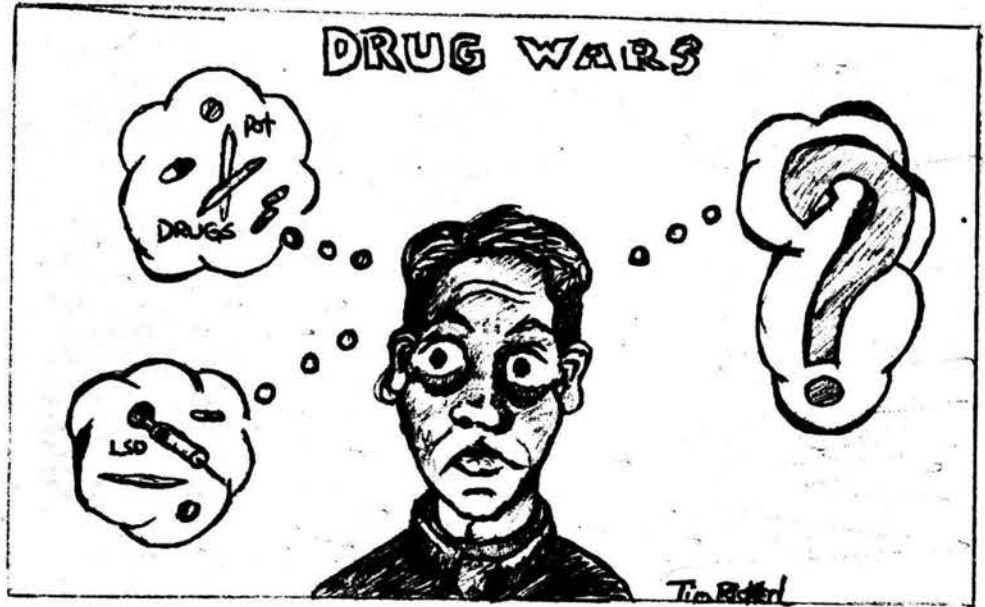
Jack attributed a lot of his success in the program to the counselors. "I was incredibly close to them," he said, "I almost credit them with saving my life."

Jack saw the treatment's purpose as not to help him get off drugs, but as "a retreat that helped me develop my life through discovering what it was I lost when I was using."

Another treatment success story is that of Beth, a Central junior. Beth said she started drinking at the age of 12. "At first it was a curiosity, then a fad, then an obsession," she said. By the time she was enrolled in Eppley's in-patient treatment center in February of 1985, Beth said she was heavily into drugs.

In Beth's ninth-grade year her school expelled her for drinking and refused to readmit her until she had gone through treatment. Beth's mother agreed and put her in Eppley. "At first I was resentful," she said, "I cried and screamed."

DRUG WARS



Strict program

During the program at Eppley the patients never leave the center and are on a very strict schedule. "We'd get up very early and do exercises, eat

Beth graduated a month later and has stayed sober ever since.

Still using

Brian, a Central senior, has been attending the Immanuel outpatient treatment program since last April. Getting enrolled was his parents' idea, and he agreed to it. "I figured I needed it so I'd do better in school," Brian said. "I was sober for the first two and a half months," he said, "and they still think I'm sober." He started using again out of what he described as "boredom."

"I started up again, but it wasn't as much. Treatment helped me control it," Brian said, "Now I use, but also get my responsibilities done."

There are many treatment centers in the Omaha area because, as Mrs. Zerse said, "Different things work for different people." Jack said, "It takes two or more people to see one person clearly. That's why the treatment programs work."

"I just started working with the program ... and I've stayed straight ever since."

breakfast, have group sessions with people more advanced in the program, do two hours of school work, eat lunch, do two more hours of school work, have a counseling session, eat dinner and then attend an AA meeting," Beth said.

After a month in the program, Beth said she finally figured, "I'll do it, I'll try, I can't fight it anymore," and started working.

Government war on drugs continues

Continued from page 1.

school students surveyed thought that marijuana use was dangerous as opposed to roughly 75 percent today. Government and Indian officials now recognize drug and alcohol abuse as the biggest problem among Indian youth.

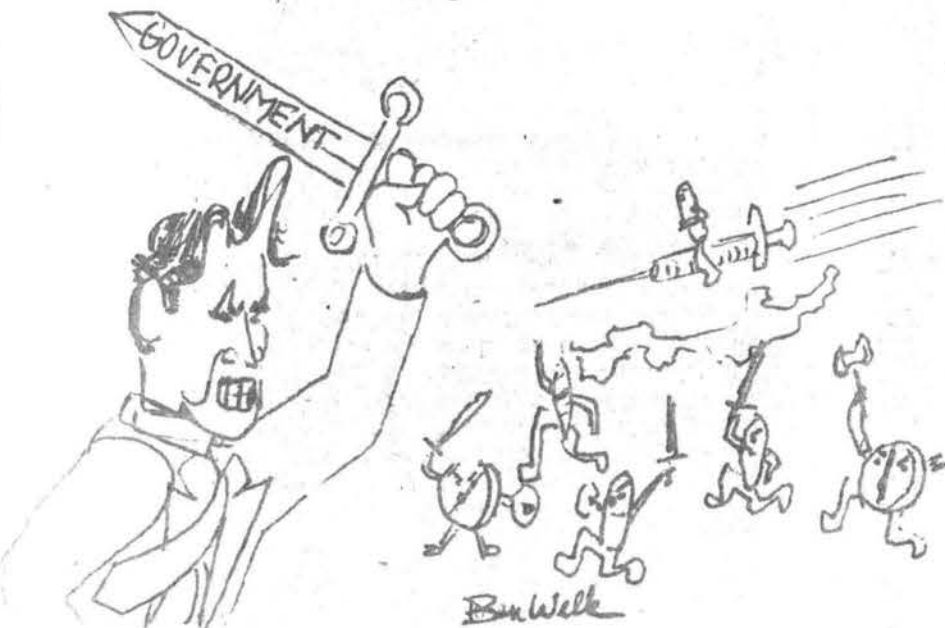
Drug Enforcement Agency

While Congress is still arguing over drug enforcement bills, the Drug Enforcement Agency is active in combating drug trafficking in the United States. In Pennsylvania, a drug ring was charged with importing over seven tons of cocaine. According to the National Institute on Drug Abuse, the DEA seized over 25,000 kilograms of cocaine as opposed to about 2,000 just five years ago.

Locally, 23 people in Sarpy County were charged with narcotic violations. The

bust was a result of six months of undercover drug purchases, according to Sheriff Pat Thomas. In Omaha, three people were charged with possession and delivery of one pound of cocaine in what authorities say is one of the largest seizures in Omaha. The cocaine, with an estimated street value of \$100,000, was seized by Douglas Counties sheriff's deputies.

The drug testing initiative proposed by President Reagan is being considered across the nation. The National Football League and the National Collegiate Athletic Association have made plans to screen all participants for drug use. Locally, three Nebraska utilities are including random drug testing as a condition of employment. These are the Nebraska Public Power District, the Omaha Public Power District.



Censorship of books in schools increases steadily

OPS committee must review books before banning

Kris Deffenbacher

The number of successful attempts to have books banned from the schools is on the increase, according to a recent study of censorship made by People for the American Way. The study found that during the 1985-86 school year, 39 percent of the attacks on library books led to their restriction or removal, as opposed to 23 percent four years ago. The number of censorship incidents has increased 35 percent in the last year and has more than doubled in the past four years.

Religious factors

The study also found that there has been a significant change in the basis on which the attacks are made. It found that the censors' religious views have become as much or more of an influence on the review of books for schools. Two recent examples of books questioned by religious principles are Shakespeare's "Macbeth," because of elements of witchcraft, and "The Diary of Anne Frank," because it contains a passage which suggests that all religions are equal, according to critics of the works.

This increase in the number of book-bannings has received both national and local press, but a study of the local media shows that attacks on books in the schools locally are not as prevalent as those made na-

tionally. OPS has an established system for the selection of materials for its libraries, and all of the schools in the system must follow its guidelines.

Selection committee

The weight of the OPS selection process is carried out by a committee of 20 to 25 librarians, parents, and community members. "It's a good cross-section of the community," said Betty Majeski, Central librarian and current member of the OPS selection committee.

"Our purpose," Mrs. Majeski said, "is to recommend that a book be accepted or rejected based on the guidelines set by OPS." The group reads advanced copies of books sent by the publishers. They aren't able to read the 800 or more books that are in consideration every year, so they try to deal with those about which there may be a question. Mrs. Majeski stressed that any book that enters the Central library has either been reviewed by the selection committee, reviewed by her personally, or approved in a review by a respected literary review magazine, such as that put out by the American Library Association.

Banning in OPS

The committee's guidelines call for the rejection of a book not only for content but for poor binding or other problems with its make-up. Mrs. Majeski said that she has been responsible for



Valerie Spellman

Many well known books are being censored by People for the American Way. Among these books are "Forever..." and "Are you there God? It's me Margaret," by Judy Blume, "The Diary of Anne Frank," "Macbeth," by Shakespeare, and "Webster's New Collegiate Dictionary."

only one rejection based on content. That book was "Future Track Five," which she read for a committee meeting. "It contained extreme stereotyping," she said. "It was science-fiction. It portrayed a future world in which the police were all oriental, were all of lower intelligence, and were all cruel. All of the women were portrayed as soft

and helpless." Mrs. Majeski recommended that the book be rejected and the committee agreed. No OPS libraries may now carry that book.

Parents' responsibility

Mrs. Zerse said that she realizes that the library's collection may not always be suitable to parents. OPS provides forms through which a parent or other

community member may protest material provided in school and bring it up for review by the selection committee.

"The material in the school library is not required reading, it's optional," Mrs. Majeski said. "The parent has a great responsibility to monitor their own child's readings. I can only offer the books here."

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Amien adjusts to American life

Karyn Brower

When the Russians invaded Afghanistan, a small country in the Middle East, many of its occupants fled over the border, into the mountains or stayed to fight. Some Afghans, through the American Embassy, were able to come to the United States. Mohamaed Amien, a Central junior, was living in Afghanistan at the time of the invasion. His father worked for the American Embassy when the war broke out. "It just became too hard to live there," said Mohamaed, who had lived in Afghanistan for 15 years.

"It just became too hard to live there."

While in Afghanistan, though restricted by the war and constant spot checks made by soldiers through their homes, Mohamaed and his friends, when not in school, often played soccer, went to the movies or to the park. Schools in Kabul, the

capital of Afghanistan where Mohamaed lived, started at eight in the morning until one in the afternoon. The schools were organized with two shifts, one morning and one afternoon with a break where the students could go home to eat lunch.

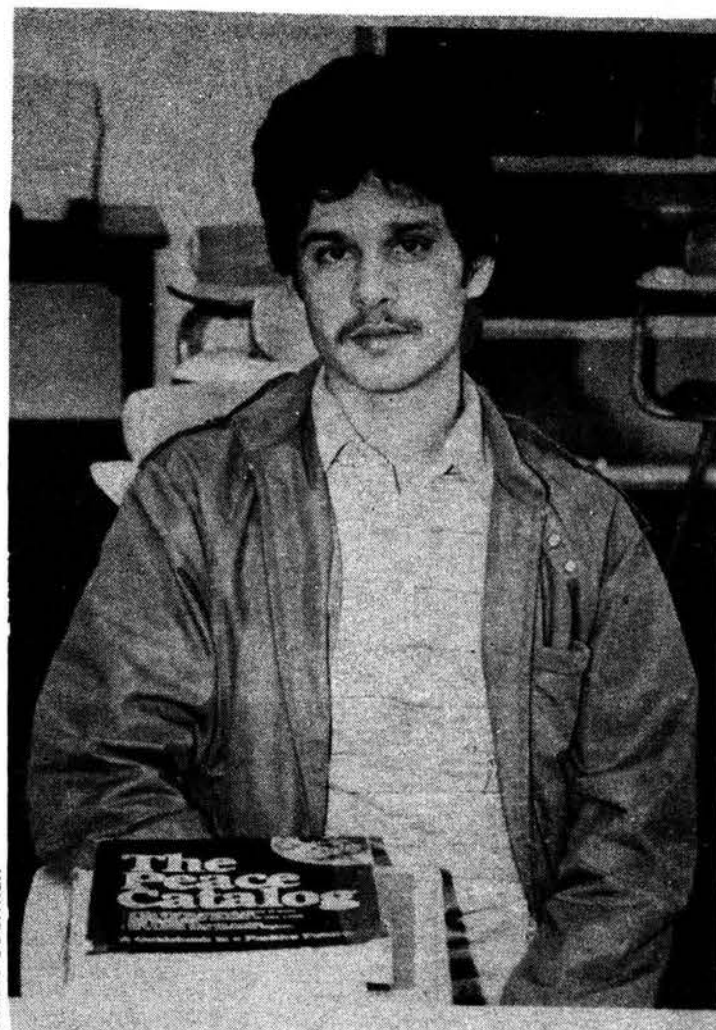
Here in the United States, Mohamaed said that English is the only subject he has problems in, but that his teachers are very helpful. While in Afghanistan, he took three years of English. Mohamaed said that many Afghans speak English especially those involved in business. Before the war it was not uncommon for Afghans to be able to come to the United States. Now, with the war, restrictions on travel have been very tight said Mohamaed.

Mohamaed . . . often played soccer, went to the movies or to the park.

Some of Mohamaed's favorite American things include pizza, football . . .

Once in the United States, Mohamaed and his two sisters and two brothers learned to adapt to the American way of life. Some of Mohamaed's favorite American things include pizza, football and the American people whom Mohamaed described as "very nice and helpful." Despite his family's excitement to live in the United States, Mohamaed said he still misses the place where he lived and most of all his friends and relatives left back in Afghanistan.

In the six months Mohamaed has been in the United States, he has kept up with seeing movies and visiting around. Mohamaed said that though Omaha is bigger than Kabul, it is much more quiet.



Stuart Oberman

Mohamaed Amien, an Afghan immigrant sits in a Central classroom. This Central junior has been in the U.S. for six months.

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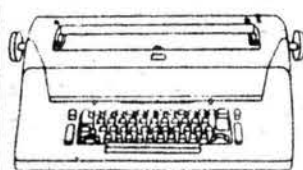
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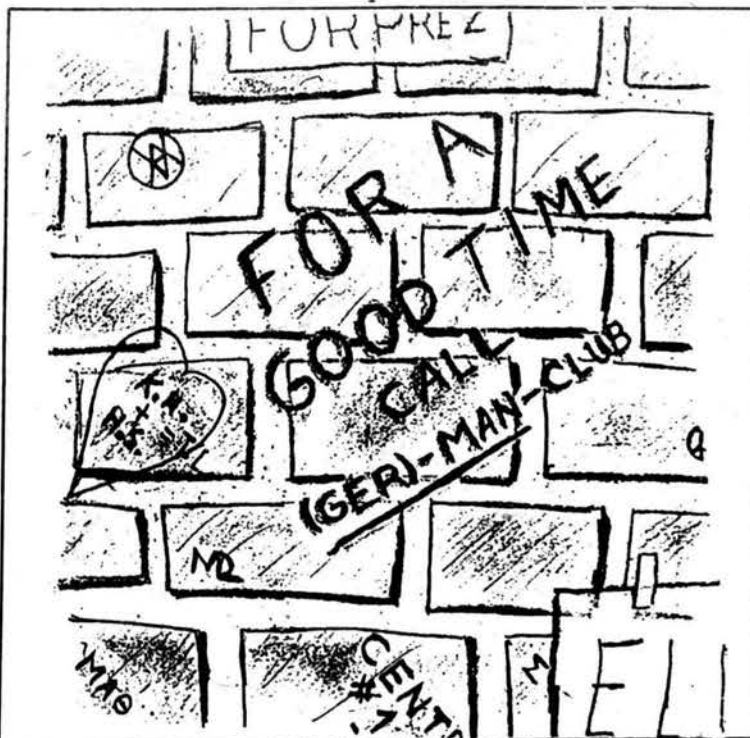
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Tess Fogarty

Juniors Katie Ostronic and Kim Autlaw pose with the Central eagle while cheering at a football game.

Cheerleaders, 'spirit of school'

Jeff Palzer

"Cheerleading is like a job," said senior Vanessa Warren, "There is a lot more than just cheering at football game. A lot of planning goes into each activity," she said. Cheerleaders plan activities such as homecoming, spirit week, and pep rallies. "We're the spirit of the school," said junior Chandra Freeman. According to Vanessa, the cheerleaders use a lot of their time to plan activities and practice cheering. "It took us four hours to decorate the school on a Saturday for spirit week," she said.

Time and responsibility
Cheerleading Sponsor Clyde Lincoln emphasized the amount of time and responsibility that goes with being a cheerleader. "Homecoming is our major responsibility," he said. Practices in the morning are before and during homeroom. And during the summer they practiced 2 to 3 hours a day. "We spend every Friday night cheering at football games," said Varsity Captain Kristy Kight. "We have to drive to every game, even in bad weather."

"The students don't get involved in the pep rallies, they just sit there and watch us cheer and we feel stupid."

Many cheerleaders feel that they do not get the recognition they deserve. Senior Tracy Nettles, who cheered for the last two years, said she liked decorating the school, but the students end up tearing the decorations down. "The students don't get involved in the pep-rallies, they just sit there and watch us cheer, and we feel stupid," said Kristy. "I don't think we got enough recognition for the hard work put into decorating the courtyard, planning spirit week and the homecoming dance," said Chandra.

"Games hard to promote"

This year the football team has stopped participating in before school pep-rallies, and they do not wear their jerseys during school. "This makes the games hard to promote," said Vanessa. "It's also bad because the new sophmores can't recognize the football players," she said. Chandra agreed that the players should wear their jerseys because "at least the school will know there is a game going on." Mr. Lincoln said he would prefer the players attending the pep-rallies. He suggested an all-school pep-rally each season to introduce the sports of that season. He said that there has been a general decline in interest shown for cheerleading, since girls have started to play sports.

Boys' basketball tries 'new look' for season

Sarah Story

"We have a quick team this year; we will rely on our quickness and develop a new offensive passing game," said Mr. James Martin, Central math teacher. This year's team is made up of one returning starter and four returning lettermen. Coach Martin said that he plans to build the team on the Junior Varsity basketball team last year. The J.V. team had a very good record last year.

"We'll be heavy on seniors this year," said Coach Martin. This year's team consists of: senior Leodis Flowers, a two time all-state football player; seniors Kelly Avery and Alfred Johnson who are two returning lettermen that had a lot of varsity experience last year; juniors Jim Martin and Gary Wilson, both returning lettermen. Other team members will be senior Michael Mitchell, who will be a guard candidate, and senior Phil Griffin, who "improved immensely last year," said Coach Martin.

Coach Martin said that he wants the team to develop into a good pressing team, especially defensively. "We will rely on our quickness and outside shooting," said Coach Martin.

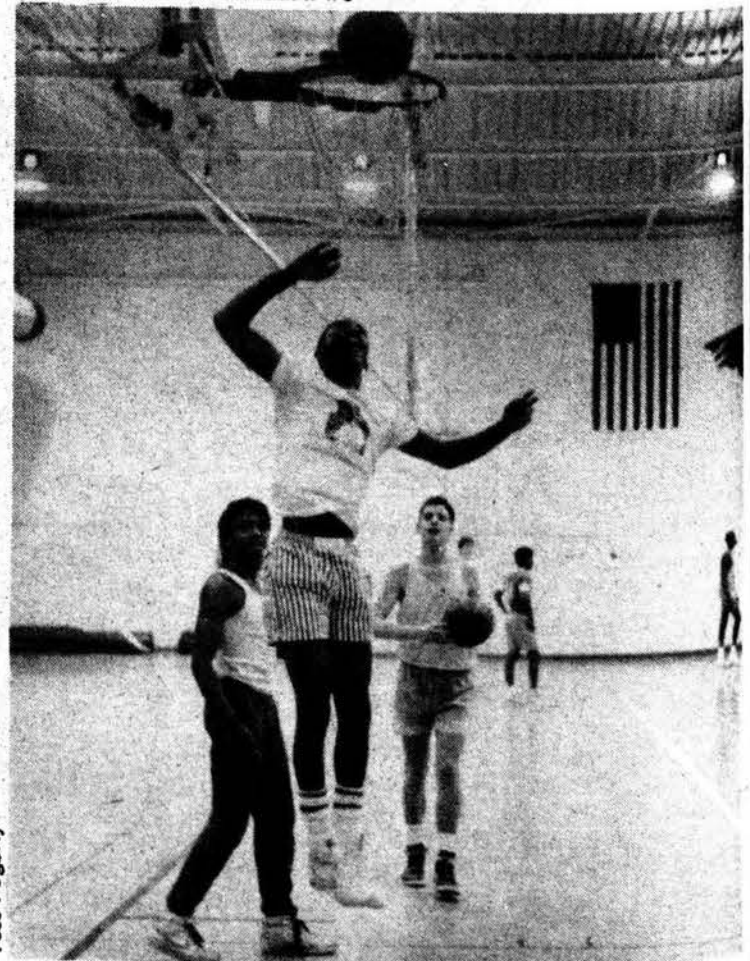
Coach Martin said that the team must have a realistic outlook this year. With one returning starter, the team is inexperienced compared to previous years. Coach Martin said that it will take a while for the team to adjust. "It would be unusual if we

were strong early in the season," said Coach Martin. The first two games are against Gross and Lincoln East. Coach Martin said that these are two tough ball clubs.

The team will have a "new look" this year. They plan to move up and down the court quickly and work on more pressing and trapping. Coach Martin said that this is something that they have not done much of in past years. The offensive scheme will be more of a passing game. Coach Martin said that they will not restrict themselves by running out of a pattern. "We will do more free-lancing," said Coach Martin. The team will try to be more patient and take time to control the game.

Practice started November 12. Mr. Martin said that he was very encouraged with the talent that the players showed. "The kids catch on quickly; they try very hard and show a willingness to play," said Coach Martin.

This year is an unusual one for tryouts on the team. There is one freshman trying out for the varsity team. Brian Page, who attends Monroe Junior High School, has committed himself to attending Central by trying out for the varsity basketball team. He is trying out for a guard position. Coach Martin said that it will be a challenge for him to try out for the varsity team, but that he shows a great deal of potential.



Tess Fogarty

Senior Alfred Johnson practices shooting as juniors Gary Wilson and Rick Harris look on. The team will play their first game December 5 against Gross.

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SportStaff Says:

Athletic success
more than just
talent and power

Michael Page

Athletes do not always get the respect that they deserve.

Sports require a lot of effort. Athletes do not just show up for the game; many hours of hard work and preparation are essential for success. Many times it means pushing your body to the limit. Sweat, fatigue, and sore muscles are the after-effects of another day's workout. Few realize how much pain an athlete goes through. Not everyone is willing to throw their bodies in front of a 300-pound pulling tackle in full sprint just to make a block or run until you can barely stand just for practice.

Any athlete can tell you that pressure comes with the territory. The athlete is under pressure to perform well, to make the big catch, to score the crucial basket, or to make the winning hit of the game. It is not easy when you want something badly for the team, and the team is depending on you. It takes a person with character to overcome such adversity.

An athlete needs to be able to take criticism well. Not everyone can take a football coach yelling at the top of his lungs because they have made a mistake or listening to the cruel remarks of the fans. Also, the athlete can let himself down because he set a goal and did not quite achieve it. The athlete has to be able to put that all behind him and prepare for the next game or competition.

Someone once said that patience is a virtue, and it certainly applies to sports. Athletes need to be patient because it takes time to move up the ladder. It might mean playing junior varsity for a while or not playing as much as you would like. The athlete needs to be a person who shows diligence and perseverance.

One thing that irritates me is the "dumb jock" image. Of

course, there have been some cases where the athlete did not earn the grade in the classroom, and these instances often make the newsstand. There is very little recognition of the athletes who do well in the classroom. Sports is not always a battle of the strongest and the toughest. In most cases, it is a mental game. It answers questions such as: Who outsmarted who? Who had the better game plan?

Sports are also time-consuming taking valuable time that could be spent doing other things. Sports takes time away from family and friends. Sometimes, it means missing the party that you know everyone is going to be at. Sports can very easily affect your studies. Instead of coming home right after school, the athlete might get home at 7:00, exhausted and fatigued. It often means practicing six times a week, three to four hours a day.

In my opinion, intensity is the most important part of a sport. An athlete has to keep a high level of concentration and adrenalin, not only at game time but in practice also. Sometimes athletes have to let mannerly or lady-like traits fall by the wayside, and capture an animal instinct or maybe catch the "eye of the tiger" as in the movie, "ROCKY." Athlete have to want it and be willing to go after it because success won't be handed to them.

I say to myself, if an athlete has to go through all of this, why play? Is it worth it? What will they get out of it? As an athlete, I can honestly say that people are athletes because of the love of competition, the thrill of victory, and the love of the sport. Participating in a sport takes a commitment, and I applaud all athletes in their endeavors.

Losses kill Central's play-off chance

Jeff Palzer

For the second year in a row, Central's varsity football team has ended with a record of 7 wins and 2 losses and did not go to the playoffs. "We weren't playing up to par," said senior Marcus Harvey.

The team's first game against Northwest was also their first loss. Football Coach William Reed thought that the team was not mentally prepared in the first week of the season. "We needed to get together as a team instead of individuals. A team of individuals will lose."

After the first loss the team improved on their attitude and united as a team, according to Coach Reed, looking forward to the Central-Prep game. Fifteen minutes before the kickoff of

that game, senior Chris Sacco was injured. Coach Reed assigns this as the biggest injury of the season. "Chris is the catalyst of the offense." He said that the game was the worst offensive effort since he has been at Central and the same situation, with the loss of Chris, happened against Bryan last year. "I was worried when we lost Chris, knowing what happened last year. We didn't have much time to prepare a replacement," he said.

Concerning the two touchdown call-backs against Central, senior Randy Rouse said, "We didn't have the momentum to come back after the touchdowns were called back." There was also a mental breakdown during the game. ac-

ording to Marcus.

The rest of the season, according to Coach Reed, the team played good football. "We started to play as a team," said senior John Ford. When the team played Millard North, who was ranked third, Coach Reed felt they were playing the best football of the year and "proved that we were better than some of the teams going to state." Ending the season with a record of 7 wins and 2 losses, the team did not qualify for state because of the point system. Coach Reed thinks that the system is good except Central does not get to play many teams not in the metropolitan area. "Overall, I think we had a good year," said senior Chris Sacco. "We improved every game."



Senior Evan Simpson argues with the referee over a disputed call as Andy Pankow and John Ford, both seniors, look to the sidelines for advice. Central's football team ended the season with a record of 7-2.

EAGLE
EVENTS


December 1986

- 4: Wrestling; North Invitational
- 5: Varsity Boys and Girls Basketball; Gross (H)
- 6: Varsity Boys Basketball; Lincoln East (H)
- Varsity Girls Basketball; Lincoln East (A)
- 9: Swimming; Ralston (H)
- Wrestling; Abraham Lincoln (H)
- 13: Varsity Boys and Girls Basketball; Millard South (H)
- 19: Varsity Boys and Girls Basketball; Bellevue West (A)



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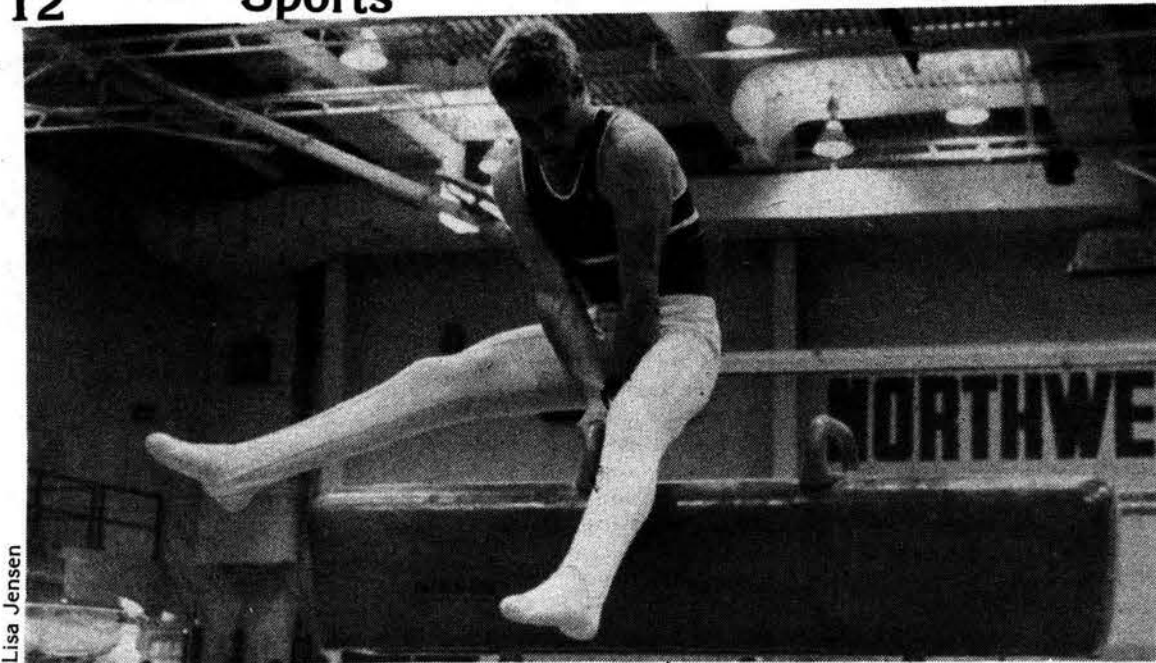


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Lisa Jensen

Brian Johnson, senior, performs his routine on the pommel horse. The men's gymnastic team finished second in the district.

Gymnastic season was success

Tracy Edgerton

The onset of snowfall in the metropolitan area signals the end of another successful season for Central gymnasts. The season concluded November 6 and 7 with the State Gymnastics meet in Lincoln.

Both the girls and the boys teams qualified for State by finishing in the top two teams in Districts. The girls team received first place at Districts, with the boys finishing second.

According to Jamie Strauss, sophomore, the State meet was not as intense as last year's competition. "State was more of a practice for next year's season. We basically knew how we would finish and did not expect to receive first place. We went out with the attitude of doing the best that we can."

The girls team received fourth place, immediately following Millard North, a team they had previously beaten during the season. "We thought we could beat Millard North at State, but we didn't perform as well as we expected," said junior Amy Hoffman.

Team plagued by injuries
The team was plagued by injuries at the State competition. Cindy Hoden, senior, had injured her elbow earlier in the year, and it still was not completely healed. Jamie Strauss was also injured, but her injury was more of a shock to the team than Cindy's. "On my first event, the vault, I landed wrong on my knee. I hyperextended it, and it affected my scores on both the vault and the floor exercises," said Jamie.

Jamie did not participate in these two events in the second day of competition. These injuries had an adverse affect on the team as a whole both physically and mentally, according to Jamie.

"Jamie's and Cindy's injuries were a concern for the whole team. We were worried about them," said Amy.

Learning experience
"This year's fourth place finish was not as tough as last year, when we lost first place by only one-tenth of a point. This year

we knew how tough the competition was, and we knew what to expect," said Amy.

Jamie considered this season more of a learning experience. "Although we did good this year, it wasn't a great year for us. We expect to pull together more next year."

Future looks bright
Next year Central's team will have an advantage over the other gymnastics powers in Nebraska. "Many teams that did well this year such as Lincoln East will lose many of their best gymnasts. Although we will lose Cindy next year, we are hopefully gaining two excellent gymnasts," said Jamie.

Amy agrees that they should have a good team next year. "Our future outlook is good, as we will lose only one gymnast when other schools are losing more."

Other gymnasts who contributed to the team's success this year are juniors Brecke Houston and Lisa Macabee.

Central wrestlers set their own goals

Sarah Story

"This year's wrestling squad is probably the best squad we've ever had," said Mr. Gary Kubik, Central science teacher. Coach Kubik said that they have a good group of athletes this year.

This year's team consists of seniors: Randy Rouse, heavyweight, Freddie Williams, 185 pounds, and Troy Nickens, 185 pounds. The juniors are: Mike Warner, 167 pounds, Trevis Sallis, 138 pounds, Todd Brown, 126 pounds, and Joe Velasquez, 105 pounds.

Coach Kubik said that there are 12 basic weight classes. He said that there will be very good

competition at the heavyweight and middle weight classes this year.

The team started its conditioning in September. They ran every night and even participated in the Dana College Fun Run. Mike Warner won first in the high school division.

Coach Kubik developed a hundred mile club for the wrestlers. He said that it is used to get the wrestlers to their required weight before the season starts. The wrestlers try to run a total of a hundred miles before they start their season. Coach Kubik said that this will help them reach

their set weight without cutting weight by fasting and bingeing. "There is a new philosophy about cutting weight, dehydration doesn't help," said Coach Kubik. "Weight levels off with aerobic activity, we set goals to lose body fat," said Coach Kubik. He said that they try to reach ten per cent body fat by the beginning of the season.

Currently, the workout consists of running two to four miles a day, 20 minutes of weight lifting, and stretching. Coach Kubik said that he prefers aerobic exercise rather than dehydration as a way of losing weight.

Teachers separate father and coach

Michael Page

Central has three teachers/coaches who have a son or a daughter attending Central this year. Jim Martin, junior, is the son of Coach Jim Martin, Jay Standifer, junior, is the son of Coach Stan Standifer, and Marcie Reed, sophomore, is the daughter of Coach William Reed.

Coach Martin feels an advantage of having his son at the same school because he can watch Jim play more often, and spend more time with him. He said, "After my two older sons graduated, and before Jim came to Central, it was sometimes lonely riding to school by myself."

No advantages

All three students agree that there are no advantages of having their father as a coach, but they all agree that there are some disadvantages. Jim Martin said, "Sometimes I feel that my father singles me out and sometimes I take it personal, but it is because he wants me to become a better player." Jay Standifer said, "Sometimes, since my father works at the same school, teachers keep him informed of how I am doing in the classroom." Marcie Reed said, "Sometimes I feel that my father pushes me harder, but I know it is for the better."

Treat as equals

Coach Reed said, "I feel my job as a coach is to set priorities and give the athlete a perspective on the game. I try to treat all my players as if they were my own son or daughter." Coach Martin feels his job as a coach is to not only stress winning, but to stress positive attitudes, values, and character. Coach Martin feels a disadvantage is consistency of the treatment with all the players. He said, "I try to treat all my players the same, but sometimes I feel more freedom to exercise my temper with Jim because he is my son."

All three coaches try to separate the coach and the father. Coach Standifer said, "I try to be a coach on the field and a father at home." The separation track and family is going well for the Reeds. Coach Reed said, "Now and then someone will ask Marcie in practice where her father is and she replies, jokingly, 'what father or do you mean Coach Reed?'" Coach Martin said, "I try to avoid coaching at home, but I do occasionally, even when Jim doesn't want to here it."

Coach Reed feels his job as a father is to make his children aware of reality, but to also have a lighter side, to encourage them to fear no one or anything, and have them respect everyone. Coach Martin feels his responsibilities as a father are to install good values, faith in God, and love of fellow man.

Coach Reed has been Marcie's track coach since the fourth grade. Coach Martin has only been Jim's coach for two years, and Coach Standifer has coached Jay once in a YMCA league and two years at Central.

Jim Martin said, "Even though my father gets on me alot, I know he is behind me 100 per cent, and not everyone can say that about their fathers." Jay Standifer said, "My father has always been there when I needed him either for a ride, lunch money, or advise."

Coach Kubik said that the team goes over diets and nutrition; he also suggests the wrestlers to take vitamins and get their flu shots. It is important for the wrestlers to be healthy, the workouts that they do, such as, sprinting are stressful for illness. Coach Kubik said that some wrestlers will go their own way and get into a "binge syndrome" where they put on weight and take it off in short periods of time. Coach Kubik said that he stresses carbohydrates and suggests that the wrestlers eliminate snacks and sweets. The wrestlers' goal is to get their body weight down and not to lose any strength. Coach Kubik

said that they are a good group of athletes; the wrestlers set their own goals; they usually know the weight they must keep and reach it before the season starts.

Coach Kubik said that Westside will be the team to beat this year. Their first tournament will be the North High Wrestling Tournament, the first week of December. December 9, they will have a home game against Abraham Lincoln.

Coach Kubik said that this is probably the best squad that they have ever had. He is very optimistic. "If we can keep everyone healthy, we will be in good shape," said Coach Kubik.