

## Church vs State: total separation is popular opinion

By Leslie Johnson

Prior to 1962, prayer was an integral part of the school day for some public school students. However, according to "Mixing Politics with Prayer," an article in the March 19, 1984 issue of *Time*, the Supreme Court ruled "that prayer or Bible readings in public schools violate the First Amendment's ban on laws 'respecting an establishment of religion.'"

After this ruling, school prayer became a topic reserved for parochial schools, angelistic revivals, and history books. A renewed interest in school prayer began recently, however, with proposed legislation in Congress.

### Separation of church and state

Measures providing for school prayer have been passed, but some public interest has been aroused. President Ronald Reagan has shown himself to be a supporter of prayer in recent months. According to *Time*, whatever the outcome, school-prayer advocates now have the aggressive national campaign they had long lacked: Ronald Reagan.

"I have very strong feelings that there should be a complete separation between church and state," said Dr. Moller. "Prayer should not be a part of public education."

An essay entitled "Whose Country it is anyway?" also in the March 19, 1984 *Time* counters prayer advocates with four arguments. The last point states: "Finally, school prayer violates a fundamental assumption of American life, one that has something to do with privacy, something with freedom of speech, and something less modified and explicit: that one ought to be able to retain one's humanity without being made to feel a pariah in one's own country."

### Voluntary, not mandatory

Several Central students formed a consensus that school prayer should be voluntary rather than mandatory. Junior Stacey Sasser said, "I think for those of us who are already Christian, it puts pressure on us. We have a hard enough time already. If someone is a good enough Christian, they will pray anyway."

One major controversy that could arise in enforcing school prayer, according to senior Jeanine Trim, is that people of different religions might start "getting on each other's religion, a topic that didn't matter before."

She also said that if someone of a different religion gave a prayer based upon that religion's principles, "it would make a difference. I believe what I believe."

### Whose God?

From a theological viewpoint, the Reverend Douglas Johnson, assistant minister at Luther Memorial Lutheran Church, said, "The big hassle about this issue is in whose name you're praying — whose God. It won't hurt any of the kids to pray, but praying to a different God might cause problems."

On the positive side of school prayer, Mr. James Martin, Central math teacher, said, "I was in favor of seeing it enacted for the simple reason that I thought it would be nice to have the legal right to have prayer, for instance, before a ball game."

In agreement with Mr. Martin, Pastor Johnson said that a proposed program called "Equal Access" is "more of the way to go." He said, "All groups could have equal access to use school property whether before or after school."

### A moment of silence

Aside from school prayer, another proposal provides that each school day commence with a moment of silence. In this moment, a student could do anything from praying to contemplating an upcoming exam.

With regard to this possible silent moment, Dr. Moller said, "I guess I don't think it's very closely related to education. We have such a short time with students that we should be teaching them something."

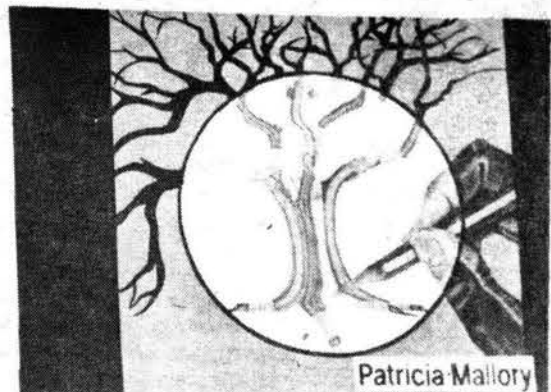
### Continue religious practices

Whatever the results of Congressional debate, those students with firm religious convictions seem confident that they will continue to practice their beliefs. "I'm going to pray whether they 'let' me or not," said Jeanine.

It also seems likely that the ambiguous area of church/state separation will continue to be one of contention. Mr. Martin said, "It's sad that a country founded on the fundamental faith of God doesn't have a place in the schools to recognize the Supreme power."

In examining the degree of separation, the essay in *Time* concurred with Mr. Martin. Concerning the founding fathers, it stated, "In spite of radicals like Jefferson and Madison, who erected the so-called wall of separation between church and state, the fact is that from the start, the government has been bound up with religion."

OMAHA PUBLIC SCHOOLS  
**YOUTH ART MONTH**



Patricia Mallory

COURTESY OF INTERNORTH

photo by Jackie Hynek

Patty Mallory, Central senior, has her award-winning artwork vividly displayed on a billboard at 29th and Dodge. Patty is one of two Central students in Youth Art Month.

### Youth Art Month

## CHS artists' work displayed

Two Central seniors have been honored with art awards this past month. Bob Allen and Patty Mallory, both students in studio art at Central instructed by Mr. Larry Andrews, have been declared winners in statewide competitions.

Bob Allen will have a piece of artwork appearing on a Nebraska Habitat Stamp. Bob won in the junior division of the contest with a drawing of a large mouth bass. He received a cash prize of \$50 for the contest and will attend an awards banquet in May at Lincoln.

According to Bob, the contest was divided into age categories: primary, secondary, junior, and adult division. The winner of the adult division will appear on the final stamp. Bob said he was "kind of pleased" about winning the state competition.

He found out about the contest in a flyer given to him by Mr. Andrews.

Patty Mallory has a piece of artwork on display on a billboard at 29th and Dodge Street for "Youth Art Month." Patty submitted her "unique" pencil drawing of a tree to the Scholastic competition.

Scholastics is a national contest with district competitions across the country. Scholastics picked her drawing for the "Youth Art Month" billboard. Patty is also a Golden Key Winner for another piece of artwork that has been sent to New York for national Scholastic competition. Patty said she is happy about winning. "I was pretty surprised."

## Job Fair repeated — offers opportunities

The counseling department at Central High School will sponsor its second annual Job Fair on May 3. Mrs. Linda Hazuka, counseling paraprofessional at Central, will be in charge of this year's Job Fair. According to Mrs. Hazuka, they decided to repeat the Job Fair this year because of its great success last year.

Mrs. Hazuka has some advice for students who are serious about finding employment at the Job Fair: "Students should dress appropriately for the interviews, no jeans." She said it would be helpful if students would have a particular type of job in mind so they know who they would like to talk to. "Last year some students even brought typed resumes with them."

This year's Job Fair will once again be set up at tables in the courtyard during all three lunch periods. Some of the businesses that will be attending this year's Job Fair are First Data Resources, Brandeis, Mutual of Omaha, Target, Marriott Hotels, First National Bank of Omaha, Peter Kiewit, ConAgra, McDonalds, and Cox Cable of Omaha.

## Inside:

**Editorial:**  
**prayer in school**  
p. 2

**Stages of grief**  
p. 3

**Child Saving Institute**  
p. 6

## 901 to make Central 'largest school in OPS' with 'crowded' but 'healthy atmosphere to grow'

By Tracy Bernstein

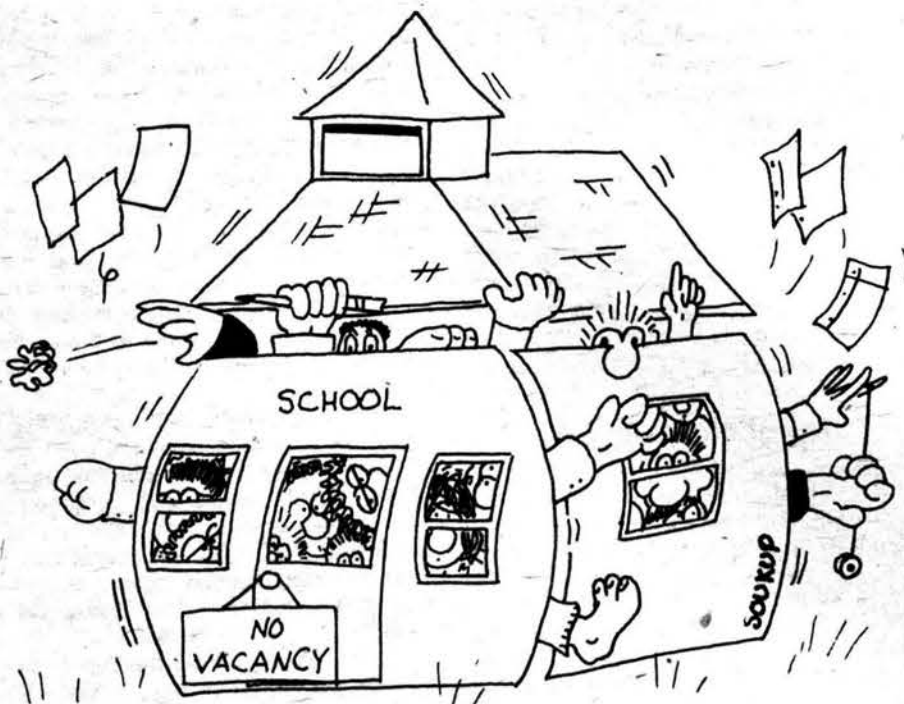
Due to Technical High School's closing, recent renovation, and a reputation of excellence, Central can expect a projected increase of 335 students next year. This will bring Central's enrollment from 1,566 to 1,901, making it the largest school in OPS and possibly the state, according to Mr. A.A. LaGreca, Central administrator.

This is not the largest enrollment Central has ever been. According to Central principal, Dr. G.E. Moller, the highest enrollment he can recall is 2,300 in 1970 when there were freshmen at Central. "It was extremely crowded," Dr. Moller said.

One point of contention in the student increase is Central's rated capacity. According to a 1979 study, (before renovation) Central's capacity is 1,793.

To help overcome the problem, Mr. LaGreca said that Central will gain approximately 15 teachers to maintain an even proportion throughout the staff.

"We may not get all the teachers we'd like to have to keep class size ideal," said Dr. Moller, who has some concerns about the increase. "Since the building has been remodeled, an enrollment of no more than 1,600 is the most desirable. [We don't



want] to lose the personal contact that is awfully important," Dr. Moller said.

Mr. LaGreca cited an advantage of the increase: "It's harder to shrink than it is to grow," he said. Mr. LaGreca added that an increase in students could mean an increase in programs. In addition, even though Tech is closing, it will maintain a career center complete with programs in telecommunications, photography, and auto mechanics.

While the career center will be open to all OPS students with transportation provided, Central has a special advantage because of its proximity. Mr. LaGreca expects a large amount of students to take advantage of these classes.

Will Central's enrollment continue to increase in years to come? Dr. Moller said the research department indicates that enrollment may drop slightly but will maintain 1,800-1,900 students for the next several years.

"I like it [the enrollment increase]; it's good for Central — a healthy atmosphere to grow in," said Mr. LaGreca, adding, "there will be approximately 800-900 students next year that have never been here — a lot of lost souls. We hope that 'Central feeling' gets them soon."

# Religion — A private responsibility

Separation of church and state is as necessary to the preservation of individual rights as the Constitution itself. Although flexibility in the law is also necessary for the preservation of those civil rights, a change in the Constitution, such as setting aside specific time during classes in school for "optional prayer" or "meditation," would allow for unfair social/religious pressures and threaten minority rights in general.

The government does have the right and responsibility to control the way students spend their time in school through the type of material presented and the qualifications of the instructors, but the government's control over the individual's education stops there. Young people still have the right to their own beliefs and should not be exposed to the social pressure of "optional prayer." These individuals could either succumb to the social/religious pressures and pray, or "meditate" (daydream). This is basically a waste of the student's time. Religious education is the parent's and child's responsibility and their own personal business. If a family believes prayer should be included in class time, they have the choices of a private or parochial school. If a person desires prayer at any time, they always have the right to pray silently to themselves, i.e. before an English final.

## Editorial

The inclusion of prayer during classtime in public schools would be a violation of the First Amendment (religious freedom), a waste of many students' time, and it would be next to impossible to overcome "practical problems" in putting it into effect. **Time** magazine raises questions about problems that would develop as a result of a "prayer amendment": "who would decide the wording of any vocal prayers that might be said in class? Children? Their parents? If each child were to say whatever prayer he or she wished, would the result be an incomprehensible babble? It is ridiculous to assume that all parents and students would comply to prayer in schools without a heated controversy, the result being unnecessary conflict and disruption of classes.

As for those devout believers who fear that a lack of religious instruction or exposure in schools reflects an "indifferent and hostile" attitude of the American government towards religion, they should calm down and look at things more objectively. The Constitutional amendment that guarantees the individual's freedom to believe in whatever they choose is merely a protection of the private citizen's rights. It leaves the responsibility of the religious community's health in the hands of the individual believers and their religious leaders, which is where that responsibility belongs.

## Machines 'threat' to cafeteria business

There may be curiosity as to the closing of the vending machines during the breakfast and lunch hours at Central. According to Central principal, Dr. G.E. Moller, the main reason for the restriction from the vending machines is their "competition" with the federally and state supported cafeteria.

The problem with this attitude towards the purpose of the cafeteria is that its main function should not be making money. The cafeteria's main goal is to feed students nutritious, well-balanced meals. Therefore, the vending machine's business should not conflict with the cafeteria's business.

## Editorial

The only viable reasons for closing the machines are health reasons. But the nutritional value of Hostess snack foods, which are sold in the cafeteria, can not possibly be superior to potato chips, granola bars, etc. which are sold from the vending machines. In fact, the new fruit juice machines contain products with high nutritional value and are invaluable to students who bring sack lunches.

Also, it is highly improbable that the vending machines, which can only provide "snacks" or parts of a meal to students, would present that much of a threat to the cafeteria, which provides a variety of meal choices.

## Friday the 13th - the sequel



### Rocky Road

Linda Rock

Are you the type of person who would rather walk eight blocks out of the way than risk the possibility of a black cat crossing your path? Do you cower from ladders leaning against walls? Are your knuckles filled with slivers from "knocking on wood?" Do you own enough rabbits' feet to cover the state of New Jersey? Yes, you say? Well, chances are that you, yes you, are a superstitious person. And in case you haven't noticed, today is Friday the 13th, the day all superstitious people hate and fear the most.

Almost from the very beginning of man's recorded history, the number "13" has been given supernatural powers. This is the number of men which were said to have been in attendance at the Last Supper. In Roman times thirteen symbolized death and destruction. More modern notions of the number concern the numbering of houses and the floors and room of buildings.

Often, the number thirteen will be excluded from hotels or apartments because of the difficulty or renting or leasing something which bears this forbidden number. Another legend says that if thirteen people gather at a table, the first to leave will die or experience hardship within the year.

It's no wonder people dread the thirteenth of the month falling on a Friday. On this day, it seems that any mishap which would normally not be significant is multiplied by 13! On Friday the 13th, one does not merely get up on the wrong side of the bed. One falls out of the wrong side of bed, stubs at least one big toe on the nightstand, bruises a shin on the end of the bed, and stumbles down the hall only to be greeted by the wall — face first.

### "A day of challenges"

Breakfast can be a challenge. Mechanical appliances seem to take on a personality on this day. Toasters like to show their displeasure towards the 13th by holding onto bread until it becomes a slice of charcoal. The rock-hard toast is then spit out by the personified toaster with vengeance. Why even Rice Crispies fail to be cheerful on this Friday morning. In most cases, these usually happy pieces of food drown for no

apparent reason.

By leaving your house on Friday the 13th, you are literally taking your life into your own hands. In the cold, cruel world outside your front door, anything can happen. Oh, you can try to prevent things from happening, but it won't help — remember what day it is! You can cover yourself from head to toe in plastic rainwear, wear oversized galoshes, and wait behind a large mailbox for your bus. But no matter how many precautions you have taken, a semi-trailer truck will manage to hit a small puddle right in front of you, spraying the mud from the ground to fly through the air and onto you. Friday the 13th is also a popular day for buses to pass by people who are obviously late for school and cold from being splashed by a semi.

Once at school, all the things that could possibly go wrong need not even be mentioned, but let me just say this: Friday the 13th is not, repeat NOT, a good day on which to take a test. No explanations necessary. Be wary of laboratories today, too! For some reason, chemicals have a way of telling what day it is and respond accordingly.

One final warning for this Friday: stay away from men named Jason who wear white hockey masks and carry hatchets. You'll just be "axing" for trouble if you don't.



## Registered Opinions Prayer in public schools

In this issue students were asked their opinions on prayer in public schools.

### Charlotte Ross - Senior (pic at right)

I don't think there should be prayer in public schools because people that care about religion do it on their own - people who don't pray or worship on their own don't care anyway. It's not fair to take time out of school for that.



### Marlon Sykes - Sophomore (pic at right)

Sure there could be prayer in school, but it would be optional and not during class time.



### Rod Solis - Senior

If someone wanted to pray in school they could have gone to a Catholic or private school.

### Mitzi Markese - Junior

There shouldn't be prayer in school because it would take away from class time. Since there are so many different religions and some atheists, it would not be fair to practice any type of worship in school.

### Matt Bushey - Sophomore

I think it should be optional, not mandatory.

photos by Bryan Hildreth

## Register

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*Death is a part of living'*

# Education of grief teaches quality of life

by Linda Rock

much of adolescence is an ill-defined  
 ing,  
 intolerable waiting,  
 longing for another place and time,  
 another condition.

—Theodore Roethke  
 from "I'm Here"

The teenage years are considered by  
 most to be the happiest years of one's life.  
 These years can also be the most stressful.  
 Stress from peers, stress from work-loads,  
 and stress from bodily changes affect the  
 lives of many adolescents. Stress is also ex-  
 perimented in coping with the death of a loved  
 one.

A child's first realization of death is prob-  
 ably of a pet dying. According to an ex-  
 periment by Constance Berg, an elemen-  
 tary school guidance counselor, several pre-  
 adolescent boys discussed their first ex-  
 periences with death. One boy spoke of his  
 dog that had been hit by a car. "I started to  
 wake (my dog) up, you know, and it wouldn't  
 wake up, and then I saw it — I just knew  
 something was wrong. It wouldn't wake up  
 and it wouldn't even move."

stresses Mr. LaPage. The stages of grief  
 aren't necessarily experienced as discreet  
 units nor do they always occur in sequence.  
 Dividing them into categories, however, pro-  
 vides a convenient reference point to help  
 clarify the different emotions surrounding  
 grief.

**1. Denial.** "Oh no, this must be a  
 mistake" is often the kind of attitude which  
 develops during this stage. The grieving per-  
 son refuses to believe or accept the death. In  
 extreme cases, the bereaved may constantly  
 dream about the dead person, search for  
 him, and imagine seeing him on the street or  
 in a crowd.

**2. Anger.** A mourning person may get  
 mad at the person who died for dying without  
 checking with him first. Rage at God is also  
 included in this stage.

**3. Bargaining.** This is mostly prevalent  
 with terminally ill patients. "Trading deeds for  
 time" is a common state that cancer and  
 other terminal patients go through.

**4. Depression.** The grieving person  
 feels apathetic and desires to withdraw from  
 the activities of daily life. Depression can be  
 mild, medium, or severe. A numbing feeling  
 may also accompany depression.

**5. Acceptance.** Gradually the survivor  
 notices that there are times when his loss  
 hurts less and that healing seems to be tak-  
 ing place. It's a kind of "calming" feeling ac-  
 cording to Mr. LaPage.

While there is no set time-table for mour-  
 ning, two years should be a sufficient enough  
 timespan for the grieving process. After this  
 time, the bereaved person is able to  
 remember comfortably both the good and  
 bad points of the deceased. In general, Mr.  
 LaPage said that if a person is still emotion-  
 ally distraught after two years, he or she is prob-  
 ably stuck on one of the stages in the grief  
 cycle.

**support systems important  
 for grieving persons**

Once the stages of grief are defined, a  
 better understanding of them comes about.  
 However, the actual dealing with grief re-  
 mains. Mr. LaPage stresses the importance  
 of support through a friend, family member,  
 or an organization. Religion can become a  
 very important part of a grieving person's life.  
 A church or synagogue can be an automatic  
 support system, says Mr. LaPage.



photo by Roxanne Gryder

**Cold and bleak, tombstones stand to mark the graves of the deceased. Unlike the unfeeling slabs of marble, friends and relatives remain to mourn the death and to feel an emptiness in the loss of someone close to them.**

As a friend, anyone can help to be a sup-  
 port system for a grieving person. Mr.  
 LaPage suggests the following do's and  
 don'ts. DO show the person your care by  
 touch. "Appropriate touch," on the arm or  
 back, is very important. DO listen to the  
 grieving person. Hearing without judgment  
 is most beneficial at this time. DO NOT ask  
 how old the deceased was.

DO NOT tell the grieving about a person  
 who had a similar problem as the deceased  
 and recovered. DO NOT say, "if there is  
 anything that I can do to help, just call." It is  
 an "empty statement," said Mr. LaPage. "If  
 you are a close friend, they will know to call  
 already. If you are not, they probably won't  
 call anyway."

Several support groups are available to  
 terminally ill patients in the Omaha area.  
 "Make Today Count" is a group for cancer  
 patients. Special conferences are held for  
 family members. "I Can Cope" is a program  
 which includes both the patient and the fam-  
 ily. Still another program for the terminally ill is  
 Hospice. The "emphasis in hospice care is  
 placed upon enhancing the quality of a dying

individual's life." Support groups help with  
 the sudden death also. "HOPE" is a support  
 group for parents who have lost their baby  
 due to miscarriage or death of a newborn.

**'realize fragility of  
 human relationships'**

Mr. LaPage said that with education,  
 death can be turned into a positive ex-  
 perience. Death is the perfect time to  
 "realize the fragility of human relationships."  
 The period following the death of a loved  
 one is also a time to realize that "we must live  
 in harmony with all other life on the planet."  
 But most especially, Mr. LaPage said, "we  
 must realize that life is a process. Death is a  
 part of living." Learning about death and learn-  
 ing to deal with it will turn it into a positive  
 learning experience. "That doesn't mean that  
 it won't hurt," said Mr. LaPage, but by learn-  
 ing to live with death, "we can get more quali-  
 ty out of life."

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# 4 of Central importance

## Germans strafe pins

Each year the German club sponsors a foreign language bowling tournament, but this year the competition began a little prematurely.

On March 15, the anniversary of the death of Ceasar, Latin students hung derogative posters about the other foreign languages. So in retaliation posters were hung by Mr. John Frakes' German students.

Miss Rita Ryan, Latin teacher, said that she came up with the idea of the posters as a way of motivating students for the then upcoming bowling tournament.

Mr. Frakes eventually called a truce between Latin and German students which was announced in a morning circular. Mr. Frakes said that he ordered this peace in order to settle down students for the coming of midterms. Mr. Frakes felt that the posters were a product of his German students but he said that a lot more of the students wished to be involved.

Whether the posters proved inspirational is still questionable. The German students proved themselves by placing first in the bowling tournament with Spanish, Latin, and French placing respectively.

## Outstanding

Jill Stommes, Central Sophomore, was announced Sophomore of the Year last week by the Exchange Club of Omaha.

According to Mrs. Geri Zerse, counselor at Central, this is a big honor since it is "about the only award we have for sophomores."

The award is given on the basis of such as leadership, activities, and grade point average. Dr. G.E. Moller, Central principal, said that the majority of the decision is made by a faculty of counselors and teachers from Central.

When asked how she felt about the award, Jill said, "I was really surprised and happy. It's a tremendous honor for me."

Jill's name will be placed on a plaque honoring her, along with winners from previous years, and will be displayed in the school.

## JROTC camp

On Wed., April 18, at 6:30 a.m. approximately 20 JROTC (Junior Reserve Officers Training Corps) students will attend the JROTC spring camp at Fort Riley, near Manhattan, Kansas, according to the JROTC instructor, Major Richard Yost.

Although no class credit is earned at camp, Mike Gearheart, attending senior, said that students will be able to earn medals and ribbons during the three day journey. Mr. Yost said they earn an attendance ribbon. Mike added that students can earn medals and ribbons in events like the grenade throw and the firing of an M-16, if they qualify.

Students will start the activities after getting up at 6:00 a.m. They will also go through an obstacle course. According to Major Yost, the day's activities end at 5:00 p.m. and students are allowed to enjoy recreational activities in the evening.

## Fashion class

A new class has appeared in the business department. According to a pamphlet given to students, the class of fashion merchandising will introduce students to the fashion world and teach them about the history of fashion, designers, and materials of fashion. Students will also learn about col-

or, line, and design along with store organization, operations, and merchandising related to the fashion industry. Also taught are selling and sales promotion unique to fashion, apparel, and accessories.

Miss Harris said the class is a 2-semester course with 1 credit for each semester. She added that there may be an opportunity for an internship between students and business. Mrs. Utecht added that the class is only available to juniors and seniors. Mrs. Utecht also expressed much optimism about fashion merchandising.

## World-wide unity

The Youth For Understanding (YFU) is presently looking for families in Iowa, Minnesota, Nebraska, North Dakota, and South Dakota to volunteer to host an exchange student from a foreign country.

According to a news release each year in August, YFU brings around 4,000 foreign students from 23 different countries to the United States to spend a year in the U.S. living with American families from all walks of life. The exchange students will attend local high schools and participate in school and family activities. Families are asked to provide the student with a place to stay, three meals a day, and the same love and guidance that people would provide for their own children.

Each year the YFU is working with the effort by President Reagan to promote student exchange programs through his initiative to "Bring the World Together One Friendship at a Time."

Carol Gamble and Betty Larew of the Youth for Understanding ask for Central's help to "Bring the World Together One Friendship at a Time." If any student or parent is interested, the YFU asks that you call them at 1-800-872-0200 for more information.

## 84 Dimension: new & improved



by Jackie Hynek

Creative writing students Dawn Velasco, Dave Pavel and Chantelle Dunbar make a poster for DIMENSION.

The 1984 Dimension, a creative writing publication, went on sale Monday, April 23. Sales will end April 27 and distribution of the publication will be on May 8. The price for DIMENSION is \$1.

In 1968 the very first Dimension was published as a part of the Central Register. Soon after that the creative writing class took it over and it is now their publication.

Mr. T.M. Gaherty, creative writing teacher for the past six years, said, "There is much value gained from publishing DIMENSION because it gives the students an outlet for their work, and they learn processes for selecting and laying out material."

Dave Albrecht, co-editor of the 1984 Dimension, said, "I'm hoping that DIMENSION will stand out from other yearbooks because we have so much talent."

Raschelle Serghini, also a co-editor, said, "I'm excited about the departures from past editions; the new ideas are going to be fantastic."

## Seminar hits marijuana, legal drugs

"There are over 50 million cigarette smokers in the United States today," said a pamphlet called "Let's Talk About Abuse: Some Questions and Answers." The pamphlet and others like it were recently available at Midwest Drug Education Conference held March 29 and 30 at the Red Lion Inn. The conference was sponsored by the assistance League of Omaha.

Colin Naughtin, junior, Shawn Prouse, junior, and Cathy Wendt, senior, were selected by Mr. Kevin Moran, counselor, to attend the conference on March 30.

According to Cathy, Dr. Susan Dalterio, a researcher who spoke at the conference,

discussed the side effects of using such drugs as marijuana. According to Cathy, Dalterio said that researchers through animal testing that a specific drug found in marijuana had horrific consequences to future children.

"A male (mouse) was exposed to fumes of marijuana for a time. He then had a son, and that son had a son. However, last son was born without a skull," Cathy said. "What alarmed me the most was that was what was happening to some of our parents. Kids were being born with deformities."

## Meek chairs NCY

The 1984 Chairman of the Nebraska Council of Youth (NCY) is Amy Meek. She set a precedent by being the only junior chosen by the NCY executive committee for this position.

According to Amy, the NCY is "youth for youth" (ages 14 through 19). Amy's first contact with the NCY was in her sophomore year. She became a sophomore district representative. As chairman, however, she was responsible for organizing a March conference.

The NCY itself has 101 members. Amy said, "We try to initiate leadership abilities in Nebraska youth. What you give and receive at the conference, you bring to your home school." The topics discussed at the conference included the Midwest, East, youth in politics, nuclear power, and student rights.

Amy said she thought the NCY was doing something good. "A lot of adults don't take kids' ideas seriously — some of our ideas are better than theirs. If we put them together we could really do something."



by Bryan Hildreth

The trumpet section of Central's concert band warms up before an exhibition at Burke High.

## Fitch sends staff up the Niobrara River

A canoe trip down the Niobrara River in Nebraska, for Central High School staff members, families and friends, will be led by Central math teacher Mr. Lloyd Fitch on Saturday, June 9.

The group of approximately 60-65 people (25 canoes) will begin the trip at 7:30 a.m. at the Cornell Bridge just outside of Valentine, and finish at the Rocky Ford Camp Ground, 26 miles and 6-8 hours down the river.

The price is \$30.00, which includes bus transportation from the camp ground back to the Cornell Bridge, where the cars will be parked, taxes and landing fees.

Students are not allowed to go with the group.

"...I was surprised at how rough the water was when we first got in. We dumped three times before we got around the first turn."

Mr. Fitch, who started canoeing in the Boy Scouts, began taking annual trips down the Niobrara seven years ago as a member of other varied groups, and began leading groups himself two years ago.

According to Mr. Fitch, "It makes a very enjoyable three day weekend. But you have

to have the endurance to drive twelve hours one day and canoe for eight hours the next. There are always new problems and dangers every year."

This fact as discovered by Mr. Paul Fittington, a survivor of last year's trip. Fitch said, "It was really fun, but I was surprised how rough the water was when we first got in. We dumped three times before we got around the first turn."

Mr. T.M. Gaherty, Central journalism teacher, who also took the trip last year said, "In retrospect, I feel that it was a challenge that we were able to do it. The group was really great, and although it was a great deal of hard work, it was really fun."

Mr. Gaherty will not be taking the trip this year.

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# Home economics: class diversity draws students

## Students participate in cooking, sewing, and family classes

by Ann Ostermiller

"When I get married, I want to make my children's clothes," said Patty Gaines, a senior who takes advanced clothing — one of five homemaking courses Central offers. Central's clothing students will participate in an all-city style show at Westroads in April, modeling the clothes they have made themselves.

Steve White, senior, said that the foods class he takes has prepared him for later college life, with his ability to cook on his own. "You learn important skills; you won't always be able to know how to study, but you will need to be able to understand economic aspects of healthy eating," Steve said.

Central High's homemaking department is divided into five specialized areas: foods and nutrition, clothing, textiles, family living, child development, and housing and home

management. Lisa Anderson, senior, said that in her advanced foods class they have learned how to cook German, Japanese, Chinese and Mexican dishes.

Mrs. Joann Roehl, foods teacher and home ec. department head, said that Central's enrollment in the classes has increased greatly over the years. "Fifty to sixty percent of the students are male; there has been an influx of athletic students taking the course," said Mrs. Roehl.

The nutrition class helps the athletes who are concerned about what is good for them to eat while in training, according to Mrs. Roehl.

"We've had some of the stars like Keith Jones, Bertrand Turnbo, Brian Moody, and Glenn Mathews taking the course," said the nutrition teacher.

Mrs. Roehl said that she has learned about students' social graces and that they don't know their fractions and measurements very well. "Academic skills need to be applied to a homemaking course," Mrs. Roehl said.

Budgeting for this class seems to be a problem, according to Mrs. Roehl. "Many of the students are selling their food to earn money."

The child development course involves the aspects of human development and how a child learns from conception until the teen years. One requirement for the class is to observe children. Several students went to the Child Savings Institute (C.S.I.) on 42nd and Dodge, to observe children in action.

Housing is designed to assist individuals in selecting, modifying, and maintaining home environments. According to Mrs. Roehl, if more students do not enroll in this course, it might be dropped next year.

The family living course is designed to help students develop a better understanding of themselves, their families, and the society in which they live.

The Central homemaking department has a variety of courses offered for all types of students. "The homemaking department is well-rounded and deserves to be recognized for its accomplishments," Steve said.

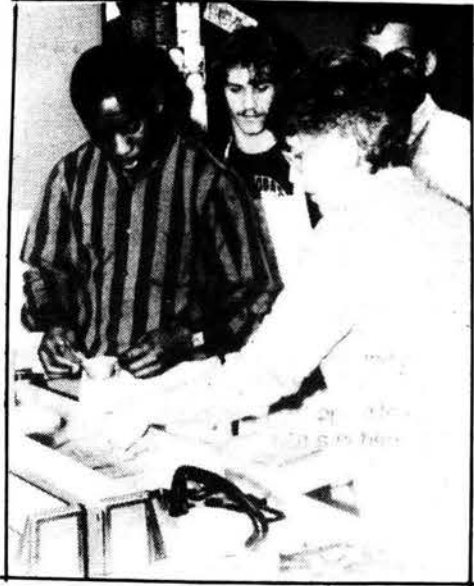


photo by Roxanne Gryder

Mrs. Roehl aids several cooking students with the preparation of poached fish.

# Child Saving Institute offers pregnancy counseling

by Erika Herzog

This article is the fifth in a series that concerns itself with areas of adult health and family relationships that concern high school students.

From the time the Child Saving Institute went through Omaha alleys picking up kids out of trash cans to place them in orphanages to the present, the Child Saving Institute (CSI) has been everything from the above-mentioned orphanage to a maternity home to a mental health treatment center for adolescents.

During the 1970's, as a result of the United Way, CSI expanded its services to single parents. Ms. Penny Parker, Program Director of the Family Enhancement Services at CSI, pointed to the fact that there were more teen pregnancies during this time.

"During the 1970's, 90 percent of the birth parents decided to keep their babies. Now the figure nationally varies from 97 to 99 percent," she commented.

Besides the Family Enhancement Program at the Child Saving Institute, there are also two other major areas: the Family Service Program and the Parent/Child Support Program.

The Family Services Program consists of adoption, pregnancy counseling, foster care, adopted adult, special needs, and a black adoption project.

In regards to pregnancy counseling, the Child Saving Institute offers free counseling to anyone with an out-of-wedlock or unplanned pregnancy.

Ms. Parker said that education needs to happen on the school level. "We need to teach kids that there are logical consequences for behavior. That means being a responsible person and accepting the consequences. Unfortunately, we are at CSI see it after the fact."

This attitude is reinforced in the stated philosophy of the

pregnancy counseling services description. It states that the counseling services are "based on the belief that people are essentially responsible for their own behavior and for the decisions they make in life, and we see the social worker's role as providing a supportive base in helping clients attain their individual goals."

"... Regarding the release of the child for adoption or keeping the child is seen as the client's decision. The social worker's role in the counseling process is to objectively assist the client in exploring all alternatives so that the client has a sound basis from which to make a decision."

**Child Saving Institute offers housing where a young woman can live during her pregnancy. While she is at the Family Service Homes, she is expected to do light housework and babysitting in return for free room and board.**

Ms. Parker added that the free pregnancy counseling is for both male and female birth parents.

The Parent/Child Support Program has two main services. They deal with child abuse/neglect prevention and treatment services. These services include Respite Care (where there is a relief period for the parent to be away from the parent), PIC (Parents of Interracial Children), and the Developmental Child Care program (which provides day care for infants to five-year-olds).

The Family Enhancement Program is the last major area of service that Child Saving Institute offers. It is available to low income single parent women wishing to pursue a vocational goal who are eighteen years of age or older with a child under three-years-old.

Components of the single parent services consist of housing, child care, social work services, and a weekly sup-

port group.

Regarding single teenage parents, Ms. Parker said she sees "a lot of teens that keep the baby for the wrong reasons. They need someone to love, and as long as the babies are little, they are like cute toys."

"It is a society issue in terms of preventing teenage pregnancy," Ms. Parker commented. "It shows how we value kids who have no real rights in society. Kids are our most valuable possession, but because they can't vote, they are a vulnerable population."

Ms. Parker said that "from the time when we are small children, we need to look at our own sexuality and recognize that we have control over our own bodies. That is the key."

In a questionnaire about pregnancy counseling given to other social service agencies in Omaha, suggestions that CSI made were that a "mandatory hands on pregnancy and parenting course would be nice."

Ms. Parker pointed to the fact that as a social worker, she has to have a license and training, but to be a parent, there is no training. "You're automatically just 'supposed to know' what to do."

The CSI questionnaire also suggested that students should learn at least as much parenting as they do math at the 7th, 8th, and 9th grade levels.

For students who wish to learn more about the services at the Child Saving Institute, Ms. Parker said that there are "lots of opportunities for teens to get involved in services here."

She said volunteers are needed from three to five in the afternoon in the child-care program.

For more information on the pregnancy counseling services or on the volunteer program at the Child Saving Institute, the offices are "centrally" located at 46th and Dodge Streets and the phone number is 553-6000.



photo by Roxanne Gryder

Senior Karina Lathrum takes a break from the piano as she contemplates either a cross-country run or a session of clarinet playing.

# Senior fills time with diversity

James Quigley

What do cross-country running, playing piano, and playing the clarinet have to do with each other? They are all activities in which Karina Lathrum, senior, actively participates.

She began running with her father occasionally for five years, but then her father decided that she was going to run a five-mile marathon. The Lathrum family then formed a running club for non-runners. The program was to run for 30 minutes and then increase the time by 5 minutes a week. After running like this for an extended period of time, Karina decided to go out on cross-country the summer between her sophomore and junior year.

In the fall of last year, Karina was chosen as one of the top ten cross-country runners in the state. "I'm really proud of that," she adds, "but I was tenth." Karina, aside from cross-country run-

ing, enjoys music. She began playing the piano 13 years ago, when she started taking lessons from Darlene Thompson. 2 years ago, Karina began taking private lessons from Jackson Berky of Mannheim Steamroller, who has just recently finished recording an album of his own.

In 1980, she took first place in the Omaha Junior Young Artist Competition. She recently visited Washington University in St. Louis, Missouri, and the St. Louis Conservatory of Music. She auditioned at both and did very well.

She began playing the clarinet 8 years ago. "There was always a clarinet at home, because both my mom and dad played it, so I just sort of picked it up," she explained. In December, 1983, she made All-State. "I was honored," she said.

Between music and running, she prefers music because it's "more fulfilling." To Karina, "athletics are just a pastime."

# Central team places third Eggs drop, bridges collapse at field day

What have dropping eggs, falling bridges, and flying paper airplanes got to do with science? Everything. These and a few other activities were all a part of the 1984 Physics Field Day held at Creighton University, March 24.

A short pamphlet described the day as being "an educational...[and] a fun experience" — with emphasis on the "fun."

Central entered two teams into the competition. Team A included seniors Peter Lankford and Mika Svoranta and juniors Harold Adcock, Gene Huey, Arthur Kosowsky, and Dan Mirvish. Team B consisted of seniors Jeff Olson and Erik Rogers and Juniors Brian Adamson, Mark Anderson, Joe Burnes, Jon Lexau, and Ty Soares.

The day opened with the Leap Frog

competitive exam. Team A's Arthur Kosowsky and Peter Lankford won third place. The Leap Frog exam tests "the subtle points of physics and the individual's ability to deal with difficult problems or complicated situations," according to the pamphlet on the Field Day. The test is divided into two parts, the second of which allows each team member of the school to confer with each other. Central also placed in the coulomb scattering competition.

Team A's Gene Huey and Arthur Kosowsky captured first place in coulomb scattering. Team B placed third in the event. Senior Erik Rogers place fourth in the Chalk Talk finals.

With the total points accumulated from the events, Central A placed third in the overall scoring.

# Junior qualifies for national math exam

Arthur Kosowsky, Central junior, took the 35th annual nation-wide American High School Math Exam (AHSME) and got a score of 105 out of 150 possible points. With the average score last year at Central being 40 and the national average of 84, it is not surprising that Arthur's score is the top score at Central as well as the top score in Omaha.

The thirty-problem test was, according to Arthur, "solvable by using pre-calculus math." Since Arthur scored over 95, he is qualified to take the American Invitational Math Exam. This test, then, in turn, can qualify Arthur for the United States Olympiad.

The U.S. Olympiad is given to 100 to 150 students a year. The highest group of qualifiers create a team that later competes in the International Olympiad.

Of his score of 105 on the AHSME, Arthur said that the "two or three weeks we spent in enrichment math were good because we got to see the types of problems that would be on the test."

Arthur also commented that he always wishes he had just a little more time to solve the problems. "It seems just one minute more would be enough," he commented. Arthur also said that "the higher the test, the fewer the problems and the longer the length of time you get to take the test." He pointed to the five-hour U.S. Olympiad.

Mr. John Waterman, mathematics department head, said that "with a noble effort over the summer, Arthur could prepare himself for the International Olympiad."

## 6 Central representative Germany scholarship: Emilie Ring

Emilie Ring, sophomore, has won a full scholarship to live and study in Germany for a year which is sponsored by the Congress-Bundestag Youth Exchange Program.



"This is the first year that the scholarship has been offered at Central." —G. Shutte.

photo by Jackie Hynek

Earlier this year, Congressional leaders Thomas O'Neill, Howard Baker, Robert Boyd, and Robert Michel sent a letter to Dr. G.E. Moller, Central principal. The letter urged Dr. Moller to nominate one sophomore or junior to be considered in the scholarship program.

According to the letter, the legislative bodies of both governments sponsor and fund the program. Scholarship recipients will

live for a year in West Germany with a volunteer host family and attend a German high school. The Congress-Bundestag Program represents a significant step toward achieving the goals of the President's International Youth Exchange Initiative.

Of ten students from Central who participated, Emilie was chosen, according to Matt Kelly, a junior and one of the participants. Twelve Nebraska students were chosen by a committee in Washington, D.C. on the basis of the students' questionnaires, their essays, and their teacher recommendations.

Emilie will be going to Washington, D.C., in July and from there to Germany where she will study comparative governments in Bonn and Berlin. She will return in July of 1985.

This trip and year's study is financed completely by the U.S. Government and the government of the Federal Republic of Germany.



Laura Reimche senior, and her Doberman pinscher, Egypt, the youngest of the Reimche's dogs.

photo by Jackie Hynek

## Senior shows dogs Doberman pinschers

By Kris Lawson

While most Central students either relax or study on weekends, senior Laura Reimche does something different. Each weekend, she, her mother Linda, and three Doberman Pinschers travel to dog shows all over the country.

"It's a good way to spend my time," Laura said. She first began showing dogs when she was five. Laura and her mother own three dogs: their champion, Angus Vom Griffin, and his "children" Samantha and Egypt. Laura is responsible for Egypt, who, at four, is the youngest dog.

**"Each dog has its own personality. . . they know when they've won."**

Laura said they only own Dobermans because they are one of the better breeds. "They're more intelligent. I like their cleanliness and their alertness. I admire what they stand for — loyalty and (their) willingness to protect."

She said it takes a day to prepare for a show. "We have to see they're always in the best appearance." Laura tries not to let her hobby take away from study time, but "sometimes it does when you're driving six hours to shows and back. . ."

The shows the Reimches attend are all over the country, except in the East. "They don't like our style of training," Laura said. "The season just opened for us. We don't

go much in the winter because of the roads." However, in March, Laura went to Kansas City and St. Joseph. This year's national competition will be held during the summer in Hawaii, and Laura plans to attend.

**"I like their cleanliness and their alertness. I admire what they stand for — loyalty and their willingness to protect."**

During a dog show, the dog must stand a certain way, according to Laura. "You always have the judge stand between you and the dog. . . the judge checks the dog's teeth, and then you have to walk the dog around the ring. Each judge has a personal preference (such as) the movement or appearance of the dog."

Each dog has its own "standard" which is a document stating information such as age, pedigree, and height. Angus, a year old male, is the Reimche's champion and is "legally" entitled to have a "corner" front of his name. "(He's) in the top ten of the nation," Laura said.

Laura added, "Each dog has its own personality. Dogs love it and they know when they've won. It's an overall enjoyable thing when you win, and everybody's cheering and screaming. You're disappointed when you lose, but the times when you make up for it."

## Shaw: 4th place in DECA competition



photo by Jackie Hynek

Nate Shaw, senior.

The business education department has been having a successful year. One of the recent successes is Nate Shaw's accomplishments at State for DECA. Nate, a senior, placed fourth at State in the general merchandising category.

According to Miss Jerrie Harris, business education teacher, Nate qualified for state by scoring high on tests he took at the district conference. One hundred and ten students competed in Nate's category. Six hundred students participated at state. According to Nate, the competition consisted of four tests. Two tests were on general merchandising and the other two were situation type tests, in which the student was given an example of a business related problem and were asked to give the best possible solution.

Nate said that because he placed in the top four he will go on to nationals in Kansas City, Missouri on May 16 through the 18th. Because it is an international conference, according to Miss Harris, there will be about 7,000 other participants. There will be students from all over the United States and students from Canada, Puerto Rico, and Guam.

Miss Harris said that large corporations will attend nationals to recognize first place winners as possible scholarship recipients.

## Auction has support of Central teachers, PEP, scholarship money goes to senior student recipient

Once again Central's staff and PEP (Parents Educators Pupils) club are sponsoring a scholarship auction for Central seniors. The auction is scheduled for April 27 from 7:30 p.m. to 9:00 p.m. with a dinner preceding the auction that will begin at 6:00 p.m. The dinner is being given by PEP parents.

Mr. Lloyd Fitch, Central math teacher and member of the auction committee, was very optimistic about the outcome of this year's auction. According to him, so far 35 items have been donated for auctioning.

Mr. Fitch said that the idea for an auction originated with the mention of Northwest High School's auction last year. According to Dr. Gaylord Moller, Central's principal, last year Central's auction brought in about \$5,000. Mr. Fitch said that Central was able to award eight \$500 scholarships to Central seniors. One hundred and nineteen items were donated for last year's auction.

Mr. Fitch felt that this auction was one of the best ideas for a fund raiser because it has the total support of the teachers and PEP. He said that eighty percent of the items and

the work that goes into the auction comes from the teachers. Mr. Fitch said that teachers will spend time making handcrafted items and then come and work at the auction for four or five hours. Those who don't have time have also been donating money.

Even though teachers play a major role in the outcome of this auction, Mr. Fitch would still like to see more students donate items. Mr. Fitch encourages worthy student donations because the auction is totally student oriented. "This event is totally for them. We would like to see students donate," said Mr.

Fitch. He felt that students don't realize old things of no importance to them can be for a lot.

Mr. Fitch said, "If the auction can bring in a large sum of money we would be able to generate 8 to 10 scholarships. The best thing about these scholarships is that they go to people who have not received scholarships and want to go to college."

Dr. Moller said that the scholarship recipients are chosen by the normal scholarship committee consisting of all the teachers.

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# Sprinters lead track team to 'best start in five years'

The defending state champion boys' track team, after winning their first three tournaments of the year, are off to what boys' coach Joe McMenemy called "the team's best start in five years."

McMenemy said, "Considering the weather and the outdoor conditions, I am happy with our performances." McMenemy attributed much of the team's success to Central's new athletic facilities. "The new stadium has enabled us during bad weather to at least get in partial workouts."

McMenemy said the Eagles are not as strong in the field events as they have been in past years. However, he did say that they have received valuable points from junior Ken Ridley in the shot put and strong finishes in the jumping events from senior Tom Jones and juniors Bruce Cullum and Tony Avant.

The team is led by a group of sprinters which McMenemy labeled his best ever.

"We have five or six sprinters who can finish in a high place in any sprinting event," he said.

Keith is looking forward to a season where he can not only win another state championship, but where he can also accomplish some personal goals. "Although the weather has hindered me somewhat, I want to break the state record and run a 10.3 100 yard dash," he said. Keith also said he wants to do something sprint coach William Reed said was impossible. "I want to run a 19 second 200 meter dash by the end of the season."

McMenemy said if everyone can stay healthy that the team should continue to have a successful season. Junior Richard Bass, sprinter and shot putter, agreed with McMenemy when he said, "As long as we stay injury free, we should be able to take state again."

# Rain keeps baseball team inside

Springtime weather can prove to be a nuisance for many events. One such thing which is hindered by the weather is athletics. This has proven to be the situation for the Central High baseball team. The weather has prevented the team from having regular practices and early season games.

The team missed the Creighton Prep Bird Baseball Tournament and the first regular season games. The team also missed numerous days of outdoor practice.

According to Mr. Wally Knight, Central High baseball coach, the team has been outside only four days during the past six weeks.

Knight said that the team has been quite good about practicing inside. He said, "Indoor practices shouldn't hurt the team because everyone else is in the same situation." Knight said of the weather conditions, "The weather is something we have no con-

trol over so there is no sense moaning and groaning over it."

The small amount of time that has been spent outside has not been enough for the team to practice all aspects of the game. According to Knight, the team has primarily been going over infield situations and some defensive situations. He said they haven't really had a chance to go over outfield play because the infield has been too muddy to practice on.

According to Knight, rescheduling of games is no real problem. He said that the team would usually play 3 or 4 games per week, and make-up games could be made up on open days.

Although the weather has been bad, Knight said, "Competition for positions has been good and that in itself is very good."

# Soccer teams approach outdoor season

Boys' and Girls' soccer clubs began their second season this year with a recent indoor tournament at Creighton. Although both teams did not have a successful tournament, they are looking forward to a winning outdoor season.

Bryan Hildreth, boys' president of the soccer club and the goal-keeper on the boys' team, said that the close games in both boys' and girls' play have given the team a new look.

Bryan said both teams are coached by local college players and that these coaches

have given the teams a better understanding of the game. "Since they are just a few years older than us and have played college level soccer, the coaches have helped us to improve both individually and as a team."

Both soccer teams have high hopes for the outdoor season. Members think they have something to prove to the school. Defensive player Chris Oien said, "After last season we were disappointed in our performances. This year we have the potential to be a contender. We want to show the school that soccer is a serious sport."



Pat Salerno, senior, practices pitching in the old gym. Last summer, Pat's league batting average was .421, and his batting average against all opponents was .396.

# In the spotlight Salerno expects good year

As spring approaches, thoughts turn toward baseball and especially those thoughts of senior Pat Salerno who is both a pitcher and leftfielder for Central's baseball team.

Pat was a member of the All-Metro Division team his junior year. He was also one of four Central baseball players chosen for the Nebraska All-Star team which played in Colorado.

three days before the first basketball game of the season. "I shouldn't have been on the hill in the first place, but I was doing something that I love just like baseball."

Pat said, "I essentially had to reestablish myself on the basketball team when I returned." He was allowed to play the last five games of the basketball season.

"I feel like I let myself down by getting injured, and I'd like to have an especially good baseball season to make up for the injury. This is my last involvement at Central, and I'd like to make this baseball season complete all the way through August," said Pat.

"I was brought up in an athletic family, and my parents are still active in sports today," said Pat. "I play baseball because I like what I'm doing, and I wouldn't do it if I didn't enjoy it. While baseball is the most exciting sport to play, it is the least exciting sport to watch. Baseball can get a bit tedious to watch at time," Pat said.

Pat was injured earlier in the year in a sledding accident. The incident occurred

Pat said, "As far as baseball is concerned, I have been contacted by Creighton, Emporia State (Kansas), and Wayne State. Most colleges take a wait-and-see attitude. If I have a good spring season, it will definitely solidify my scholarship chances."

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# Teams make rules

## Coaches seek to discipline athletes

Coaches, to ensure that athletes have a positive attitude about their sport and a disciplined approach toward getting in shape, require that team members follow certain training rules.

From  
the  
Grandstands

Lee Garver



Methods about what to require of players and how to enforce training rules vary. Mr. William Reed, varsity football coach, has traditionally required all sophomore football players and their parents to sign a handout which explains all of the team's rules.

"It seems that when rules are written down, they are taken more seriously," said Reed. According to him, the rules sheet, which "completely and totally maps out what players need to know," gets it straight before the season starts what he expects from his players.

Reed's handout has rules concerning the following: attending practice, hustling on the field, drugs, smoking, drinking, classroom performance, and injuries.

### 'If players see how tough we are on small things, they'll think twice about doing anything else'

"We tend to dwell on small things like being late," said Reed. "If players see how tough we are on small things, they'll think twice about doing anything else."

The football team's rules sheet, in addition to having rules against drinking, smoking, and skipping practice, has a section which requires players to show "pride, dignity, and trust in teammates and coaches." Mr. James Martin, varsity boys' basketball coach, also believes that this aspect of training has importance.

Martin has always required his players to show respect to coaches, teachers, custodians, and anybody else who may be in the school building. He said, "I think you probably hang it out there that they'll miss a ball game if they are disrespectful."

Martin used to pass out a rule sheet, but because he believes that rules concerning the showing of respect towards other people are vague and cannot be written effectively, he did not do so this year. That, though, does not mean he does not have rules that he would like to see observed.

Martin asks all of his players to get to bed by 10:30 on weeknight and 11:00 on weekends. He hopes that players do not drastically have to change their lifestyles during the basketball season.

Herbert Johnson, a senior who participated on this year's basketball team, said

that during the season he slept a little more and watches his eating habits a little more carefully. He said, "On game days I didn't eat anything greasy or anything that would upset my stomach."

Rod Hauck, a senior who participated on this year's football team, said that he ate as much as possible whenever possible. After practices, to insure that his grades did not suffer, Rod made sure he did all of his homework before he ate dinner. He said, "If you eat, it's all over, you go right to sleep."

Other students athletes made possibly even greater changes in their lifestyles. Martin said that he hopes no student "parties" during the off-season, but if any students do, he contends that they must refrain from doing so while participating in athletics if they ever hope to reach their fullest potential.

### Coaches require that players show respect to coaches and teammates

According to Martin, smoking cigarettes is one of the worst things an athlete can do. He said, "It's been proven over and over that an athlete who does this can never reach his full potential; even if he stops smoking, some damage will have been done."

Martin also believes that drinking can affect a player's performance. "It's a fact that a really good athlete can drink and still perform well," said Martin. "But, he won't be as good as he could have been if he hadn't."

Football, because of the nature of the sport, also has training rules concerning injuries. Players that are injured are required to attend practice, and if the injury is not too severe, they are required to participate.

The rules sheet states: "We are not so much into winning that we will sacrifice maiming someone for life." But, the rules sheet also states that if a player does not participate in practice, his "position becomes an open spot," and he "most return second or third best."

Enforcement of rules is necessary if coaches hope to have their rules observed. Martin said, "Probably the best way to discipline an athlete is to take away playing time."

### 'Probably the best way to discipline an athlete is to take away playing time'

Reed claims that if players do not want to follow the rules, he does not want them on the team. The rules sheet, in the following statement, sums up what he does not want to see from his players. "Once you have decided that you are bigger than the team, bigger than your teammates, bigger than your parents, bigger than your teachers and coaches then you have become too big for the largest size uniform we have. When your attitude gets to that point, you will be kicked OFF THE SQUAD."

## New girls' track coach

### Martin hopes to help athletes reach potential

by Natasha Brown

The beginning of the track and field season not only brought new team members, but also brought a new team coach.

Mr. David Martin, English teacher, is the new field event coach for the girls' team. Martin coaches such events as the high jump, long jump, shot and discus. According to Martin, more girls have come out for the team this year due to the increase in enrollment.

"There are sophomores, who have come out for the team, that I want to help start in the proper direction so that when they are seniors they will achieve their maximum potential. I want juniors to continue their growth, and I want to help seniors contribute to the team," said Martin.

"Whenever I coach, I always have one aspect in mind, to help each individual reach their potential. If students do that, then victories and championships will take care of themselves."

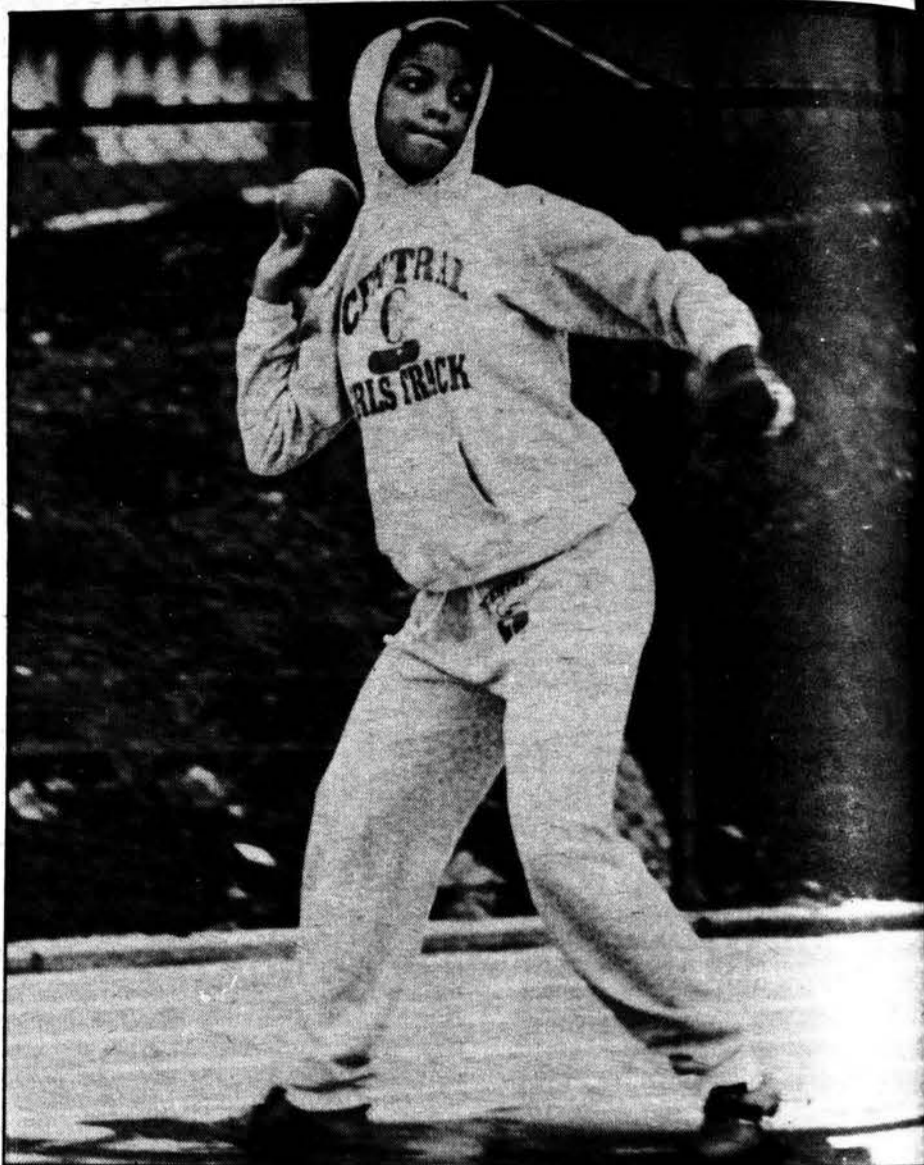
Martin attended high school in Falls City, Nebraska where he was named All-Conference in basketball, track, and football. He later went on to quarterback for the Lincoln Comets, a semi-professional football team. The team was terminated after a year due to financial difficulties.

"I wasn't able to play football in college because I had to work to put myself through college," said Martin.



Mr. David Martin, the new field events coach for the girls' track team, talks to sophomore Arnell Brock in the weight room. He is interested in helping sophomores "start on the proper direction so that when they are seniors they will achieve their maximum potential."

After college Martin spent 11 years in business with Procter and Gamble. "I thought business and making money were



Crystal Spraling, sophomore, prepares to launch the shot-put during practice. The Lady Eagles' track team, which has a good balance of talent, is seeking to defend state crown.

photo by Jackie Hynek

## Lady tracksters well balanced

Central's girls' track team seems to be satisfied with the overall balance of the team. "This is probably one of the most balanced teams we have ever had. Our runners have good depth in distance running and sprinting. We also have the help of Mr. Dave Martin, field events coach. We have had a tendency in the past to lack strength in the girl's field events," said Joanne Dusatko, girls' track coach.

Andrea Tkach, senior, agrees with Dusatko. "This year we probably have the most well-balanced team in a long time with respect to talent in field events, sprints and distance. Right now we need more work on the basics, like showing up for practice. Hopefully everyone will get serious and that will come with time."

Andrea, who is a distance runner for the girls' track team, spends a considerable amount of time conditioning outside of the required practice time. "Right now I'm mainly practicing with the team after school. I bike to

try to get a little running or swimming before school whenever possible."

The girls spend approximately two hours after school working out. The practices consist of stretching exercise, one and a half miles of running outside (weather permitting) and weight training.

According to Dusatko, the weather has been a major factor in the conditioning of the team.

Jozetta Boone, senior and sprinter on the track team, said, "Working inside is good for the legs and shins. Also you don't get as much conditioning as you would outside. I feel that the most competitive person on the team is myself, and the only person who makes me work harder is me."

Dusatko said, "I'm just hoping we will pull it all together because the talent is definitely there," Jozette said, "I hope our team sticks together and works hard inside as outside. We will be successful at state."

## Girls' tennis team robbed of practice time due to weather

When people think of spring they think of sunshine. But for spring sports, it can be a time of depression and layoff. An example of this is the Central High girls' tennis team. Because of the weather, the team has missed a substantial amount of practice time. According to Miss Joyce Morris, girls' tennis coach.

The new multi-purpose field has been beneficial to the tennis team because rain and snow has made it virtually impossible to use it. Weather conditions have also made it impossible to practice anywhere on outdoor courts. According to Morris, the girls have only practiced only twice at Central and once at Dewey.

According to Miss Morris, the team has missed at least three test matches because of bad weather conditions. She said,

"The unpredictability of the weather makes it hard to reschedule make-up matches."

The layoff from practice and the missed dual matches could weaken the girls' confidence. According to Miss Morris, however, "Many of the girls keep their games up by playing indoors at Hanscom Park and Creighton."

Although the girls have not had the practice time that she thinks they need, Morris still has a great deal of confidence in the team. She believes that this team could be good or better than last year's team. The girls finished the season 8-3.

photo by Jackie Hynek

the most important things. Later I found happiness in teaching, which gives a lot less money, but it makes me happy," said Martin.