

En Garde!



Lei Brown

Members of the Society for Creative Anachronism practise their combat skills. Members of SCA dedicate their spare time to faithfully recreating the Dark Ages. Their ladies in waiting looked on as the swordplay continued through the Sunday afternoon. Other members include knights, squires and even kings and queens. For story, see page 16.

Central air breezes past first hurdle

By Sarah Pugh

On Monday, Oct. 23, school board members voted to begin the process of air conditioning Central High School.

"This doesn't mean the project goes through without further study," Dr. Norbert Shuerman, superintendent of Omaha Public Schools, said. "This means we move ahead, get costs, research the possibilities."

The board voted 10-1 in favor of Schuerman's plan. Board members now are waiting for an estimate. According to information gathered during the 1983 renovation of Central, the expected cost of air conditioning is between \$2 million and \$2.5 million. Board members are likely to refuse the plan if the new estimate is higher.

Kathleen McCallister, the lone school board member voting against the project, called it "silly."

"I don't care if Central gets air or not. Central sweats for two months," McCallister said, "and I don't think that's without its own merit. I know I learned a lot from it."

McCallister, a Central alumni, asked the board to delay voting on the issue for another two weeks so the possibility of performance based contracting could be investigated. This would mean spending money on upgrading other aspects of the building in order to save energy costs. These saving would then be used to air condition the building. The board did not pursue the idea.

"It's an equity issue," John Smith, assistant superintendent,

said. "I think it's time, if it's reasonable, to air condition the last [high school]."

Board members agreed that, if the air conditioning is installed, early release for heat must be eliminated.

"I still want some type of assurance, when we have hot days, the kids stay in school," Bill Meier, board member, said. "there is no reason to have all seven schools done if we're going to be pulling kids at noon."

Meiers also questioned whether the timing of the plan was right. Central is the next high school on the list for a \$13 million renovation.

"I want to do the project right," Meiers said. "I don't want to go into this beautiful school, tear it all out, put in duct work, and then have to redo tearing it up in two years."

Smith pointed out priorities are dealt with by grade level, and Central may not be renovated even within five years. Elementary schools will precede it.

"The reality is, I suspect we're further down the road," Smith said. "It is a valid point, and we can look at things in the future."

Fritz Stanek, board member, apologized for not pushing harder for air conditioning when he was on the board during the 1983 renovation of Central.

"If we don't move forward," Stanek said, "I say we cut all air conditioning off throughout the district. We'll be criticized more for not being consistent. Do this for the kids; it will improve curriculum."

Senior class officer committee creates new positions

By Stacey Cody

The senior class election committee held a meeting to announce and explain changes for all prospective candidates Tuesday, Nov. 14.

The committee consists of six teachers, Spanish teacher Vicki Anderson, counselor Sharon Crawford, social studies teacher Kim Schellpeper, French teacher Beverly Fellman, marketing teacher Levetta Chamberlain, and business teacher Kathleen Laughlin.

Anderson opened the meeting with a greeting and then went on to talk about the new officer opportunities and duties.

"We're going to try to do something different," Anderson said. "Our goal is to get as many seniors involved as possible."

The committee has added six class representatives to the list of offices on the ballot. Anderson said that these representatives will be working on committees dealing with cap and gown distribution, fundraising and graduation policies under the direction of the original six officers.

"This way everyone gets involved," Anderson said.

Crawford next to discussed the responsibilities of the officers.

"I want a well-rounded selection of

students," Crawford said. "I feel we can get a better representation of our class this year."

The original six offices will retain the same duties and responsibilities as the years before. The representative's responsibilities were discussed at length.

"They have no specific duties, but they are just as committed. In a sense, they'll have to create their own position," Crawford said.

When asked about the lack of potential leadership responsibilities involving the representatives, Crawford said, "It's good to be a leader. But sometimes, we need good followers too."

Schellpeper headed the discussion on officer qualifications. These include the necessity of at least 30 credits, teacher recommendations, and no suspensions or expulsions on a personal record. Also the senior must be on schedule for graduation.

"This is an entirely new deal," Anderson said. "We wanted to make it a little more selective this year."

The new qualifications were not meant to turn students

away. "Some will make it, some won't," Crawford said. "But we still want everyone to try and participate."

Election procedures and their changes were discussed by Fellman. Students were informed that presidential speeches were to be given a two minute time limit and would also be monitored by administrators. If they make false promises or implications toward bribery, candidates will be disqualified from the race.

"Be careful with this," Fellman warned. "They'll [the administrators] be looking for someone to disqualify this time around. Everyone wants this taken seriously."

The bribery topic raised some discussion regarding ethics. Students questioned the use of candy as a gimmick.

"I don't believe that candy in individual packing can be constituted as bribery," Anderson said.

Warnings were given out regarding posters.

"Please refrain from poor taste," Crawford said. "If administrators or teachers see these, someone will rip it down. No crazy or wacko posters."

Potential candidates will be given one week to campaign, which will begin on Nov. 27 and end Dec. 1. Voting will take place in the courtyard over the noon hour. Primary elections will take place on Dec. 1. The announcement of the finalists will be on Dec. 4 and the final elections on Dec. 6.

"I feel this will be a good year," Anderson said. "With more involvement, we'll be able to have a more closely-knit class."

Our goal is to get as many people involved as possible.

--Vicki Anderson, spanish teacher

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Alternatives needed for young Omahans

It is a well known fact that the city of Omaha has a problem with young people trespassing on private property. It is a problem that has been going on for years with no workable solution implemented. The City Council passed the "Closed Property" ordinance in September of 1989 stating that it was considered trespassing to be in the parking lot of a closed business. The ordinance was aimed at young people who chose to hang out in the parking lots of closed businesses on Dodge Street. Their activities were not illegal, but a few littering people caused the city to pass the ordinance. Today, in 1995, no trespassing signs are on almost every business's property and young people are still searching for a public place to "hang out."

The city may have been justified in passing the "Closed Property" ordinance, but there is no excuse for its negligence in not considering an alternative for the young people who were doing nothing wrong. In fact, all across the city, police officers waste their time by chasing young people off private property, even public parks.

Memorial Park, one of the most expansive and centrally located parks in the city, closes at 8 p.m. every evening. The majority of young people in this city are not criminals. They are not all out to destroy property, make a lot of noise and raise havoc. Most just want a free, safe, public place to hang out, to see and be seen. They are not asking for too much.

The perfect solution is for the city of Omaha to designate one park for after-hours public use. Elmwood Park would be ideal. In order to enter Elmwood Park you must drive in, so it would be easily contained by police. Police could kick out anyone littering or violating any other laws, leaving the park free to be enjoyed by the young people of the city. With this solution, police would not have to chase young people out of private or public areas. The police could easily contain one corner of the city for public use after hours.

The city should consider creating such a place for the people of this city. It would take few changes and could benefit not only the young citizens of this city, but private business owners as well. The young people of this city should not have to feel that they are being chased from place to place across the city. The mayor and city council have the power to solve this problem. Now is the time to make the change.

Student involvement lacking in class election

Student involvement was decidedly lacking when the new guidelines for senior elections were established. Previously, counselors directed the process of senior elections. Unfortunately, most of those counselors have left Central this year. Therefore, Dr. Thompson decided that changes were needed. From now on, speeches will be limited to two minutes, and the time candidates are allowed to campaign is restricted to one week. These changes were made without student opinion and indicate that the new administration has little faith in the ability of students to decide how the representatives of their class are chosen. In addition, the faculty committee who instigated these changes invented six new positions titled "representatives at large." The people who will fill these unnecessary positions carry out duties ordered by the president and aid the officers.

In previous years, elections were held in October. This schedule left time for the elected officers to actively participate in the organization of school events. Since the administration only now decided on the format for the elections, campaigning will not begin until Nov. 27 and will be limited to one week. This leaves the actual casting of votes to occur Dec. 1. Having class officers elected half way through the school year is simply too late.

If Dr. Thompson's Student Advisory Board had been set in motion earlier, it might have served as an invaluable voice in the meetings establishing senior election guidelines. In addition to the issue of senior elections, the Student Advisory Board would have had the opportunity to voice their opinions about the problems which spring up at the beginning of each school year. Even if the principal chose not to use the advisory board, the opinion of Student Council members would have been appreciated. In fact, any student input at all would have been preferable to none. If a little more forethought had gone into the preparation for the senior elections, this last ditch effort to throw the campaign together probably would not have occurred, and interaction between the students and administration would have been smoother.



Register Your Opinion

What is your opinion of Louis Farrakhan and the Million Man March?



"I think it's good that they're trying to unite everybody peacefully, but I don't agree with everything he says."
Alex Lund, junior



"I think that Farrakhan has good plans and ideas, but he goes a little bit too far with it like the idea of the Million Man March."
Timika Wills, freshman



"Louis Farrakhan won't help the country because he's too centered around the black race. I agree that black people should stop feeling sorry for themselves, and they should do something about it. However, he promotes racism and segregation."
Jeff Ludwig, junior



"I don't think Louis Farrakhan should have been in charge of the Million Man March. It was to promote peace and Louis Farrakhan is a racist and anti-Semitic. I don't think that Louis Farrakhan should have been the head of it."
Marisa Ramsey, sophomore



"Because he's such a charismatic leader, the black community will follow him, and we have to trust that he will lead them in the right direction."
Mrs. Bouma, Vocal Music teacher



"I think the organization of the Million Man March was very significant in bringing black unity to our country. It was very similar to Martin Luther King's accomplishment. I think that bringing all of those people together for one cause was very significant."
Mr. Standifer, Physical Education teacher

November 22, 1995

"...Long Ago and Far Away..." by T.S. Deabler

what? A note to all you neo-hippies out there; look at what your predecessors have become. Many of them have sold out and become corporate CEO's, or have spent the majority of their days following Jerry Garcia around the country.

But what have they done? Did they bring an end to Vietnam? Did they change laws? No, it is far past the age for rebels without a cause. Any action without reason is a dangerous action indeed.

A low blow maybe, but there's a point I'm trying to make. A non-conformist isn't necessarily a rebel. In fact, non-conformity has nothing to do with rebellion. The true spirit of individuals, of real non-conformists, is always remembering as Emerson once said "nothing is as last sacred but the integrity of your own mind."

Being an individual is upholding your beliefs. It is standing up for who you are. An individual is merely someone who is aware of himself. I follow my own path, trusting my heart and my instincts on the assumption that I am a good person in essence.

Emerson advised us to be a non-conformist at all costs, but what does that mean? Does that mean that we all have to be leaders, and conquerors of men? Must we rebel singing Janice Joplin songs, watching James Dean movies and secluding ourselves to a lonely little trailer park in Montana talking to rocks about the deeper meaning of life?

No! By rebelling we weaken the whole and by conforming we weaken the individual. But what is the answer then? Simple. Instead of bashing society as a whole, we can create a society of strong individuals. And in order to do that, first we must not be afraid to say what we think or to do what we feel. As individuals,

we are all unique, and far more special by being ourselves than striving to be something else.

Benjamin Franklin sought perfection and came awry. Thoreau secluded himself in the woods only to find that we can accomplish only so much by ourselves. Emerson's statements urging us, pleading us to be non-conformists seem so harsh now. He loved to bash society and the majority. Even Bradbury writes "but remember that the Captain belongs to the most dangerous enemy to truth and freedom, the solid, unmoving cattle of the majority. Oh God, the terrible tyranny of the majority!"

But society is not our enemy! We make up society! All we have to remember is that it is not up to society to set mandates for our lives. The moment we start standing up for our right of choice and accepting that responsibility, society is no longer this huge, overbearing *thing* that controls our lives. Instead, by taking control of our own lives we become leaders in society, standing tall above the crowd.

But once again, Emerson said it better than I ever could. "Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another you have only an extemporaneous half-expression."

And it is in those words I live. Funny, is it not? An advocate on individualism living his life on the mutterings of another man. And forever will I mutter those words like some sacred mantra to a world who has long forgotten not only the man, but the message which lies lost in empty ears. And as I think back to simpler times, it is alone I will continue to stand singing those lyrics of Jim Steinman's, "Oh, it was long ago, and it was far away. Oh God, it seems so very far..."



One lonely flower...

"One lonely flower
Against the wilted ocean
Begging for contrast"
-- Cory Olson

"Whoso would be a man, must be a non-conformist." Emerson's words still be heard today, but not as the voice of one man fighting to keep his integrity. Rather it is the battle cry of a ceaseless mass stretching its form across the country. It is the scream heard by millions of Generation X'ers striving, yearning and lusting to be different.

This blasphemous horror is what I call conformity to non-conformity. Ridiculous as it may sound, it does exist. Each and every one of us all striving to be different, we are all doing the same thing. By begging for contrast, we are distorting our true image and losing distinction.

Far fetched you say? Not true? Turn on the idiot box and watch a little TV. See if you're not bombarded with an array of bungee bin buzz clips claiming to be alternative.

Alternative to what? Definitely not the mainstream, because that's what they've become. But what's even sadder, is the so called *Generation X's* need for rebellion. Rebellion against

Letters to the editor

Send all letters of opinion to room 315 or look for the box on the two side in the courtyard. It is the policy of the *Register* not to print unsigned letters.

Dear editor,

The 1995-1996 Pom Squad is very disappointed with parts of the article written about homecoming in the October 18th issue of *The Register*. While most of you were sleeping in, we were spending many hours of OUR time decorating the school and AK-SAR-BEN. Also, after we had spent time and money on the decorations, some childish people still insist on pulling them down (you know who you are). Over one thousand dollars was spent trying to make homecoming a success for you, the students, yet people still complain. We would like to thank those of you who appreciate what we do and enjoyed the dance. For those of you (Ms. Rhoades) who did not like the decorations, we would like to extend an invitation to join us next year for decorating. Saturday at 7a.m.

Kari Johnson and Sally Reiser,
Pom Squad captains 1995-1996

Dear editor,

It is extremely unfortunate that Pom Squad is so immature that they can not accept any type of criticism. My comments were not a personal attack on the efforts of the squad. I just felt that the decorations left a little to be desired. As far as your early morning sacrifice, I am sorry but I feel no remorse. You think that you are the only ones who get up early to put forth efforts only to be criticized. Let us not forget the football team, the basketball team, the baseball team and all other extra-curricular groups who put forth hours of practice and rehearsals only to be criticized. I apologize if the squad was offended by my comments. I did not mean to hurt anyone's feelings but I do not feel the comments were *that* offensive. I thought it would be taken as constructive criticism and written off as you can't please everyone all of the time. Again, I apologize if I offended the squad. However, I believe the squad overreacted. The squad's immaturity about the comment and whining about the magnitude of your efforts really can tarnish the image of the squad.

Crystal Rhoades, senior

Dear editor,

For my own opinion, I really don't care if Lawrence Phillips plays or doesn't play. But for the purpose of argument, I will say that his actions were wrong, and he will be punished for his wrongdoing. I also feel that it is okay for Phillips to stay on the Nebraska football team. The way a person plays football doesn't correlate with his actions off the field. Phillips' punishment should therefore stay in the court system and not in the University of Nebraska at Lincoln football department or in the university system in general.

Jan-Michael Williams, senior

During our senior assembly a couple of weeks ago I came on pretty strong about some concerns I had involving some of our seniors. I also shared community perceptions about our school with you. Many of you felt I was putting down the senior class as I talked about problems we were having with smokers on or near the school grounds; seniors with shortened days hanging around or coming back after school; and the significant number of seniors who, because Central chose not to retain students last summer, are technically seniors because they have too few credits to graduate.

Please be assured that my feelings about the senior class are very positive. I am very pleased with the turn around on the smoking and shortened day issues. As a class you are setting a good example for the younger students.

During my first meeting with your class this year I told you that I believe Central High School is the finest school in this city. With your help we can make it even better! In a couple of weeks we will be announcing the election of Senior Class Officers and I will be organizing a Senior Principal's Advisory group. I look forward to working with both groups to make your senior year a special year!

Dr. Gary Thompson, principal

In the "Administrators cancel '95 homecoming parade" story that appeared in the Oct. 18 issue, pom squad sponsor Joan Skoog was incorrectly identified as Jane Skoog. The Register apologizes for the error.

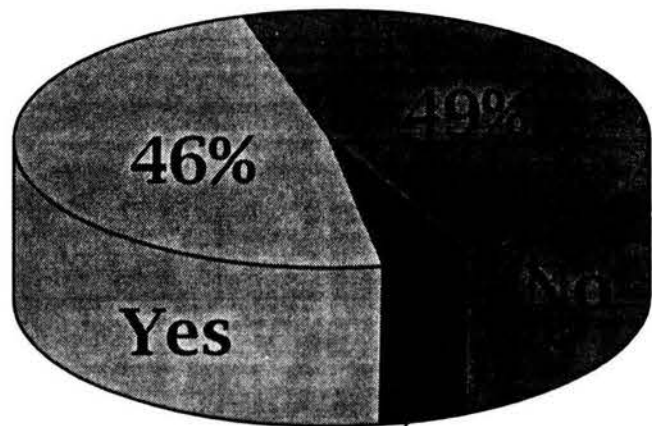
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Central Standards

Do you believe that Lawrence Phillips should be allowed to play football for the Nebraska Cornhuskers?



Undecided
124 Students Polled

Civic under construction

Auditorium renovation

1. A new parking garage on the west side of the building, awarded to a separate contractor.
2. Reconstruction of the south side of the building, including the addition of a new lobby.
3. Numerous offices to be located inside of the auditorium.



Mayor Ha...
Daub's prior...
1. An overhaul...
auditorium's Mus...
2. Installation of forest...
rink in the main are...
3. Further mode...
tion of the auditori...

Students looking out the windows of Central's east side have probably noticed a large crane, numerous construction workers and a lot of orange metal. The renovation of Omaha's Civic Auditorium, a neighbor of Central, has been taking place since Jan. 16. Omaha voters authorized the renovation, along with a half-cent sales tax increase to pay for the renovations, two years ago. The state of Nebraska legislature also agreed to give \$16.2 million in cigarette tax revenues to pay for the work.

How long will Central students see the construction when looking out their windows? Larry Lahaie, auditorium manager, said, "We're hoping to have the project finished by the fall of 1996." Lahaie said that the city originally bid for the auditorium's entire renovation, and "when the bids came back in, we were \$3 million over what we had appropriated for the project." The city had budgeted \$12 million for the project.

"We went back for another bid just to finish the south side, since we couldn't just go back to the taxpayers and ask for more money. The rest of the renovations are in the process of being redrawn."

Rabin's assassination sparks student reaction

By Beth Katz

The assassination of Israeli Prime Minister Yitzhak Rabin Saturday, Nov. 4, showed the world just how tense the situation in the Middle East had become.

On the verge of final peace negotiations with both Syria and the Palestinian Liberation Organization, Rabin was shot after a peace rally.

The suspect in custody is Yigal Amir, a radical orthodox Jew who opposed Rabin trading Israel's land for peace.

Despite how or when Central faculty and students received the news of Israeli Prime Minister Yitzhak Rabin's death, many had much to say about the tragedy and how it affected them.

Shoshana Wees, junior, heard of Rabin's death while staffing an elementary school lock-in.

"The man who was in charge came in and told us about the news. At first, I only heard that he was shot, but then I found out he was dead. It really upset me. I was just in Israel this summer."

Senior Rebecca Wolfson's father is director of the Omaha Anti-Defamation League, established to exterminate anti-semitism, racism, and hatred recalled the moment when she first heard of the assassination.

"[My family and I] were sitting in my parent's room and Fox 42 called my dad to ask for a statement from the ADL. It was

horrible," Rebecca said. "It definitely makes it worse [that the suspect is Jewish]... How could someone kill someone of the same belief?"

Carol Valdrighi, social studies teacher, said she doesn't believe that the suspect being Jewish makes the assassination more tragic.

"It's tragic under any circumstances," Valdrighi said. "With that assassination, that young man attempted to destroy democracy in Israel. In times of great crisis, you need a strong leader. Democracy allows individual choice through ballot, not bullet."

Still, the struggle to make peace between the Israelis and Arabs continues, as it has for

centuries and, as it appears, will continue for decades to come.

However, many are grateful that the suspect is not an Arab, claiming that had it been an Arab, a civil war may have ensued.

"Thank god it wasn't an Arab," Chris Boyd, senior, said.

"If it had been an Arab, [Israel] would be burning. There would have been a lot of clashes."

"I would have expected it to be an Arab," Shoshana said. "If it had been an Arab, there would almost positively have been a civil war. Israel is seriously split half in half. They already have to have a United Nations camp between Israel and Syria. Otherwise, they

would fire at each other."

But the question still remains: rael give up land in order to accom... Palestinian state or country?

Jill Roberts, senior, believes she gave Israel to the Jewish people. "I would say, God had Israel taken away from the Jewish people many times." Jill said this is his way of getting people's since many have turned away from

"I think Israel should give up since we [Palestinians] are over-p... Lema Bashir, sophomore, said

"There is a lot of extra land in have relatives that live in the West... section of Israel currently under neg... and the families are extended and... kids, but their homes have only tw... bedrooms," Lema said. "As Palest... just want the Israelis out complet... know that is not going to happen."

"All I know is that before... was solely their [the Palestinians]... that is their point of view." Chris... don't want to be anywhere else... have to share. Neither are going... and it's just causing more pain and

Lema says that it is hard know... the Palestinians are facing... that we've had our land taken awa... constantly watched over. As of... we have no country. We need som... hold as our own and to be proud."

In times of great crisis, you need a strong leader. Democracy allows individual choice through ballot, not bullet.

--Carol Valdrighi

NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWS

All-State members selected

Twenty Central students showcased their talents at the All-State concert series sponsored by the Nebraska Music Educators Association, or NMEA.

The All-State concert series featured a jazz band, concert band, an orchestra and a choir. The performance groups were made up of the best student musicians from Nebraska. The performance groups performed on Saturday, Nov. 18, at the Lied Center in Lincoln.

All State performance groups were chosen by addition. Instrumental musicians played two scales, two etudes and one excerpt. Singers sang a scale, an arpeggio and three song excerpts, once with a tape and once acapella.

"Participating in All-State is a good chance to learn a lot from your fellow musicians," said Frank Basile, Central senior. Frank was chosen to play bari saxophone in the All-State jazz band.

In addition to their performances and rehearsals, participants will also attend seminars on musical technique and small concerts by guest performers throughout the weekend.

Students fight prejudice at workshop

The Prejudice Elimination Workshop took place on Nov. 8, with approximately 100 metro area juniors attending.

The workshop was focused on the recognizing and attacking the prejudice present in our day to day lives. Activities including role playing, stereotype comparisons with peers and small group problem solving.

"I think it was a great concept. It might be hard to actually use in our real lives, but we can try." Mike Kelly, junior, said. "They constantly reinforced the idea of equality all day. You definitely received a good message."

Students contribute United Way fund drive

The 1995 United Way drive, sponsored by the Student Council, was a huge success according to sponsor Judy Storm. The drive raised over \$10,000 in dollars which went to the United Way, a charity that helps people of all races and backgrounds who are in need.

"We were really impressed by the huge success of the drive and the support from the faculty and students who made this happen," Olivia Storm, senior, said.

This success is due in part to the introduction of hat day. If students brought one dollar they were given a sticker and allowed to wear hats on Friday, Oct. 20.

"I thought hat day was an interesting idea. A lot of people contributed to the United Way because they could wear hats," Dying, senior, said.

"I am really proud of the students at Central and all the other schools who contributed to this worthwhile cause. I really think hat day helped because students got something in return for their charitable contribution. Student Council said they would like to thank everyone who contributed to the drive and said that all of the drive's success is due to the great student body and faculty."

Students organize protest on Dodge St.

Carrie Parrott

On Oct. 29, nine Central students and other area youths stood on Dodge Street 2 1/2 hours in support of pro-environmental legislation. The students held signs on 90 and Dodge, then on 72 on Dodge, urging passersby and pedestrians to support the Clean Water Act, the Clean Air Act, the wetlands and forest conservation.

"I feel that people need to be aware and informed about the environment," Angela Robinson, senior and an organizer of the rally, said. "I feel very strongly and I want to voice my views. Congress is trying to ban the Clean Water Act, and all it will do is make businesses pay."

Angela said she thinks the rally may influence people's views about the environment. "We got a lot of honks when we were on Dodge. I think our protesting will influence people's views because people who see the signs will want to hold their own rallies. The signs give them something to ponder," she said.

The Clean Water Act "ensures that three billion miles of rivers and streams, 27 million acres of lakes and 35,000 square miles of estuaries are 'fishable and swimmable,'" according to the "Christian Science Monitor."

Sarah DeWitt, senior, participated in the rally.

"My dad is a lawyer and he has been working on a case against Asarco, a company that is supposedly dumping arsenic into the Missouri river," Sarah said. "If Congress repeals the Clean Water Act, our drinking water could be dangerous."

Sarah said that her father's case sparked her interest in the environment. "I've been reading so much about the case, I want to put my opinion and let everyone know that I

want clean river water."

When asked if she feels the rally was effective, Sarah said, "I can't say that if I was driving by the rally I would be really influenced by protesters, but many times people remember things visually. If you see people holding posters on the street, you might remember when you see the issue on the ballot. It might influence you if you hadn't been informed about the issue before."

Chris Hull, a spokesman for Congressman Jon Christensen, said, "There are a lot of groups that have been trying to scare people, especially students, about the environment. The fact is that Jon grew up on a farm and is a strong outdoorsman, a strong conservationist and an environmentalist. The environment is very important to him."

Hull said the rumors circulating about Congress eliminating the Clean Air and Clean Water Act are false.

Hull said the only environmental laws being looked at in Congress now are "a number of riders attached to an appropriations bill passed on July 31. The riders say that businesses have to do some cost-benefit analysis and must provide certain protections before an environmental rule shoves people out of business."

Hull said the Environmental Protection



Central students rally for pro-environmental legislation while standing on 90 and Dodge St. The students were trying to heighten political awareness in citizens.

Leti Brown

Agency, or EPA, has grown very quickly over the past few years, and "they are beginning to take actions without taking the possible effects of their actions into account. Congress is passing a number of reasonable, common sense measures so that red tape doesn't strangle normal Nebraskans."

Hull said an example of the EPA "strangling" Nebraskans occurred when a local man sold used batteries to a company in Texas.

"The EPA drove the company out of business because the batteries were considered to be hazardous waste," Hull said. "Then they

attacked the Nebraska man because he had sold the batteries to the company in the first place, not even knowing where they would go."

"Jon stands for protecting the environment in ways that don't hurt people unnecessarily. He is trying to design a program that will protect the environment better," he said.

Hull advised that students help protect the environment by "recycling on a community and grass-roots basis. Students can also get involved in local conservation and cleanup groups."

Department heads will be required to teach lower level classes

Sarah Pugh

Starting with the 1996-97 school year calendar, Central department heads will teach at least one lower level course. Currently department heads teach advanced placement and honors courses by their choice.

The central office staff suggested department heads ought to teach lower level classes," Dr. Thompson, principal said. "Department heads need to be aware of the needs of all students."

The heads of Central's departments have reacted in a generally positive manner.

"The way I perceive it," Jack Blanke, head of the social studies department, said, "the lower classes need the master teachers to excel. Upper level classes have the self-motivated students. It makes no difference whether I was there or not."

John Waterman, head of the mathematics department, said it couldn't bother him at all to teach a lower level class. Ac-

cording to him, his schedule would probably stay the same next year due to the advanced nature of the enrichment math class.

"The problem is trying to get someone prepared for teaching enrichment," Waterman said. "Unless someone new came in, there's no one really ready to do it. It takes extra time to plan. Taking a regular teacher with five classes and adding enrichment . . . the first year would be awful."

Blanke and Dan Daly, head of the English department, have taught a lower level class in the past and have no oppositions to the idea. According to Daly, it was their policy in the past.

"In 1985 Mr. La Greca was vice principal in charge of scheduling," Daly said. "He found it necessary to have three AP classes. It was easier to schedule without conflicts, and he was trying to serve more students."

There is extra work involved in the advanced placement

classes. All department heads indicated the depth and breadth of knowledge required for teaching advanced placement classes takes time to acquire.

"AP is not something you can just assign a teacher to," Blanke said.

"Students ask questions in AP they don't ask in regular classes, and you better have the answers to get the respect of the students. It takes a lot of research," he said.

Jerry Doctor, head of the science department, studied chemistry in college and is only certified to teach chemistry.

"I taught physical science in summer school," Doctor said, "and frankly I'm not very good at it."

"Department heads are there for a reason. For example, Mr. Daly has substantial experience as an AP teacher," he said. "Not only has he taught AP English, he served on the grading committee for the AP exam. He can offer benefits and insight others could not."

NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE - NEWSLINE

Emotional Quotient discovered

Emotional intelligence may be the newest indicator of human intelligence, according to a magazine. This new indicator could change the way school is taught. "Emotional literacy programs, designed to help children learn to manage frustration, and loneliness" may soon be implemented into classrooms. "When it comes to predicting people's success, brainpower as measured by IQ and standardized achievement tests may actually matter less than the qualities of character."

Teachers feel that the idea that children can be trained to analyze their feelings is absurd, and no one has the right to say which emotions are the right ones to be taught to children.

Omaha Boys Choir visits Omaha

Administrators are planning to hold senior class elections sometime in November. Primary Thompson has appointed a committee to supervise the organization of the elections and the activities the officers will participate in once elected.

The committee includes; counselor Sharon Crawford, marketing teacher Levetta Chambliss, French teacher Beverly Fellman, business teacher Kathleen Laughlin, social studies teacher Kim Schellpeper, and Spanish teacher Vicki Anderson.

Responsibilities for the officers include designing new graduation announcements, organizing a picnic, and working on ways to make Central's graduation a better experience.

DECA flies to Indianapolis

Central High DECA members attended the Central Regional Career Development Conference in Indianapolis on Nov. 10-12.

The Central Regional Conference is an annual event for DECA members. At this conference members attended workshops, speaker series, local attractions and planned social events.

"Students get to experience dressing professionally and attend sessions which are professionally given," Alice Bunz, marketing teacher, said.

Approximately 1,500 students from 12 states in the central region attend the conference.

This year, due to space at the Westin Hotel, schools were given a limited number of slots. Central DECA was able to meet their allotment and were given more. Central was

represented by 44 juniors and seniors.

Central's quiz bowl for the Central Regional Conference was seniors Sarah Boro, Laura Richards, Paul Rumbaugh and Nick Stender. Once at the conference a second team was made up of seniors Tom Bowen, Nick Fredrickson, Andrew Gaylor and Joel Muetting.

The quiz bowl competed in various general marketing categories. This competition is used to practice before district and state competitions, Victoria Wiles, marketing teacher, said.

The 44 students traveled to Indianapolis on Southwestern Airlines. DECA took a plane because of the length of the trip and the cost to rent a bus. The marketing department said it made more economical sense to take a plane.

College 101

The following are Midwest, liberal-arts colleges which offer a solid education not far from home.

Grinnell College:

Location: Grinnell, Iowa, a rural campus in a small town located 55 miles from Des Moines

Funded: Private 4-year college, founded in 1846

Undergraduate enrollment: Approximately 1,300

Housing: Coed dormitories

Annual expenses: Over \$20,000 including room and board, books and tuition Admissions: 56% of applicants accepted

Special features: 365-acre environmental research area, 24-inch research telescopes, 2 theaters

Lindenwood College:

Location: St. Charles, Missouri, suburban campus in a large town

Funded: Private 4-year college, founded in 1827

Undergraduate enrollment: Approximately 2,300

Housing: Separate men and women dormitories

Annual expenses: Approximately \$19,000

Admission: 56% of applicants accepted

Special features: Art gallery, arboretum, greenhouse, 5000-seat stadium, 40-acre nature trail

Carleton College:

Location: Northfield, Minnesota, rural campus in a large town

Funded: Private 4-year college, founded in 1866

Undergraduate enrollment: Approximately 1,750

Housing: Coed dormitories

Annual expenses: Approximately \$25,000

Admission: 57% of applicants accepted

Special features: Observatory with 2 telescopes, 450-acre arboretum, 35-acre prairie

Questions and Answers

Answers provided by the Educational Planning Center

What is the Midwest Exchange Program?

The Midwest Exchange Program allows residential students of Kansas, Michigan, Minnesota, Missouri and Nebraska to enroll in certain colleges and programs at reduced tuition outside their home state.

For more information, contact the Midwest State Exchange, Coordinating Commission for Post-secondary education, P.O. Box 95005, Lincoln, NE 68509, 402-471-2847.

Does it matter if I type my applications for college?

On a whole, colleges prefer that you type your applications since it makes them easier to read and gives them a more professional feel. If you do not type your applications, most colleges prefer that you use black pen and write in all capital letters.

The Body Shop 'blows the whistle on violence against women'

By Rebecca Hammond

The Young Women's Community Association, or YWCA, Women Against Violence Program worked hard to raise awareness and stop violence against women during October.

October is National Domestic Violence Awareness Month. The YWCA's major goal is to stop the cycle of domestic violence. Domestic violence is not just physical abuse. It can also be emotional, psychological and sexual abuse. Domestic abuse affects people from all income levels, religious backgrounds and races. Abuse can occur between couples in dating relationships, living together, married, separated or divorced.

The Body Shop, one of the YWCA's community partners, launched a campaign in October to help raise awareness about violence against women. The Body Shop's campaign, Blow the Whistle on Violence Against Women, is a nation-wide effort to raise community awareness of domestic violence.

"The campaign is not a result of the O.J. Simpson trial. The com-

pany has been planning it for a long time," Sara Micek, Central senior and Body Shop employee said. "We

As part of its campaign, the Body Shop has several promotional and informational items in the store.

The store is selling whistles, T-shirts, and the compact disc "Voice against Violence," featuring Aretha Franklin, Carly Simon, Annie Lennox, Lisa Stanfield, Sarah McLachlan and Toni Braxton.

The whistles are symbolic of violence against women. Colleges often give women whistles to blow if they are threatened or attacked.

The store also has wallet cards with the number of the Omaha YWCA and brochures about domestic violence from the YWCA and about their campaign. Customers can also receive a basic make-over for a

dressed to Newt Gingrich Dole. The postcards encourage legislators to support laws protect women and provide for shelters and counseling programs. Customers are encouraged to buy the postcards and give them to the store, which will mail them.

According to Sara, the company got involved because the staff and customers are interested in the issue. The Body Shop staff went to meetings and lectures about domestic violence at the YWCA. The store gave make-overs, skin care and hand massages to victims of domestic violence at the YWCA.

"We heard the stories of victims at the meetings. It's so sorry, angry and sad. It's so believe that people can do such terrible things to each other," Sara said. The YWCA encourages one who is being abused or of abuse to get help. The store offers group counseling for victims of abuse, for men who want to change their abusive behavior and for teens who are in violent home or are dating someone who is abusive.

"The scary thing is that it's so important that we have to talk about it," Sara said. "The violence of some women's everyday lives. We are trying to show that there are people who can help."

Blow the whistle on violence against women



are trying to show that domestic violence is a problem, it happens and needs to stop."

one dollar donation to the YWCA. Body Shop stores around the county also have postcards ad-

Former Central student writes award-winning poetry collection

By Rebecca Hammond

The Man Who Tried To Rape You

The pause before he grabs you is awkward as a school dance. It's like that, you think, a dance:

his arms heavy at your waist, the way he smells not unpleasant, pulls you toward his hips, which, in another case, might please

or thrill you. But now that thrill is fear, or maybe it always was. The dance goes on a moment more and you're not screaming, only

saying No and No; this becomes a rhythm, like breathing, just as quiet, as if you'll go on saying No forever,

and then he stops. Lets go. You wonder later if it's your business to be generous. And that you're sad and frightened, but not angry.

And where he went, pathetic silhouette, the man who walked away, back to the dark; how, after, even, street lamp seemed too bright

to fall on him. His face turning away.

--Erin Belieu, excerpt from, "Infanta."

Former Central student Erin Belieu wrote the award winning "Infanta," a collection of poetry.

While at Central, Belieu wrote a column in "The Register" and was editor of "Dimension," Central's literary publication. She earned a bachelors of fine arts degree in creative writing at the University of Nebraska at Omaha.

She then went on to Boston University where she earned her masters degree in creative writing. Belieu is currently managing editor of the Boston University literary magazine, AGNI.

Recently, while in Omaha, Belieu spoke to the creative writing and some English classes at Central and gave a reading of her poetry at UNO.

According to Peggy Wheeler, Central English and creative writing teacher, Belieu approached her about speaking to classes. Belieu told students about her experiences that influenced her writing and about how to get their work published. She also read her poem, "The Man Who Tried to Rape You," aloud to the class.

"I wanted her to come and talk to the class so they could see a successful writer," Wheeler said. "It was also nice that she is a successful writer who graduated from Central."

Wheeler said that Belieu's talk was good for her classes.

"She showed the class that you've got to take yourself seriously if you want to succeed at anything," she said.

"It was really neat to see a successful

writer from the midwest because usually you hear about people from the coasts," Cameron Wheeler's 6-7 hour creative writing class said. Cameron heard Belieu's visit, the creative classes read and interpreted Belieu's poem "For Mother's."

According to Belieu, by the time she was in high school she was already being defined as a class writer. Mike Gaherty, former journalist and creative writing teacher at Central, is one of her biggest influences. Gaherty is known for his "affection, support and constructive criticisms" that helped in the writing of her poetry.

"Gaherty saved me from a life of juvenile delinquency," Belieu said. "I felt like an outcast, he helped me focus those feelings on my writing."

"She was a lot of fun to teach. I think she's doing is really fantastic," said Gaherty.

Gaherty said he was surprised that Belieu published a collection of poetry. "I when I was writing her, she was really into prose," Gaherty said.

Belieu won the Academy of American Poets Prize, the Nebraska Review Poetry Award and the Jaffe Writers Foundation Award, as well as others. The Rona Jaffe Writers Foundation award is an award given to outstanding women writers.

Her poems have appeared in many literary journals, including the Sept. 4, 1995 issue of "The New York Times."

"Infanta" is her first collection of poetry published by Copper Cannon Press as part of the National Poetry Series. "Infanta" was recently named one of the ten best books of 1995 by "Library Journal."

Gateway to opportunities Food paves way for student profit

By Lea Platz

Every morning between first and third period, the seductive aroma of soft, chewy Otis-Spunkmeyer cookies floats down from the third floor.

And everyone has seen, if not partaken in, the ritualistic waving of the dollars in nothing short of a dog pile.

To the purchasing students, the cookies are a snack before lunch, and to teachers, a nuisance. To Central's marketing department, those three-for-a-dollar cookies are funding for civic activities, trips and conventions.

With those profits, the business department can also enhance its curriculum. Harry Gaylor, business department head said,

"It helps kids take advantage of opportunities in competition."

If students are not on the third floor buying cookies in the morning, they can often be seen flagging down the bearer of a cardboard case.

Inside those cartons sit candy

bars, sold by foreign language clubs.

At the time of sales, there is usually on average one person selling candy in each classroom.

Sonya Johnson, foreign language teacher said, "The money from these sales go towards

activities such as hayrack rides and the food that is offered at those events."

But for travel events, students sell more expensive items, such as steaks.

Tips will be using these proceeds to help students pay for the costly expedition.

Sports teams sell items also such as mugs.

All of the money made from the purchases is pooled into helping with the cost of uniforms, bus-sing and other necessities for the upcoming season.

Even though students pay the money in exchange for whatever they have obtained, they should realize where the money goes to.



Cookies for cash Marketing teachers Vicki Wiles and Harry Gaylor spend their passing periods trading cookies for cash. The cookies are baked by marketing students in the morning and sold periods one through three.

Lea Brown

Central stagecraft class gets the axe

By Carrie Parrott

Central High School's stagecraft class has been discontinued. The class, which previously made up the stage crew for Central's productions, no longer meets ninth and tenth hours to clean, build sets and paint in preparation for shows.

Pegi Georgeson, drama teacher and director of many Central's productions, said, "The man hired to work on stage has poor health and resigned from teaching. It is difficult to find someone in technical theater with a background in education to teach the class, so we discontinued the class."

Gary Thompson, principal,

said, "We're looking to hire someone part-time to work on sets. We're also hoping to change the drama classes into theater classes so that students can work on designing sets, lights and sound instead of just acting. Professional actors and actresses actually do a lot of stagecraft work."

Thompson said not only will adults work on the sets for productions, but "the students will definitely be involved."

Georgeson said students from all performing arts classes (instrumental music, vocal music and drama) who want to work behind-the-scenes are free to volunteer.

"The student volunteers and I are doing the best we can cleaning up and preparing the stage," she said.

Bobby Boardman, junior, was a member of the stage crew class for three years until it was discontinued.

"I figured it would happen eventually," Bobby said. "It was being planned toward the beginning of the year to end after first semester."

Bobby said the feeling among this year's five stage crew members after the class was discontinued was "very upset."

When questioned about the plan to start a theater class in place of a stage craft class, Bobby said "I think I wouldn't be interested because I'm interested in working, not acting. Drama students perform, technical theater students create."

The next Central production will be two one act plays, being performed Dec. 1.

Stair work



Jennifer Foster

Facelift: Throughout the month of November, students were often re-routed while workers pasted new coverings over steps. Gary Mardt is a carpenter for Omaha Public Schools.



Kerry Timm

Counselor urges healthy choices

By Beth Katz

The addition of personal counselor Kerry Timm to the central guidance staff brings the experience of both a teacher and a therapist.

Timm, who taught human growth and development for ten years at Nathan Hale Junior High, is teaching part-time for Omaha Public Schools' Teen Parent Project. She was offered an interview for the position at Central.

"Once I interviewed, I knew this was the place for me," Timm said. "It was very comfortable, very positive, just a place where I wanted to be."

Timm, who has a lot of experience with "at risk" kids, said she is greatly concerned with the problems youth face.

"I worry a lot about the violence in our society. But I don't see our school as a violent environment," Timm said. "I also worry about kids without goals, who don't know where they'll end up. [Our students] need a focus."

Timm advocates educating students on how to make effective decisions.

"I am all for education which teaches kids how to make healthy choices such as preventing pregnancy and sexually transmitted diseases," Timm said. "Mainly, I want them to know how to be safe."

Since she has only been at Central for a few months, Timm said she wants to "get a feel for the school" before she knows what changes need to be made.

Timm, who received her master's in secondary school counseling from the University of Nebraska at Omaha, said she is glad to be at Central and expects a rewarding year.

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Former student Successful Central artist paints a picture of her life

By Caroline Foley

"Kids who find what they love to do early in life are the luckiest people in the world. I fell sorry for the children with no direction. They will never know the thrill of accomplishment." This is just one of the many words of wisdom of local artist and former Central student, Isabella Bryne Threlkeld.

Isabella Bryne grew up in Omaha, the oldest of three children. Her father, Harry Bryne, was a Baltimore native and graduate of Johns Hopkins University. He came to Omaha to work for the Fidelity and Deposit Company. Bryne later went on to form his own insurance company.

"We would always joke around with Daddy because he had never been to a farm. My sister and I would pick different crops up on the farm and say, 'Daddy what's this?' and he'd say 'Wheat'. We would say, 'No Daddy it's oats'. He was definitely a man from the city," Isabella said.

Isabella's mother was a graduate of Wellsley College in Massachusetts and worked as a nurse for the Red Cross during World War I.

Isabella attended Central High School for one year in 1940, but decided it was too big and she couldn't walk to school, so she transferred to Brownell Talbot.

"At Central I could only take one art class and Brownell would let me do art for two hours every day. I liked Central it just was not for me."

Isabella's other siblings, Hank and Barbara, both were graduates of Central. All of the Bryne children attended Dundee Elementary School. Hank is now a chemical engineer and Barbara is a dancer.

After graduating from Brownell Talbot, Isabella went to Wellsley College and majored in art. She also received her minor in Italian. She went to work for the Boston Museum of Fine Arts immediately after graduating from Wellsley.

"You have to remember that I was a 23 year-old woman during World War II. I followed in my Mother's footsteps and became a nurse for the Red Cross," Isabella said.

"My first job was at Langley Air Field in Virginia. I had so many neat experiences," she said. "Langley Field is the site where the first wind tunnel was invented and I got to see it".

Isabella went from Langley Field to Fort Ustes and then to Walter Reed Hospital, all of which were in Virginia, where she specialized in arts and crafts. "My most memorable experience is when I met Anna Pershing, Colonel Pershing's sister. She asked me to accompany her to his room," she said. "He had been in a coma for four years. I will never forget that day. I was seeing this great war hero in a helpless state. It was very sad".

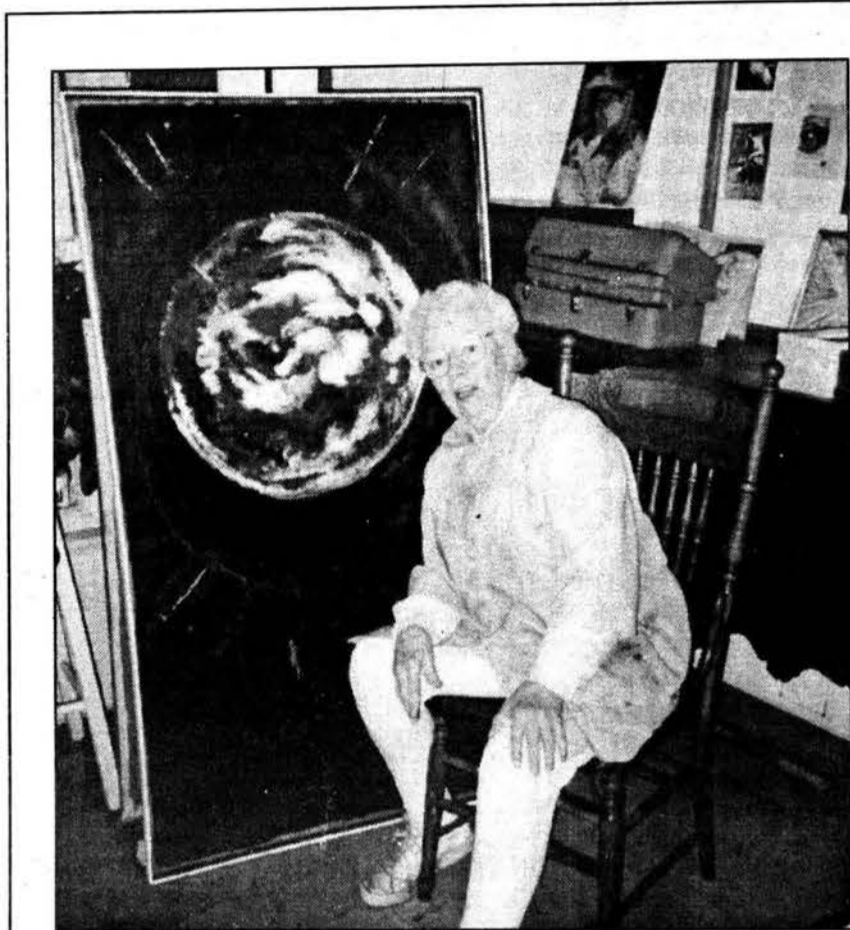
Isabella later married Harrison Threlkeld, who participated as a member of the prosecution in the Tokyo War Crimes Trials and worked with people like Douglas MacArthur, Hirohito and Akahito.

"We moved to Edmonds, Washington where I studied under Morris Graves. He really influenced me in the areas of art from the Orient," she said. The Threlkelds' later moved to Omaha where Isabella worked at the Joslyn Museum and Duschene College as head of the Art Department.

"At this time I was working mostly in wa-

tercolors, but I began experimenting with encaustics [wax], which is now my favorite type of work. I enjoyed work at the Joslyn im-

started the Futurist movement were, in the war leaving the movement un-



Isabella Threlkeld: sits by one of her many works in the making. The former graduate of Central will hopefully show this painting, which depicts the Noosphere, in the Omaha area.

Caroline Foley

The Threlkelds' moved many times living in Europe for a year-long Greece, then they moved back to so Harrison could work would not be to move at much Isabella teaching at St. Saint Mary's College.

"I taught drawing and After my husband in 1977, I set up my own business people who are interested in art."

Isabella has many international students who attend the University of Nebraska Omaha.

In the Isabella said to do a show of work on making things visible metaphysically.

This type that Isabella is based on the philosophy of Teilhard de Chardin, author of *Future of Man*. This novel details the of Noosphere.

"The Noosphere is the part of space where the human spirit goes themselves reflected. If I could not what color I wanted to put on one of vases, while sleeping my soul was Matisse's advice. When I woke up use his advice and paint my canvas!" Isabella said.

mentally, but in 1968 we moved to Ostia outside of Rome."

While in Ostia, Isabella did research of the Futurism movement.

This led to her writing a book entitled, *The Emergence of Futurism in Italy 1900-1916: the Influence of Science on Art*.

"I think that World War I was responsible for killing the intelligencia. The ones who

Vegetarians turn to turnips instead of turkey on Thanksgiving

By Beth Katz

For many, Thanksgiving signifies turkey and trimmings.

However, for a considerable amount of the population, Thanksgiving means alternatives.

When Thanksgiving arrives, Ron Vlcek, senior, turns to grilled cheese and mashed potatoes as opposed to turkey.

"I don't miss meat," Ron said. "I prefer grilled cheese."

Ron said he disagrees with killing animals for food.

He does, however, drink milk and eats eggs and dairy products in order to receive enough calcium and protein.

Adrienne Donovan Boyd, junior, sits down to a variety of pastas, vegetables and vegetarian side dishes for her Thanksgiving meal.

Adrienne's entire family, including her younger brother, are all practicing vegetarians.

One year ago, Adrienne said she stopped eating milk, eggs, and dairy products.

"I forget what milk tastes like,



mayonnaise. Everything we own is made of canola oil."

When asked if she thinks she will ever eat meat again, Adrienne simply said, "I don't think I could. My body couldn't handle it if I just sat down and ate a juicy steak. I've never eaten animals and I don't plan to."

Senior Jenni Waldmann said her vegetarian beliefs do not interfere with her meal at Thanksgiving. Jenni won't eat beef or pork products but does eat poultry and fish.

Her views were shaped by her childhood experiences.

"When I was younger, I helped this baby cow when it was sick. Ever since then I can't imagine eating them," Jenni said. "I don't have a problem with others eating them, but I just can't."

Jenni said that her decision has influenced her family and they

now eat much healthier.

Jenni said though that she has never questioned not eating turkey on Thanksgiving.

"[Eating turkey] is such a tradition in my family that I never viewed it as anything else," Jenni said.

Thanksgiving continues to carry on a lengthy tradition of food

and feasting. Although the of the population is meat still remain adamant in the and for whatever reason to eat meat.

Yet, for them, Thanksgiving is still just as important, and mains just as filling for all celebrate it.

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Hungry?

Eating habits of today's teenagers

Eating healthy is a major concern for many Americans. Teenagers, though, are often more stressed for time and are unable to sit down and eat a full meal, let alone eat anything healthy.

The Omaha Public School's lunch program promotes healthy eating habits beginning in the elementary grades, hoping students will carry the habits with them throughout their lives. Central, though, poses a unique problem with an inconvenient cafeteria location, according to Alice Lynn, OPS nutritionist. Currently, OPS and Central's Student Council are working together to offer alternatives to school lunches, which may or may not be implemented in the coming years, said Lynn.

Religious factors often play unique roles in teen's possibilities regarding eating out. Some of the restrictions are just during religious holidays, while others are always present.

The usage of vitamins among high school students for health is very low. In a survey conducted by the "Register" staff 27 percent of students said they take vitamins. Some teens chose to take vitamins to supplement their diets, while others take them for preventative medicine.

However, some teens choose to take "being healthy" to extremes, which often results in eating disorders like anorexia and bulimia. These disorders can cause drastic health problems for those affected.

With the fast-paced world of today's teens, little time is left for school or work, let alone to worry about proper nutrition.



Lei Brown

Central Focus

by

Valerie Newhouse, Angela Parks, Laura Richards, and *Shadi Bashir*

Eating disorders affect the youth of today

FC

By Laura Richards

Eating disorders are a dangerous disease which are overpowering many youths of the United States. An eating disorder should be taken seriously, because in some cases they can be deadly.

There are two major eating disorders; bulimia nervosa and anorexia nervosa.

These eating disorder and others, such as over-eating, affect 12 to 25 percent of young females in the United States.

"I feel eating disorders are the result of an inferiority complex which is promoted by the media, family, peers and other social circumstances, Amy Revenaugh, sophomore, said.

Bulimia is defined as a pattern of binge-eating and purging where large portions of food are consumed in a short amount of time.

Binge-eating is an uncontrolled consumption of large amounts of food during a small period of time. The individual has no control over what they consume.

The individual which is affected with bulimia nervosa usually keeps their ideal weight, but suffer in other areas.

Purging is getting rid of the food which was consumed during the binge. There are many forms of purging such as vomiting, laxatives and exercise.

Anorexia is usually referred to as a disease where an individual affected eats almost nothing.

While affected with anorexia, the individual appears unhealthy, becoming thin and underweight.

"I think that eating disorders

reflect today's society and the demand for the youth to uphold the image projected by the media," Anna Jane Kerns, junior, said.

Both diseases pose health risks and psychological problems to the individuals involved. These diseases are harmful to the individual at all times.

Bulimia health risks include severe dental decay, damage to esophagus and stomach, muscle weakness, irregular heartbeat and dehydration. These risks are often permanent to the affected individual.

"I think that they are tragic diseases which strongly alter and destroy the lives of the affected, the family, and the friends," Corey McCallan, sophomore, said.

Anorexia health risks include sudden death, pancreas damage, loss of bone mass and abnormal heart activity.

Psychological symptoms often present with both anorexia and bulimia are depression, low self-esteem, anxiety and mood swings. Treatment programs are available for affected individuals.

It is helpful if one can not attend a program to talk to someone. People in the community available for consultation include teachers, parents, clergy, medical staff members and local community centers.

An example of a local treatment center is University of Nebraska's Medical Center.

UNMC's psychological treatment includes identifying and changing thinking errors, identifying rewards and punishments of current behavior and identifying thoughts and situations which depressed the individual affected.

There are also interpersonal therapy sessions which include reviewing relationships, identifying specific problem areas and exploring general ways of relating to others in the individual's life.

There are many support groups in the Omaha area which help individuals affected by an eating disorder cope and overcome the diseases. Get help.

These diseases turn deadly if not properly treated.

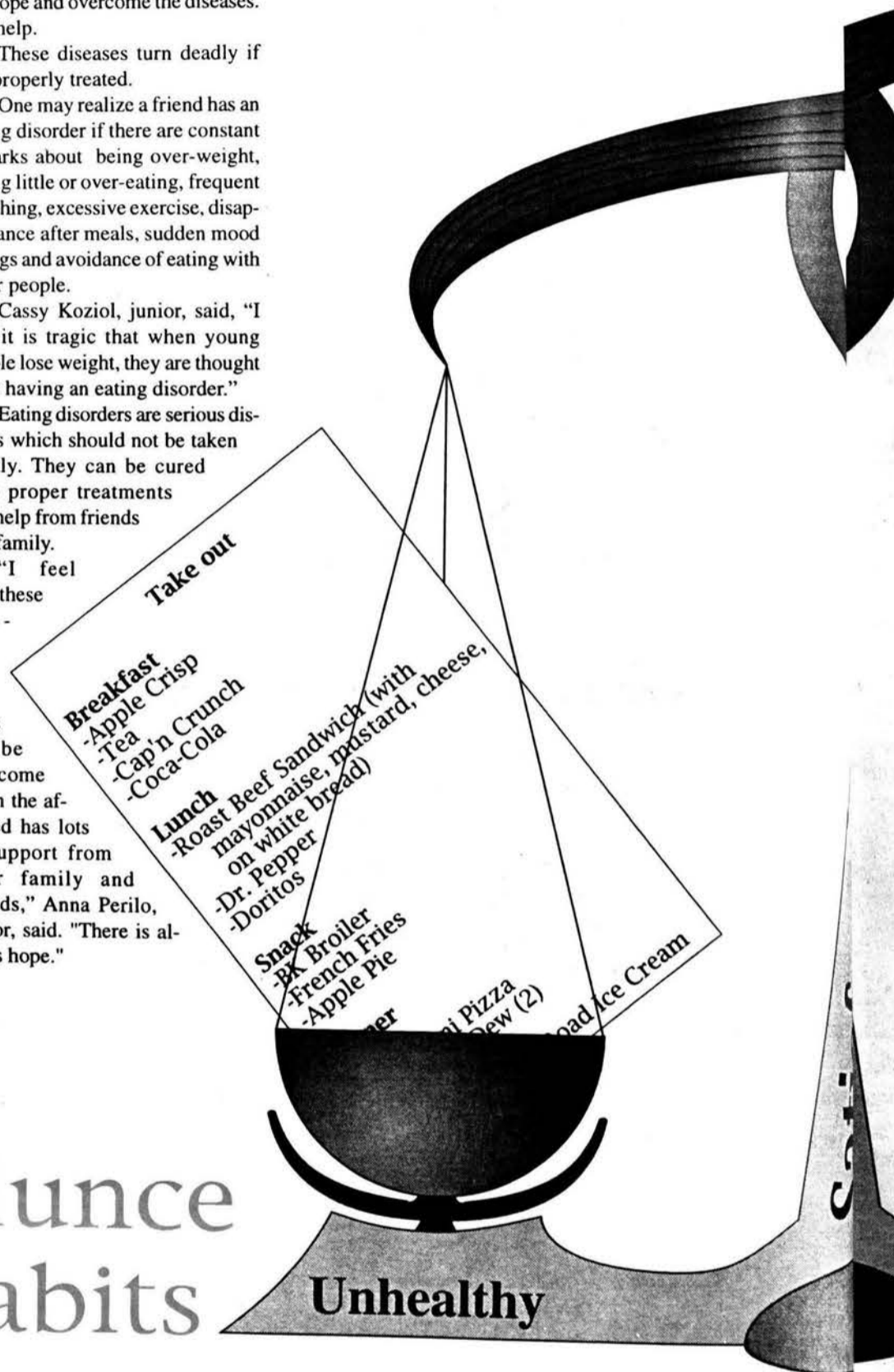
One may realize a friend has an eating disorder if there are constant remarks about being over-weight, eating little or over-eating, frequent weighing, excessive exercise, disappearance after meals, sudden mood swings and avoidance of eating with other people.

Cassy Koziol, junior, said, "I feel it is tragic that when young people lose weight, they are thought of as having an eating disorder."

Eating disorders are serious diseases which should not be taken lightly. They can be cured with proper treatments and help from friends and family.

"I feel that these d i s -

eases can be overcome when the affected has lots of support from their family and friends," Anna Perilo, senior, said. "There is always hope."



Religions influence teens eating habits

By Angela Parks

Religious guidelines often translate into including dietary guidelines. Judaism, Islam and Roman Catholic students are sometimes prohibited from eating certain foods.

"The dietary laws basically prohibit one from eating meat and milk of a cow," Lauren Paley, sophomore said. "You should not cook a child in its mothers milk."

In Judaism there are special dietary laws, which are called kashrut.

Another dietary law of Judaism is one can not eat pork. The reason according to Lauren why one can not eat pork is that the pig does not have split hooves and does not chew its cud. In order for Jews to eat an animal it must have split hooves and chew its cud.

The guidelines of Judaism also prohibit one from eating certain types of seafood items. Lauren said that she can eat seafood that has fins and gills, such as fish. She can not eat lobster and other species that walk on the ocean floor.

Kashrut also requires that animals must be killed in a humane way. "There is a special vein in many animal's neck that when it is slain there it does not suffer," Lauren said.

To follow this dietary law one has to watch the products they buy. One must buy products from a plant that is koshered. Kosher means that a certified rabbi watches the way animals are killed. A certified rabbi that works in plants is called a Mashgiach.

"There are many plants that have a mashgiach present," Lauren said. She went on to say that products labeled with a letter K, a triangle, circle or a U around it show that the item is kosher.

We either buy our meat from Bag & Save, or order meat from a catalogue, so that we are sure it is kosher," Lauren said. "The only place in Omaha that is koshered is Bagel Bin."

The Islam faith also has the law that meat must be kosher, but the meaning of kosher is different for Islam. To be kosher in Islam, a prayer has to be said over the meat before the process of butchering.

Junior Omar Nazem said that his family does not eat meat that is kosher, because it is very hard to do in today's society.

Moslems also face other guidelines that affect their eating habits. Pork and alcohol are the two items prohibited by

the Islam faith. Two reasons why Moslems do not eat pork is first "pigs are dirty," and that in the past times it was very hard to keep the pig fresh even with spices.

Lema Bashir, sophomore, said the reason why the Moslems do not drink alcohol is that "it confuses the mind."

Both Judaism and Moslem have periods of fasting. The main fasting day is Yom Kippur in the Jewish religion. Fasting starts at sundown and goes to the next sundown. In Judaism follows the lunar calendar.

Moslems fast during Ramadan. Ramadan lasts for a month.

The Islam faith also follows the lunar calendar. The reason for fasting in the Islamic faith is to sympathize with the poor people and to get closer to the gods.

Roman Catholics also fast during the season called Lent. The main day of fasting is Ash Wednesday. Plus on Good Friday one may not eat meat. Also some students do not eat a food item for the whole lent season.

Not all Jewish, Moslems or Catholics will follow these guidelines.

OPS experiments with Central's lunch program

By Valerie Newhouse

Because of the lines and the lack of participation in Central's lunch program, Alice Lynn, Omaha Public Schools nutritionist and Central principal Dr. Gary Thompson have had meetings with Student Council for ideas to improve upon the current system. Lynn estimates that Central has one of the lowest participation rates in the school lunch program in OPS. The most recent meeting was Wednesday, Nov. 1. Greg Bokelman and Tom Casper from Sioux Falls, South Dakota, were present to discuss a food

senior and president of Student Council, said, "Students want shorter lines and they don't want to pay a lot of money."

"There should be a lot of variety. Also, try to have a lot of fat-free items." Maria Theophilopolous, junior, said,

Casper, Bokelman and Lynn left with a better idea of students' wants and needs.

While a food court may not be in the immediate or even far-reaching plans at Central, other ideas are being formed to eliminate the necessity of walking to the fourth floor for lunch, and the reasons students have for not doing so.

Peggy White, cafeteria manager, said one of the reasons for Central's lower participation in the full-lunch meal program in the cafeterias is the location. White said the fourth floor is not convenient for students.

"If the kitchen was more centrally located, we would get higher participation [in the lunch program,]" she said.

Another consideration, White said, is climbing the stairs is too time-consuming and tiring for the students.

Students, though, have other reasons for not eating in the cafeteria. Seniors Ben Komar and Brandon Meigs both spend their lunch periods in the courtyard.

"I seriously believe it [school lunch] has gone down in quality as well as quantity every year since elementary school," Ben said.

Brandon said that the lunch hours are not long enough. He also mentioned the addition of a recess, saying that it would encourage healthy appetites.

Dr. Gary Thompson, principal of Central, wishes all students would eat a full lunch, especially if they plan to eat the snack foods available. "I think there is a good variety of foods," he said. "The lunch hours are plenty of time to

eat, but I understand that the lines can be very long at times."

Health is of major importance in the OPS school district for the school lunches. Federal regulations also ensure that schools serve healthy and nourishing food.

Lynn said that, contrary to many students' beliefs, the hamburgers served in OPS's cafeterias are 100% beef. Jennie O, a brand sold in grocery stores, supplies the majority of the meat served in the OPS school district. Other suppliers include General Mills, Pillsbury and Tony's Pizza.

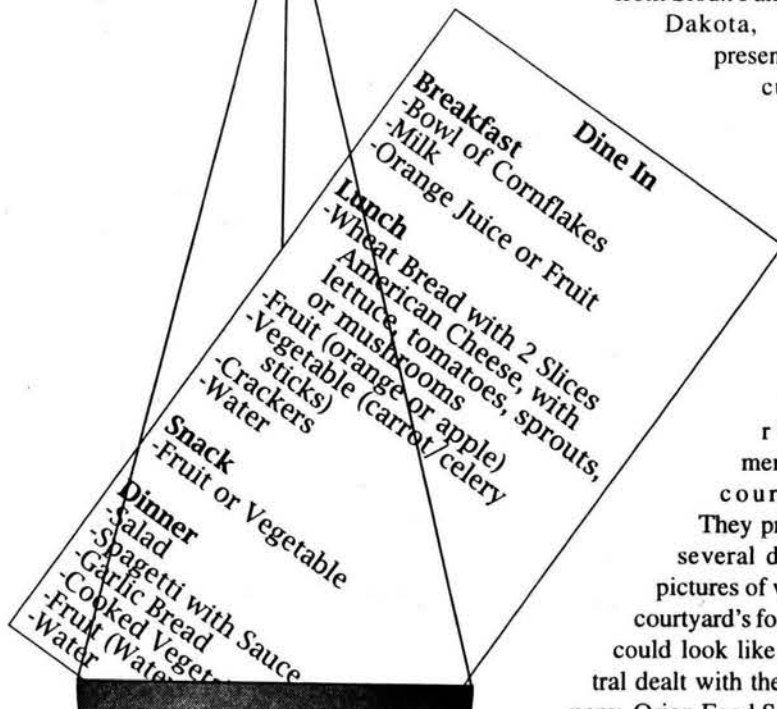
The government also supplies school districts with some food used in branches of the United States Armed Forces. The government, Lynn said, has very high standards for the food distributed.

One reason for the "full meal" encouraged in the cafeteria is health. According to Mrs. Lynn, the schools try to teach and encourage healthy eating habits starting in elementary school.

Approximately five years ago, Lynn said, OPS decided to move toward more healthy choices. The OPS nutrition service has noticed that the elementary students that have had the plan in effect for several years are carrying their healthy eating habits with them to junior high school. Lynn said full meals are healthier for the students, with all the basic food groups covered.

Another reason for the cafeteria to encourage full meals is money. For every full meal, or "reimbursable meal," served in the cafeteria, 17 cents is reimbursed to the school district from the federal government. For a meal to be considered "full," it must include at least three items from different food groups.

Central and OPS are looking for a solution for the lunch and health problems Central is facing with inconvenient cafeterias and no location for structural improvement, Dr. Thompson said.



like arrangement in the courtyard.

They presented several different pictures of what the courtyard's food court could look like if Central dealt with their company, Orion Food Systems.

The food court could be made to any specifications that OPS and Central determined to be appropriate and feasible. Many options for the different food court restaurants exist. They include name brands like Hot Stuff Pizza, Cinnamon St. Bakery, Joy Pagoda's Chinese and Eddie Pepper's Great Mexican Food.

Student Council members voiced opinions on the options made available. Jeremy Evans,

Healthy

Teens using vitamins for preventative medicine

Angela Parks

When hearing the word vitamins do you think of the different colored Fred Flinstone vitamins? Well, there are alternatives to taking Fred Flinstone vitamins. Several Central students have been using natural vitamins to promote better health. "My mother got me started into nutrition and vitamins," Angela Harbison, senior, said. Vitamins make up half of business according to Todd Hurley, No Name Nutrition Center manager. "We carry twelve to fourteen different brands of vitamins," Hurley said. "The most popular is the multi-vitamin complex, which helps the skin and vitamin E, which is for stress. Are vitamins popular among teens? According to Hurley, he does not see many teens come in the store. "Younger teens of the time send their parents in instead of coming in themselves."

Why would someone take vitamins? Senior Tricia Steinbach takes vitamins as preventive medicine. She feels that taking vitamins is just as effective as seeing a doctor. "When one is sick in my family, we use natural remedies instead of going to a doctor," Angela said.

Angela takes "a handful" of vitamins in the morning. She takes beta carotene, allergies, vitamin C and pre-natal vitamins. Angela also takes a supplement vitamin because of being a vegetarian.

Allergies is a golden seal, and vitamin C is for the purpose of keeping bones healthy. Pre-natal vitamins provide nutrients that a woman needs.

Should teens take vitamins? "Vitamins keep one a lot healthier and provide energy, therefore teens should take vitamins," Angela said.

However, Hurley had a different answer. "People young or old should not have to take vitamins, but nutritionists feel that it is a extremely good idea because of poor diets."

Other nutritional items that may help do a body good are energy bars, weight supplements and caroe.

According to Hurley, power bars and energy boosters are very popular, especially with athletes. We go through two cases total of flavored power bars," Hurley said.

Junior Scott Dall used a malt energy booster for a period of time until the price became to high. "The malt did not taste good, but it got the job done," Scott said. "One's better off to eat a good diet and a lot of pasta than spending their money on items for energy."

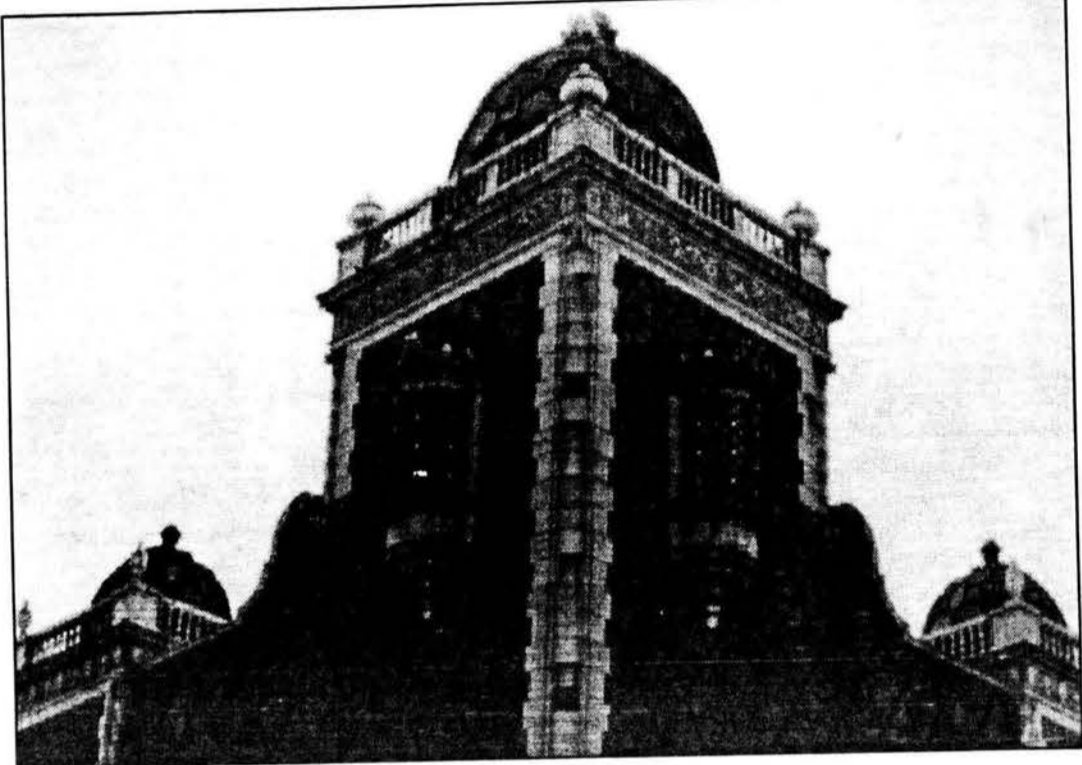
Weight supplements help people who are trying to gain weight either for athletics or for because they are skinny. Junior Josh Norcutt used drank a weight supplement in order to gain weight for football. He felt the supplement was worth the money because he gained pounds. I recommend anybody who needs to gain weight to try a weight supplement," Josh said.

The last nutritional item is caroe. Caroe is a supplement of chocolate.

Angela said her family uses caroe, and that caroe does not have the fat or sugar regular chocolate has.

Senior Erin Onkka said she feels that vitamins and other products that do a body good are very "effective."

AROUND OMAHA: THE ROSE THEATER



Lei Brown

The Rose Blumkin Performing Arts Center is scheduled to open Nov. 24 with a performance of "It's A Wonderful Life."

By Nick Stender

On the southwest corner of 20th and Farnam Streets sits a building that has been void of life for 14 years, the Astro Theater. Now the building is full of life as workers, actors and directors scramble frantically to prepare for opening day, Nov. 24.

The building, now known as The Rose Blumkin Performing Arts Center, or The Rose, has undergone a \$9.3 million renovation. Architects from Alley Poyner Architecture have carefully restored the building to preserve the spirit and historic look of the building.

The Rose has a rich and colorful history dating back to 1927, when John Ebersson, an Austrian immigrant, designed and built the theater. The 2,776 seat theater, named the Riviera, opened March 26, 1927.

The Riviera was described as "a magnificent amphitheater under a glorious moonlit sky, an Italian garden, a Persian Court, a Spanish patio or a mystic Egyptian temple yard where friendly stars twinkled and wisps of clouds drifted."

In 1929 the theater was purchased by the Paramount chain and was uniquely re-christened the Paramount. The Paramount bustled for 23 years, until it shut down in 1951.

After sitting vacant for 10 years, the building became the home of the Packers, Omaha's professional bowling team.

A year later, Dubinsky Brothers Theaters of Lincoln took over the building. Parts of the original decor were slightly altered, and the theater reopened as the Astro, a name inspired by the interest in space travel at that time. Movies were shown until June 15, 1980, when the Astro shut down.

Rose Blumkin, founder of Nebraska Furniture Mart, bought and safeguarded the theater until an appropriate use could be found. Several renovation proposals were rejected until the Omaha Theater Company for Young People came up with a workable plan and the funding needed to bring the historic theater back to life. Rose Blumkin donated the building to the Theater Company in 1993.

Now the theater begins a new era with the Omaha Theater Company for Young People. The mainstage opens with a production of an adaptation of Frank Capra's classic film "It's a Wonderful Life!" Shows run from Nov. 24 through Dec. 23. The second production to grace the stage is Lewis Carroll's "Alice in Wonderland," running from Jan. 19 through Feb. 18.

"Heidi," Johanna Spyri's treasured novel, takes stage as a musical. "Hedi" runs from March 8-31.

Taking place on the upstage is a production titled "Mandela". "Mandela" is an inspiring true story of Nobel Peace Prize winner Nelson Mandela and his struggle for the defeat of apartheid in South Africa. Shows run from Jan. 12 through March 8.

Also on the upstage is "Show-down On Rio Road," a comedy of a nerd turned bully, written by Mark Medoff. Shows run from May 4-26.

Tickets for all shows are \$12 and can be purchased at the box office Monday through Friday between 9:00 a.m. and 4:00 p.m., or by calling 345-4894.

The Rose is also home to The Performing Arts Academy. The academy is for people of all ages and emphasizes self-confidence and the ability to express creative ideas. Tuition ranges from \$60 to \$85. Registration for the academy can be done at the theater or by calling the theater box office.

A new era is starting for The Rose. The theater has been given another chance at life. Attend a show and be mystified by its beauty, for it is not just another play, but a whole new experience.

Central graduate tak to the air



Central graduate Kirk Markus defies the laws of physics as he does a flip at a recent skate competition held at McFosters Natural Kind Cafe Sun., October 22. Kirk placed 2nd in the competition.

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Central students active musicians on Omaha scene

by Caroline Foley

Revalo

"Revalo is basically a hard-core, punk band," a member of the band said.

Oliver Morgan, Central junior and member of the group said that "being in Revalo is the best part of my entire life."

Revalo, Oliver spelled backwards, was formed in November of 1993, but only two of the band's original members are still in the band. The current line-up consists of Oliver Morgan, drummer/singer and Central junior, Shawn Cox, guitarist and Creighton Preparatory junior, Mark Kosmicki, guitarist/singer and North High senior, and Bryan Meyer, bassist and Burke High senior.

"I think the fact that we have two singers makes us unique," Oliver said. "Our music has been influenced immensely by bands like Minor Threat, Fugazi, Korn, the Jesus Lizard and Shellac."

Revalo is one of the youngest bands on the Omaha music scene.

"I think that the music scene around here is getting better. Good bands are getting recognized, but not as much as they should. I think that the Cog Factory [22 and Leavenworth Street] has really improved the music scene by giving a lot of local bands exposure," Oliver said.

"When we first started playing we would play anywhere, for no money. We are finally making a profit from the shows we play and the records we sell," Oliver said.

"The most memorable bands we have played with are probably Fear, Ritual Device and NIL8, but our favorite bands to play with are Dug Syndrome and Blenny," Oliver said.

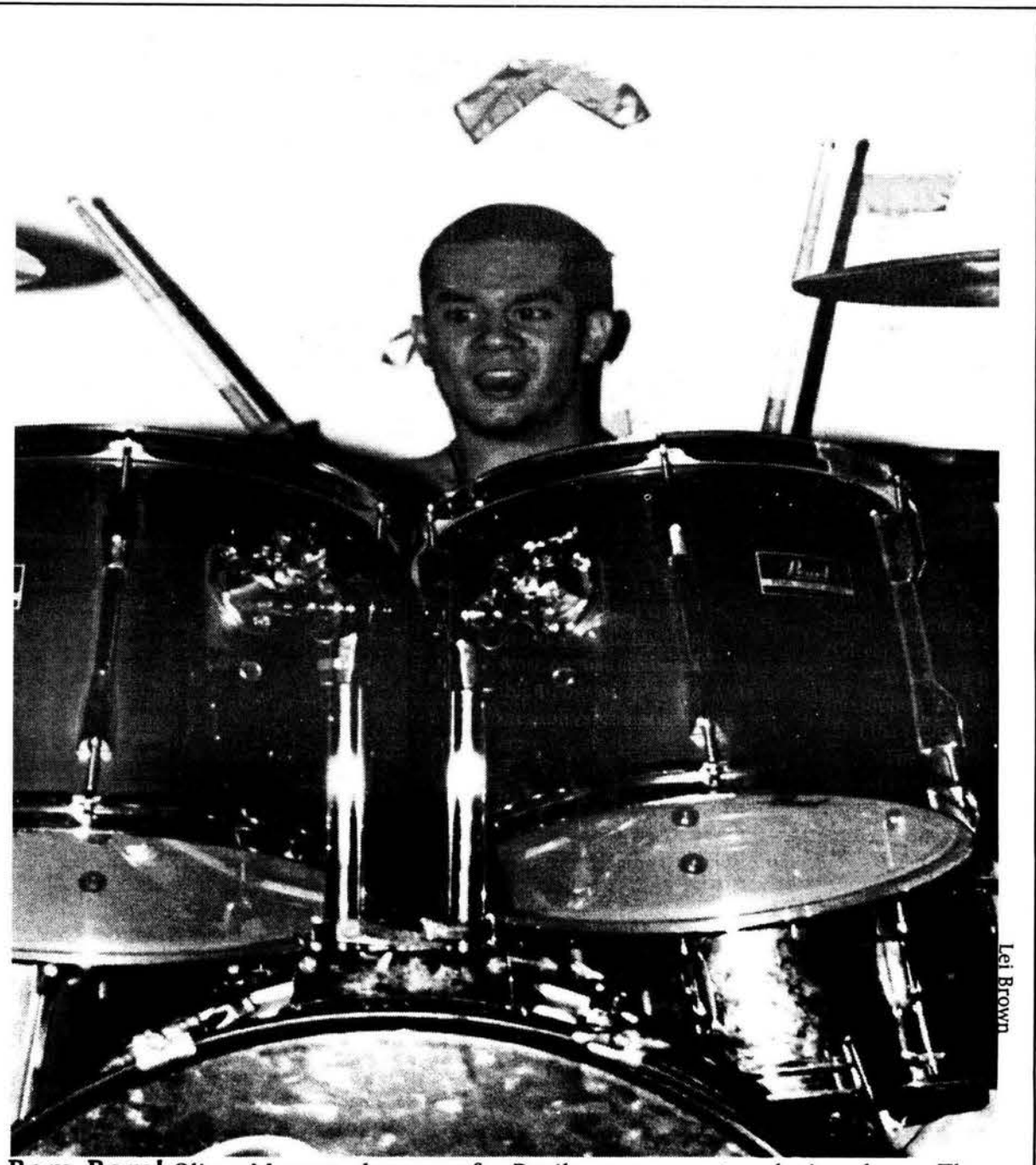
Revalo released two albums since its birth in 1993. The first album can only be found in the most loyal of fan's collection, not in record stores. The other album, "1-8-7," can be found in all of the downtown music stores and a variety of other locations. Revalo is releasing a split album with Blenny, another Omaha band, this December.

"The songs that we write are about the everyday occurrences and experiences that happen to us and things we feel strongly about," Oliver said.

Revalo's music is all original. The lyrics are generally written by Mark and Oliver, and the music is generally written by Bryan and Mark, as well as Shawn.

"The thing I hope for most in the future is that we are respected in the underground music scene," Oliver said.

Revalo can be seen throughout the Omaha area, usually at the Cog Factory, located at 22nd and Leavenworth.



Bam Bam! Oliver Morgan, drummer for Revalo, goes non-stop during shows. The band, which has been together three years, has gone through member changes and numerous Cog Factory shows to become one of the more successful groups in Omaha.

Lel Brown

Dug Syndrome

"Dug Syndrome is a great band to go and see. I always have such a cool time at all of their shows," said Becky White, Central Senior when asked about Dug Syndrome.

Dug Syndrome has been around for over two years, but with the recent addition of Jeff Carmichael, Central junior, as lead singer, the band has experienced more enthusiasm at concerts and publicity.

"Our music is hard-core, or something like that, with very silly lyrics," Jeff said. "When we write our lyrics we write stupid on the walls and think of varying perversions."

The band plays mostly at the Cog Factory and is very adamant against playing at the new Club Fusion, now called Ace of Clubs. Dug Syndrome is so against playing at the Ace of Clubs that they posted a large sign in the back of the Cog Factory saying, "We refuse to play at the old club Fusion."

"We hated playing there when it was open, so why bother playing there now. We never had any fun there anyway," Jeff said.

Dug Syndrome is planning on recording a cassette at the end of December that should be available to the public sometime in February. Dug Syndrome's first tape is called "Sphincter Bar Mitzvah."

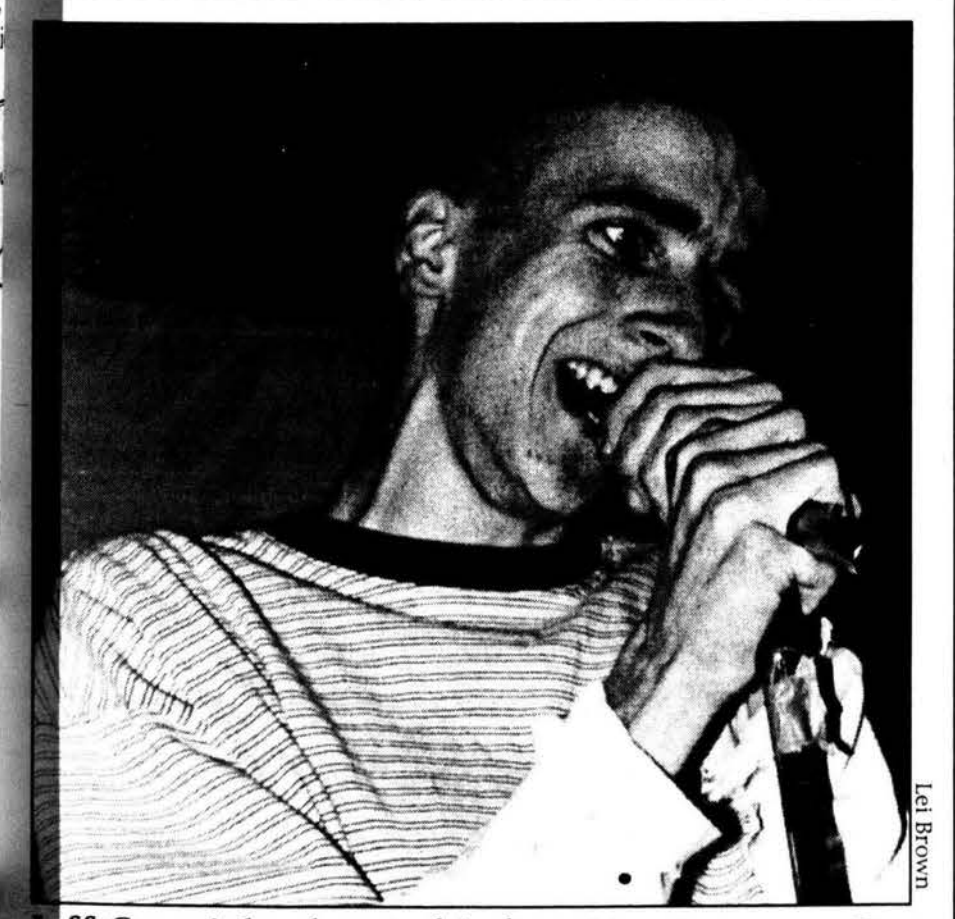
"I wish the Omaha Scene was better. I can't think of any really good bands that have come out of Omaha. I'm sure that if there was better publicity of the current bands someone would become famous in the music world," Jeff said.

"I don't think that being in a band really effects my school work. I like [the band] a lot more, so I spend more time working on it. I love being in Dug Syndrome. It makes me happy," Jeff said.

The band's major influences include Korn, Ritual Device, and Weird Al Yankovitch. Dug Syndrome consists of Pete Eckerman, guitarist, Steve Kult, drummer, Shawn Cox, guitarist, and Mike Kolartz, bassist, all of whom attend Creighton Preparatory.

"As far as our future goes, we are all hoping for the best. None of us want to set our hopes to high and actually believe that we are going to get rich and famous, just to get all of our dreams shattered," Jeff said.

Dug Syndrome can be seen frequently at the Cog Factory for \$4 to \$5.



Lel Brown

Jeff Carmichael puts his heart into it at a recent Dug Syndrome show at the Cog Factory.

IN BOCCA DI LUPA PLAYS TO THE IMAGINATION

By Rachel Jacobson

"In Bocca di Lupa," the Blue Barn's most recent production, is not purely entertaining. It is imaginative, clever, intellectually stimulating and in line with the theater's reputation for visionary shows.

The program states: "We are a theater that sparks emotion and thought, and plays to the imagination. We are committed to producing new and established works that have rarely been seen in this community." This describes "In Bocca Di Lupa" exactly.

The play includes a series of stories from Greek mythology and other legends told by three women in togas, the sole performers in the show.

The three performers, who also helped to write the play, are Cindi Braun, Rachel Hauben and Kay Johnson. In addition to the actresses, the play was also written and developed by Sheila Malone and Amy Matthews.

The scenery was simple and powerful, not unlike the message the play conveyed. Intoxicating

ing wind and percussion instruments lurked from behind a huge white sheet draped in the shape of the goddess Kali.

The story of Kali was the primary symbol of feminine power in the play. She is a goddess of contradictions: good and evil, love and hate, etc.

Other stories included the tale of skeleton girl, who is thrown off a cliff into a river by her abusive father. She is left, alone and abandoned, to become a skeleton. A legend develops about a skeleton woman, preventing any human from going to the area in which skeleton woman was killed. A fisherman discovers the area, unaware of the legend. There he discovers skeleton girl. At first, he is afraid, but

then he sees the beauty in skeleton girl and falls in love. His

love brings her back to life. The heartening story presents a similar theme to that of "Beauty and the Beast" or "Frog Prince."

Another tale is the story of the goddess of heaven travels to the underworld to console her sister, queen of the underworld, upon her husband's death. There, she is tortured by demons and told that she may never return. After being in the underworld for three days and three nights, begging for her life back, the demons tell her that she can return only if she chooses a loved one to go to the underworld in her place. After exploring several options, she chooses her emotionally abusive, irreverent husband. The play explores the theme of starting anew.

At the end of the play, the various stories are brought together by comparing the events in the characters' lives to the daily life of the American woman:

"I am skeleton woman when I am vulnerable."
"I am Kali when I howl."

Overall, "In Bocca di Lupa" was insightful and fun. The adaptation of ancient stories to the lives of women today made it's theme relevant and timely.

Upcoming shows at the Blue Barn include "Blue Workshop Takes Center Stage," an original collaboration with the Lesbian Theater Project, and "Round Me Exploring the Boundaries." The Blue Barn is located at 345 South 13 Street. Call ahead of time for tickets at 345-345-345.

We are a theater that sparks imagination.

-Blue Barn Theater

Texas Chainsaw Massacre: cult classic and classic soundtrack

By Caroline Foley

"The Texas Chainsaw Massacre Part 2" soundtrack provides a wonderful collection of cult-classic bands that allow any listener to relive the mishaps that occur during the "Massacre" movies.

This album was released in 1986, shortly after the release of the movie. Although the soundtrack never topped the charts, it has earned a spot in the hearts of many loyal fans.

The soundtrack features bands like the Cramps, Concrete Blonde, Lords of the New Church and Torch Song. The best song on this record is probably "Goo Goo Muck" by the Cramps. This song plays in the movie during the bloody murder of a young hitchhiker by one of the more frightening characters in the cast. The soundtrack truly creates the humorously disturbing mood throughout the movie.



This is defiantly not the album for the serious listener, searching for deep meaning in the lyrics. The lyrics are funny, much funnier after one sees the movie. The soundtrack does not attempt, in the least bit, to convey a message to the reader.

This album is a great present for anyone who is a fan of underground horror flicks that usually lack the caliber of the big-screen productions. "The Texas Chainsaw Massacre Part 2" is part of a trouble-some, but, hilarious trilogy, which all have entertaining soundtracks. However,

none of these soundtracks are as marvelous as the album for "Part 2." Check out the Super-Saver bins for your copy.

Pumpkins' new album is a smashing success

Jennifer Houlden

If you have \$23.99 on hand, or any friends that will lend it to you, run down to your nearest music store and buy Smashing Pumpkins' new double disc compact disc "Mellon Collie and the Infinite Sadness." You will be amazed at the effect that the first song will have on you. The title track is an excellent blend of harmonious and haunting instrumentals. Let me tell you, infinite sadness is not an exaggeration of any kind. I stood alone in Blockbuster Music, headphones on, balling my eyes out. I wasn't emotionally distraught before I came, and I wasn't upset when I left, but I was wallowing in sorrow while listening to that song.

Fortunately for my mental health, the next few songs were no-nonsense hard-core groove songs. They seemed really eager to make me want to jump around, and I'm really glad they did so I could quit crying. They kind of got lost in the mediocre whining of their last album, and it's good



to see, or hear rather, that they have picked a definite mood for their music.

The moods vary greatly throughout the two discs, but none of the songs seem watery or vague, a problem I think Smashing Pumpkins has had in their previous albums. Every song seems to have a purpose and destination, whether it is to make you so desperately sad that you want to die, or to set you off on a violent rage that might end up killing that girl that sits in front of you in English. Hopefully you'll be able to avoid that, but the purity of emotions present on this collection is thoroughly riveting. There is a lot involved in this album, more than you would expect. The range of musical styles and influences vary from Smashing Pumpkins alternative roots to the crescendos of classical music in some of their more ballad style pieces.

I highly recommend the purchase of this album. You will not regret it, I promise. It's about time that some quality music was released, please support the cause.

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uh? by Carrie Parrott



"Thump!"
I can still vividly recall the hollow sound of fingers on knuckles in the game that many of us played in junior high. The purpose of this game: to thump a person's hand as hard as is humanly possible with the thumb and middle finger. The person who dealt with the pain the longest won.

I remember watching people playing this game and thinking about how stupid it was. I cringed whenever anyone threatened to thump my hand. It was the obsession of the eighth grade boys for weeks. This game could be considered a trend.

Trends have been around for ages. In the 50's, it was the poodle skirt. In the 70's, bell-bottoms. During my lifetime, many, many fads and little games have occurred. The thumping game is only one.

We played different games during grade school. In one game, a person would touch a member of the opposite sex or someone that most people didn't like. Next, they would touch a friend and say, for example, "Jenny germs, no returns!"

The person who had received Jenny's germs would react with disgust and give the germs to another person. The only rule was that you couldn't give the germs back to the person you had received them from if he had his fingers crossed.

Another strange trend present when I was in sixth grade is the slap bracelet. For those who have forgotten the object out of their memory, the slap bracelet is a long, narrow piece of plastic wrapped in

decorated cloth or foil. When you struck the bracelet against your wrist, it immediately wrapped around the wrist, forming a neat little bracelet.

The slap bracelet existed for quite awhile. We would slap different objects and see which ones the slap bracelet would wrap around. The desk, arms, pencils, legs, books—there was an endless supply of objects that could be slapped. Not to mention the cool slapping sound that the bracelet made.

Another trend during my sixth grade year was the TV show "The Simpsons."

"The Simpsons" was quite controversial that year. Children everywhere were heard saying, "Eat my shorts!" Parents and teachers thought that Bart and his antics were a bad influence on small, highly impressionable elementary school children.

Soon it became cool to wear Simpsons tee-shirts. My first tee-shirt had a picture of the Simpson family sitting on a couch in front of the television, with a headline reading "Family Bonding." Eventually, I think Simpsons shirts were banned at school because of the controversy. Nowadays, teachers would probably welcome Simpsons shirts with open arms, considering what kid's shirts say today.

A final trend during my junior high years was quite strange—reinforcement tabs. Maybe this was only a trend in my junior high, but kids began buying packages of reinforcement tabs and sticking them on each other. Reinforcement tabs are small white circles with holes cut out of the middle to put on the holes of notebook paper for reinforcement. Hence, the name reinforcement tabs.

Students during the reinforcement tab era would stick the tabs on people by the dozens. Don't ask me exactly what the tabs meant, it was just another strange chapter in the book of our generation's twisted trends.

Powder gets less than electrifying reviews

by Jen Houlden

So it sucked. I spent my last \$5.75 on the darn thing -I went to an unnamed (rhymes with porch yard door) theater without student rates and I think it's an atrocity.

All I ever wanted in a movie was maybe, I don't know, a plot structure? It's not happening in Powder. It's a 2 hour story of an albino teenager ostracized by his peers for his less than typical appearance. Not like that has ever happened before in the history of the world or anything. Teenagers are all ostracized for their appearance, if not by their friends, then by their parents or teachers. If you haven't been exposed to the cruelty of teenagers thus far in your life, you live under a rock and will need more than this movie to let you out from your cage. I, as a teenager, know that the funny looking people always have the good hearts, or some crap like that, and I really didn't need this chalk white biography of an afflicted boy to explain to me that personality is what counts.

Powder was the vaguest-most generic -"have faith in humanity"-blah movies I have ever seen. I think it was supposed to be an uplifting, inspiring story of a struggle through lack of pigmentation, which of course was meant allegorically to represent purity, but I missed that uplifting part. Unfortunately, I grabbed right ahold of the annoying trite aspect that Powder was able to convey.

The character of Powder was very aesthetically pleasing however. He was a smooth dresser, and had a great set of abdominals, and a sweet old set of bright violet eyes, but other than that the great white underdog was a very lacking character. There was, of course, the aspect of the lightning that struck Powder's mother immediately before he was born. The violet eyes could probably be attributed to that, but I think the nice abs resulted from his many times alone when he had nothing to do but sit up, just a thought.

Powder is a fairly trite story that is supposed to appeal to the empathetic and universally caring nature of humanity. I did see many a female crying in the theater, but in general, most people either male or not overly sensitive had a very distasteful look on their faces. There is, of course, the electricity element in Powder, you might want to do a science project on a human's ability to constantly project electricity, but that's a whole different topic. I heard some people commenting that it was the most moving story they had seen in years, but I still maintain that you should not waste your money and wait until it hits the \$1.50 movie theater. Don't rent it, you'll never finish it, and it's not worth it anyway.

Recipes for a vegan Thanksgiving

By Caroline Foley

COMPLETELY VEGAN STUFFING

1/4 cup of cranberries
2/3 cup white rice
1/3 cup wild rice
2 cups vegetable broth
1/4 cup pine nuts
2 finely chopped white onions

2 tablespoons of margarine
1/2 teaspoon allspice
1 tablespoon cumin
2 teaspoons cinnamon
1 teaspoon of nutmeg
2 chopped peppers optional

Begin boiling the rice in 2 cups of water. In a large saucepan melt the margarine. Add the onions (and peppers if desired) and the spices. Cook for about 20 minutes or until soft. After the onions and spices are done, add the cooked rice, pine nuts, and cranberries. Cook the ingredients for two minutes over medium heat. Add the vegetable broth and slowly bring it to a boil. Cover the sauce pan and steam for 50 minutes. Serve with other Thanksgiving items or with turkey.

PUMPKIN GRATIN

1 pound pumpkin
1 pound cauliflower or broccoli
1/2 cup grated parmesan cheese
1/4 cup cheddar cheese
season with salt and pepper

3 tablespoons of margarine
2 tablespoons of flour
2 cups of warm milk
1 teaspoon nutmeg

Cut the pumpkin into small wedges. Remove the seeds (good for snacking on later). Put the pumpkin in a dish and bake in a preheated oven at 450 degrees for 40 minutes. Steam the cauliflower or broccoli while the pumpkin is cooking. When the pumpkin is finished remove the rind. In a medium saucepan melt the margarine

over low heat. Add the flour and milk and whisk for 10 minutes or until mixture is smooth. Remove the saucepan from heat and add cheddar cheese, nutmeg and salt or pepper, if desired. Place the cooked vegetables in a pie pan and top with cheese mixture. Top with parmesan cheese and bake for 15 minutes.

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Blast from the past: SCA faithfully relives medieval times



En Garde: Two warriors from the Society for Creative Anachronism hone their sparring skills by recreating a medieval battle. Fighter practice is done in handmade costumes, accompanied by ladies in waiting, and takes place at Memorial Park on Sunday mornings.

By Caroline Foley

The clash of swords, cries of battle and dress of medieval times seem out of place on a Sunday afternoon in Memorial Park, but the members of the Society for Creative Anachronism, or SCA, said they believe it's an ideal location to recreate their battles.

"Memorial Park provides an ideal scene to reenact our battles. We get a lot of people who stop and stare, as well as people who ask us what we're doing and why. Sometimes people choose to become members of SCA after they see our fighter practices in the park," Tawnee Foster, active member of the SCA, said.

"Our hobby is reliving the Middle Ages," Foster said. "It's a lot of fun."

"It's a hobby to a lot of people, but some people turn it in to their way of life. You can take it to whatever extent you like."

The members of the SCA select a time period and name, usually based on their heritage, which they find interesting. From there they can earn a title, such as duke or lady, depending on the outcome of competitions in fighting or dancing. Mark Krejci, SCA member, chose Sir Vaclav Semjaka as his character "because of my

Polish relatives, and since I'm a knight the title Sir."

The SCA chooses a king and every six months through a series of events called the Crown Tournament, held in various locations. The winners of the Crown Tournament have a six month reign, and it is considered a big honor to hold in that position.

The area in which they rule, known as Calontir. The Omaha area is known as Lonely Tower. SCA is a wide organization and has 13 different kingdoms in the United States, Australia and Britain. An annual meeting for the SCA is held in Pennsylvania where members to showcase their particular skills in medieval activities.

"We appeal to all walks of life," members who are doctors, lawyers and engineers. Right now there are 110 people in the Calontir kingdom whose ages range from 15 to 60, and the oldest member, Lonely Tower is 77," said Barb Shelansky, member, and co-chair of the Omaha chapter.

"We attract our members mainly through word of mouth, but we also do demonstrations at events like Renaissance

Lincoln reels in a live one

By Beth Katz and Jen Houlden

The mass of people camping, sleeping and selling handmade goods at the Phish concert in Lincoln, Saturday, Oct. 21, littered across the front entrance of the Pershing Auditorium. Those with tickets formed a human interstate, filing into the sections depending on how one obtained a ticket; those without were forced to search for people willing to sell a ticket.

"I'd do anything to get in at this point," Fraggie, a traveler who follows Phish, said. "I've never been shut out yet on this tour. I've seen every show in the past seven months. I never thought I'd miss one."

Outside of the Pershing Auditorium many people like Fraggie waited and frolicked in the cold. Many of the people waiting outside had come to the show without a ticket, expecting to be able to buy extra tickets from the people there. Some had cash or items in their hands, signally with a finger extended that they wished to buy or barter for a ticket. The number of people looking for tickets was much greater than the people selling, so regardless of the quality or monetary value, most people looking for tickets were still empty-handed as Phish took the stage.

The items which were available for trade ranged from hand-crafted clothing to gum wrapper cartoons to narcotics. Inside the auditorium, vendors of food and Phish paraphernalia lined the halls. Crowds of people poured into the main floor area, hoping to get a view of the stage. Others resided in the abundant seating areas enclosing the open floor.

Angela Harbison, senior, said, "At first,

I wanted to get up front to see the stage, but our seats ended up being perfect. I saw the stage just fine, but there was also plenty of room to dance and relax."

For many, the Lincoln show was not their first Phish concert. Matt McClarney, junior, and Collin Duggan, junior, traveled to Red Rocks, Colorado, last July to see Phish for the first time.

"It was the best show I ever saw," Collin said of the Red Rocks show. "It was more than just the concert, it was the whole environment. All the people who were following Phish took over the campground. It was like an escape from the real world."

The Phish following has increased significantly since the death of Jerry Garcia, lead singer of the legendary Grateful Dead. Many feel the Phish tours provide a similar atmosphere to the Grateful Dead shows.

"You become part of a family on the Rainbow. Everyone takes care of each other," Erika Coates, senior, said

"Everyone is so into it; they all dance together and move to the music," Luke Atkinson, junior, said.

The show, which grossed over \$145,000 in ticket sales alone, spanned four and a half hours, starting at 7:30 pm and finishing slightly after 11:30, and included a brief intermission.

By the way, thanks to his incredible perseverance, Fraggie did eventually get in to the concert. A happy ending to an excellent show.

B.B. King, Lucille sing the blues

By Beth Katz

Now, I've seen many a good concert in my lifetime, but I must say B.B. King was them all away. The King of Blues lived up to his name Thursday, Nov. 8, at the Orpheum Theater, delivering two and a half hours of non-stop blues and reminiscing.

Kelly Jo Phelps did a superb job of starting things off as he opened up for King with an awe inspiring mix of twangy blues and husky melodies. Phelps' compositions gave a freeing affect of a long road trip. I

After a brief intermission, the stage was set for King himself. As the lights dimmed and the spotlight centered on the royal blue curtains in the backdrop, everyone seemed to be on the edge of their seats. Suddenly, a troupe of eight men dressed in lavender and white paraded onto the stage. Introduced as the B.B. King Blues Boys, the band played a brief, nonetheless impressive set to warm up the audience. At this point, I became absolutely fascinated with the synchronicity of the two drummers. All of the sudden King nonchalantly waltzes onto the stage and the crowd literally howled as they rose to a standing ovation. King immediately broke into "Let the Good Times Roll," and roll they did.

To be perfectly honest, one of my favorite things about this concert was the lead player. This robust man in the lavender blazer looked like he had just stepped off the train. He danced and danced and danced every time he wasn't playing. And when he played, he was wonderful. After about an hour of performing, King and his Blues Boys opted for a more relaxed approach. Abandoning the brass instruments and his signature waltzes, King took a seat but assured the audience, "Just because we are seated, doesn't mean we're tired."

King recalled the beginning of his career some 47 years ago back in Mississippi, saying that it wasn't popular to play the blues then. King, who turned 70 this year, played some of his older favorites, including a cover of a Peggy Lee song. The King of Blues concluded with his timeless classic "The Thrill is Gone," for which the brass section turned.

Perhaps what I found most impressive of King's performance is his complete respect and gratitude for both his audience, his band and his guitar, Lucille. In return, both the audience and his band gave him a standing ovation and their undying respect.

B.B. King is a true artist in every way. If you ever get a chance to see King, take it and find out why he still sings the blues.

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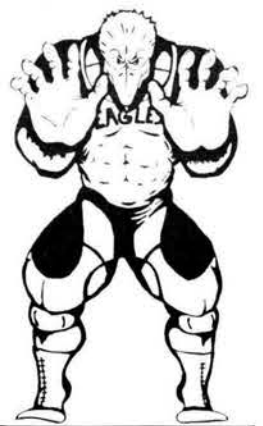
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Winter Sports Preview



Wrestling team strong; outlook is good

By Les Anich

Central's '95-'96 Men's Varsity Wrestling Team has championship potential in its athletes. Head Coach Gary Kubik said.

"We have four championship caliber wrestlers returning from last year plus a sophomore from Missoula, Montana," coach Kubik said.

Vito Agosta, junior, is a two year letter-man. At 119 lbs., Agosta finished sixth at the 1994-1995 State tournament at the Dewany Center. Plus, he was the District A-2 champion last year. Agosta has a career total of 40-27, including a 27-11 record last season.

Vito has accumulated a two year total of 103 takedowns," coach Kubik said. "A very aggressive series of setups to his double leg TD (takedown), makes Vito a tremendous threat at scoring, any time"

Gabe Lawrence, senior, is also a two year letter-man

with a two year career record of 40 wins and 25 losses, including a 27-11 record last season.

At 112 lbs. in the 1994-1995 season, Lawrence was also the District A-2 champion, and he was fifth in Metro.

"Gabe had a very good junior year. Gabe is an exciting wrestler to watch because of his exceptional quickness," coach Kubik said.

He said that junior Phillip Burrell, a one year letter-man, is another exceptional quick wrestler.

Burrell in last season had a 21-18 record at 142 lbs. He placed fourth in District A-2 that year.

"Phillip has an outstanding low leg attack. Phillip is a power wrestler that can pin his opponent any time," coach Kubik said. "With added confidence, Phillip's pin total should increase this season."

Another potential championship quality wrestler is Ladarius Murry, coach Kubik said.

Murry, junior, had a 17-21 record in 1995 at 185 lbs. In

last season's District A-2 tournament, Murry finished fourth in his weight group.

"This year he has trimmed to 171 and appears quicker, stronger and much more confident," coach Kubik said.

In this season, a sophomore from Alborton High School in Missoula, Montana joins these four potential championship quality wrestlers.

Josh Buckles, a one year letter-man, was runner-up in Class B of Montana's State Tournament. He was the regional champion last year as a freshman.

"Josh is quick and has a great double leg takedown. He is a very tenacious athlete who gives his opponent six full minutes, so scoring can occur anytime," coach Kubik.

Coach Kubik said that this year should be a good year for these five wrestlers and also for the rest of the wrestling team.

The first double duals are on Dec. 5 against Bellevue West and Northwest at Bellevue West.

Basketball looks promising for Central

By Josh Cohen

Ranked in the World Herald's preseason poll 10, the Men's Varsity Basketball team will kick off a new season.

"This is the first time in a while that we have been ranked in the preseason poll," coach Berhans said. "It has really given the players a lot of confidence in themselves."

"We have the two best players in the state in [juniors] Kenny McMorris (guard) and Galen Morrison (guard/forward). Both are key players in our attack scheme," senior guard Gene Lucero said. "I think because we are ranked in the preseason this year, it will be a major factor on how we do this season as well as the next."

Being ranked is very significant because the starting five are all juniors and all most likely be the same starters for next year's team.

"I am just out there to play my hardest and support the team," Kenny McMorris said. "If I can help the team that is all that is important."

"Kenny is a great player because he isn't selfish with the ball, and he is also a superb team leader," coach Berhans said. "I think with Kenny and Galen leading the team, we will come together and be very strong this season."

This season has a lot of promise. The Eagles should prove to be a force in the Metro this season and the next. With all the starters being juniors, Central is going to be a basketball force in the coming years, too.

"I think we are going to make the state playoffs this year and definitely next year,

because the teams in our district don't look as promising as we do," junior guard Ralph Blank said.

"Our team is really coming together and playing well in practice," senior center Corey McCune said. "There is real potential on this team. I think we will be a team to look for this season."

By Josh Cohen

The outlook is fairly good for this year's Varsity Eagle women's basketball team. Head Coach Dave Felici said that he thinks his squad is very talented and is going to be very competitive this season.

The Lady Eagles are a young group to say the least. The team consists of two se-

niors, seven juniors and five sophomores.

Two junior starters from last season are back. They are the only seniors on the team this year.

"Last season we built a strong foundation with what we had. This year we are more experienced, and instead of starting from scratch we are picking up from where we left off last season," coach Felici said. "We have lots of experience, and I think this will be a major factor this year."

Coach Felici said the girls played in the off season through league play as well as playing in 3-on-3 tournaments such as Hoop-it-up and the Triple Crown.

Among the returning players are senior Nicole Benson, who at 6'3" is the tallest center in the Metro, and junior Quiana Mitchem, power forward, who was the Metro's second leading rebounder last season.

"I think they are really going to stand out this season," coach Felici said. "They have enough experience to be real leaders for the team."

This season coach Felici sees this team to be somewhere in the middle of the pack in Metro play.

"I think we are going to surprise a lot of people. These girls are more confident than any team I have seen before," coach Felici said. "This is probably the most coachable team I have been with in my eleven years as a coach."

If this season doesn't prove to be perfect, next season should be one to watch. Central should be a contender for the State title with all the experienced talent they'll be getting back next year.



Central swim team splashes in with new coaches

By Kate King

Central's swim team will enter into a new season on Monday during their first meet.

The team has two coaches. Mike Steele, music teacher at Norris Middle School, and Kathleen Laughlin, Central High School business teacher, are the coaches of this year's team. Steele has worked with the Central swim team for the last three years, his first two as assistant coach and the last year as head coach of both the girls and boys.

Laughlin is the assistant coach for the entire team and coaches the divers on the team.

"The team looks very prosperous this year," Nick Stender, senior and boy's team captain, said. "There are lots of new members along with 'old school' members. The size of the team increased a lot this year."

The team trained for just over one month after school at Norris Middle School. Season practice began Nov. 13 at Norris from 3:30 p.m. to 6:00 p.m.. The pre-season conditioning included running and lifting weights. According to Nick, the team is in shape for the upcoming swim season.

"We've been stretching for muscle endurance and playing water polo for cardiovascular exercise," Steele said. "The

exercise must work all of their muscles."

"We have been trying to get an early start on the season," Nick said.

Attitude, along with fitness, plays a large part for good competition and making it to State finals. Nick said that the team feels they can make State level competition and the team has pulled together well.

Nick said that the old and new members respect one another and will support each other well, in the season ahead.

"I am very optimistic about this year's team," Nick said. "We have many talented and able-bodied athletes on the team. We should have a good chance at State."

From the Bench: Sports Opinion by Josh Cohen



I was watching the Nebraska-Colorado game a few weeks back, and I couldn't help but notice Ahman Green was the starting I-back for the Cornhuskers.

Of course, most people know that Ahman is a graduate of Central High School and was one of the best high school running backs in the country.

I also saw Nebraska's first offensive possession, when Tommie Frazier, on the first play, pitched the ball to Ahman on the option and he went 57 yards for a touchdown.

Ahman is one of very few true freshman that have started at I-back for the Huskers. If there is one thing that Nebraska is known for it is having great running backs, and Ahman is sure to go down in the history books as one of them.

Last week against the Iowa State Cyclones, he rushed for 176 yards on 12 carries. By accomplishing this, Ahman passed up Calvin Jones' mark of 900 yards to be the leading freshman rusher of all time at Nebraska. Don't forget that Calvin is also a graduate of Central High.

If you ever tune into ESPN's "SportsCenter" you will hear nothing but praises about Ahman, not to mention number one rated Nebraska, coming from the broadcasters.

It's amazing how a kid who is not even 20 years of age can be so competitive at the collegiate level with all the great players today.

You really don't expect to see Ahman's level of play from a true freshman. He looks more like a sophomore or junior. Just imagine what the future of Nebraska rushing is going to be like as he gets better.

If you look at the competition the Big Eight, you will see teams like Kansas State, Kansas and Colorado, which are all rated in the top 10 of both major polls. This shows how tough of a schedule Nebraska has and how it puts their athletes to the test.

Ahman has taken this test and passed it with flying colors.

After playing in the Kansas game, he now has 1,042 yards for the year, and averages almost nine yards a carry on the season.

Passing the 1,000 yard mark against the Jayhawks has put Ahman into Nebraska's core of elite running backs. He is now the fourteenth running back in Husker history to have had a 1,000 yard season.

Think, all this has been accomplished in only five games. Before Phillips was suspended Ahman saw limited action. Only a few carries late in a game when the Huskers were up big.

If he manages to get 86 yards in the final game against Oklahoma, which is very likely to happen, he will become the Big Eight's all time leading freshman rusher. He will pass up Kansas' June Henley by one yard, to be at 1,128 yards.

Ahman is a product of the Omaha Metro football conference. He played for Central during his junior and senior years, and led the state of Nebraska in rushing both years.

Not only is Ahman from the Metro Conference, but so are his teammates and co-running backs, Clinton Childs from Omaha North and Damon Benning from Omaha Northwest.

These two can not be forgotten in all the hype that Ahman's move to the number one spot and Lawrence Phillips' suspension has brought to Nebraska. Childs and Benning are very necessary parts to the Nebraska offense.

In the Iowa State game, Childs rushed six times and gained 70 yards and one touchdown, while Benning had five carries for 35 yards. Childs also returned two kickoffs and averaged 24.4 yards combined for both carries.

With these three deep at the I-back spot, Nebraska is sure to be a real powerhouse come bowl time.

If Nebraska wins their final game, they will be headed for Tempe, Arizona to play in the Tostitos® Fiesta Bowl, which should, in all likelihood, match number one Nebraska vs. the "whom ever number two" that is ranked in the Bowl Coalition's poll.

We will all know who's heading where the week after Thanksgiving, when the bowl bids are locked down.

Volleyball bumps it up a notch



Ka-Boom: Junior Quiana Mitchem slams her opponent from Marian with a fierce spike.

MEN'S TENNIS FINISHES STRONG LOOKS UP FOR NEXT SEASON

By Les Anich

Central's 1995 Men's Varsity Tennis team finished fourth and ninth in the Metro and State tournaments, respectively, according to Head Varsity Tennis coach John Waterman. Metro was held on Oct. 5 and 6 and State was held a week later on Oct. 12 and 13.

"I am pleased with the outcome of this tennis season. We finished 7-2," coach Waterman said.

Coach Waterman said his players are good athletes with a lot of potential, and they accomplished a great deal this year.

Charlie Yin, senior, placed second at Metro and fourth at State, playing number two singles.

Coach Waterman said Yin played great tennis in these tournaments and that the 1995 season was one of his best seasons of his four year career at Central.

"Stuart Waters [freshman], our number one singles player, finished fourth at Metro," coach Waterman said.

Waters reached the quarterfinals but lost to the defending number one singles player.

"Stuart came into Metro and State strong considering that he missed a couple of tennis tournaments in the season because of back problems,"

coach Waterman said.

Coach Waterman said that junior Hoberman's injury was very significant to the team.

Hoberman, doubles player, suffered a serious ending injury in practice on Sept. 6. He had a growth plate off his pelvic bone by reaching for a tennis ball in practice. The pain in his hip increased during the next week's tennis practices because he continued to put in the extra play even though he was injured.

Hoberman said he did not think it was a major problem at first, but practicing and playing the tear made his injury worse. That made him have to quit playing for the rest of the season.

"We could have placed in the top four in the Metro and in the top six in State in doubles if our players were healthy," coach Waterman said. "I am looking forward to next season. We have a lot of talent coming back, especially number one singles player Stuart Waters," Waterman said. "Jason Hoberman should be in great condition and the doubles team will definitely place in the top 5 in next year's tournaments. All around, we should be quite good next season."

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Women's Volleyball Varsity

Central over Millard West 15-10

Central over South 15-9

(District tournament)

Westside over Central 9-15, 5-15

Junior Varsity

Central over Burke 15-12

Central over Northwest 15-1

Central over South 15-9

Reserve

Westside over Central 13-15

Freshmen

Central over North 15-7

Central over Millard West 15-13

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SPORTS

We Cover Eagle Territory

VOLLEYBALL, OVER THE TOP, ABOVE THE NET

By Kate King

Central's volleyball team has surprised many people this year with a 7-10 record, according to Coach Brad Reichmuth, Central math teacher.

"Some people expected another losing streak as in the past," Quiana Mitchum, junior and varsity player, said.

Nadia Blazeovich, senior and varsity member, said the team "has been very good and everyone has worked hard for one of Central's best records."

Central's team was somewhat discouraged, Quiana said, after the first game at the Metro Conference Tournament, held from Oct. 23-26 at Millard North. Central's first game was against Omaha North to whom Central lost 5-1.

"The team lacked focus and communication against North," Quiana said. Nadia continued that the team did not do as well as they could have and that the team is better than they played.

Central had high hopes for the District tournament held Nov. 2 at Bellevue West.

"Communication equals good playing. If we communicate, then we can make it to State," Quiana said just before the District tournament. "We played beatable teams this year therefore we have a good chance."

However, Central was defeated by Westside in two games, 9-15 and 5-15. This loss was disappointing to coach Reichmuth, but he said that Central was "outplayed." Nadia said that the team did look good and felt confident going into Districts.

Reichmuth said that Westside "scouted" very well and did one of the most harmful things to Central they could have done, they kept the ball away for Beth Scanlan, senior. He also said that the team felt confident they would do well before the game making the loss even worse.

"Next year they need to be more mentally tough and not let outside things bother them," Reichmuth said.

"The team was in good position for Districts and if they would've had a good first round match they could have made State," Reichmuth said. "If they play as well as they can next year there's no limit."

In response to the volleyball team's season, Reichmuth reacted well. He said that the team was committed and he couldn't have asked for more. He said he wished that the team had gotten a 500 record, but the only way they could have done that would have been by getting a few more points in a couple of games for a victory. Reichmuth continued to say that he is proud of Central's 7-10 volleyball record.

Reichmuth is very anxious for next year's volleyball season to begin. He said that the lots of young talent he is seeing should put Central in the top ten in two to three years with an excellent Eagle team.

"Central had a big change for the girls this year," said Reichmuth. "They started way behind other teams, but have done well to catch up. Next year Central will be ahead of the rest."



No where to run: Junior Quarterback Jeremy Colvin pitches the ball on an offensive play because his hole is plugged up by an opposing Bryan player. Central went on to win the game 36-35 and advance to the State playoffs.

PLAYERS LOOK TO NEXT SEASON

By Josh Cohen and Les Anich

Central's 1995 Varsity Football Team looks forward to next season because next year only six of their starters will be gone.

"This past season was full of injuries and inexperienced players had to take over," two-way starter, junior, Luke Denney said.

Parnell Walton, I-back, Laron Rooks, offensive tackle, Kelly Allen, offensive tight-end and defensive tackle, Nick Friedrichsen, full-back and strong side line-backer, Hien Nguyen, weak side line-backer, and Adam Rinn, cornerback and split-end, are the only senior starters Central is losing. They led the young, but talented, team to the State Playoffs this season, the first time since the 1984-85 state championship team.

"I have to give all the seniors credit. We had an extremely young team and they led the way for us younger players," junior starting center Scott Dall said. "We are looking forward to a winning season next year."

The players played as a team, and they definitely pulled through the hard times. They stuck together and gave their best in each play of the nine games plus the one State playoff loss, junior Joe Girthoffer, back-up quarterback, said.

"We, as a team, had our ups and downs," junior starter Josh Norcutt said. "Everyone got at each others throats once

in awhile, but we ended up with an experienced team, and we had a lot of fun, that was the main part of playing this season."

"It was a disappointing year, but it was fun. It was great to see so many

before and during the season. We will have experienced players coming back. Hopefully we'll see them throughout the year and make the playoffs again," Denney said. "Hien Nguyen was one of



Nothing going: Sophomore I-back Deante Grixby eludes a Bryan tackler to gain big yardage. Central's offense put up 21 points in the first half.

people stick together through the hard times," Dall said.

The 3-7 record, including the playoff loss to Columbus, does not show how much the team tried to succeed this year as the backups from last year became starters.

They wanted to have a winning record and they wanted to set a foundation for next year. Most players think the 1996 season will be a better year.

"We had a lot of starters injured

uplifting seniors," Jeremy Colvin, starting quarterback, said. "It was a real knack for getting the team up, by either screaming and making the big play."

"It was a tough season for seniors we had gave great leadership, especially Hien," junior wide receiver Zach Girthoffer said.

Zach's season was cut short by a chipped bone in his hip that he sustained during the Purple-White game during the yearly scrimmage.

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