

Honor Society undergoes change

Bob Soukup

The Central chapter of the National Honor Society has adopted numerous changes this year concerning the selection of members. The new plan, proposed by Stan Maliszewski, Central guidance director, in March 1984, went into effect after a special subcommittee meeting October 22.

According to Mr. Dan Daly, Central English teacher and a member of the subcommittee, elements involved in selecting members have been changed to include the student more, especially on items of leadership and character. The National Honor Society committee will no longer be so active in judgment.

"Students who are eligible will know they are, and what they have to do," said Mr. Daly.

Requirements for membership in the National Honor Society have stiffened. Students now must hold a minimum GPA of 3.3 (previously 3.0), and two signatures of leadership approval must be acquired from teachers, youth leaders, or employers. A student must have been involved in activities that offer no academic credit in the preceding year. At least fifteen hours of service must be involved with the school. Exceptions to this include activities such as journalism, drama, and a few others.

Mr. Daly said that he is happy about the changes, particularly in the GPA requirement. "The GPA was probably too low before. I am fairly positive about the directions things have gone."

In addition, beginning this year, the National Honor Society will become more active in community activities. Mr. Maliszewski said he would like to see members become more involved within the society. "I would like to see maybe one enjoyable activity take place one month, and then the next month, something more serious."

One idea is inviting graduated seniors to talk about their college experiences. Mr. Maliszewski would also like to see the National Honor Society help coordinate a "Student of the Month" program. Selected students, one from each of the three classes, would be honored every month.

Another change for the society this year will be the induction of juniors in the spring.

Mr. T.M. Gaherty, Central journalism teacher, says that the changes seem fitting.

"The changes in the National Honor Society seem to put it more in line with the regulations of the national chapter," he said.

The history of the National Honor Society started at Central. Mr. J.G. Masters, former Central principal, first suggested the program in the early 1900s. However, because Mr. Masters was unable to attend a meeting concerning his new idea, Omaha was given the second instead of the first chapter when the society was finally adopted.

Other high schools in the city that have active Honor Society chapters include Burke, Northwest, Millard South, and Westside.

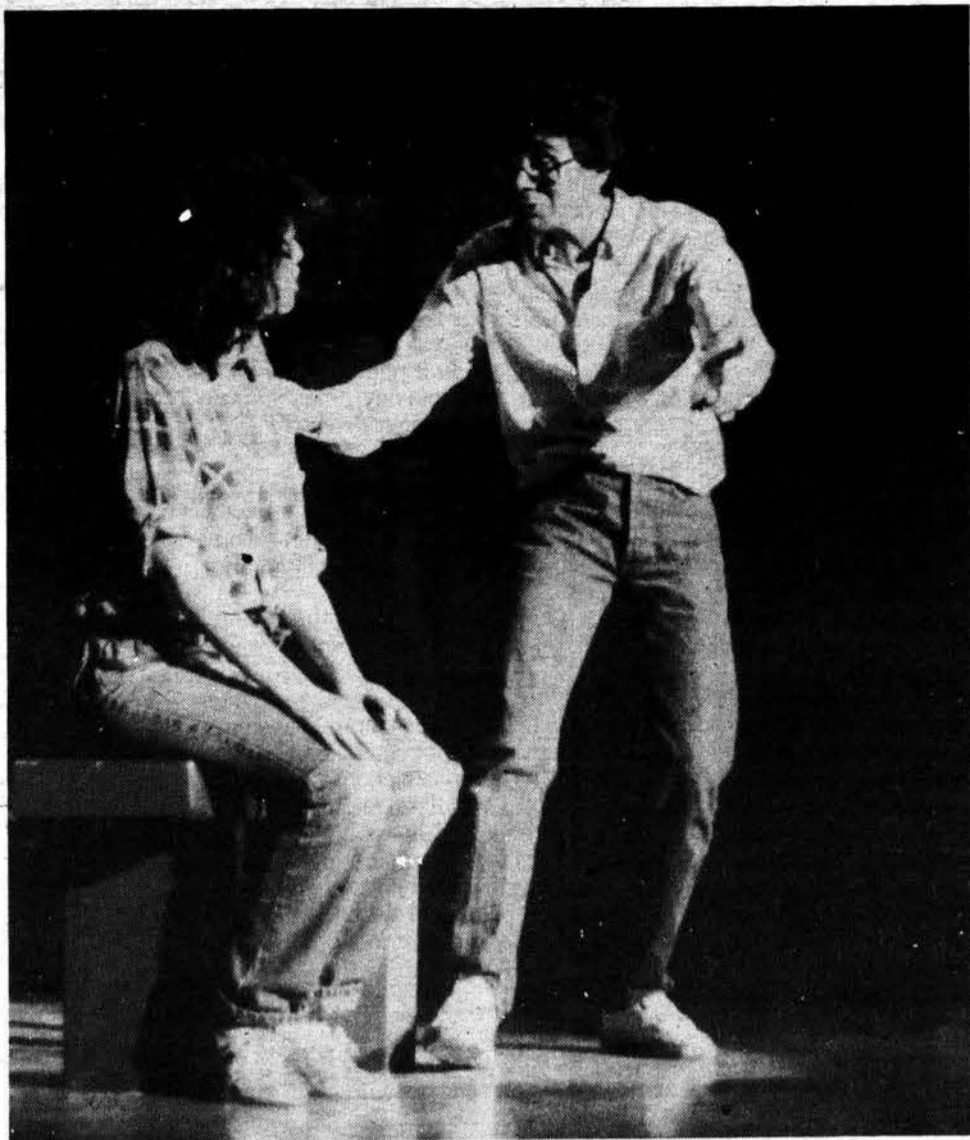


photo by Krista Lanphier

"Fiddler on the Roof," this year's fall musical, will be presented Friday, Saturday, and Sunday, in addition to the student matinee today.

The musical, set in the little Russian village Anatevka, stars Tevye, a dairyman played by senior Stewart Diemont (pictured above with his wife Golde, played by senior Jill Anderson), who must cope with changing traditions, especially those changed by three of his five daughters, Tzeitel, Hodel, Chava (played by Chris Gossin, Michelle Seizys, and Jill Stommes) and their respective husbands.

Bob Soukup, senior and the show's technical director, said, "It is a very warm and well presented show, with a lot of time and effort put in by the directors, cast, crew, and pit orchestra."

CENTRAL

Register

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Car thefts, vandalism common

Anneliese Festersen

During the past few weeks, numerous acts and acts of vandalism have been perpetrated against cars parked in and around school property. The incidents range from shattered windows and stolen radios or speakers to smashed car doors, bumpers and slashed tires. In one extreme case, a car was stolen.

Kari Hulac, senior, said the door on the passenger side of her 1971 Ford mobile Vista Cruiser was "totally smashed in—beyond my financial realm of repair" while she was parked in Central's student lot. The door is jammed shut, the handle pulled out, and the paint scratched.

Drivers 'too irresponsible'

Kari said, "If I had a nice car, I would be stupid enough to park in the school because people are too irresponsible in driving."

Dalene Adams, senior, said one of the doors on her 1974 Mustang was slashed while she was parked in the student lot. The car was brand new.

Senior Tony Avant had his 1981 Mustang stolen. Tony said he was parked in the OEA Manor, and, when his aunt came to pick up the car, it was gone. Fortunately, the police found the car at Eppley Airport the next day, with nothing missing.

Tony said, "I guess somebody just needed a ride to the airport."

Stereos and components stolen

John Murphy, junior, said the driver's door of his Chevy pickup was smashed and his AM/FM cassette stereo and power windows were stolen while he was parked on Davenport Street across from Central's athletic field. He said his insurance covered most of the damage, which he estimated at about \$365.

John was irritated because he said there's not much a car owner can do to prevent such thievery. "If someone is gonna steal it, they're gonna steal it."

Seniors Charles Knight and Ryan Hervey have suffered similar damage. Both of them had windows broken and stereo or power windows stolen while they were parked underneath the interstate bridge on the street from the student parking lot. Charles, it marked the third break in of his 1978 Dodge Diplomat.

I myself have been a victim of such crime. While parked in the student lot, the back bay window of my 1984 customized GMC van was smashed, two rear speakers and the amplifier of my Alpine stereo system were stolen, causing severe damage to the dashboard of the vehicle. Total repair and replacement costs exceed \$1200.



photo by Lisa Larson

The damage done to Senior Kari Hulac's car.

Parking garage or security guard

This is a lot of money (though my insurance covered all but a \$300 deductible) not to mention inconvenience. Needless to say, I discontinued parking in the student lot and decided to secure a parking stall at the Farm Credit garage a block or so away on Douglas Street at a cost of \$40 per month. This is only one solution to the problem, though.

The obvious solution to the problem would be for Central to hire a full-time security guard. However, Dr. G.E. Moller, Central principal, said, "The school can't afford to give one person the sole duty of guarding the parking lots."

Dr. Moller said the school does have one security aide, Mr. George Taylor, who makes periodic rounds of the parking lots particularly when the weather is mild because, as Dr. Moller said, "That's when we expect problems." But he stressed, "George is only one person, and he has a lot of duties and lots of places to be."

Dr. Moller said that he has written to the Chief of Police and requested increased police patrol of the area. He said he has also discussed the possibility of student observers for the parking lots with the Student Council and the PEP Board.

Student observation program

One student observation program has already been established at Benson High School. According to Mr. Robert Penny, assistant principal in charge of the two-year program, it has reduced but not eliminated problems.

Mr. Penny said that the program involves fifteen or sixteen senior car owners during their study halls. Two of these students patrol the parking lot each class period but strictly as observers. He said, "They are not a vigilante force. If they see anything, they are supposed to notify an administrator or call the police."

The students applied for the patrol, and their parents had to fill out permission forms. From these volunteers, Mr. Penny chose the patrol members. Each student selected received an ID badge with his or her picture on it. He or she is requested to show the badge to any teacher upon request. The patrol members are also required to sign in and out of the attendance office when they go on or off duty.

Dr. Moller said, "I am rather skeptical, if not apprehensive, about a student watch program because it would place students in a vulnerable situation." He also expressed concern over school liability and said the matter would have to be discussed with the school attorney and the superintendent.

Car alarm systems

One last alternative for car owners seeking to avoid vandalism or theft is the installation of some type of car alarm system. According to Mr. Larry Kirke of City Glass and Stereo Village, car alarms can be effective "not to 100 percent cure the situation" but at least to help turn away potential thieves.

Systems which trigger horn honking and light flashing can be hooked up to the doors, windows, or hood of a vehicle. There are also motion-sensitive systems which trigger after any breakage. He said prices range from \$69.95 to \$500 or \$600, and installation usually takes between one and a half to three hours.

Officer Gary Boldt, a detective in the Omaha Police auto theft unit, gave this advice to car owners, "Lock and secure your vehicles, and don't leave any valuables inside."

Shannon reports from Central on education

by Gwen Oberman

During the week of October 15-19, a familiar local television personality visited various classes at Central. Reporter Roseann Shannon of KMTV Channel 3 focused on Central High School to develop a report on how education in the public schools has changed.

Ms. Shannon's 5-part series was televised the week of October 29. She spent two days by herself attending classes at random "which is neat because you get a more balanced report that way," she said. She liked the fact that Dr. G.E. Moller, Central principal, simply gave her a schedule of classes and didn't merely suggest going to where the best students were.

The latter part of the week Ms. Shannon brought her film crew "to shoot video of the classes," she explained.

Ms. Shannon said that she chose Central for her report because it is in the middle of Omaha. Furthermore, she said, "it has a balanced population that you just can't find elsewhere." She contacted other schools' teachers and students for information as well.

With regard to the national reports on education, Ms. Shannon said that the national problems are not here. Of course, she explained, there are a few discipline problems, but they are not as bad as the national reports make them out to be.

The biggest change in education in Ms. Shannon's opinion is that "high school kids are doing (work) we didn't even do in college." She said that parents would have difficulty doing the high school students' homework of today even if they were college graduates.

Ms. Shannon was further impressed by how hard the teachers work. She was amazed at how they taught class after class. She said that the teachers' union says that teachers work long and hard days, "but you really see it here."

More safety needed for parking lot

"Park at your own risk." This warning the administration shrieked loudly in the announcements during the first few weeks of school. Now, at the beginning of a new quarter, the risk is clear.

Several cases of vandalism and theft from the students' parking lot definitely prove the risk for students. Besides the rumors of slashed tires and hit-and-runs, car stereos were taken from Central students, OEA employees, Creighton students, and people parked under the "bridge," according to Mr. Al LaGreca, Central administrator. The police believe several people did it all on the same day, smashing car windows and ripping out the equipment, possibly for re-sale.

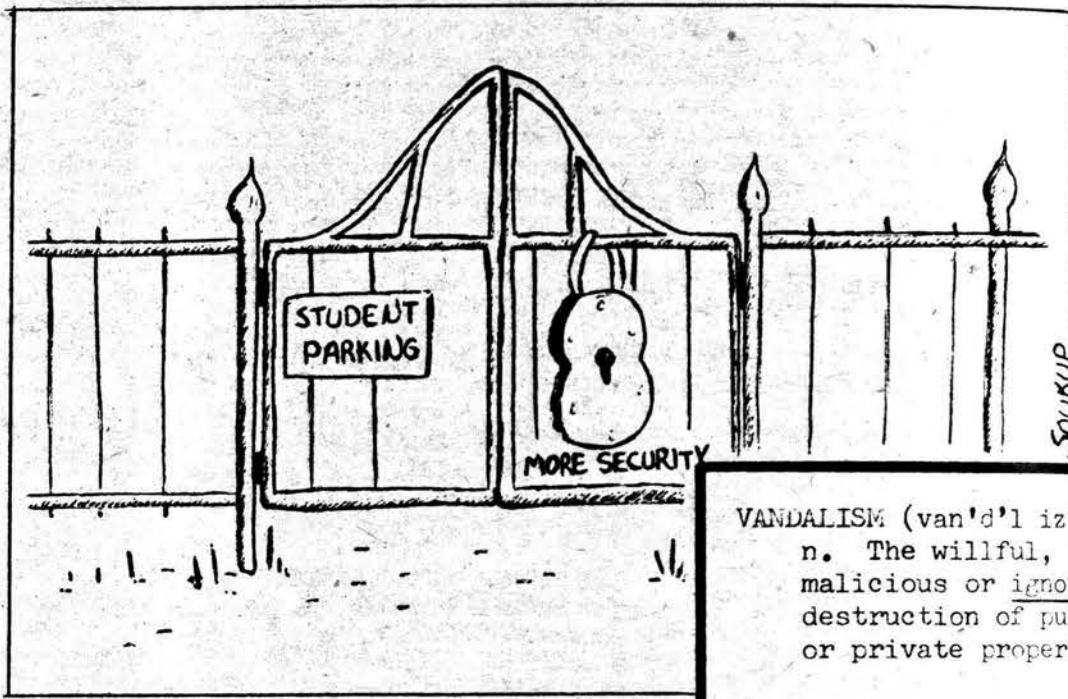
Editorial

"It's one of those situations," Mr. LaGreca said hopelessly. Nearly every organization downtown (if they have parking) has parking security. For example, InterNorth has guards and video, and Creighton has patrolling Trailblazers.

Central has one security guard and a fence around the lot. According to Dr. G.E. Moller, principal, Central can't afford another security guard.

The Register staff believes that the school must provide security for its students. The Student Councils at Burke and Central have proposed a plan that would let study hall students patrol the lots. Burke's administration rejected this because "it is against school regulations to loiter in the parking lot," according to Mr. Jim Craigmile, who is in charge of security. Both Dr. Moller and Mr. LaGreca said such a plan was "dangerous" for the students who would be involved.

The school needs help. Dr. Moller has already asked the police to increase surveillance, but some sort of regular watch is needed. Perhaps the Student Council or PEP or another school group could help.



VANDALISM (van'd'l iz'm)
n. The willful, malicious or ignorant destruction of public or private property.

Registered Opinion: What kind of security?

The problem of vandalized cars in and nearby the student parking lot is not alleviated by one security guard who can't be in all places at one time or even one place all of the time. Even though Central, like other schools, has a history of vandalism, the school can't afford another security guard. Central students were asked how the school could solve this problem.



Tom Kelly (junior) — I think they should have someone go through the lot more often. Maybe the students could watch — it's their cars that are being vandalized. **top right** —



Doris Bratton (senior) — They could appoint students from study halls who could go around and guard the cars. Some kids who don't have that much to do could walk around out there and check everyone's cars.

Kathy Campbell (junior) — They could already have the money for security guards — or get it from fund raisers. Maybe PEP (Parents, Educators, Pupils) could be involved. **right** —



Mrs. Gerry Zerse (counselor) — I think there are enough concerned, intelligent students who want a solution and will be able to come up with one. **bottom right** —

photos by Lisa Larson

Letter to the editor

Dear Editor:

The success of any extra-curricular activity is not only dependent on the participation of the student body but also on the support of the school.

As a senior, I have been lucky enough to have been a member of the team that won two consecutive state chess championships. For the past three years, Central has placed first or second in the Omaha Metro League Chess Tournament. Unfortunately, however, Central's chess team will not be able to continue their excellence in chess this year. The lack of school support is the primary reason for this.

According to Dr. Susan O'Brien, organizer of the Omaha Metro Chess League, a chess club sponsor must be a faculty member, otherwise the team will be

ineligible to play in the Metro League matches and the Metro League Tournament.

It is a sad thought when one considers that with all the exceptional talent Central has in chess, it will more than likely go to waste this year. I have only one apology to make and that is to junior foreign exchange student, Fritz Felgentreu, who chose to attend Central because of our noted success in chess.

I intend to see that Central's chess team will remain as active as possible throughout the year. Hopefully, in the years that follow, the support of Central's chess team, students and faculty alike, will be as great as it has been in the past.

Thank you,
Tyrus Soares
Chess Club President

Senioritis strikes again

Homework, doesn't just the mention of it make your stomach emit odd noises? Personally, I believe the word HOME-work implies work done for your home. I have plenty of that kind of work, like figuring out ways to get my brother grounded (so I can use the phone exclusively) and the demeaning task of helping my other little brother clean my room. School does not need to add to my chores by giving me "educational assignments." They should keep it in school and call it SCHOOL-work, which is what it is. Right?



From Me to You

LeAnne Lovings

I have expressed these feelings to many of my teachers, but, alas, teachers hold to traditions very strictly. So, I keep loading up my backpack with books that are full of assignments and not likely to contain any pleasurable material.

I endured this unjust procedure for many of my school years, but lately it seems when I try to complete important homework, or for that matter any homework, nervous frustration hits. By nervous frustration I mean the desire to do anything but homework, and yet (being the conscious student that I am) feeling guilty about doing anything but homework.

I make myself stay home until I complete my homework, which is usually all night because I never quite get to the task of doing the homework. I sit in my room (secretly begging the phone to ring) and twiddle my thumbs until I get tired and decide to go to bed. I keep telling myself that I can always wake up early the next morning and complete my homework then.

Homework in the morning, hah, that's a laugh. My alarm clock's snooze button gets hit at least fifteen times every morning, leaving me with barely enough time to do my nails let alone my homework.

Mr. Jones praised

The Register staff feels that Central athletic director and administrator Mr. Richard Jones deserves credit for his recent involvement with the controversial football forfeiture.

Editorial

In the current age of sports, not many people would turn themselves in for a mistake they believed they had made. We appreciate the honesty of Mr. Jones and regret the criticism he endured.

However, I have decided that I am tired of wasted evenings and guilty of monopolizing my senior year. Many seniors have warned me of the disease of senioritis, a disease that causes seniors sometimes drop their grade point average by 50 percent, but I never dreamed I would fall victim to it.

I am determined to find a cure. I have started campaigning against hanging posters in my room, reminding myself, "Those who delay, soon must place my books in a place close to me."

I wish my teachers knew exactly how much burden they are putting on me. My life is dwindling down to talking to my friends. But, I will beat the teachers at their own game because, as many of my friends tell me, I am a very stubborn person.

I could go on and on about the subject but unfortunately I have homework waiting to be done. I leave you with the question: whether it be the subject of homework or just the effort to get up and go to school, watch out because senioritis will creep up on you when you least expect it.

CENTRAL Register

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NSEA Convention aids educators

Mari Hulac
The Nebraska State Education Association (NSEA) recently held its 1984 Teachers' Convention on Thursday, Oct. 25, and Friday, October 26.

The theme for the convention was "An Opportunity for Excellence." The purpose of the convention was, "to fulfill educational needs and to meet the needs of all people," according to Ms. Pat Richey, NSEA President. Ms. Richey stressed the commitment which NSEA has to education and educators in her opening welcome speech Thursday.

She said, "As professional educators we have made many commitments which will have our impact on young people. Our goal is to help them grow and reach new skills and to instill in our students the love of learning." Ms. Richey said that the trend was continuing to move toward "higher standards and higher expectations." "Our goal is to be a more productive tomorrow by working with the future to gain personal expansion and growth."

Although the main workshops and demonstrations were held at Central and Omaha Civic Auditorium, convention-related activities could be found anywhere in Nebraska.

Teachers who are members of the NSEA or other affiliated organizations were invited to attend but were free to attend on their own terms.

Various options ranged from a Neale Woods Nature Center program to an animated talk on stress given by Ms. Shirley Leath, syndicated columnist and author, at Cascio's Steakhouse. Tours were conducted to various places of interest such as eastern Nebraska, Lincoln, the SAC Air Force Base, and the Henry Doorly Zoo. Other convention activities in Omaha took place at Kiewit Conference Center, Boystown, and at area hotels. In addition to the workshops at Central, there was a home economics style show and luncheon held in the courtyard on Thursday.

Mrs. Vickie Anderson, Central Spanish teacher and board member of the Omaha Education Association, planned the forty-eight workshops held at Central. According to Mrs. Anderson, this is the first year Central was used for any of the main workshops. Other convention activities in Omaha took place at Kiewit Conference Center, Boystown, and at area hotels. In addition to the workshops at Central, there was a home economics style show and luncheon held in the courtyard on Thursday.

Of course Mrs. Anderson wasn't alone in her efforts to coordinate all the events held here at school. CHS Singers entertained educators at both the Civic and at Central on Thursday. Central JROTC presented the colors at the opening ceremony on Thursday and aided in convention security. Student Council members and Spanish students sold coffee and doughnuts and guided teachers to their workshops, which were located in various classrooms throughout the building.

Mrs. Rose Sheehy, on-site coordinator

for the convention and member of the NSEA Metro Board of Directors, described the workshops as having "something for everyone." She said, "The workshops provide a chance for teachers to refresh their memories and hear things presented in a different way for a new outlook. For the most part, it helps them better their professional skills."

NSEA has 18,000 members, and an enormous fraction of them filled the Civic Auditorium examining the displays of eighty-seven exhibitors. There were representatives for various textbook companies, computer companies, and com-

munity care agencies. As Mrs. Betty Majeski, Central librarian, described it, "It's the newest, latest stuff."

Some teachers were slightly skeptical about the convention. They seemed to question the value of many of the seminars offered. Mr. T.M. Gaherty, Central journalism teacher, said, "Every once in a while you hit a good workshop."

The majority of the teachers seemed to enjoy the convention. Mr. Jim Rea, NSEA Director, stood firm in his position supporting NSEA. "NSEA will never waver in its search for the best for the students and teachers of this country."

Prayer and Peanut Butter

On October 25 and 26 while most students were catching up on lost sleep and their favorite soaps, a new group of eager students sat in their chairs. Central was the site for this year's main workshops for the Nebraska State Education Association (NSEA) Teacher's Convention. If you've ever had the urge to learn about paper folding or calligraphy this year's convention was for you.

If paper folding or calligraphy doesn't sound inviting, workshops were held on just about every subject under the sun. Teachers could choose from such topics as computers, robotics, cardiopulmonary resuscitation, drug abuse, finances and

solar energy.

Various speakers came to Omaha to address the teachers, but one came farther than any. It was Abraham Lincoln, alive and well! Well, almost Abraham Lincoln. It really was actor Richard Blake.

Meanwhile forty-eight workshops were being conducted at Central. Workshop attendance on Thursday was around six hundred, and a bit less on Friday.

Three of the most popular workshops were "Motivation: The Key to Wellness," given by Father Jim Scholz of Omaha; "Prayer and Peanut Butter," by Shirley Leuth; and "Teacher Retirement," given by Phil Kaldahl of Bellevue and Chuck Beatie of the Omaha Public Schools.

"Motivation: The Key to Wellness," a seminar which concentrated on ways to become motivated to live a "wellness lifestyle" was well-liked because, as one teacher put it, "It gave ways to use the power of thinking." This seminar also included audience participation.

"Prayer and Peanut Butter" could attract a crowd simply due to its innovative name. "Prayer and Peanut Butter" is the name of a novel written by the workshops presenter, Shirley Leuth. Mrs. Leuth, a mother of seven from Aurora, Nebraska, dealt with a subject with which she is well acquainted, stress. She showed how stress can be relieved with humor and how an aspiring writer can develop his talents.

Ruth Anne Shavely of Bellevue said she enjoyed the talk because "she talked about coping with tragic frustrations and seeing how someday they will be funny."



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Library receives new security system

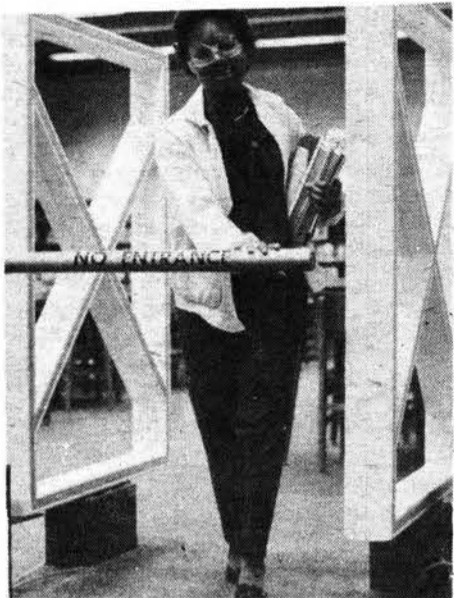


photo by Jim Hazuka

Lavinia Valentine, junior, walks through the new library gate. The system will trigger an alarm if books are not sensitized.

New library security systems will be installed this year in all of the Omaha Public high schools except Bryan. Bryan has already been equipped with such a system.

Mrs. Betty Majeski, Central librarian, said the purpose of the system is to cut down book loss, though she stated that Central doesn't have a real big problem in that area. The new system, installed at the entrance and exit of the library, senses whether or not a book has been checked out. A magnetic substance, inserted in the book, is desensitized when the book is brought in and sensitized when it is checked out. The gate at the exit will lock and an alarm will sound if someone attempts to carry out a book that hasn't been checked out. Mrs. Majeski said that they can also use the system with audio-visual equipment.

She said that it isn't known when the new system will actually be functioning, but it should be soon. Jokingly, she has been telling students who ask about how it works that the alarm sounds, the gate locks, and they have seven seconds to check out their book(s) or they will be vaporized.

Career center is helpful to students

Where should Central students go when they need a job, career information, or test dates? The Central High career center is "an important resource" which fits all of these needs, according to Mr. Stan Maliszewski, director of guidance at the CHS career center.

The career center, which is located in Room 129, moved to one central location in December, 1982. Before then, the counselors had offices in separate parts of the building. Mr. Maliszewski said that there was no uniformity before they centralized the counselors.

There are many purposes which the career center serves. They are: visiting counselors, checking the college catalogs which have information on nearly every college in the country, researching information on hundreds of careers, checking for job availability through the Nebraska Job Services, checking on information and dates for tests (such as the ACT, SAT, PSAT), visiting with various college representatives, and checking the file for current scholarships.

Other high schools also have career centers, but, according to Mr. Maliszewski, Central's is the most helpful and well-designed.

CHS elections begin

Seniors will elect senior class officers on November 15 in homeroom. The offices to be filled are president, vice-president, secretary, treasurer, boys' sergeant-at-arms, and girls' sergeant-at-arms.

Central officials will announce this year's senior class officers on November 16 in a senior auditorium homeroom.

This past Tuesday seniors chose the three names for each office that will appear on the final ballot. Final candidates campaign today through November 14.

'Beat' hits Central

Student Council members and Mrs. Vickie Andersen, sponsor, are holding a dance November 16 from 8-12 p.m. in the old gym. Music will be by Skeet; the title of the casual dance is "Skeet Beat."

All students can attend; admission is \$1.50. Profits will help defray expenses for the spring prom.

"If you had fun at homecoming, you'll have fun at the dance," according to senior Student Council member, Gia Ciummo. "It's going to be a great time," she said.

After considering complaints about last year's music, the Student Council favored the choice of Skeet, according to Tony Avant, senior council member. He said this year's music "should be really good."

Policy won't change due to court ruling

A court ruling on desegregation will not change recruiting policies in the Omaha Public Schools.

On September 18, 1984, the U.S. District Court declared that OPS is desegregated. The courts will no longer supervise desegregation.

This change will not affect OPS's effort to maintain and improve the desegregation plan, according to Dr. Norbert Schuerman, OPS superintendent.

Policies at Central will not change either, said Mr. Dan Daly, English department head. "Voluntary plans will continue emphasizing racial balance."

Recruitment plans include ten workshops at Central. Schools involved are Horace Mann, Norris, and Lewis and Clark Junior Highs.

JROTC carries flag

This year will mark the 69th year for the Central High School Reserve Officers Training Corps (JROTC) to carry the flag at the Ak-Sar-Ben Coronation.

JROTC has participated in numerous activities this year, including the homecoming and Columbus Day parade, according to Debra Carter, senior and battalion commander. The drill teams and color guards also perform during the year.

This year there are nearly two hundred cadets in the battalion, which combines Central and Norris Junior High.

The cadets went to a camp in Kansas October 25-27, and the color guard, which is headed by James Estwick, senior, performed at the teacher's convention on Thursday, October 25.

The battalion is much larger than last year. They had to add two additional rifle teams; there are three this year. Central has nine JROTC classes and 130 students. "This makes for a busy year because there are more students, and we can do many more things," said Debra.

According to Debra, the major thing the cadets have this year is the Biannual Formal Inspection, December 17. She said that this is a very nervous time for all the cadets and for Major Richard Yost, JROTC instructor.

Students teachers

The Central foreign language department, headed by Mrs. Gretchen Schutte, German teacher, is continuing a program this year that was quite successful last year. Students of each foreign language are teaching their language to grade school students.

There are thirty-five Central students participating this year, an increase from last year. The students teach half-hour lessons in French, Spanish, German, or Latin to grades 1-6 once a week at one of the following grade schools: Mountview, Harrison, St. Margaret Mary's, and St. Pius X.

Seven students are planning to begin teaching later at Lothrop School gifted center.

Parents write letters

To show her students that they are simply "grade-machines" but are human beings and that they should not put so much pressure on themselves, Mrs. Marlene Stein, Central English teacher, began a project with her junior honors classes.

On the night of the Central Open House, Mrs. Bernstein asked parents to write a letter describing what they thought about their son or daughter, outside of school or grades. She called all parents who did not attend the Open house, so that they would participate in the project as well.

Mrs. Bernstein said, "I did it because in the students' junior year at least the pressure is great to get good grades. I think of this pressure is exerted by the students themselves, though. The parents understand that they are doing their best, and still love them, of course. I think that it is important that the students know this. It gives them a good perspective."

She got the idea from Mr. Maliszewski, Central guidance counselor who instituted the project at Burke School. He did it with the parents of National Honor Society (NHS) students. The students received their letters on the night of the NHS reception.

Mrs. Bernstein has approximately five junior honors English students plans to give the letters to these students the day before parent-teacher conferences. She said that she will repeat the project next year.

Club installs officers

Central's DECA Club, (Distribution Education Clubs of America), sponsored by Mr. Harry Gaylor and Miss Jerrie Haary Central Business teachers, installed officers in an annual ceremony on October 25.

Two representatives from the business course were elected along with seven officers chosen by the club.

Mary Ann Danielson, a UNO double-majoring in management accounting and also a DECA alumna, was installing officer, giving a speech on the duties of a DECA officer. The elected officers took a pledge to fulfill responsibilities.

Mr. Robert Armstrong, General Manager of Corporate Affairs for Intercontinental Inc., was guest speaker.

Class adds system

This year Central's drafting technical drawing class received a computer system designed to be used solely for graphics. According to Mr. Gordon Thompson, Central technical drawing instructor, it allows them to put out professional preliminary graphics. Mr. Thompson said that he was a little skeptical about the system at first, but is impressed with what he has seen so far.

Mr. Thompson is currently teaching workshops and classes to learn more about the computer. One of his students, Paul Crumbliss, is doing a lot of research on the project and is very excited about it. One of the first projects on which Paul is working is a school activities calendar, which he hopes to sell in the school bookstore.

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Students forced to adapt when promoted a grade

by Kari Hulac

More and more children these days are diagnosed as "gifted" early in grade school. The reaction of some parents and teachers is to pull the student out and enter him or her into a higher grade level. This is being done to insure that the student gets the maximum amount of learning for his intelligence, but is such a good the best way to accomplish this?

Pushed beyond capacity

Mr. John Waferman, Central math department head, is definitely against the idea. "I am philosophically opposed to students skipping grades. It can be socializing, athletically ruinous, and academically dangerous." He also said that gifted students could possibly be pushed beyond their "intellectual capacity." Research shows that even more rigorous than intellectual and academic pressures which students face are the social aspects of school. A student cannot be socially if he or she lacks emotional maturity.

Dr. John J. Ryan said in his book *National Psychology*, "Maturity is a significant factor in the development of intellectual capacity." In order to develop this capacity, Dr. Ryan stressed the importance of a child's early years in school. The school can do much to promote the mental health of students. It can provide a safe environment . . . stimulate, and guide students who must cope with situations causing conflict and frustration.

A student who skips his or her early education risks missing out on an important in forming a child's personality and emotional stability. Student promotions are not very common in the Omaha Public School District. Richard Muff, Omaha Public School Districtologist, explained that the major reason bright students aren't promoted is they aren't socially ready.

Promotion alternatives

Mrs. Marlene Bernstein, Central English teacher, emphasized testing as a basis for the decision. "Go for intelligence and maturity. A student shouldn't have skipped without having maturity."

She also brought up some alternatives. "Parents can see that their child is enriched in their present grade level." Museums, music lessons, computers, and special classes were a few suggestions Mrs. Bernstein gave for outside enrichment.

Exceptions to rule

Gordon Prioreshi, junior, is one Central student who seems to be an exception to the rule.

Gordon, who jumped from sixth grade to seventh grade at Arbor Heights Junior High, doesn't seem to recall very many difficulties. "There were some problems due to the general ages of the kids," he said.

By eighth grade Gordon, young for his grade already, found himself in advanced algebra at Westside High School.

When Gordon was a sophomore at Westside, he said that he heard about Central's reputation and decided to investigate. He and his father decided a transfer would be beneficial.

Gordon said the main difference he noticed between Central and Westside was the schedule system. "I prefer modular scheduling but the traditional schedule works better in an educational setting," he explained.

Easily accepted

With all these changes, one would think a successful adjustment would be impossible, but Mrs. Bernstein, Gordon's Honors English teacher, says that Gordon seems to be handling things exceptionally well.

"I think he's more easily accepted by his fellow students because they are a more mature group," she said.



photo by Steve Berman

Jacques Fasan, senior, shows his form. He hopes to play a major concerto.

Senior violinist finds success

Isaac Stern he isn't. Perhaps someday he will be of the same caliber as the world-renowned violinist. For the present, though, he is simply Jacques Fasan, Central senior and orchestra member.

Jacques began playing the violin using the Suzuki method which he says is "very good if you start young, like at the age of three or four, and then branch out from there."

The Suzuki method, Jacques said, is often referred to as the "mother tongue method." One learns by listening to records and then imitating that which he hears. Jacques said, "It's like learning to talk before you read." However, he stressed the importance of complementing this method with practice of etudes and scales.

Jacques was selected as concert master of Youth Symphony, which is first chair in the violin section, out of every other

violinist who auditioned, since everyone is placed in seats according to the audition results. Jacques said that he has a tough act to follow in this position. Last year's concert master was a girl who was an exchange student from Korea, and she practiced a lot."

Individually, Jacques is entering a concerto competition in December. He said he's working very hard on "a major concerto" called "Lalo's Symphonie Espagnole." "If I practice, I have a good chance. It's my dream piece, and it's very flashy," Jacques said.

Jacques said realistically he could get into a good symphony and teach on the side, "but there would be no money or time for real enjoyment of the instrument." Therefore, Jacques is planning to major in something he likes and continue with the violin for enjoyment.

Adopt-a-school program grows between Central High and Internorth Corporation

by Schwartz

The InterNorth Corporation and Central High as partners in the Adopt-a-School program have made changes to improve their partnership this year.

During the 1982-83 school year, Dr. Taylor, former superintendent of Omaha Public Schools, introduced an idea of a community partnership program in which public schools could team up with businesses and exchange services with each other.

Don Benning, assistant superintendent in charge of human relations for the Omaha Public Schools (OPS), said, "His initial thrust was to identify ways in which businesses and schools could work together for the common good."

OPS held a meeting to present the program and about twenty-five community representatives in attendance showed great interest. Dr. Benning and his staff organized a process for assigning schools to businesses, considering the needs of both the businesses and the schools involved. Dr. Benning feels that the OPS schools were initially targeted for the program because there are fewer in the high and elementary schools. The program has now been expanded to include middle schools, however.

Natural pairing

The pairing of InterNorth with Central High is natural, according to Dr. Benning, because of their proximity and past dealings which exemplify how well they can work together. "Even before this program was started, Central owed a great debt of gratitude to InterNorth," said Dr. G.E. Moller, Central principal.

Although the decision to couple Central High and InterNorth came easily, Dr. Benning stressed that it is not automatic. Many are behind the program striving to make it work, such as Mrs. Wanda Utecht, Central business department head, appointed last June by Dr. Moller to be the coordinator in the program, and Robert Armstrong, general manager of



Mrs. Wanda Utecht, Central business department head, Dr. Don Benning, OPS assistant superintendent, and Mr. Jim McClymond, vice-president of administration of InterNorth, attend a meeting at the Joslyn Castle. The three are all involved in the Adopt-a-School program.

corporate affairs for InterNorth and InterNorth's coordinator with Central.

Mrs. Utecht and Mr. Armstrong meet regularly with their task forces, Mrs. Utecht's made up of Central teachers and Mr. Armstrong's of InterNorth employees, to brainstorm ways InterNorth and Central can be helpful to each other. "It is my job to work with Mr. Armstrong to initiate and accomplish certain activities and programs that are beneficial to both InterNorth and Central," said Mrs. Utecht.

'Model for the nation'

Mr. Armstrong is enthusiastic about the program and said that InterNorth is pleased to work with a school known for its top-rate faculty and academic excellence. He is not, however, satisfied with the program as it stands. "I won't be satisfied until we have a program that is run so well that it is looked upon as a model for the nation," said Mr. Armstrong.

In one on-going project between InterNorth and Central, students considering career options may go to InterNorth and visit with employees working in their fields of interest. This helps the students to find out what certain jobs are really like. "I think it's a good growing experience for students," said Mr. Stan Maliszewski, Central counselor involved in this program, which sent more than fifty students to In-

terNorth last year. Students interested in participating in the program should see their counselors.

New programs and resources

A new program initiated by Mrs. Utecht and Mr. Armstrong will begin this year, a Big Brother-Big Sister project designed to help under-achievers with high abilities to realize their full potential.

Resources that Central may provide to InterNorth are building facilities, students for part-time jobs, and performances by CHS Singers and the ROTC color guard at InterNorth functions.

One reason the program works is the necessity for schools to expand their support systems. Only 25 percent of the population living within the OPS system has children enrolled in the public schools. The adoptive program helps bring in people who are otherwise uninvolved with the school system.

Once the human relations department forms a partnership between a school and a business, it does not interfere further. It is up to the partners to make their program work. "We attempt to stay informed through the school coordinators," said Dr. Benning.

"I am very enthused with the program, and I foresee a lot of opportunities for students and teachers in this program," said Mrs. Utecht.

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Central High School

Clubs increase interest in extracurricular activities

by Jeff Bonenberger

By now many students have probably already become bored with school and are looking for something more enjoyable and maybe even a little educational. One answer is to join a club. Central offers a wide variety of clubs. In any of the clubs here at Central one can further his education and yet have a good time while doing it. The following are the clubs that have been established so far this year:

English Club

Mr. Dave Martin, club sponsor, stated that the purpose of the English Club was "to increase the awareness of the human condition through reading and writing." The English Club has been reading ethnic literature. Later they plan to concentrate on Nebraska writers. They hope to take field trips to Red Cloud, Nebraska, (home of Willa Cather) and Bancroft, Nebraska (home of John Neihardt). The English Club officers are:

President: Vina Kay
Vice President: Matt Pospisil
Secretary: Kris Lawson
Treasurer: Janice Rhine
Sergeant-at-Arms: Kathy Hossman
Program Director: Gwynette Brown

French Club

This year's Central French Club is ninety years strong. Mrs. Daryl Bayer, club sponsor, said that it is a very active club. They plan on going to "Precieuses Ridicules," a French play, by Moliere (Nov. 1). They will also attend three language tournaments, bowling, volleyball, and softball. In February the French Club is planning on going to another foreign film or play. Their second annual Metro Area French Convention is in March. Mrs. Bayer said that last year Central thought up the idea of a metro convention and hosted it. This year it is scheduled to be at Burke.

The club is currently fund raising for a one hundred dollar award for an outstanding senior in French and for an overnight canoe trip down the Niobrara River next spring. Mrs. Bayer said that she believes that French Club is important because "it emphasizes French culture and French activities outside the classroom." She also wanted to say, "Amusez-vous bien avec le cercle Francais!" The French Club officers are:

President: Mitzi Markese
Vice President: Gwen Oberman
Secretary: Heather Hamman
Treasurer: Sergeant-at-Arms: Debbie Howland, Kari Hulac

German Club

"The German Club is very active and sparks interest in the German language and the importance of the German language in the world," Mr. John Frakes, club sponsor, said. The other sponsor is Mrs. Gretchen Schutte, Central foreign language department head. The sixty-five member German Club's activities for this year include the language tournaments (softball, bowling, and soccer), a Christmas party, Christmas carolling at the Home for the Aged, a Spring/Fall picnic, a Fontenelle Forest hike, and possible ski trip to Colorado. Their main activity is a trip to Germany next summer.

The club officers are:
President: Harold Adcock
Vice President: Matt Kelly
Secretary: Ann Lynch
Treasurer: Jill Stommes
Sergeant-at-Arms: Vina Kay, Margi Shugrue

JCL

According to Miss Rita Ryan, Central JCL sponsor, JCL is about the oldest club around. JCL was established eighty-one years ago. She refers to it as an "immortal club."

Central has a very active JCL chapter. Some of the activities they participate in are a chariot race (October), Roman All-City Banquet (November), All-City College Bowl (February) and the State JCL Convention.

This year's officers are:
Senior Consuls: Van Argyrakis, John Carlson
Junior Consuls: Heather Carpenter, Dan Mirvish

Treasurer: Dan Schinzel
Secretary: Tom Mahlberg
Historians: Rob Foster, Dawn Velasco, Mary Steinbock

Class Representatives: Krissy Smith, Sean McCann, Becky Reynolds, Amy Meek, Vina Kay, Wendy Novicoff, Pat Volkir, Teri Horton.

Spanish Club

The Spanish Club usually meets once a month. Mrs. Cesarea Plata, club sponsor, said that the Spanish Club has many activities planned for this year including a hayrack ride, soccer bowl, Christmas celebration (including pinatas), volleyball tournament, bowling tournament, and a softball tournament. The main event for this year is a twenty-two day trip to Spain next summer.

The Spanish Club officers are:
President: Brian Adamson
Vice President: Shelly Bang
Secretary: James Quigley
Sergeant-at-Arms: John Pavel
Treasurer: Dawn Hogan
Photographer: Jenae Plourde

Math Club

"The math club is dedicated to the spirit of Michael Stiefel, the worst

mathematician of all time," Mr. John W. man, club sponsor, said. He also stated, Evan Will is the club's living authority on Stiefel legend.

The math club meets every other week. To be a member, Mr. Waterman said, a student needs to have a 3.5 grade average in math and "an interest in mathematical trivia." The math club participates in several math competitions throughout the year. They also plan to sponsor a junior high contest in the spring. The main event this year, however, is a double trip to Florida or Chicago. Math club is sponsored nationally by M.A.T.H. Alpha Theta.

The club officers are:
President: Arthur Kosowsky
Vice President: Gene Huey
Treasurer: Jon Lexau
Secretary: Brian Adamson
Sergeant-at-Arms: Harold Adcock
Bouncer: Ty Soares
Generalissimo: Dan Mirvish
Head Honcho: Stewart Diemont

DECA

According to Miss Jerrie Harris, Central DECA sponsor, DECA (District Education Clubs of America) is designed to make students aware of the opportunities in marketing and distribution. It offers career opportunities, competition, social competency. DECA has many activities scheduled, including four conferences: Local (Omaha), District (Bismarck, North Dakota), State (Lincoln) and National (San Francisco, California).

They also ran the concession stand for the football games. The fashion designing students in the club have posed a trade trip to Dallas, Texas, or Las Vegas City. They also are going to run a wrapping business from Thanksgiving through Christmas at the Casual Corner in Westroads. Another one of DECA's businesses is their button making. Harris said, "DECA is very educational because the students do everything

The club officers are:

Board of Directors — Pat Moore, Mike Moore, Clarende Nichols, S. McLaurine, Darci Slavin, Leanne Meadowcroft, Ray Mercer, Lori Hult, Keith Logan, John Murphy, Beverly A. Marta, Tobedy Dennis Sheeler, S. Morte, Mable Brown, Leah Thompson, Harroun, Richard Brown, Dalene Adair, Debbie Cramer, Amy Donnelson, Frenking, Robyn Hauck, Scott Johnson, Alisa Novak.

Drama Club

The Drama Club meets weekly. Ms. Pegi Stommes, their sponsor, Stommes stated that the Drama Club is currently working on a proposed trip to York Next spring. The Drama Club goes to many theatrical events in the Omaha area, which included "Guys and Dolls" at the Playhouse. (Ray Johnson, president, was in the cast.) Ms. Stommes also said that they are planning to get professionals to come and give them workshops for the club. At the end of the year, the club has its own version of the Grammy Awards. The officers of the Drama Club are:

President: Ray Johnson
Vice President: Elizabeth O'Keefe
Secretary: Toni Koob
Treasurer: LeAnne Lovings
Historian: Kurt Hubler
Sophomore Representative: Ashley.



Photo by Brian Lundin

Mr. James and six of his students show off "Sammy." Taking care of a bull-snake is as simple as feeding him and keeping him in his cage.

Biology class

Snake center of attention

Some students taking biology are able to enjoy much more than an average teacher demonstration during their class time. Those students who take a class from Mr. David James, Central biology teacher, must share their room with one of the few pets allowed in Central High School.

Mr. James is the proud owner of a five-foot long bull snake. He acquired the snake in October, 1983, when two of his former students, Susie Smith and Maria Longaria, captured it at Fontenelle Forest. Mr. James had a student teacher at the time who was working at Fontenelle Forest an informed him that bull snakes make excellent pets.

The main reason Mr. James keeps the snake is because "many students have a fear of snakes and having it around helps them overcome that fear and learn how to handle them properly." Mr. James has found that there is quite a diverse reaction to his snake. "Some people are really offended," he said, "and some find it really interesting."

The snake's name is "Sammy" or "Samantha". "It's very difficult to tell the sex of a snake," he explained.

Taking care of Sammy consists of feeding him and keeping him in his cage, according to Mr. James. Mr. James began by buying mice and feeding them to Sammy regularly. As the cost of the mice began to add up, he started raising mice himself.

Mr. James calls his mice "fancy mice" and also uses them in classroom for genetic experiments. He does this by mix-matching the different types of mice and comparing the results.

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Board reprimands administration

NSAA reverses decision; Central regains wins

After meeting in a special session on October 23 to hear an appeal by Central Athletic Director Mr. Richard Jones, Nebraska School Activities Association (NSAA) reversed an earlier ruling which had placed the Eagle football team to forfeit games. Instead of the forfeitures, the board placed Central on one-year probation pending to follow "proper administrative procedures" in handling the situation, according to NSAA executive director, Mr. William Riley.

The controversy centered around the presence of an ineligible player, junior Kevin Schinzel. Kevin is a transfer student from Lincoln, and under NSAA rules, any transfer student must sit out 90 school days before becoming eligible to participate in athletics.

"My reaction was shock and disbelief all because we were doing the right thing," said Dr. Moller.

Coach Reed attributed the board's original ruling to extenuating circumstances. "It is something more than just this incident. With the culmination of years of great attention that has been focused on us, people say this success was due to something we are doing wrong," said Coach Reed.

"I think a lot of things were turned in that couldn't be substantiated. Often times the people think it is true but can't catch it. I know where a lot of people called in or sent in letters to the board complaining of success we enjoy," said Coach Reed. "That has certainly been brought up in the past, and it was dealt with informally."

"When people get something they can prove is illegal, they base it on all the things they have heard."

According to Mr. Riley, the board hasn't received any "formal complaints" against Central in the past. "His (Coach Reed's) accusations are totally inaccurate. I guess I know the emotional state Reed was in, and after you've been on the job a few years, you learn to ignore that," said Mr. Riley.

Severity of penalty

Dr. Moller also disagreed with Coach Reed's accusations. "I think Mr. Reed is off-base. There are a lot of accusations about coaches recruiting. I don't think it has been discussed at the State (NSAA) Board. I think he got a little rash. I could be wrong," he said.

According to Dr. Moller, the original penalty was not in agreement with the situation, since Kevin played only a minor role in the contests that were forfeited. "Playing the kid (Kevin) made little difference. It would have been different if it were the quarterback. Considering all that, it was almost unbelievable. It comes down to a matter where the punishment does not fit the crime. It does not seem proportional to the mistake."

Mr. Riley stated that the penalty originally imposed on Central was consistent with that of similar cases. "You can never go into a situation in degree. You can't go in and determine if a player influenced a contest. It (the penalty) was pretty consistent with other cases in other sports. If you use an ineligible player, you have to forfeit the games," said Mr. Riley.

'Running battle'

The board reversed its decision on the case because of "new evidence provided by Central," according to Mr. Riley. The nature of this evidence could not be revealed by either the board or Mr. Jones.

The board's second ruling came as a pleasant surprise to Coach Reed. "I was ready for this thing to be denied. I think the board made a stand, and I essentially made a stand: It reached a point where it was almost a fight, with the newspapers as the ring. After a few statements I made, the board might have said by no means would they ever be influenced or intimidated. I am sure they said that to themselves," said Coach Reed.

"We don't want to make it a running battle. Thank you's are in order. I respect each of the board members. They did what was truly the right thing."

Emotional situation

Coach Reed believes some of his statements regarding the original decision by the board were due in part to his emotional reaction.

"I think these statements I made were during a heated time. I reacted pretty irrationally, but it is the way I am. At the time, I could not find a reason why a group of men could be as hard on the program as they were. Since then I have found this to be something always done in this situation. We have never felt we were any better than any other group. Whether it was William Reed or Coach Osborne, the board would have taken the same action," said Coach Reed.

Throughout the controversy, Coach Reed's concerns were for his players. "My

reaction is that I have kids. Like any father, I am proud of these kids. As a coach, I get equally close to these kids," said Coach Reed.

"For me to accept what happened was not hard, but when people are doing things to hurt family members, it tends to bother me. For my kids I will fight to the last, no matter who the foe is. A coach would be less than a man if he is not willing to do that for kids who do everything for the program."

One-year probation

Both Dr. Moller and Coach Reed believe the board's decision to place Central on a one-year probation was a fair reprimand.

"I don't quarrel with the probation as being a slap on the wrist saying we had better be careful," said Dr. Moller. "We had better be careful. We had better redouble our efforts."

"I think I accept it," said Coach Reed. "To me personally it says we are unfair, guilty people that have to be watched. If that is the interpretation, I don't agree with it. I think for what the board meant it to be, I accept it totally and fully."

Coach Reed thinks the whole situation regarding the football team might just put into better focus the reputation Central has sought to uphold in its academic and extracurricular activities.

'Push' for excellence

"I guess if we put this in perspective, I would say there are a lot of people that wonder about Central and why some of the great athletes and great talents are here at Central," said Coach Reed.

"I think we have an administrator in Dr. Moller who decided he is not going to let Central become an ordinary downtown school. His push for perfection sends out a message to all of us that we can't let the school be anything except what administration is making it. Our message to the people outside says Central High School is the top of what you can get."



VERTIME

Kevin Schinzel

According to school officials, the error allowing Kevin to play rests with the administration, and as soon as it became apparent that he was ineligible, Central informed the NSAA board of the oversight. "We committed no infraction with the violation of doing anything wrong," said Central principal Dr. G.E. Moller. "It was an accident that we caught and turned out to be our fault that we overlooked that Kevin was from another school."

Informal accusations

The original decision of the board called for the forfeiture of games against Bryan, Bellevue East, and Lincoln Prep came as a surprise to Central officials.

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FCA expands at Central

by Mark Buckner

What do most people think of when they hear the words Fellowship of Christian Athletes (FCA)? Most picture a group of athletes talking about how God helped them win the big game last week. However popular this belief is, it's pretty far off the mark. Central FCA sponsor and head basketball coach Jim Martin stated, "The Fellowship of Christian Athletes was founded so that athletes, coaches, and those they influence can have fellowship."

Coach Martin became involved with FCA in 1974. After being influenced by students and fellow coaches, Coach Martin began attending the meetings of the adult chapter. He said, "It was just a handful of area coaches who met once a month to help organize things."

When asked about the FCA's main activities, Coach Martin mentioned the national and local conferences. These conferences are held at various locations throughout the area. Coach Martin said that it is "very easy" for a student to attend either a local or national conference. Out of a total cost of about \$160 the student must pay around \$40 and bus fare."

Coach Martin commented that he and his family have attended several FCA conferences. "I about kill myself trying to play football with the kids, but my family and I really enjoy it," he said.

Coach Martin explained that, because of a lack of interest, Central FCA members rarely receive the full benefit that the organization has to offer. He stated, "I'm determined to get the kids involved with each other this year." By occasionally holding chapter meetings at the homes of the members, Coach Martin hopes to gain more support from parents and freedom for interaction among the students.

According to Coach Martin, the FCA has never experienced any problems concerning school and religion. "We haven't had any real criticism," he said. "With the equal access law, it's legal to use the school before and after classes."

Coach Martin stated that he intends to continue to hold meetings on Wednesday mornings this year. He also added that membership in the National FCA chapter costs \$10-12.

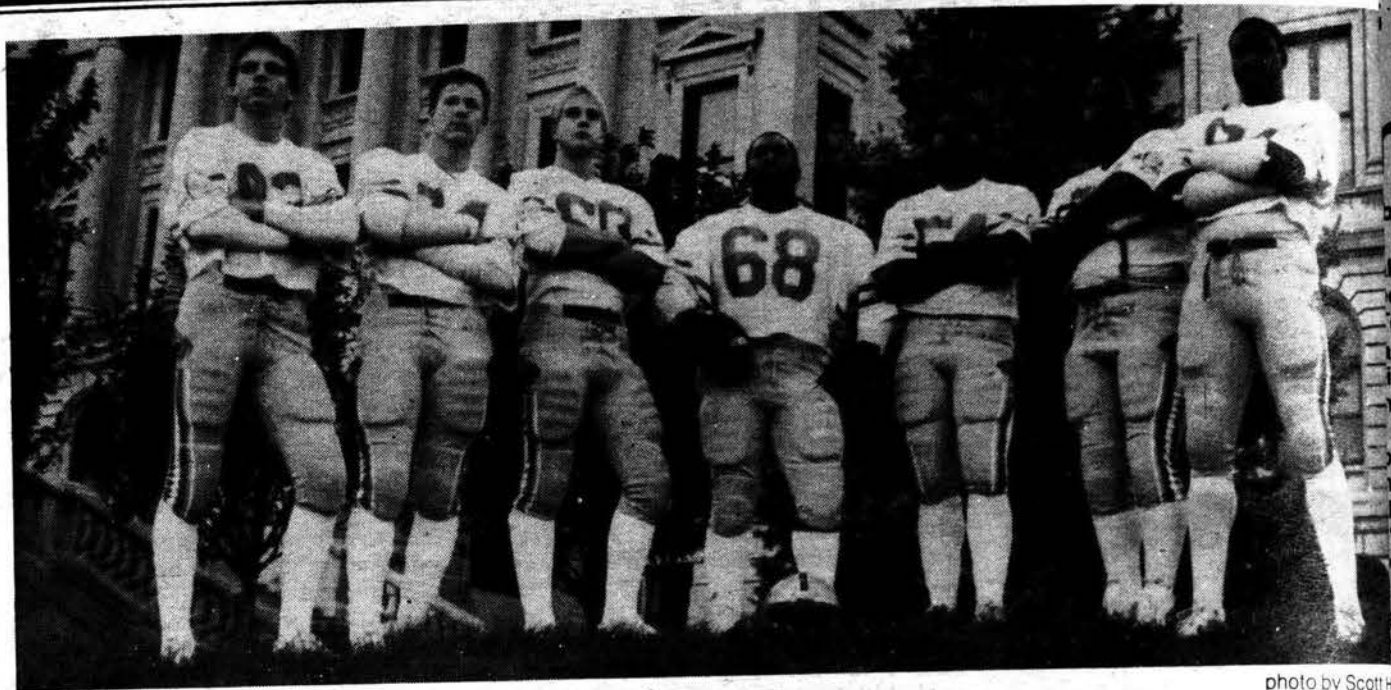


photo by Scott

Pictured from left to right: Junior Mike Salerno and seniors Paul Flaxbeard, Jim Lee, Mark Buckner, Claude Hayes, Art and Shawn Starks. These seven players have been a dominating force behind Central's offense.

The line . . . Eagles pave way for potent offense

by John Carlson

The Central High football team is blessed with speed and talent in many positions this year. However, without the crushing blocks of their offensive linemen, the points and yards amassed by these players would not have been possible.

"The blocks of the offensive linemen are the reason I have done what I have done this season," said running back Bernard Jackson, the state's top runner.

Much of the success of the offensive linemen can be attributed to the amount of time the line has been together. "Most of us played on the line together last year on the varsity level, and the experience we gained has helped us a great deal this season," said center Mark Buckner.

Mark, a two-year starter and also the team's nose guard, credits the lines dominance to Central's well-known weight program. "By lifting weights, our linemen are not only able to gain power but also speed, and this helps us to produce bigger holes."

Head coach William Reed agreed with Mark when he said, "All the work everyone has put in over the years is finally paying off."

Much of this season's line blocked not only for Bernard but also for former all-state and Nebraska freshman running back Keith Jones, an accomplishment Coach Reed said is something to be proud of. "Our line has blocked for and been the supply line for two great running backs and many people don't realize that," he said.

The line is versatile and blocks not only for star running backs but also protects, on passing downs, quarterback Rodney Oathout, one of the leading quarterbacks in the Metro. Rodney credits the

line for much of his passing productivity. "They are a much faster and faster line than I have been accustomed to in the past and gives me more time to complete a pass or carry out a play."

Blocking schemes on pass patterns are tough and require a lot of time on and off the field. "We work hard to learn our blocking schemes and give a lot of time to them in practice," said senior defensive guard and three-year starter Jim Lee. "However, our offensive players still can use their arms, and that gives them a great edge over us."

The line was hurt for the first two games this season when Paul Flaxbeard had to sit out with an injury. He was replaced by junior Dave Greiner for a touchdown after making a good block or gave the offense back enough time to throw a touchdown pass gives myself and the rest of the linemen plenty of satisfaction. As long as we can continue to guide our team to a state championship, we don't mind being replaced. However, you can't replace a player of Mark's caliber. He has the respect of everyone on the team and is a real inspiration to everyone."

Although linemen are often under-publicized, offensive players like Paul Flaxbeard said he does not mind. "Knowing you sprang for a touchdown after making a good block or gave the offense back enough time to throw a touchdown pass gives myself and the rest of the linemen plenty of satisfaction. As long as we can continue to guide our team to a state championship, we don't mind being replaced. However, you can't replace a player of Mark's caliber. He has the respect of everyone on the team and is a real inspiration to everyone."

The work of the linemen is not going completely unnoticed, however, as Coach Reed noted that several inquiries from other schools about the linemen have been made. "Colleges from everywhere have sent me letters, and the players on the line have started to receive them also."

Aerobics class stresses fitness

by Gia Clummo

When Central students are approached with the question of exercise, many laugh thinking of all the barriers that prevent them from starting an exercise program: no time, energy, money, equipment, or motivation.

But as one walks near the old gym during the school day, one can hear the counting, huff-puffing, top ten music, and foot-stomping of girls working out in their aerobic gym class. These girls have sacrificed one of their class periods to discover the benefits of the newly developed aerobic courses offered here at Central. Aerobics not only improves one's fitness level, it enhances one's health as well by boosting energy, calming anxiety, controlling weight, and lowering the risk of hypertension and heart disease.

Health benefits
In the 1960s, death from heart attack, a major form of cardiovascular disease, reached its peak. Even today, heart attacks account for almost one out of every three deaths in the U.S.; cardiovascular diseases are responsible for more than half of U.S. annual mortality. Research shows that to improve any body system, it is necessary to work out above and beyond normal daily levels. Aerobic exercises (which also include swimming, biking, and jogging), when performed regularly and adequately as in Central's aerobic classes, can improve or maintain good heart, blood vessel, and lung function.

Secondary risk factors for heart disease: diabetes, obesity, anxiety, stress, and depression, major problems in their own right, are thought to be influenced by aerobic exercises as well. Research pinpoints aerobics as the best exercise to discourage weight gain; many experts now

agree that physical inactivity is the most prevalent cause of obesity.

Mental benefits

But the most important role aerobic exercise may play is in changing emotions. Recent research shows that even a few minutes of aerobic-type exercise makes the mind more calm and alert, reduces anxiety, and, in some cases, is as effective as psychotherapy in treating depression. One workout in an aerobic class can actually act as a "natural" tranquilizer for those students who are anxious, angry, or overstressed.

Central aerobics

In the Central class itself, the first quarter is spent studying the basics of aerobics: stretching out, the actual dancing, floor work (specific body area work), and the cool down. The girls are measured, weighed, and their percentage of body fat is recorded. After each workout, the girls' pulses are taken to assure they are maintaining their training heart rate. (Training heart rate is 75 percent of maximum heart rate.) As the quarter ends, the girls put down their note pads and get down to serious workout sessions. Presently, the beginner classes are working on student presentations. Small student groups prepare and choreograph a workout to their own music. The girls then literally "take over" the class and teach their presentation to the class.

Though there are six beginner classes, and the program generally has been running smoothly for its second year, a few difficulties have arisen. Because one year of some form of physical education is required to graduate, some girls take the class with little or no interest in fitness. This appears true as there is only one advanced class of thirteen girls.

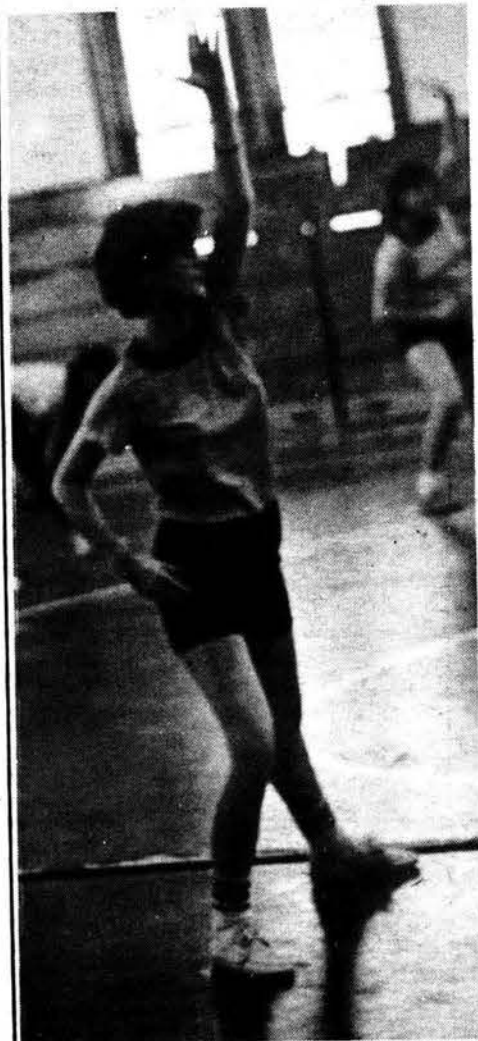


photo by Brian Lundin

Sophomore Beth Scott participates in a stretching exercise during an aerobics class. Aerobics is a type of exercise which has several health benefits.

Clinic offers gridders relief

Pain and injuries are common for players during a Friday night football game. However, up until this year most players would have to wait until Monday to receive any aid. Now, thanks to the Saturday morning sports clinic, players are able to recuperate from injuries before the game.

Dr. Pat Walsh, head of sports medicine at the University of Nebraska Center, realized the problem of waiting to be treated until Monday started the clinic. "It's unfortunate that games are played on Friday nights and a player must wait until a Monday before being treated. Through the clinic, we can help treat a player right away." Injuries treated at the clinic range from sprained ankles and knees to thigh contusions. "We generally use ice packs on players or put them through rehabilitation," said Dr. Walsh.

Central head football coach William Reed said the sports clinic is a great idea. "This clinic is one of the better things to come to Metro sports. Players come on Mondays after suffering injuries and know how to treat them and stay away from getting them again."

"Our coaching staff thinks this is such a good idea, we feel it is very important our players attend. The clinic also takes a lot of pressure away from our coaches," Coach Reed said.

Although many people think that the clinic is free, there is a minimal charge for those who attend. "We are working on a system of free time but receive pay for our services to the players," said Dr. Walsh.

The clinic had its last session on Saturday and will not be in use for the rest of the sports year. Plans for the next football season are indefinite.