

## Auction exceeds amount expected for net profit

By Allison Atkinson

The Central High Scholarship auction provides a chance for cherished prizes and many scholarships to seniors pursuing higher education. This year, the auction attracted people from all age groups, offered a wide variety of prizes for all, and resulted in a little more than \$14,000 in net profit.

The amount of money that the auction brought in was "by far the best," stated Mrs. Ginny Bauer, Central High treasurer. "We took in a little over \$17,000 and after expenses, I figure we'll be able to give out about \$14,000 in scholarships, plus what we have in the endowment funds."

"There is over \$100,000 in the endowment right now," said Mrs. Festerson, chairperson of the auction.

Mrs. Festerson said that the success of the auction is due to "the overwhelming support of teachers, students, Central graduates, and parents. We had such a wonderful involvement from all those people. They gave not only money and objects but also services and support."

A wide variety of prizes were donated by "parents, teachers, alumni, and members of the community."

Also, every year a "bowl of greens" is given away in the raffle.

"The bowl of greens," explained Mrs. Festerson, "is a crystal bowl that I hand out at every meeting

and everyone would put in a dollar or two at the end of our session. Heaven only knows how much money was in that bowl!"

The auction booklet is written by Mike Fenner, the parent of Ben Fenner, Central sophomore. Mr. Fenner has written the book for "four years," and, says Mrs. Festerson, "he continues to entertain us with his cleverness."

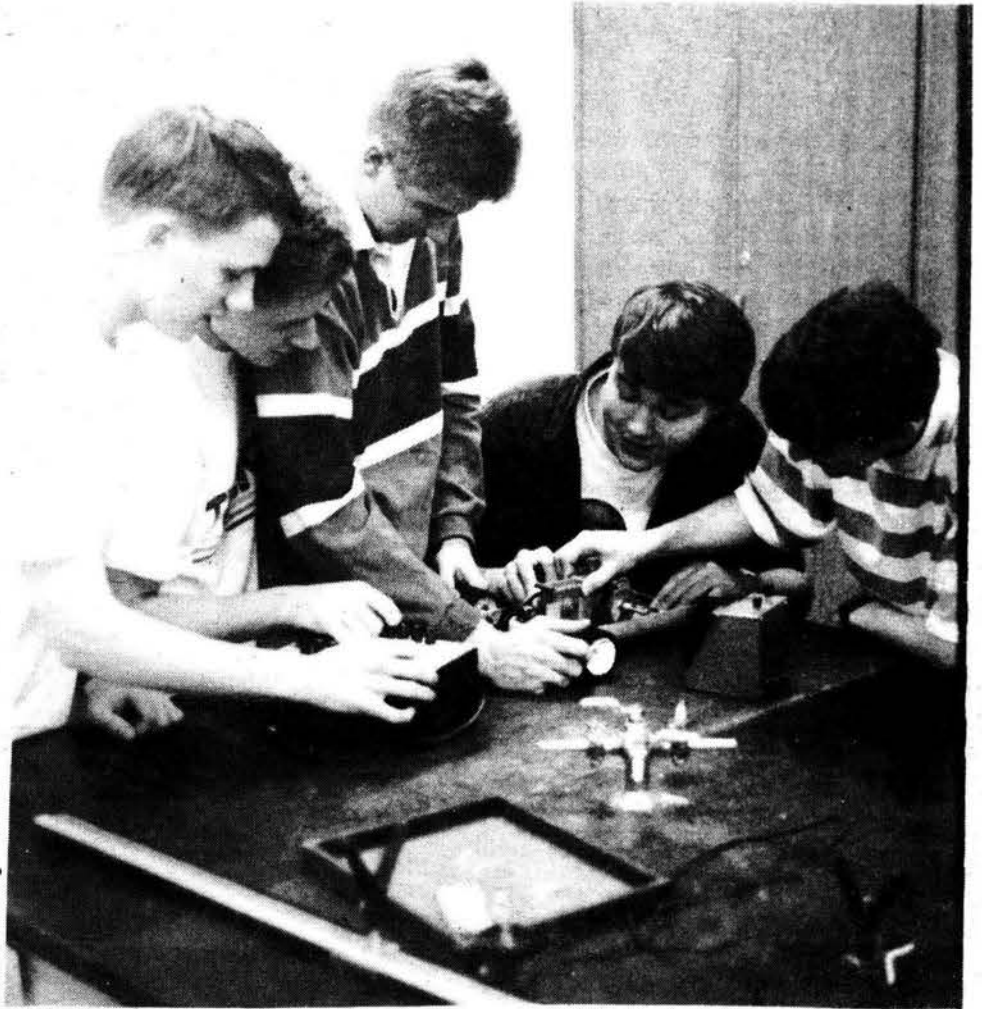
Guarantee Mutual, Central's Adopt-a-School partner, was a contributor to the auction also. They printed the auction booklet written by Mr. Fenner.

Alumnus, Barry Schmeichel, a 1985 Central graduate, offered his food services for the taco dinner served at the auction.

Each year, Central High teachers look forward to the auction. "It's a date we always try to mark on our calanders," said Mr. Rawlings, Social Studies teacher.

Mr. Rawlings said that the auction "is something to look forward to each year. It gives us old folks a chance to socialize."

Else Festerson, junior, who was the highest bidder on the much-wanted faculty parking lot space stated, "The whole auction was a lot of fun and I think that it was because it was for a good cause. It shows that people really do care about where we are going, about our future."



Sean Chapman

Juniors prepare their cars for the Annual UNO Car Pull on April 20.

The electric motor is supplied and the students have to design and build their own cars.

The object of the competition is to build a car that pulls the most weight. The maximum voltage that

can be used is six volts.

Central students competing are Don Richards, senior; Shannon Kopf, junior; Else Festerson, junior; Kim Scofield, junior; Nikki Enkelke, junior; Matt Hovde, junior; Josh Cooper, junior; Bryan Campbell, junior; and Darrin Roitstein, junior.

## Memorial used for students' social activity while Omaha enforces early park curfew through police

By Christopher Thilgen

Spring is making its impression on Omaha, and more and more teens are going outside to meet friends and hang-out. One of the most popular places to meet is Memorial Park.

Most parks have the normal closing time of 11:00 P.M. But for Memorial Park, the closing time is 8:00 P.M. between March 15 and November 15.

Students use Memorial Park for various purposes, but the park is most frequently used for Friday and Saturday night activity. Jenny Forsman, senior, said, "Most people go up there to socialize. Instead of going to somebody's house, they go to Memorial because you can see more people."

"I feel that socializing is right, and healthy, but Memorial Park is not the place to do it," said Mr. Larry Foster, Administrator, Parks and Recreation Department.

"It should be viewed as a 'passive' park, not one that encourages many people using it for organized sports," he said. He was referring to the games of softball, baseball, soccer, and football that

are played on the Dodge Street lawn. "There are parks made specifically to handle these types of events, Memorial just does not have the facilities," he said.

Wayne Rasmuss, sophomore, said that Memorial is a great place to hang out with friends because, "you don't have to worry about someone breaking a lamp or furniture."

If the park were meant to be used for a social gathering, Mr. Foster said there would have been better parking facilities planned when it was built.

"The parking just doesn't accomodate that many people. Since parking is limited, the patrons would start to park in the surrounding neighborhood," he said.

"This is not acceptable because the streets in those neighborhoods are narrow and people may not be able to get in their driveways," Mr. Foster said.

The suggestion of having a chain across the entrance has come up a few times in his experience. Mr. Foster said a possibility of a chain across the

entrance to Memorial to remove the parking problem would not be acceptable.

"This chain would allow only people on foot to enter the park, [and hence eliminate the parking problem], but the police would not be able to patrol the area.

Mr. Foster also said, "Closing parks at certain times is good, because things that usually happen after 11:00 P.M. should not occur in the park."

Bobby Franzese, junior, said, "I think that the parks should be open all of the time. If you are just socializing, where is the harm?"

Shannon Jensen, junior, said, "The park should be open twenty-four hours a day with periodical police checks. The police should kick out the drinkers and leave the rest of the people alone."

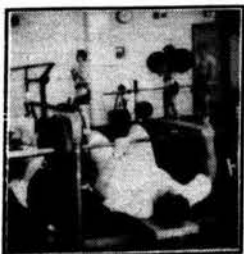
Wayne also said, "I used to go up there before the hours changed. I think if someone is going to get drunk or vandalize the property, then

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## Don't stop dissection

The Register believes that animals should be treated humanely in both medical laboratories and high school classrooms. A ban, however, on animal dissection in high school biology classes goes too far.

Dissection in the schools can be a useful tool for educating students about the life process. A mature student can better understand life after observing the interior anatomical structure of an animal.

No videotape, illustrations, or plastic model can come close to the real thing. Students in junior or high school can opt out of dissection; no student is forced to dissect frogs. Yet animal-rights activists still attempt to take that privilege away from others.

They fail to realize that because of experiments, dissections, and studies done on animals, achievements have been made in these areas: vaccines for diphtheria, hepatitis, tetanus, and polio, cures, medicines, surgical techniques, the discovery of insulin, organ transplants, and a reduction in heart disease.

Today, doctors believe that the animal research that is underway will produce some advances in the prevention or treatment of the HIV infection.

Though the PETA organization (People for the Ethical Treatment of Animals) continues to publish propaganda that says all cures for diseases can be discovered

through methods other than animal research, most physicians face the reality.

If animals are not tested then humans will have to take their place. Most humans would agree that the death of one hundred rats would not equal the death of a human being.

Of course, animals should not be mutilated or tortured for any reason in medical laboratories. Likewise, in the biology classroom, great care should also be taken to see that the animal experiences as little pain as possible.

Quite fascinating is the recent news that regards PETA. PETA after "rescuing" 18 rabbits and 14 roosters, killed the animals because the organization could not find homes for them. Considering that PETA brought in millions and millions of dollars in 1990, and is also concerned so much about animal life, it is quite surprising that homes could not be found or built for the animals.

For years animal-rights activists have been calling for a halt to scientific experiments that involve testing on animals. Some extreme activists have even resorted to bombing laboratories in order to get their point across.

Today, members of PETA are attempting to ban dissection in junior-high and high school biology classes. School systems in Nebraska and around the country must resist such pressure from these activists.

## Matinee cut; not the answer

The cancellation of the spring play matinee, "You Can't Take It With You", is unfortunate. The Register staff feels that the administration's decision to cancel the play was a poor one.

The reason for the cancellation stems from the alleged typecasting that a group of students said occurred. This group decided to boycott the spring play. In response to this group's actions, the administration cancelled the production. Therefore, the some eight hundred students who would attend the matinee will not be able to do so.

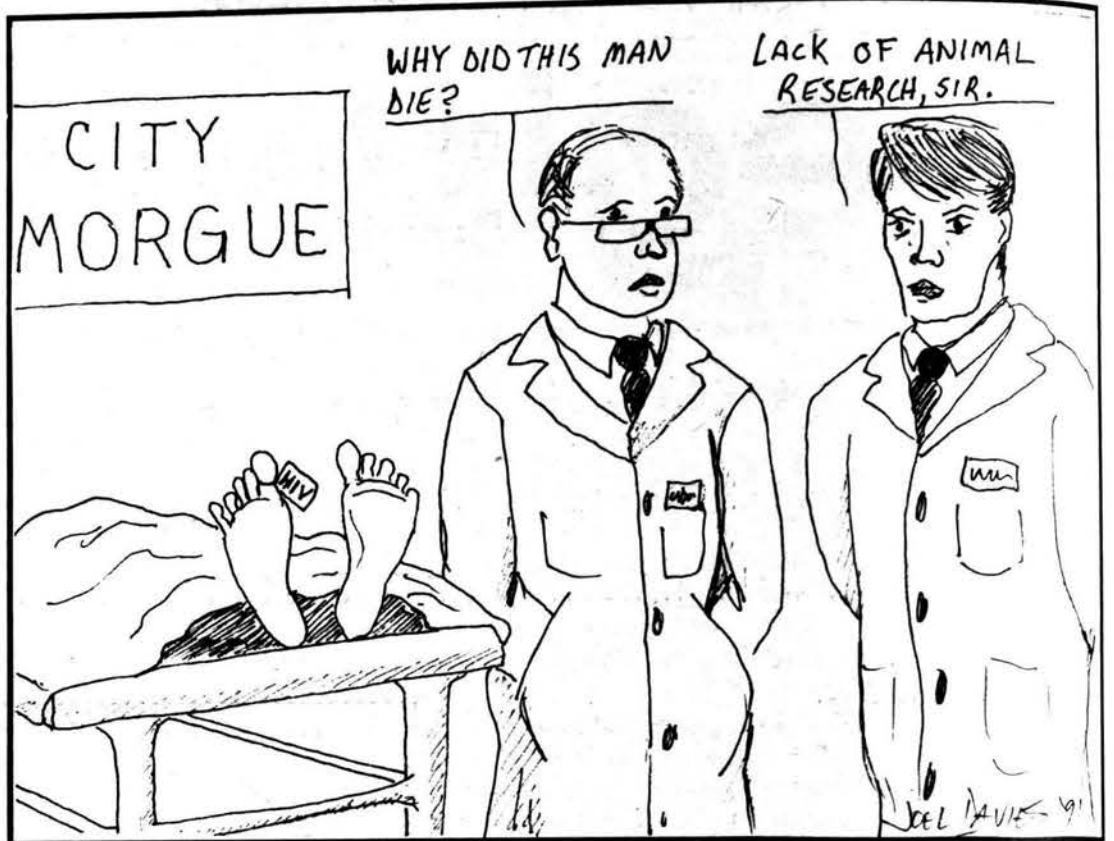
The entire school body should not be penalized due to this conflict. The Road Show matinee was successful and the spring play promises to be entertaining as well. Many students were planning to watch and applaud for friends who have parts in the play. Actors and actresses were also looking forward to performing for their classmates and now they will not

have the chance to do so during a matinee.

For years Central has had a school matinee and has raised money from ticket sales. This year the drama department will lose money because of the matinee sacrifice. For students who work in the evening a matinee may be their only chance to see the play.

The show must go on though some students have chosen not to attend the matinee. This sacrifice is unfair for both the performers who have spent many hours at rehearsals, and the students who were planning to see the matinee, one of only two that is shown each year. The matinee has many positive aspects and would be entertaining for Centralites.

The cancellation of the matinee is not the solution for the alleged typecasting conflict. The majority of Central's students who wish to watch the matinee should not be stopped from doing so.



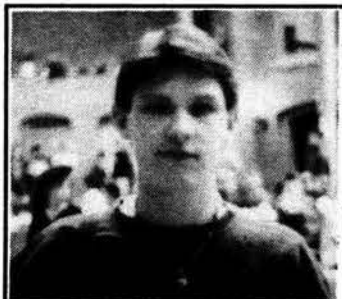
## Centralite Voices

### Should animal dissection be banned in high school science classes?

Yes 33 (21%)

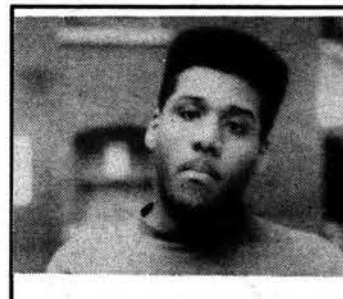
No 125 (79%)

Total 158



**No. It's hands-on education.**

-Jeff Pospisil  
Junior



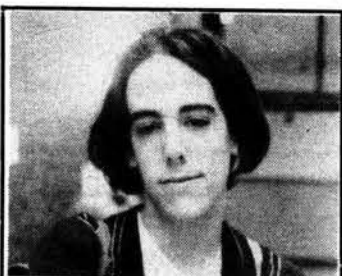
**Yes. It is cruel and I didn't learn anything from dissecting a frog in tenth grade.**

-Bruce Jones  
Senior



**No. A person should have the right to learn about life.**

-Charles Cummings  
Freshman



**Yes. It is unnecessary. There's so many alternatives. There are videotapes and computer programs that can be used. Biology is supposed to be the study of life.**

-Chris Becerra  
Sophomore



**No. It provides education for students. In the long run, it is beneficial.**

-Taria Conley  
Sophomore



**No. If it is under control, dissection can be a very valuable experience. All students can have a better appreciation for anatomy and life after seeing the real organs.**

-Mr. Kubik  
Biology

Photos by Sean Chapman

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In a  
Manner  
of  
Speaking  
Shelly Barkes

The weekend from Hell...

Omaha nightlife: A cure for senioritis?

The year draws to a close and with rising heat comes the longing to be outdoors. The days are filled with senior wills and testaments, commencement preparations, and thoughts of that day to end all days. It is close, and yet so far.

It has been present all along, for some it is stronger. It causes a lack of motivation and an overall sleepiness. Do you know what I'm talking about? SENIORITIS. Yes, and we manage to blame it for everything, from plummeting grades to biting our nails. But what is it, really?

It is that annoyance that has been building since walking in the doors that freshman year. And now, when teachers ask me for a pass, I find that screaming "NO!" will get me nowhere except to my administrator. It is a choice between doing my homework and staring at the television, and usually choosing the latter. It is putting off assignments and papers until the last minute, and going out on the weekends instead of getting to work. But, believe it or not, this last weekend may have cured me of senioritis.

It started Friday, and after a long, hard day of school, I was ready to go out. What do I get? I get to be designated driver. Well, someone's got to do it, I might as well do my time.

So we drive. And drive. And drive. I

manage to waste three and a half hours and a half a tank of gas, just to drive by several parties, one of which is on 36th and who-knows-where. We get to the entrance to be told by a "bouncer" that it is four dollars to get in. "But I'm driving," I say. "Can't I get in for free?" A shaking of his head, and he says "Man, how we gonna pay the band if no one pays, dude?" Fine. I'll take myself elsewhere.

With all the drunk driving accidents, injuries, and deaths, I think that these people having

Is this what weekend nights in Omaha have become? A lot of wasted time, gas and money?

parties should start taking responsibility. Not just putting away mom's china and expensive vase or having a game plan if the cops come, I mean start taking keys and letting drivers in for free. They may not be saving the lives of their guests, but the lives of innocent drivers.

So it's Saturday, and I have my driving out of the way. So what do we do? How about going to the club? (I'm sure that since there is only one club, you will guess where we went.) We decide to be

responsible. "I'm just going to take in my money, and leave all my stuff in the car," I say. Everyone agrees and we lock up the car. Three and a half hours later, we come out to the car and find a shattered back window, a lot of broken glass, but no purses, no leather coats, no tapes.

Is this what weekend nights in Omaha have become? A lot of wasted time, gas, and money? Teenagers complain about how "lame" Omaha is and that there is nothing to do. But what happens when a club opens that people under 21 can attend? Fights, theft, and an occasional problem with guns. If there is nothing to do in the big "O", it's because a few people spoil it for the rest of us.

They say that bad things happen in three's. So the next day I go to the grocery store, and what do I do? I manage to lock the spare keys, the only keys, in my car. "That's it," I think, "I'll just lay down and die." But then one of the workers at the grocery store, a guy about my age, comes out with a hanger and opens my door. At first, he refuses to take the few dollars that I have left. But I insist, and as I drive away I see him giving it to the people standing outside the store collecting for charity.

So my faith in my peers is somewhat restored. Definitely the worst weekend of my life, but a cure for senioritis? Naaah.

YES

by Bob Zielinski

Should the U.S. help the Kurds in Iraq?

NO

by Tina Ray

Letter

to the editor

"Don't cheer boys; the poor devils are dying."

—Captain John

Woodward Philip

The time has come for the U.S. to stand behind our promises and abandon our double standards. The United States encouraged the rebellion by the Kurdish people in Iraq, and we should stick by our agreement to help them.

I do not advocate war and I did not support the war in the Persian Gulf. However, once the U.S. engaged in the war, we should have carried out our promises and objectives to their full extent. Supposedly, the U.S. entered into the war to stop Saddam Hussein and his occupation and torture of Kuwait and its people. The U.S. would never stand for the senseless persecution of an entire people, right? Especially if those people lived in a land where much of our precious oil comes from.

What the U.S. is saying by not joining into help the starving and tortured Kurds is that we only fight when we stand to gain from it. There is no difference in the torture of the Kuwaitis and the torture going on right now in Iraq of the Kurds and Shi'ites. So, after setting up radio-free Iraq and encouraging a rebellion by the Kurds, where is the good old U.S. of A. now?

Think logically for a minute about what the Kurdish people are going

through. They rebelled under the guise that the U.S. would help them fight against the Iraqi army. These people are being gassed, provided with no food or shelter, and struggling to escape to Turkey with little or no hope for survival. Just because all of this is taking place within Iraq's border the U.S. has no responsibility to these people?

The U.S. should have considered the consequences of joining in the war. In order to fight a justified war, what you gain must overshadow what you lose.

The sense of victory in America is a very false feeling and should be short-lived. Was George Bush truly interested in the "liberation" of Kuwait, or did he just want to kick some life into our failing American economy? If we truly are interested in freedom for the people of the Middle East, we should apply that to all people indiscriminately.

Americans should get off their high horses and realize that there is no honor in victory when people die. That is what the Kurds and Shi'ites are, people, not the savages that we make them out to be. Only the most unintelligible of Americans would support the impotence of the United States.

The U.S. needs to stand up for what we, supposedly, went to war over in the first place, freedom of all people from persecution, even the Kurds.

I am pretty relieved to see that the Iraq-Kuwait crisis has been solved, for now. America has benefited in some ways in that the United States has proven itself as a country that the world cannot push around militarily. Patriotism is at an all time high, as I see people proudly wearing their T-shirts labeled Operation Desert Storm and tying satin yellow ribbons around oak trees and their wrists.

We must remember that in the Persian Gulf crisis, we won the war against Iraq without a staggering number of casualties. If the Iraqi soldiers had lived up to our fears of being martyrs to Iraq, we would have had thousands of dead soldiers to mourn about in the future.

Now I hear that there is discussion that the United States might intervene in the civil war that is occurring in Iraq between rebels and the Iraqi government. In this matter, I believe that we must cease in playing the role of "international babysitter", and let Iraqi handle this situation by itself.

I sympathize for the thousands of refugees that are dying of starvation and fatigue, trying to escape their homeland that is slowly eroding from the constant warfare and bloodshed. But if the United States wanted to get involved in civil disputes, we should have intervened in Tiemann Square in China, where civilians were

killed trying to fight for democracy, or in Lithuania, where Soviet aggression is an obstacle in Lithuania's path toward independence. If we were to get involved in every civil war in the world, we would have no military to defend the United States.

If we start to get too involved in the civil conflicts of another country, other countries will be suspicious and be wary of American intervention in foreign conflict. There has to be a limit to American conduct in foreign countries.

The main reason that I am against American intervention in Iraq's civil war, is that I believe that this is the time that America has to take top priority in its domestic affairs. The economy is not exactly blossoming in prosperity and the situations concerning the deficit and environment aren't faring well.

Let's help the needy people in our hometown before we help the needy people in a foreign village.

We must realize that there are numerous problems here without having to get ourselves in a senseless, needless war.

Send your opinion to the Register. Bring letters to room 315. We welcome any letters concerning local or school-related issues. Letters may be edited due to available space. Unsigned letters will not be printed.

Dear editor:

I am writing in response to the April 5, 1991 issue.

I have been misinterpreted and I would like to get my point across correctly. I have never at any time during my interview stated any specific names when it came to inter-relationship. If someone felt guilty or offended I will not apologize or recount my statements because my views come straight from my mind and my heart.

The charges that Nicole Trotter directed towards me were very unjustifiable. When Nicole Trotter states that I need to reevaluate my respect for the African community she really doesn't know what she is talking about. My statements came out of respect for my African sisters, because so often beauty is thought of as having blue eyes and blonde hair.

And this is wrong because we as black brothers (since there are so few of us) need to look at "Black" "Because black is beautiful". There is a saying that befits a closing for this letter: "The Blacker the berry the sweeter the juice."

As-Salaam Alaikum  
Jerome Moore  
Junior



# Memorial Park curfew sparks controversy

Continued from p. 1

they should be kicked out. Not everyone should be punished, only the ones who are bad."

Mr. Foster said that this would not work. The manpower it would take to set up a continual patrol is too great. The amount of liability to the city if someone got hurt would be tremendous. Also, the idea of "select" expulsion from the park is "touchy," he said.

"When you ask someone to eliminate a certain group of people, [the drinkers], someone sooner or later will start to yell prejudice. That is a mess I am sure the police would not want to deal with," said Mr. Foster.

Many students at Central feel that there is nothing to do in Omaha.

Peg Neutzner, junior, said, "It's fun to socialize up there, and we really don't have anywhere else to go."

Heather Skinner, junior, said, "It is where everybody gets together with friends. It is just a place to hang out, where else are we going to go?"

Ann Bach, junior, said, "Kids can't afford to go to a movie every weekend anymore, they are too expensive. Memorial is a free way to see all of your friends."

Mr. Foster suggested several activities that Community Centers offer. "There is lots to do. We have softball, soccer, basketball, and volleyball leagues at various centers. We offer craft classes and there are also many centers where tennis and golf are available," he said.

Mr. Foster said the problem with teens is that they are not willing to say, "This is what we want." Instead, Mr. Foster said, "Teens waste too much time arguing points why they can't do something."

According to Jerry Flood, Chief Inspector of Omaha Parks and Recreation, the police department gets help patrolling the parks from the volunteer Park Patrol.

The Patrol is comprised of about 25-30 volunteers and five cars with radios. The patrol works a random schedule and the volunteers try to patrol whenever they can. On weekends and holidays, however, the patrol likes to have a steady sweep of the park.

The actions of the patrol are varied. If they witness a large crime being committed, such as fighting, drinking, etc., they will radio the police and the police will investigate.

If the incident is small and is maybe a mere infraction of a park rule such as after hours visitation and illegally parked cars, the patrol will take care of the incident themselves.

According to Mr. Flood, the main purpose of the Park Patrol is public relations. "They try to get people to understand the rights of others in the park," he said.

Neither Mr. Foster nor Mr. Flood have received any complaints from the public regarding behavior at the park. Both said that the police are usually responsible for responding to disturbance calls in the Memorial Park area.

Officer Craig Molek, of the Omaha Police Division, agreed with this statement. "We are usually called up by neighbors complaining of loud music and people in the park."

Jamy Champenoy, junior,

said, "The main reason I go up there, is to listen to music and talk with my friends. If my friends and I are not drinking or doing vandalism, why should we have to go?"

Two residents who live near Memorial Park said they have no problems with teens in the area. One said, "I have never called the police. If they are quiet why should I care?" The other said, "I have never been disturbed by the activities and have not called a complaint to the police."

According to Officer Molek, on most occasions he would simply ask the people in the park to leave. There have been occasions, however, when several cruisers are sent to the area to give out tickets, citations, and to stop cars leaving the area.

There are some very high fines that a violator can receive. Most often the ticket received for being in the park after closing hours is \$25. If a minor is caught in the park after hours in possession of drugs or alcohol while on the premises, the fines can be in excess of \$200.

"Typically, if there is anything wrong being done, it has been MIP (Minor in Possession [Drugs, Alcohol]), drinking in the park, possession of marijuana paraphernalia, and small amounts of dope," he said.

When approaching a situation with teens in the park, Officer Molek tries to "find the good in everyone." He said, "I was a teenager once. I know what it is like and what you kids want to do. There is nothing wrong with what you want, but it needs to be done safely and legally."

Officer Molek was very proud of the younger generation. "I have seen a definite improvement with the youth of today.

"They are drinking less than when I was growing up. I am very pleased at the maturity level of today's youth; it is very rarely publicized the good things that teenagers do. All the media ever seem to publicize is the bad stuff," he said.

The hours are not scheduled to change during the summer, they have been consistent for twenty years. (See chart.)

The only way that the hours could be changed is if a citizen or a citizen group presented an ordinance to the Department of Parks and Recreation. There would be a discussion among the department, and if they deem it a viable request, they will submit it to the city council.

The city council would then have a public hearing to decide on the proposition.



Geri Therkildsen

Central students, Stasha Bekish, Art Moreno, Shawnda Langerak, David Lopez, Carrie Lundin, Dion Iserra, and Heather Carnahan, enjoy themselves in the evening at Memorial Park.

## Memorial Park Curfew History, 1970-1991

- Prior to September 15, 1970 - Closing of Memorial Park is 11:00 P.M. year-round.

- September 15, 1970 - City Council passes resolution changing curfew to 8:00 P.M. year-round due to peace demonstrations.

- December 7, 1971 - City Council amends closing to allow for "night-sledding." New closing times are 8:00 P.M. March 16 through November 14, and 11:00 P.M. November 15 to March 15.

- May 22, 1978 - Proposal to return closing at 11:00 P.M. year-round, submitted and withdrawn due to neighborhood objections.

- 1989 - City Council reiterates the regulations of closing.

## Student Council run activities including May 4 Spring Prom

By Bob Zielinski

According to Student Council President Heather Dunbar, April is a very busy month for Student Council. The twenty-five member council is preparing for Central's upcoming Prom on May 4.

Student Council members run many activities around Central, but according to senior Terrence Jackson, Prom is the most important of their responsibilities.

In her first year as Student Council advisor, Mrs. Therese Bender says the students run the meetings and handle responsibilities without her help. "For the most part, I just sit back and watch," said Mrs. Bender.

Heather commented that this year is much different than last year's Student Council run by Mr. Paul Semrad. "This year has been

rough, it has had its ups and downs. Last year, Mr. Semrad basically did everything," said Heather.

The budget for Student Council consists of profits made from the Prom of the previous year. Mrs. Bender questioned how much money will be in the budget next year after Student Council purchases the annual school gift, which, reportedly, may be quite expensive this year.

Many Student Council members commented that students do not realize all of the activities Student Council is involved in. Sophomore Dan Bagley stated that, "listening to the students is the most important job of Student Council."

Mrs. Bender listed activities such as canned food drive, cafeteria help, and bloodmobile as some of the

important community functions of Student Council.

Pleasing all of the students is one of the problems facing Student Council, according to Mrs. Bender. "A lot of students want to be involved, but when the time comes, they don't participate," said Mrs. Bender.

Central junior Windee Weiss agreed, "Student Council does an excellent job in providing activities for the students."

Many Student Council members attributed their success to the leadership shown by Heather and Mrs. Bender. "Heather and Mrs. Bender really go out of their way to help us [sophomores and freshmen]," added Dan Bagley.

Student Council meets daily seventh period in room 117. Meetings are open for all students to attend.



# The Central Scene . . .

## Central Junior Achievement members honored

Six Central students were recently honored at a Junior Achievement banquet March 22. Michael Scott, anchorman for KETV, acted as the Master of Ceremonies.

Senior Allison Atkinson was named the Junior Achievement company President of the year. Mike Rolleigh, sophomore, was awarded the Japan Travelship award, which includes a three week trip to Japan, and Holly Slye, senior, was named the best salesperson.

Other award winners included Rosetta Scholar, junior, for best production Vice President and Darin Kiel, senior, for best public relations Vice President. Also, senior Brad Gibson, senior, was awarded a \$500 scholarship.

## French Convention at UNO

French Convention will be held on Saturday, April 27 at UNO. In the past, French Convention has been held and hosted at various junior highs and high schools.

Mrs. Daryl Bayer, French teacher, came up with the idea of holding the convention at UNO due to some schools' difficulty in hosting it. This year, in addition to the regular convention activities like college bowl, poetry competition, and cooking, there will be swimming and outdoor volleyball.

## Central to host State Junior Classical league

The Nebraska Junior Classical League will hold its annual state convention at Central on Saturday, April 20, from 8 a.m. to 4 p.m.

Students representing the Latin Clubs of schools throughout the state will compete for individual and team awards in scholastic tests, projects, volleyball, basketball, olympics and certamen (college bowl). Other events will include the "Raffle a Roman" slave auction, a variety show, and the election of next year's state officers.

## Central Students sweep State Marketing internship

Central's Marketing and Business internship students were recently honored with their employers at a dinner April 10. Over 600 were in attendance, with more than 250 of these from Central.

Central students dominated the awards and recognitions. Centralites comprised 100% of the state medalists and 75% of the total awards given. Seniors Heather Collins and Lisa Frey, both former state officers, participated in the program.

## Physics Field Day to be held

The physics field day will be held at Creighton University on April 20. Students from the first year and AP classes will compete.

## New NHS members inducted

Eighty-three Central High juniors and eleven seniors were inducted into the National Honor Society, Sunday, April 7 1991, at the Red Lion Inn in Omaha. Heather Dunbar, National Honor Society Sgt. at Arms, Central gave the invocation at the induction. Emily Fitzsimmons, President of National Honor Society, gave the welcoming speech. Guest speaker was Richard Flynn, co-president of the Central PEP board. Musical entertainment was provided by Minus Brass.

## More parking for 1991-92

Central students whose parents are members of the OEA, the Omaha Education Association, will have the first opportunity to obtain parking spaces in the OEA lot for the 1991-92 school year.

A parking space will cost \$100, due in April, for the entire year. After April 30, spaces will be rented on a first come, first serve basis.

Students can also obtain parking spaces in the Central senior lot. At the start of the 1991-92 school year, seniors will have the opportunity to get senior lot permits.

In the OEA lot, students are assigned a parking spot while in the senior lot they are not. If students drive to school and do not have parking permits for the OEA or senior lot, they can take their chances with finding a spot on the street.

## Students participate Cotillion

Five Central seniors participated in the annual Cotillion held on April 7, 1991. The Omaha Cotillion took place at the Peony Park Ballroom at 5-9 p.m. The five participants from Central were Simone Eure, Charronna Chambers, Shaunielle Mosley, Sharee Atwater, Leslie Cotton, and Felicia Webster.

"There were 43 girls from all over Omaha who participated in Cotillion," said Charronna Chamber. First, girls who wanted to participate had to sign up with their respective school sponsor. The Central sponsor of the Cotillion was Central counselor, Mrs. Faye Johnson. "Applying for the Cotillion was no big deal. All you had to do was sign your name," said Charronna. Participating students had to be high school seniors, female and primarily of African descent.

First the Cotillion participants had to attend dance practices since January. The girls, along with their presentors, who are usually their fathers, and their escorts, who were their boyfriends, had to learn dances every Sunday starting at 4 p.m. In order to qualify for scholarships and monetary awards, one had to sell a certain amount of tickets for the Cotillion.

At the Cotillion, Charronna was presented with a 500 dollar scholarship for her participation in selling tickets. "I didn't know that I would win," said Charronna.



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# At least you have your Exercise can become 'way of life'

By Dawn Randall

Exercise is a way to lose weight, get in shape, reduce cholesterol level, and reduce stress, according to Chris Hatcher, Assistant Manager at Mademoiselle.

Gary Kubik, biology teacher and wrestling coach, said there is no exercise that is good for everyone except walking. "Exercise is different for everyone," said Chris. "You really should have a physical before you begin to exercise," she said.

Beginners should begin with low-impact exercise so that they do not shock their bodies and/or cause injuries. If they experience discomfort, then we usually recommend that they see a doctor, said Chris.

Chris said you should exercise 2 to 3 times a week for at least a half an hour. This is because at the beginning of a workout, the body only burns polycarbohydrates. After about ten to twenty minutes, a person begins to burn fat, and to get the most out of their workout.

Chris also said that you need to get a little bit of variety in your workout in order to exercise all of your muscles. "You shouldn't just run because that is primarily a leg exercise. You should try to supplement this with other exercise to use different muscles."

Aerobic classes are good for everyone according to her because "you're in a group situation, not alone, the music is there to motivate you, and you can have fun so that you will want to come back and look forward to exercising."

Chris emphasized exercising in a way that is enjoyable to you. "You have to enjoy it," she

said.

Jogging can be harmful to peoples knees, ankles, or hips according to Mr. Kubik. High-impact aerobics can also cause difficulties with injury. At Mademoiselle, Chris said that they do not have many problems with injury because they start people out slow and build them up at their own individual rate.

Shoes are also a topic in exercise. "The shoes you have make such a difference," said

dorphins in the brain, which then stimulates enzymes, and breaks down fat which is then turned into sugar and energy.

"Anytime a person is depressed, it is good to perspire. We have no proof that exercising 'cleans you out' but it does allow a person to ventilate his/her feelings," said Mr. Knauss.

He also said that a great deal of exercise is psychological. "You can get hooked on exercise just like anything else." After a hectic day at work or school, although we are already fatigued mentally, we need to release stress physically also, he said.

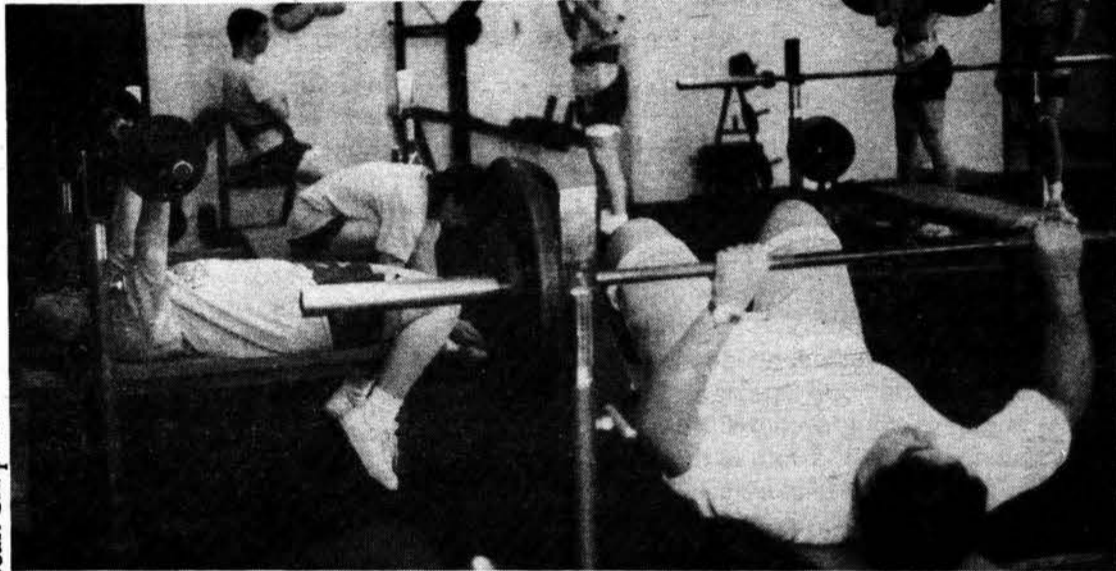
Mr. Knauss said that he does not see age as a factor in exercise and that "we all need physical energy outlets."

"You must get your mind set on doing it," he said. "You must go into exercising with a positive attitude."

Mr. Knauss also mentioned that it is a good idea for young people to start exercising early. "If you don't ever exercise, and you decide to start, then it is a behavior modification, but if you begin early, then it is a way of life."

Some of the avid exercisers at Central are serious about their exercise. Rob Shradar, a biker, runner, and swimmer, says that he "just likes to stay in good shape." "I do it for personal satisfaction," said Lori Myers, junior, who tries to sneak in aerobics at least three times a week.

Katie Kollman, senior, jogs, does aerobics, and plays basketball at the Westroads Club. She took a little different point of view. "I do it because I don't want to get fat," she said.





Students in Mr. John Georgeson's eighth hour weight training class perform daily workout. Weight lifting can be hazardous if done incorrectly.

Chris. She said that some athletic shoes are expensive, but what is most important is that you have good ankle, heel, and arch support.

When exercising, heart rate is also a factor. Exercising reduces heart rate which means that the heart does not have to work as hard to pump the blood through the body. In teens, in the middle of the workout, the heart rate should be between 160-170.

Mr. Knauss, psychology instructor, says that exercise relieves stress by rearranging the en-

McDonald's:	Food	Fat (g)	Calories
	McDLT	39	580
	Med. Fries	12	320
	McChicken	29	490

Burger King:	Food	Fat (g)	Calories
	Whopper	36	614
	Med. Fries	20	341
	BK Broiler	18	379

Arby's	Food	Fat (g)	Calories
	Arby's BOA BEE Sandwich		

## The fast food syndrome; teenagers- part of the a

By Shelly Barks

"Give me food and I'll be happy." One senior summed up the general adolescent attitude toward food with these words. Most teenagers blame a lack of home-cooked meals for their eating habits.

"I want to eat healthy, but I don't want to cook for myself," said Kim Kurtzuba, senior. "No one cooks for me at home, so I eat fast food." Kim frequents many fast food restaurants and claims that she "never gets sick of it."

Greg Mercer, senior, also attributed his bad eating habits to this. "My mom doesn't cook for me, so I eat junk food," he said. Greg also explained that he likes to eat chocolate sundaes late at night. "It's going to catch up with me when I'm thirty," Greg lamented. Nicki Stennis, also a senior, said that her mom "can't cook" so she "wouldn't eat at home, anyway."

Some students said that their parents cook meals, but they do not like to eat them. "My mom cooks for me all the time," said Bruce Jones, senior, "but I eat fast food all the time, anyway." Bruce explained that his "record" is spending thirteen dollars at McDonalds at one time. Abu Blackman, senior, also has meals cooked for him. "I don't like to sit

down and eat," Abu said, "so I just go into the kitchen and grab stuff." Mikala Tomes, senior, explained that her mother's idea of a home cooked meals is "stuff out of the freezer."

Mary Keitel, dietician at Methodist Hospital, said research implies that the eating habits of teenagers are much worse compared to the habits of teens fifty years ago. "Kids are eating more fat and refined carbohydrates, but are still getting nutrients," she said. By eating fast food, Ms. Keitel explained, teens are getting more fat, but not necessarily less protein.

Not all students are fast-food junkies. Some pride themselves on good eating habits. "My parents cook dinner, and I make my own breakfast and lunch," said Megan Horton, junior, who attributes this to her habits.

"My dad taught me how to cook, so I can do a lot with vegetables. I don't eat red meat or pork for health and animal rights reasons," she said. "I just like healthy food better and I don't eat fast food because if you don't eat meat, there is not a lot to choose from."

Danny Shearer, junior, brings his lunch to school each day. "I don't like the school food, so my mom packs my lunches," he said. Bruce

Jones agreed  
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# your health OR DO YOU?



## Health habits hurt high schoolers

By Emily Rennard

The problem with bad habits is that they are easy to start and hard to break. Habits which threaten the health of many students do not always seem that dangerous at first. But as time progresses, habits usually get worse and usually become harder to break.

Smoking is a prime example of a habit which is easy to start and difficult to break. Lamon Love, senior, began smoking when he was in eighth grade because he and a friend "just went up to 7-eleven after school and bought a pack," he said. He has smoked ever since.

Now at about a pack a day, Lamon said he wishes he has never started. "The biggest problems are the price and the way it makes you smell. I can't breathe well all the time either," Lamon said. "Smoking is like burning half of the money in your paycheck." He added that he is really not that concerned about lung cancer. "For some odd reason it is not in my mind."

Lamon has tried to quit his habit many times but has not yet succeeded. "Eventually I think I will successfully quit. The price and what it does to my body will force me to. Also, there are more and more public places where you can't smoke."

Matt Buckingham, senior, also smokes about a pack a day. He tried quitting once under the influence of a friend's parent. "I failed and I found out that I really don't want to quit," he said.

Like Lamon, Matt plans on quitting eventually. "I'll probably quit later in life because I'll be more mature and I'll worry more about my health."

Another health-threatening problem not as obvious as smoking but common among students occurs with sleeping habits. According to Ms. Linda Korb, Nurse at Methodist Hospital, the amount of sleep needed per night varies among teenagers. "Some can get by with five or six hours and others need nine or ten," she said. "Teenagers have a tendency for over-exertion which can produce fatigue."

Ms. Mary Keitel, dietician, said that a "safe range" would be between seven and ten hours a night. However, with jobs, homework and activities, these numbers seem way out of reach for most students.

Cathy McCoy, senior, said she usually gets no more than five hours of sleep a night. "With home-

work and my job I just have too much to do to," she said. "I am always tired in school but usually stay awake in class. It is difficult once in a while," she added.

Jenny Forsman, senior, caught mono a month before spring break from an extreme lack of sleep.

"I was too tired and run down from too much homework during the week and going out too late on the weekends," Jenny said. "I'm surprised I just got it this year because I should have had it last year with my sleeping habits."

Ms.

Keitel said that a common misconception is that you can "catch up on sleep." A fifteen-hour rest on a weekend can not "erase the damage from staying up too late for a week."

To

battle sleep, Jenny drinks high-caffeinated drinks late at night while studying.

"Every night at 11:00 I drink two Mountain Dews, otherwise my body just shuts off. Now after having mono, I have to be asleep by 12:00, even with Mountain Dew."

According to Ms. Korb, some people are "more susceptible to caffeine than others. Some people are bothered by it and large amounts can lead to jitteriness. It is not recommended to over-use or rely on it."

Ms. Keitel said that besides the common temporary problems of jitters and nervousness, caffeine has potential long-term repercussions. "There is a potential for problems to the heart muscle with excessive amounts of caffeine. Also, something people do not know is that caffeine can intensify the symptoms of PMS (Pre-Menstrual Syndrome) among women."

Alternatives to drinks for late-at-night fatigue are pills. Jenny tried taking Vivarin once but said she was shaking and her heart was racing. "I think I'll stick with Mountain Dew."

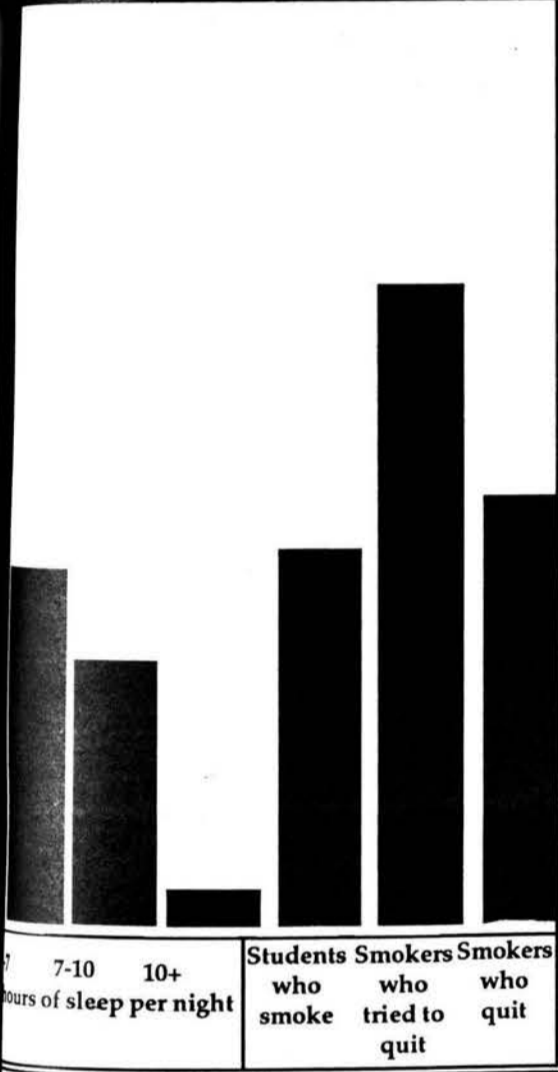
Pills such as Vivarin contain stimulants which affect the central nervous system, according to Ms. Keitel. "They can have negative effects on the nervous system, especially with excessive use and use with other medicines."

### Students and their eating habits

How often do students eat fast food?  
 11% do not eat fast food on a regular basis  
 68% eat it 1 or 2 times a week  
 21% eat it 3 or more times a week

How much pop do students drink?  
 15% do not drink pop on a regular basis  
 56% drink 1 or 2 cans daily  
 29% drink more than 3 cans daily

### Students and their health habits



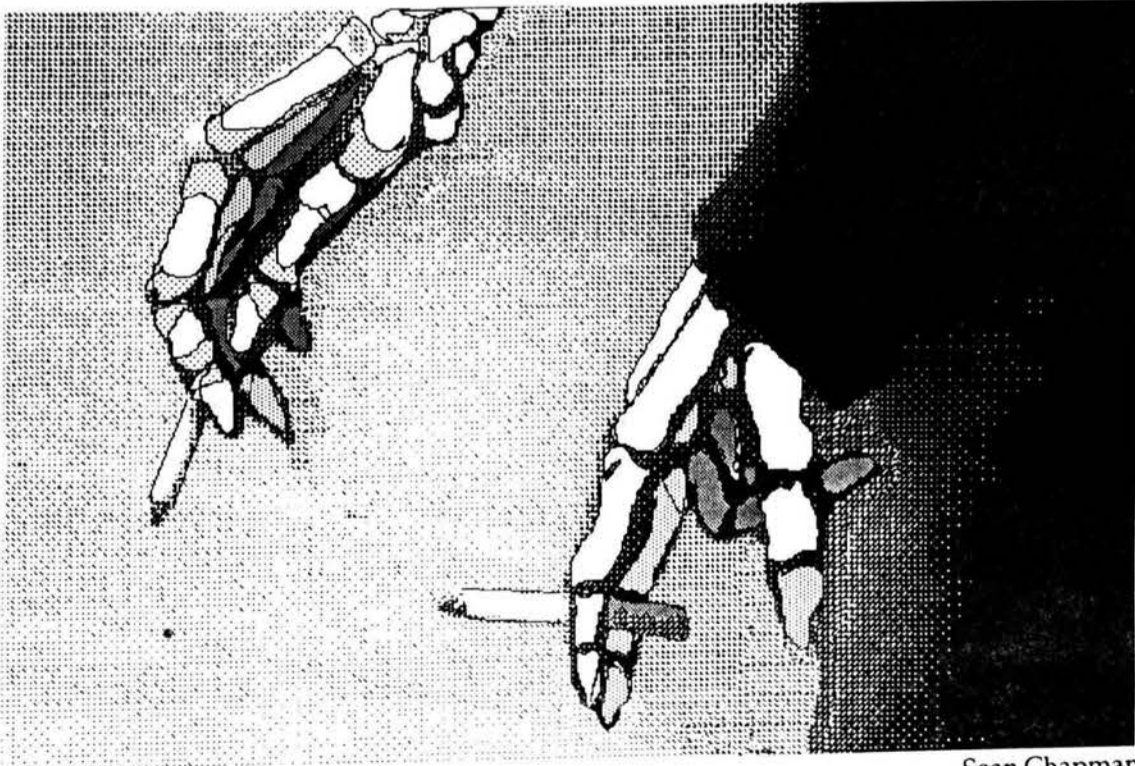
Food	Fat (g)	Calories
Fast Beef Sandwich	22	501
French Fries	13	246
Chicken Feast Sandwich	25	493

### The alarming statistics

commenting that "school lunch sucks." Teachers' differences in eating habits, also. Tim Herbert, center teacher, said that what he eats depends on "what's left." Mr. Herbert explained that during the week he does not have much spare time to cook. "When I cook for myself," he said. "I'm a good cook and it's a good thing."

Jim Harrington, math teacher, said that despite being a good cook, he does not cook for the kids, but the minute they're in the kitchen, he breaks out the potato chips," he said. Mr. Harrington said that he eats fatty and salty foods, and if he is dieting, he eats so he can eat junk food." Mrs. Margaret Quinn, art teacher, is healthy and is a good cook, but "there isn't time to cook."

Despite these opinions, many teenagers have bad eating habits. But at least some are consistent. "I eat a lot of PB & J, Taco Bell," said Doug Hegarty, junior.



Sean Chapman



# Spring play promises fun, laughter

By Shawn White  
"Everybody got sex?"

With a teasing smirk, Blake Thomas, senior, rehearses Wednesday April 10, for Central High's Spring production, *You Can't Take It With You*.

Blake is playing Penny Sycamore, just one of a cast of many unique and colorful characters in this year's Spring Play.

*You Can't Take It With You*, by Moss Hart and George S. Kaufman, is the whimsical story of the somewhat off-the-wall Sycamore family and their efforts to impress the parents of their future son-in-law, Tony Kirby, played by Eric Schumaker, junior.

In a night of game-playing and self-discovery, Mr. and Mrs. Kirby, played by juniors Todd Djureen and Jess Wenke, meet the Sycamore clan.

From Ed and Essie Carmicheal, played by Tom Rose and Windee Weiss, juniors, to the Russians Doris Kolenkhov and Olga Katrina, played by juniors Matt Hovde and Kristen Steenburg, the Kirby's are exposed to a night of craziness and relaxation from their normally prim and proper lives in the home of the family of Alice Sycamore, Krista McCoy.

Jess Wenke, junior,

says that Mrs. Kirby is a "large step for me" at Central. After two chorus roles and one small non-speaking role here, Jess finds that having a larger part is a "nice change."

Unlike the other shows that she has done, Jess only has to show up "maybe one night" a week for Mrs. Kirby's scene.

"It gives me more time to work on developing my character.

"Mrs. Kirby is not like me," Jess said jovially. "I'm rude!" She said that she "can understand [Mrs. Kirby] as separate from [herself]."

The play itself is "very well-written," said senior Blake Thomas. "I love the story...its characters and its message are timeless!

"This play has more relevance to everyday life" than some of Central's previous performances, Blake said.

Central has put on this play before. In 1981, Mrs. Pegi Georgeson directed a "totally different" cast with many different interpretations. Rob Rose, who played Ed Carmicheal in the 1981 cast, had a very different interpretation of the comical Ed than his brother, Tom who has succeeded him in the role.

According to Mrs. Georgeson, this year's cast of extras is more than double that of 1981 due to a greater theatrical interest this year.

"It has been a lot of fun working with so many people," junior Windee Weiss said. "We really are one big family!"

The stage of this production of *You Can't Take It With You* will be equipped with a very complex and realistic set, including real fireworks "permanent" walls, and distinct period furniture. Since the scenery does not move, the set is a permanent construction of wood and plaster.

The play is set entirely in one place, so the set and props are "very life-like." According to Jess, one of the best qualities of the set for this show is "I don't have to move it!"

The immobility of the set, however, is not a hindrance to the play's action. The characters are a vital part in the spectacle, but they also have a message to convey.

For Blake, the character of Penny Sycamore represents "a goal. She is not restricted by what society has deemed normal." Blake is "very excited" about playing Penny and she looks forward to playing a role that is very different from herself as well as from her previous roles.

The rest of the cast includes Sean Rourke as Grandpa Martin Vanderhof, Bryan Campbell as Paul Sycamore,

Shawn White as Mr. DePinna, Wendy Revers as Rheba, Ben Fenner as Donald, Sara Templeton as Gay Wellington and Chris Thilgen as Mr. Henderson.

The G-Men in the play are Mike Gonzales, Wayne Rasmuss, Dan O'Dell, Dan Bagley, Terry Bourlier,

Kevin Custard, Steve Hendricks, Lasana Jones, Joe Maginn, Jason McCallan, Clint Richards, Mark Rosenquist, Bill Thoms, Peter Thorson and Dan Verduyssen.

The show is scheduled for evening performances at 7:00 p.m. on April 25, 26 and 27.

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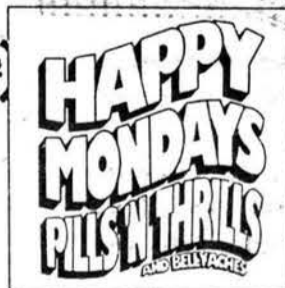
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A  
Bit  
Of Whimsy  
with  
Aidan Soder

"Thank God!" you're saying. "No more driving adventure stories!" I'm sure you're disappointed, but there's only so much you can say about driving and family vacations . . . and I think I've said all of it.

So we move on to more important matters. It's spring and love is in the air! This time of year just seems to beckon to the romantic in all of us: long walks in the park after dark with that "significant other," panicing over finding a dress for prom, and, more importantly, panicing over whether or not you'll need a dress for prom.

Now that prom is just around the corner, it calls to mind some romantic thoughts and the things we view as romantic. For example, what is the most romantic thing you could do on prom night? Perhaps an exciting dinner with that special someone at Old Country Buffet? Or how about when you turn around to get a glass of punch and when you turn back around you see your date leaving with some other guy?

Of course, right now we think that prom is the ultimate in romance—a nice dinner, a whole hour at the dance, and then an entire morning spent at a hotel party having your fill of alcohol and puking all over your date. Now *that's* romantic. Can't argue with you there.

## It's spring and love is in the air! Spring blossoms romance

But in all actuality, the time and effort you put into being so suave and debonaire, it's all just practice for asking her at just the right moment that really important question—like, will she do the windows.

But when you get married, you'll probably both do the windows so it won't matter. In time, the

**N**ow that prom is just around the corner, it calls to mind some romantic thoughts and the things we view as romantic.

household chores are shared in a marriage.

First, you've got to ask her to marry you. Or, in these times of liberal females, she can ask you. But my family is still pretty old fashioned, so he's going to have to ask me.

How's he going to do it? Is he going to get down on one knee and propose? I don't think so—but it should be romantic no matter what.

You want to hear the best romance story? My sister recently got engaged (like last Saturday). I've always pictured Inga as a frills and fru-fru kind of gal. Not this time.

They, Inga and her fiancé, spent an exciting, fun-filled day in Astroworld—an amusement park in Texas much like Worlds of Fun, only better.

They hop on the Texas Cyclone and at the top of a huge hill, above the roar of the wheels on the tracks and the twenty other people screaming (it was such an intimate moment), Michael, her fiancé, yelled at the top of his lungs, "Will you marry me?" Inga didn't hear him, so she just smiled and went back to enjoying her ride.

At the top of the next hill, undeterred, Michael asked again and popped out a little velvet box. Instead of answering him, she just yelled at him to put it away before he lost it. Really romantic, eh?

Oh, in case you haven't figured it out, she said yes. Now that isn't exactly my ideal proposal, but hey, if some guy was holding a diamond in my face, I don't think I'd mind how he did it.

But romance is definitely in the air this month. I think it's probably because all of the road trips are over.

## Movie Review

## John Hughes strikes out with *Career Opportunities*

By Joel Davies

Have you ever sat around wondering "How can I waste four bucks?" Thanks to director John Hughes, you can now blow your wad by going to see *Career Opportunities*. Don't misunderstand me, this isn't just a waste of money, it's also a good way to waste your free time.

The movie is about a freeloading,

wanna-be yuppie, pathological liar who is forced to take a night job at Target. During his childish

(and boring) exploits involving cross-dressing and dustbusters, he runs into the woman of his dreams while

roller-skating through the aisles in boxer shorts and bridal wear.

The characters are the same ones that appear in every Hughes movie.

A rich beautiful, spoiled rotten, rebellious, s e m i -

psychopathic girl; and the poor, insecure, sex-starved guy. The storyline is different, but is definitely not more interesting.

The plot is supposed to take off when two disparate criminals waltz into the Target, taking the young Freudian couple hostage.

Frank Whaley, the insecure, hormonal guy, actually manages to disarm the criminals, and then ruins his chance out of pure stupidity.

Actually, this scene is kind of symbolic of the movie's blown chances for humor and touching moments.

The movie was supposed to provide a touching lesson about life, but all I learned is that \$4.50 could have bought a lot of food at Taco Bell.

So basically what I'm trying to say, is that this movie really reeks. I truly hope film can be recycled.

Hey, toilet paper can!

**T**hanks to director John Hughes, you can now blow your wad by going to see *Career Opportunities*.

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## Late Innings with Brian James

Hockey. With my discovery of a new channel on my cable box, Sports Channel America, I've recently been following the NHL playoffs more closely than I ever have. I don't think I had ever watched an entire NHL game before, but I found professional hockey to be much more than just a few annoying scores found wedged between the some basketball highlights and high school scores on the news.

One thing that I've noticed about the sports is that during most fights the refs don't have a thing to do with it until someone hits the ice.

During a recent game, the tension was high between the two teams. Suddenly, a throng of fights besieged all parts of the rink, compelling an alert speaker system operator to blast "Let's get physical" during the fray. Amusing, I thought, and not a bad tension breaker.

Hockey is just one sport where physical contact is a big part of the game. It's also one sport where a portion of the ticket price probably goes to cover the player's dental work. But the combat

definitely adds to the excitement of the skating. Hey, take away the roughness, it wouldn't be hockey.

But just how much fighting should be allowed?

**In any sport, fighting, though it often means more entertainment value for the kids, ultimately shows a lack of control and class on the part of the athlete.**

Near the midpoint of this past Lancers season, Police Chief Skinner offered what he thought was a possible solution to fighting at the AK: press charges against those involved in fisticuffs on the ice. Now, I can count on one hand the number of times I've been to a Lancers game, and even from my somewhat limited point of view on the situation, this seems ridiculous. For convenience, I can just see them converting the Lancers' big ice-smoothing machine into a make-shift police cruiser. "Yea, him with the scuffed helmet and the chipped tooth! No, not him, the other one. Book him!"

## Too much brawn; not enough brains Do bashings and brawls belong?

Though this wasn't a very reasonable solution, Chief Skinner does make a point: intense and recurrent fighting should not be a part of any sport (except, of course, boxing, contact bridge, etc...). It's not only just plain dangerous but it also diminishes the professionalism of the athlete.

In any sport, fighting, though it often means more entertainment value for the kids, ultimately shows a lack of control and class on the part of the athlete.

Take baseball brawls. What's the point? Even if the guy is throwing at you, what's the point of charging the mound, not even landing any good punches, and ending up on the bottom of two-dugouts-worth of guys participating in a pile-on. It just looks bad.

Self-control in sports is paramount, especially when considering that no game is worth inflicting a career-ending hit on an opponent.

A little more brains and not so much brawn would be welcome anytime.

## Sand volleyball players 'kill' for the fun of it

By Tom Rose

Sand Volleyball, a recreational sport that has started as a result of the beginning of spring, is here and will be until next winter. One of the many places that is hopping this season with Sand Volleyball is "Spikes Sand Volleyball", which is a complex found at the Ranch Bowl on 1600 S. 72 St.

Sand Volleyball has been around at the Ranch Bowl for three years, and leagues have been playing there since April of 1989. Every year they have three seasons where leagues play competitively. The spring season this year started April 1st and the summer season starts June 10th, but there is no definite date for when the fall season will start. These seasons will last for nine to ten weeks depending on the

team. A nine week session costs \$85 per team, and the ten week session costs \$90 per team.

Shirley Guzzetta, the sand volleyball manager at the Ranch Bowl, said that the spring is usually more active than the summer and the summer is more active than the fall, but during the winter the courts are shut down (until spring). She commented, "This spring is a very big season. It's full every night. This year we had to add an extra court! Now we have five, when before we only had four."

A minimum of six and a maximum of eight people are allowed on each team. The teams are coed with three girls and three boys playing at a time. Games are played seven days a week.

This season 320

teams are playing competitively. One of those teams consists of six students here at Central. Juniors Brett Pekula, Rob Rouch, Duncan Joyner, Al Bakhit, Shane

Berman, and sophomore John Farrell are not going into this volleyball season cold. Brett Pekula, junior said, "We're going to take it. We have the size and the speed to do it.

We've played at the Y for three years and won."

Rob Rouch, junior said, "I don't feel I've really played the game unless I get sand down my shorts."



Sgt Margaret Cieslik Sgt Charles Jean Baptiste Sgt Jennifer Salmon

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Doing well individually...

# Boys' golf swings into new season

By Bill Thoms

Central's boys' golf team is three weeks into the season and is looking forward to good things this spring. The team is 3-4, but has done well individually in several tournaments.

Mr. Jim Galus, boys' golf coach,

said Coach Galus. The team practices at Elmwood Park; however, "some players who belong to country clubs play there and others take lessons from golf pros," continued Coach Galus. "The players who practice at Elmwood Park

are mostly the freshmen and junior varsity players."

The golf team practices every day except on

Fridays due to conflicts and because most tournaments and matches are held on Fridays.

Coach Galus has coached the team for six years. Central has not sent anyone to state "for a few years, and have never had anyone place in state."

Team members are seniors Jon Warden, Don Richards, Brian Jans, and Keith Dubes; junior Dan Shearer; and sophomores John Farrell, Chad Kudym, Nick Kammerer, Dave Wallace, Dan Morrison, and Brian Wilson.

**Central's boys' golf team is three weeks into the season and is looking forward to good things this spring.**



Kristen Steenberg

Nick Kammerer, sophomore, follows through on his swing as he watches his ball flying down the fairway.

## Sports Card

**April 19:**  
Baseball- Bryan (H)  
Boys Soccer- Prep (A)

**April 22:**  
Girls' Soccer-B.East(H)

**April 23:**  
Golf- Benson (H)  
Track- South (A)  
Tennis- A.L. (H)  
Baseball- Pius X (A)  
B. Soccer- B. East (H)

**April 25:**  
Tennis- B. East (H)  
Girls' Soccer- A.L. (H)  
Golf- Metro

**April 26:**  
Boys' Soccer- A.L. (H)

**April 29:**  
B. Soccer-Lin. East (A)  
G.Soccer- Lin. East (A)

## Bikers seek to breeze by opponents in competitions

By Bill Thoms

Two Central seniors, Jerry Smith and Ted Lechnowsky, bike competitively in and around the Omaha area. Both have won races and are looking forward to this year's biking season.

Jerry Smith has biked for five years, but has only biked competitively for three. "I decided to [become involved competitively] after I had been riding for awhile. It was something I wanted to try."

Ted has biked for three years competitively. "I became interested because my older brother did it," he

said. "He won a couple races and it looked fun to me, so I started."

Jerry has won several races in the past year, including the PBNB (Pedal Bikes Not Drugs), which is held locally, and the Brownville Odyssey in Brownville, Nebraska. Winners receive medals for first, second and third place.

Ted has won four races in the past three years. In 1988, he won the Harlanfest. In 1989, he won both the Elkhorn Valley Road Classic and the Fremont Days. He also won the 1990 Fremont Days.

Jerry rides a Bianchi,

which he bought after looking at other bikes. Jerry prefers his bike because "it's black and I hate bright colors, and it's a good racing bike."

Ted rides a Cannondale, which he bought when he was working in a bike shop. He says he bought it because "it was cheap."

Jerry trains for races by "riding a lot. I try to ride about one hundred miles a week," he continued. "I usually ride about five miles in the morning before I get to school and about fifteen when I get home," he said. On weekends Jerry rides about thirty miles a day.

Ted also rides about one hundred miles a week and spends about eight to ten hours riding weekly.

Jerry entered his first race by filling out a form in a bike shop. Now, since he entered one race, he receives forms for other races in mail. "It's like being on a mailing list," said Jerry.

Jerry's next race is May 4, in Ashland, Nebraska. The race is called the NUT (Nebraska Ultra-Marathon Tour) and is a hundred mile race. There are fifty people racing in the event.

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Joe Shepard passes the ball while an opponent tries to bring him down. As of Tuesday, the boys' team had a record of 6-3. Tonight they meet Prep on the Junior Jays' home field. The Central girls' soccer team, as of Tuesday, had a record of 4-5. Monday they play Bellevue East at Dodge Park.

Brian James

SIDELINES

**Baseball unity shown**

The Central High baseball team is at a record of 2-5, but, says Coach Elvis Dominguez, "We are an inexperienced team and are finally coming together as a club. I have a feeling that we are going to be doing a lot better now that we know what we can do."

**Track teams hurdling over competition at meets**

After two meets, the boys' and girls' track teams are off and running. At the Millard South Invite, both the boys and girls finished third overall. Coach Joe McMenam, speaking about the boys team, feels that "throwing is the strength of the team." Coach

McMenamin also added that he feels Jermaine Bell, senior may be the best shotput thrower in the state after a first place finish.

On the girls' track team, seniors Charronna Chambers and Yvonne Andrews finished first in two of their events in the meet.

**Tennis season begins**

The Central girls' tennis team is courting with a successful season thus far. Top team members include Amy Vosburg, senior, Megan Burnett, sophomore, Ellaye Belleh, junior, and seniors Heather Collins and Sara Torrens.

**Centralite devotes time, energy to triathlons**

By Allison Atkinson

"There are great runners, great swimmers, and great bikers, but I think that dedication is the most important quality of a triathlete. It's the amount of work that you put into something that makes all the difference," said Rob Shrader, senior. Rob is a triathlete and within the next two years his goal is to be ranked in the top ten of competitors in his age division in the United States.

Rob started swimming at the Brownell-Talbot Swim Club and soon thereafter heard about triathlons. The concept of biking, running and swimming in one event interested Rob. He started biking and running more seriously than he had before and improved his swimming endurance.

For the past two years, Rob has faithfully entered competitions twice a month, but hopes to increase his participation to three to four a month.

Concerning his training program, Rob handles his own routine for running and biking, but his swim coach, Docker Hartfield with Team Nebraska, sets up his nutritional and swimming program.

"Too much of something can hurt you. So I alternate when I run, when I bike and when I swim. One day I will go on a short run and the next I will go a long distance. The same with biking and swimming,"

explained Rob.

Mr. Hartfield feels that Rob "has the right idea. He knows what he has to do and he does his best to get the job done."

Rob tries to swim approximately five times a week, bike six days a week and run about five days a week. "I try to vary my program every once and a while. That way I don't get

bored and run down to the point of wanting to quit."

One thing that Rob feels he sacrifices to be a good athlete is a lot of free time.

"I practice everyday. On weekends I train in the morning and that gives me the rest of the day to get things done, but I also have a job where I work three days a week, five hours a day. It takes a lot of time and

dedication, but I feel that it is worth it.

Where the future is concerned, "I just want to keep doing it for as long as I can. It's a real exhilarating experience and real intense competition. I just want to beat my time and make the top ten within the next two years," says Rob.

Mr. Hartfield said, "Rob has a lot to learn about

what he can do, but that only comes with experience. He doesn't have a lot of confidence yet but that is just because of his lack of experience."

Mr. Hartfield said, "Another year of training leads to another year's worth of confidence. Rob is going to be a late bloomer. His best swimming and athletics are ahead of him."

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