

CENTRAL

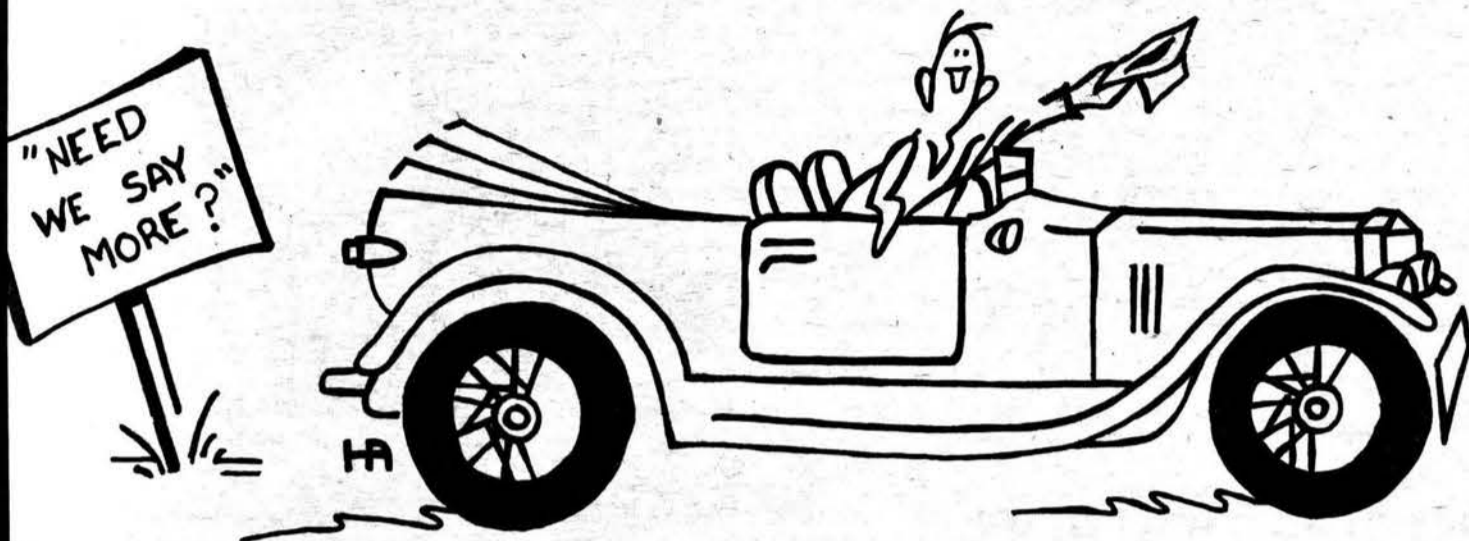
Register

Volume 99 No. 7

Omaha, Nebraska, February 15, 1985

Inside:

Editorial: 'Bandwagon' politics.....	p. 2
Junior train enthusiast.....	p. 3
New foreign exchange students.....	p. 5
Sophomore hockey star.....	p. 7



Road Show

Road Show 85, "Need We Say More?," will be presented tonight, Saturday night, and Sunday night. Show times are 7:30 p.m. each night.

"This year's Road Show has been put together really well, and the talent shown is tremendous. It will be enjoyable for young and old alike," according to Mr. Warren Ferrel, Central instrumental music teacher and the show's sponsor.

James Quigley, senior and a Road Show manager, commented, "It took a lot of time and energy to put this show together, but the finished product is worth it."

This is the 71st annual show.

Court ruling, state bill affect schools

Searches permitted says Supreme Court

Kari Hulac

The Supreme Court ruled January 15 public school teachers and officials have the right to search students as long as there are "reasonable grounds" for believing that search will expose evidence of a violation of the law or of school rules.

This ruling was the result of court proceedings concerning a search conducted by school officials in New Jersey while searching a student's pocketbook for evidence of smoking. The officials uncovered evidence of other illegal activities. The court ruled in favor of the school, setting a precedent for future cases. However, many questions are being raised regarding the constitutionality of this decision under the Fourth Amendment.

The Fourth Amendment says:

"The right of people to be secure in their persons, houses, papers and effects, against unreasonable searches and

seizures shall not be violated, and no warrants shall be issued but upon probable cause..."

"Probable cause" is the key phrase which is often difficult to define. What is probable cause for a teacher to search a student or his possessions? Dr. G.E. Moller, Central principal, defined probable cause as a "well-founded suspicion of wrongdoing, evidence of an unlawful act such as possession of a controlled substance, a weapon, or something stolen." He said, "There are numerous possibilities."

Public school officials feel they have a responsibility to make sure violations do not occur largely due to the Latin phrase which is applied to them, in loco parentis, "in place of the parent." As Mrs. Udoxie Barbee, Central administrator, said, "Most parents hold the school responsible for the supervision of students."

Mr. Dan Daly, Central English department head, explained, "The rights to privileges must retreat in the face of common welfare. It's for the good of all to preserve the orderly environment."

Dr. Moller and Mrs. Barbee both agreed that the Omaha School District's policy is generally not to search students.

"I think the Supreme Court ruling was in line, with reasonable grounds," Dr. Moller said, "but we at Central aren't going to search every third person. We would try to get student or parent consent. We would try to handle the situation without physical confrontation."

Along with the right to search a student and/or his possessions, comes the right to search students' lockers. Although this may appear to be an invasion of privacy, Dr. Moller and Mrs. Barbee both emphasized that the lockers are school property. "The lockers are for security and convenience, not to help students break rules," Dr. Moller said.

Bill LB 994 seeks more school hours

Seven hours a day, five days a week, four weeks a month, nine months a year — school, school, school. Had enough? Maybe so, but from the recent Nebraska Legislature ruling, LB 994, all those days just don't cut it.

This bill, named the "Education Enhancement Bill," was another result of the Governor's Task Force on Excellence in Education reports. The Task Force already helped to raise the number of credits necessary to graduate.

LB 994 requires that each student in the state of Nebraska receive 1,080 hours of "instructional time." Instructional hours are defined as periods of time at least sixty minutes in length which are actually used for the instruction of students.

Area high schools meet these requirements, but elementary schools do not. Now, students are in school 174 days, and teachers are contracted for 190 work days. In order to correct the time problem in the elementary schools and still retain a uniform policy, the Board proposed that student days be increased from 174 to 180. These days could be taken from teacher organization days, such as the five days in August during which teachers attend various in-services or from other days when teachers are on duty but students are not.

A survey on the 1985-86 school calendar will be given to random parents, teachers, and students in order to aid the Board in making their final decision.

Voting on the bill will take place in Lincoln on April 12. The bill, which claims it will increase class hours 19 percent would be implemented next August.

Cults: Whelan presents seminar at Central

Anneliese Festersen

January 30, as part of the counseling center's series of seminars, Mr. Dennis Whelan, private detective, came to Central to present a program about cults. Mr. Whelan is noted for work "rescuing" people from cults.

According to Mr. Whelan, there are 1500 known cults in the United States which involve about one million people.

Mr. Whelan said there are different types of cults, but they all have at least one characteristic; they use mind control and brainwashing "to manipulate and use individuals for the purposes and goals of the cult — usually power and money." He said after being associated with a cult for a year, "One becomes incapable of making his own decisions because the cult runs his life."

Mind control methods and goals

Mind control methods, according to Mr. Whelan, include all or all of the following: implanted fear and guilt, isolation from family and friends, a change to a low-protein diet, minimal amounts of sleep, drug use, and torture. The goal of these methods is to lower or destroy one's self-esteem, destroy his or her values, change his religion, and destroy his patriotism. According to Mr. Whelan, all the cults have a leader who claims he is the Messiah. This leader often "manipulates and distorts passages of the Bible for his own benefit."

"The primary recruiting place for cults is on college campuses," said Mr. Whelan, "though everyone is susceptible to it." Victims are usually bright with high ideals, but he said anyone who is going through a difficult or depressing period of life, such as the adjustment to college life, the death of a loved one, or a divorce, is especially susceptible to the cult.

Mr. Whelan said a cult member will usually approach a potential member with a line such as, "You think like I think. Join this discussion group every Thursday. You'd really like to, wouldn't you come with me?" The cult member may claim to study anything from the Bible to ecology.

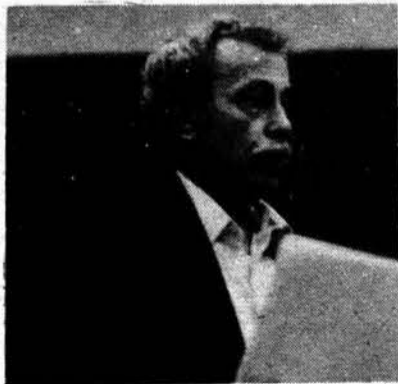
'Love bomb' at meetings

If the unwitting potential member chooses to attend the meeting, the cult members will "love bomb" him. "Everyone in the cult will automatically be his friend," said Mr. Whelan. "Although the potential member does not realize it, one cult member is specifically assigned to follow him around.

At the meetings, cult members listen to many speakers and tapes, becoming hypnotized by them, according to Mr. Whelan. The potential member, particularly if he is depressed, will begin to feel good about himself and about his new "friends."

After a few more meetings, the cult members invite the potential member on a weekend retreat. After the retreat, which is even more intense than the regular cult meetings, the potential member becomes an official member of the group.

"It happens fast. They hook you in before you know it," said Mr. Whelan. "The Unification Church (the Moonies) and the Way International are really good at it."



Mr. Dennis Whelan spoke to Central students about mind control methods and goals, cult meetings, rescuing, deprogramming, and rehabilitation techniques. Mr. Whelan has been a private detective for fifteen years.

photo by Phil Berman

Mr. Whelan said cult members will often approach people in shopping malls, in airports, or at concerts.

Once a person becomes involved in a cult, it is very difficult to get him out. According to Mr. Whelan, "It's impossible for people to just get up and walk away."

He explained that, in legal terms, people are not being held in the cult against their will, but, in reality, they are being held against their will because of mind control.

Deprogrammers and rescuers

According to Mr. Whelan, the best way to get a person out of a cult is for family and friends to talk to him. If talking does not work, families often hire a "deprogrammer," a person specially trained in counseling ex-cult members. There are

only a "very few" deprogrammers in the United States, according to Mr. Whelan.

He said, "There used to be a deprogrammer in Norfolk, but she had to move because of harassment by the cults." Apparently, this is quite common.

After the family contacts the deprogrammer, the deprogrammer refers the case to one of the five "rescue teams" in the United States. Mr. Whelan is a member of one of these teams. The rescue teams track down the person and physically take him out of the cult. This action is legally termed kidnapping.

The rescue team then turns the person over to the deprogrammer. According to Mr. Whelan, one must be very careful with a person during the deprogramming process because the person is likely to be emotionally confused, and he will have a difficult time making decisions. The person is often suicidal because some cults teach their members to kill themselves if picked up by a rescue team.

Deprogramming and rehabilitation

On the average, the deprogramming process takes about four days, but it could last as long as four weeks if the person has been involved in the cult for eight or nine years, according to Mr. Whelan. The deprogramming process seeks to reverse the mind control techniques by getting the person to start thinking on his own again.

Mr. Whelan said that deprogrammers use many videos and books, including the Bible. The deprogrammer's basic job is to make the person realize that he has been deceived.

A rehabilitation period, which "teaches the person how to get back in society," follows the deprogramming stage. This period, which lasts at least six months, is crucial, for the person is in a "floating state."

According to Mr. Whelan, this term means that the person is in a state of mind in which little things, such as familiar words or music, can send him back to the cult.

Mr. Whelan stressed the danger in becoming involved in cults, and he advised students to be careful about becoming involved with such groups. He said students should "thoroughly research the goals and purposes of any group before becoming involved in it."

Legislation becoming too personal

Just when you thought 1984 was dead and in its shallow grave, a series of occurrences seems to herald a reincarnation.

Recently, the government—both state and local—has exceeded itself in a group of bills and laws to which we shall refer as the "Bandwagon" group. These bills and laws reinforce the lawmakers' evaluation of their jobs. Like it or not, the lawmakers feel they must "take care of" the people; they have solemnly promised to do so.

Naturally, isn't that why we elected them? But these people are fulfilling their promises in ways that invite criticism. Remember that old aphorism about the road paved with good intentions? It applies in this case.

From seatbelts to that old, rotting issue of prayer in school, the lawmakers endeavor to care for us. The "Bandwagon" effect occurs when politicians scramble to match the pendulum-like swaying of public opinion. For instance, recently, fourteen state senators supported a bill which, if it passes, would require all front-seat passengers and children under the age of 12 to wear seatbelts. Can you imagine solving the nation's economic problems with the fines from Nebraska alone? If police attempted to enforce the law, how many of us would soon have criminal records? But here's an example of Bandwagon control—what senator would vote against saving people's, particularly children's lives?

Another example of such political circling-the-wagons-for-safety is the Omaha World Herald's entreaty for more math and science requirements for graduation. After the national average on the ACT went up to 18.5. Omaha's three-year standard score of 18.4 wasn't quite what the World Herald wanted. Everyone's into stricter education now. We think all this ganging-up is ridiculous—especially when people more qualified to judge these issues are looking after them already. While the Bandwagon riders are looking elsewhere, their own business fails.

Decision changes nothing

Recently, the Supreme Court ruled that school officials may probably use their power to search students and their belongings as long as there are "reasonable grounds" for the search. The decision stems from a case in which some New Jersey school officials searched the purse of a high school student suspected of smoking and instead, found drug dealing records: Does this ruling make you angry? Should it?

First of all, only those of you with drugs, firecrackers, knives, and so on at school need to be afraid of school administrators looking in your pockets or purse. Secondly, even if you think your Constitutional rights are slipping away, you have to realize that the rules are for your own good. After all, knives are worse than a temporary loss of dignity. All we ask is that our school officials continue their own methods of illegal substance control — methods which are quiet, infrequent, and, to all appearances, effective.

In other words, you have no need to feel threatened — unless you are threatening the rest of us.

Registered opinion: Search issues disturbing

Recently the Supreme Court ruled that a New Jersey school was correct in searching a student and her belongings on the basis of suspicion only. Even though schools had previously searched students, lockers, purses, and other belongings, this case set a precedent. The schools now have a legal base. We asked these people what they thought of this ruling and whether they believed it would affect Central.

George Taylor, Central security aide:

"A student rents the use of a locker, and he should know not to put anything illegal in it, such as weapons, incendiary items, or drugs. We have busted people with drugs in their locker or purse. This case just reinforces our right."

Lee Coffin, sophomore:

"When it comes right down to it, when you're searching, you're searching for something dangerous to others. But if you're searching for no particular reason, that would be illegal anyplace. A policeman can't search you without a warrant in the Woodman Tower. They should always have a good reason."

Mr. John Williams, teacher:

"My personal opinion is that lockers are school property, and students take lockers knowing that. I think I would draw the line at searching a purse or a book bag. That's personal property." **Bottom right**

Mr. Stan Maliszewski, guidance director:

"Searching doesn't happen very often — maybe once every three years. I think students will be more cautious now. It certainly won't stop them from bringing weapons and such, but it will act as a deterrent." **Above right**



photos by Scott Hoburg

Reaction to arms issue

Dear Editor,

In response to an editorial titled "Futility theme of nuclear arms talks," we, along with many others, feel that the editorial should have been altered or completely omitted. Our reasons are as follows:

1) The first paragraph was too blunt. To many people it gave an impression that everything we do is in vain. Can you imagine how many students probably said something such as "If the world is going to end, why waste time in school?" or "Why should I work and pay taxes if the world is going to be blown to bits?"

2) The attitude expressed gave an im-

pression that the nuclear arms limitations will not be possible because it will not happen all at once. A weapon freeze is not impossible if the United States and the Soviet Union really want a freeze.

3) The main point is that these talks may very well be the only solution there is. The people who don't like these talks do not realize what the alternatives are.

Thank you for accepting these comments on our behalf.

Raymond K. Johnson, senior
Don Krueger, senior
Matt Kelly, senior



Test your knowledge

Lately, all you hear about is trivia. Everything from hit T.V. shows to baseball has a trivia game named after it. It is only right that Central should have a trivia game too. Fortunately, I have been privy to some trivial aspects about some of the faculty here at Central. So, I have organized them into a trivia game especially for you.

From Me to You



LeAnne Lovings

*Note — For the safety of the persons involved, I will not name my sources. It was funny how the teachers were more than willing to rat on each other.

Q: What teacher hunts turkeys with a bow and arrow?

A: Mr. Paul Semrad. (I hear this is how he keeps in shape for the basketball season.)

Q: What teacher once sent another teacher a dead rabbit as a practical joke?

A: Mr. John Keenan. (Teachers have a sick sense of humor. Perhaps this is an old Irish custom.)

Q: What teacher heard about Care Bears for the first time at a faculty meeting and now is obsessed with the poor creatures?

A: Mr. Dan Connelly. Evidently, some members of the staff bought him a Care Bear after learning that he didn't know what a Care Bear was. Ever since then, he has adored Care Bears. (What I want to know is don't teachers have anything better to discuss at a faculty meeting than Care Bears?)

Q: Speaking of stuffed bears, what male member of the staff keeps a teddy bear on a shelf in his office?

A: Mr. Dan Daly. It seems the Dan's are into bears.

Q: Who was perhaps the first male teacher to get his hair permed?

A: Mr. Edward Waples. Before his hair was permed, "Wardie" had a full beard and shoulder length hair.

Q: What staff member once had her burglar alarm set off by her five-year-old neighbor because she inadvertently locked the child inside her house?

A: Ms. Faye Johnson. She was supposed to drop the child off at school but left her sitting on the couch. Ms. Johnson did not learn that she had done this until she received a call at school from the police saying her alarm had gone off.

Q: What two teachers went to Central together for their freshman year only?

A: Ms. Udoxie Barbee and Mr. A.A. LaGreca. (Maybe this is the reason Central no longer has a freshman class!)

Q: What teacher used to drive a motorcycle to school to avoid the cramped space?

A: Ms. Marlene Bernstein. Dr. Bernstein once drove a motorcycle also.

Q: What teacher was so competitive he would not spot a twelve-year-old child's points during a table tennis match?

A: Mr. T.M. Gaherty. He supposedly beat the kid by a wide margin. (Pool?)

Q: Finally, what two teachers fell from their canoes repeatedly on a recent trip taken by a number of the staff?

A: Mr. John Keenan and Mr. Paul Keenan. (They evidently have never heard the saying, "Don't rock the boat.")

Now if you answered any of these questions correctly, consider yourself a trivia expert. If you answered none of these correctly, consider yourself sane.

CENTRAL Register

- Editor-in-Chief: Anneliese Festersen
- Executive Editor: Gwen Obermeyer
- Associate Editors: Stewart Dierker, LeAnne Lovings, Bob Soukup
- Editorial Editor: Kris Lawson
- Business Manager: Susie Gaffney
- Assistant Business Managers: Tim Gaherty, Brian Pickering, Jenifer Sturges, Dan Schinze
- Sports Editor: Mark Buckner
- Assistant Sports Editors: John Carlsson, Gia Ciummo
- Feature Writers: Stacey Elsas, Kari Hulac, Brooke Rose
- Reporters: Jeff Bonenbrink, Michelle Carlsson, Kim Schwartz
- Photographers: Steve Berner, Jim Hazuka, Scott Hoburg, Lisa Larson, Brian Lundin
- Advisor: Mr. T.M. Gaherty
- Principal: Dr. G.E. Moore

The Central High Register sends inform its readers accurately and of items of interest and importance. Students publish the Register monthly (except for vacation and periods) at Central High School, 20th St., Omaha Nebraska 68102. Register pays second class postage Omaha, NE USPS 097-000 Postmaster: Send address changes to The Central Register, Central High School, 124 N. 20th St., Omaha 68102.

The Cutting Edge

Galleria alert to misconduct

"Any disturbance or destruction by students will be handled with strict enforcement," said Lt. John L. Speese, chief of security for the Galleria Mall in downtown Omaha, summing up the meaning of a memo placed in Central's circular January by the Braiker-Brandeis management. "We're not out here to be the bad guys, we have a job to do. We normally don't get involved with young people until things like they are now," said Lt. Speese. According to Lt. Speese, young people purchasing food at McDonald's are often lingering around disturbing businesses and making a great deal of noise. "It's going too far," Lt. Speese said. "I don't lay blame on all the students. We get a lot of students who cause no trouble at all. We welcome students here, but we would appreciate it if they would act appropriately." Young people, some Centralites included, have caused damage to restrooms in the Galleria Mall, and they have also been caught shoplifting. Lt. Speese said, "We've had to repaint restroom stalls numerous times because of graffiti. I can't blame students totally for that, but it's getting out of hand. The cleaners have had unnecessary extra work lately, often because of young people." Recent legislation, shoplifting is no

longer a misdemeanor. Should Galleria security officers apprehend a shoplifter, he will be sent to jail, regardless of his age.

Lt. Speese said he has tried to be as lenient as possible, but he commented, "Although our stores are for the public, the building is privately owned, and the laws will be enforced here. Students caught violating the law will be held until their parents, principal, or authorities come for them."

Lt. Speese also said that students are taking the elevators up to floors that are not open to the public. Companies such as AT&T and Union Pacific have offices in the building and have complained of disturbances by young people.

Lt. Speese said that some customers are afraid to shop in the mall between 3:00 and 4:30 p.m. when school is out. He said he has instructed Galleria security to stay with groups of young people that enter the mall during the after school hours and to call the police department immediately if any trouble arises.

Lt. Speese said, "I'm not picking on Central, nor am I picking on students alone, but our most troublesome times are when school gets out. We don't want to be the enemy, but we must enforce what the management says. All we ask is decent behavior from all."

HS seniors earn college credit

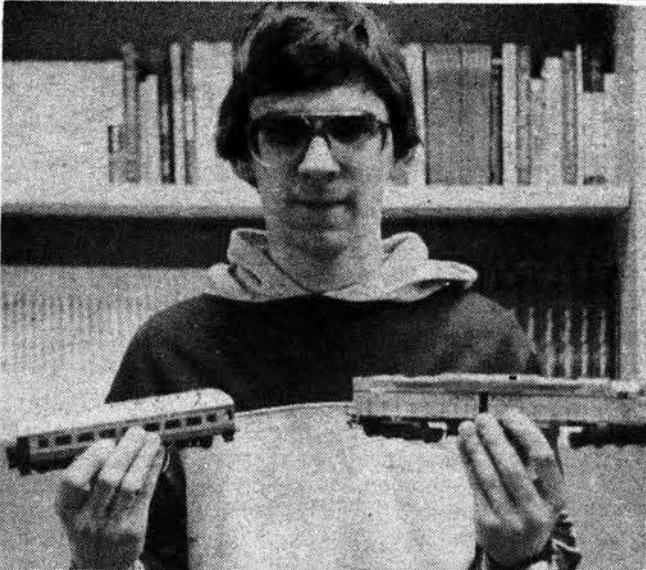
Eight Central students have enrolled in one-credit hour English course, entitled "Production to Drama," at Creighton University. The class, offered to selected school seniors is the first major step in the new Partner-in-Excellence program. According to Mrs. Gretchen Schutte, dean teacher and Central's representative to Creighton's program, Central and West are the two high schools currently involved in the new program. Creighton organized the program this year in order to set up a comprehensive partnership with Omaha area high schools. The end outcome is mutual enrichment. "This first class is to act as a pilot for other classes and an advanced program," Mrs. Schutte. "We are trying to find out how these two schools (Creighton and Central) can help one another."

There are 11 students in the course, which Professor Gordon Berquist, English department chairman at Creighton teaches.

James Keene, Central senior, said he found out about the course through his A.P. English class. He recommended the class for anyone "interested in drama or literature in general."

Senior Kris Lawson explained that the class is a regular college course with a research paper assignment as well as essay tests. "In class we watch plays or listen to lectures," she said. "It's a great opportunity to find out what college courses are like while still in high school."

The cost of the class is \$20 per credit hour plus \$5 for registration and \$10 for books. A class at Creighton normally costs \$150 per credit hour.



Sean McCann displays his model train which is "more than just a toy." He devotes time to his hobby daily.

photo by Phil Berman

McCann engineers successful hobby

Many small children receive toy trains every year. Usually such a gift never amounts to more than just a toy, but for junior Sean McCann this "toy" has turned into a major hobby — a hobby to which he dedicates almost two and a half hours every day.

"It grew from a train in a circle under the Christmas tree to what it is today," said Sean. What it is today is a track running on three 4' x 8' tables connected in a U-shape. Sean said that his interest was prompted by train set-ups found in books which he checked out from the library.

Model train collecting is quite detailed. Sean does everything from the actual selection of the train cars and the scenery to the running of the train. Sean also paints some of the cars and the scenery.

"I try to create the scenery that nature creates naturally," said Sean.

One of the more complicated features of running the trains is making sure that each car stops at the correct building. In order to make this procedure precise, Sean

labels both the train and the building.

Sean defines model train building as, "an attempt to miniaturize the area we go through every day." Sean has spent approximately \$1,500 in his "attempt."

Sean said that his expenditures for the trains are not bad compared to the costs of other hobbies. Sean said that the enjoyment he gets out of the trains makes the cost worthwhile.

However, Sean finds the organizations that are offered to train builders are too expensive and has not as yet joined any clubs. But, he does attend conventions twice a year, one in September and one in March.

Sean started the model he is presently working on in March. His goal is to complete the model, but Sean has never known anyone who has completed a whole model. "There is always something more you can do," he said.

Sean has been working on model trains for seven years, and he says, "I've spent quite a bit of time with it, and I'm not tired of it yet."



Road Show 85

"NEED WE SAY MORE?"

February 15, 16, 17 7:30 PM
Children (under 12) \$2.50 Adults \$3.00

GUARANTEE A SKILL THAT CAN HELP GET YOU MONEY FOR COLLEGE.

What you do is to combine two Army programs. Delayed Entry and the Army College Fund.

With Delayed Entry, you pick a skill you want to learn, and once you qualify, the Army guarantees your skill training for a year. And you don't go in the Army until it's available.

If you choose a skill that entitles you to participate in Army College Fund, you can earn up to \$15,200 for college in a two-year enlistment. It works exactly like a savings plan. You save up to \$100 per month from your pay (over \$570 per month to start) up to a maximum contribution of \$2,400, and the government matches your savings 5 to 1.

Find out all about Delayed Entry and the Army College Fund. Ask your Army Recruiter.

221-4721
401 S. 16th Street
Omaha, NE 68102

ARMY. BE ALL YOU CAN BE.

Bellevue College

NEBRASKA'S LARGEST INDEPENDENT 4-YEAR COLLEGE BECAUSE EACH STUDENT COUNTS

INTRODUCING

GARY REILLY

Your Bellevue College Admissions Counselor

Call me at 291-8100 Ext. 61

I look forward to meeting you when I visit your high school. As a special service for you, send me your ACT scores for a free evaluation.

FINANCIAL AID AND SCHOLARSHIPS AVAILABLE FOR ALL ELIGIBLE STUDENTS

Never a class with over 45 students And a Faculty Who Care

ENRICH YOUR LIFE THROUGH EDUCATION at

BELLEVUE COLLEGE

Galvin Rd. at Harvell Dr. 2 miles South of the Southroads

of Central importance



photo by Jim Hazuka

Van Argyrakis and Mitzi Markese, seniors, look on as Mayor Michael Boyle proclaims Foreign Language Month.

Mayor proclaims month

On January 31, juniors Kelli Kubik and Matt Kelly and seniors Van Argyrakis and Mitzi Markese went to Mayor Michael Boyle's office to witness his official proclamation of Foreign Language Month in Omaha. The students represented the languages of Spanish, German, Latin, and French respectively. Mrs. Daryl Bayer, Central French teacher, accompanied the group.

At the presentation Mayor Boyle was presented with a J.C.L. button.

Banquet proves ethnic

On Tuesday, February 5, approximately 450 Central students and their families gathered in the courtyard to attend the fifth annual international banquet sponsored by the foreign language department. Each family brought one of its favorite ethnic entrees, and students provided entertainment by singing songs in German, Spanish, French, and Latin.

The foreign language department also sponsored a poster contest. Harold Adcock, Chris Davis, Denise Whitaker, and Helene Wordman were the winners.

Miss Rita Ryan, Central Latin teacher, stated that the purpose of the banquet was "to provide a setting for students and parents to gather and enjoy international foods and each other's company."

Languages take ski trip

Central's foreign language department enjoyed a day of skiing at Trailridge on February 2. All four languages were represented with a total of eighty participants.

Mr. John Frakes, German and French teacher, was the sponsor. "It was a good way for them to try something new," he said.

Although the day was cold, most students had a good time. Dave Pansing, sophomore, described it as "fun but tiring." He said the snow covering was really good.

Mr. Frakes said many of the students would like to return. Susie Gaffney, senior, said "It should be done every year to enhance a friendly foreign language department."

Teachers nominate four

Each year the NCTE (National Conference of Teachers of English) sponsors a writing contest. This year four Central juniors have been selected NCTE nominees. They are Anita Barnes, Thatcher Davis, Vina Kay, and Bill Carmichael.

A committee of Central English teachers nominated these students after judging impromptu compositions written by all the junior honors English classes.

Next, the National Council will judge the nominees on the basis of impromptu composition as well as an original composition. Six Nebraska students will be named NCTE winners. Last year, Arthur Kosowsky was Central's only winner.

"I think our students have always done well in impromptu composition writing because of the strict discipline which their teachers put upon them," Mr. Dan Daly, Central English department head, said.

Moller attends seminars

Dr. G.E. Moller, Central principal, recently spent five days attending two workshops in New Orleans, Louisiana.

Dr. Moller arrived in New Orleans on Friday, January 25, and spent his first day at the Danforth Foundation Seminar held at the Marriott Hotel.

The Danforth Foundation is an educational organization which selects five or six high schools from five or six cities to participate in their annual program, according to Dr. Moller. This year Central was selected to participate.

Dr. Moller said that the purpose of the seminar was to teach the administrators of the schools methods of self-improvement as well as techniques for better evaluation of others.

Dr. Clayton Lafferty, a doctor of psychology, helped the administrators find their weaknesses and their strengths. Dr. Moller said the seminar was "time well worth spending."

Dr. Moller attended a NASSP (National Association of Secondary School's Principals) convention the other four days. This convention was held at the newly-constructed convention center in New Orleans.

The principals heard many speakers including the governor of Louisiana, Mr. David C. Treen, and former-first lady, Roslyn Carter.

Decathlon team prepares

Central Academic Decathlon team members are preparing for the local competition which will take place on February 23 at Central. The local competition encompasses just the Omaha Public Schools.

Team members, seniors Arthur Kosowsky, Don Krueger, Beverly Atkins and Jan DiMauro, and juniors Anita Barnes and John Skoog, as well as alternates, juniors Phil Berman, Sean Kershaw, and Regina Murray have been studying before school during the week and, recently, on Sundays.

The Decathlon tests cover social studies, economics, math, science, literature, fine arts, and music. In addition to the tests, team members write an impromptu essay, and representatives from the business community interview each member, judging them on poise, personality, and ability to communicate with others. A superquiz over the book *Megatrends* will also be included.

When test, essay, interview, and quiz scores have been tallied by grade school teachers and Joslyn Castle officials, awards will be presented. The school which wins the team prize will go on to the national competition in California on April 10, 1985.

AP exams to be held soon

Advanced placement exams will be administered May 6-10 and May 13-17. Tests include the following subject areas: art, biology, chemistry, computer science, English, French, German, history, Latin, math, music, physics, and Spanish. Students may take as many exams as they wish.

The cost of each exam is \$49. In cases of acute financial need, one should see his counselor as soon as possible.

The exams begin at either 8:00 a.m. or 1:00 p.m. and last approximately three hours.

Students display designs

The Young Designer's Fashion Show will be held in Central's courtyard on February 21 at 3:30 p.m. Tickets for the show go on sale February 11th for \$1.00.

According to Miss Jerrie Harris, Central business teacher and the designers' sponsor, the idea for the fashion show came about several months ago. "Several fashion merchandising students approached me back in the fall about holding a fashion show to model their designs," said Miss Harris.

The designers, seniors Scott Johnson, Laurie Meadowcroft, Darcy Slavin, Dennis Sheeler, David Aguilera, Darlene Cotton, and junior Shelly McCabe, will not only display their designs on models who they selected; they will also be responsible for the lighting, music, and commenting of the show. Miss Harris, senior Stephanie True, and other fashion merchandising students are working on promotions for the show.

Laurie said the designs will range from casual wear to evening wear and that most designs will be available for sale after the show.

"Everybody is working hard. It's tough. You have to make your own patterns, and you have to choose your colors. It's scary because we'll be displaying our work in front of a lot of people."

Gab-Line is new activity

Are you bored at home with the old conversations day after day? If so, Gab-Line or Gab-Teen may be for you.

Northwestern Bell has come up with a new telephone activity that allows people to dial a number and jump in on the conversations of others.

According to some experienced talkers, "It's kind of fun." Both Gab-Line and Gab-Teen have a total of ten different that hold eight people each.

According to Bev Atkins, senior, son calls the number and a recording on welcoming him to either Gab-Line or Gab-Teen. Then a bell sounds which announces to other talkers that a new person is one the line.

The Gab-Teen is more for juniors and the Gab-Line is for the "older" people according to Bob Fagan, senior.

The number for Gab-Line is 1-841- and the number for Gab-Teen is 1-841-. The cost for these conversations range from twenty to forty cents for the first minute (The price fluctuates according to the cost of day.) Every additional minute costs between five and fifteen cents per minute depending on the length of the conversation.

Students adopt elements

While some students are busy writing research papers for third quarter, others are filling out adoption papers.

Miss Elizabeth Hug, Central chemistry teacher, is having all of her first semester chemistry students adopt an element for their semester project.

"The students were skeptical about it at first," said Miss Hug, "but now they're getting excited about it."

The students are required to write a short paper and make a poster displaying the "wonderful" qualities of their element. They must also sign adoption papers.

The adoption papers require the student to protect, to nurture, and to love his element, as well as to defend it against detractors. The adopted element must be "never to blow up in the face of a newly-acquired, loving parent."

Miss Hug got the idea of adoption element at an area chemistry teachers' meeting before the beginning of the school year.

Classes attend 'Cyrano

On Tuesday, February 5th, Central English, Honors English and drama classes attended a modern production of Edmond Rostand's "Cyrano de Bergerac," presented by the Nebraska Theatre Caravan at Omaha Playhouse.

The play, called *Cyrano!*, revolves around the character Cyrano de Bergerac, a soldier, poet, philosopher, and scientist with an enormous nose. Cyrano battles the villain Comte de Guiche for the love of Roxane, a beautiful girl with whom he is much in love. Cyrano is also very self-conscious about the size of his nose, which fights anyone who stares "too long."

Mr. Dan Daly, Central English department head, said, "Since about 1966 we have tried to take three or four hundred students every year to some type of play. Usually it is done by the Nebraska Theatre Caravan at the Playhouse, but occasionally the school comes to our stage."

Work and unity

When we say "We work for America" we mean we all do.

The big corporation and the little shop, the wealthy investor and the hourly laborer — each contributes something of value to the strength of our country, something no one else provides.

Our contributions come from our own efforts to succeed, to attain, to win our own rewards, because that's how our system is designed to operate.

And when we put our work in perspective and think about how much each of us does to build the strength of a nation, the system works even better, for all of us.

That's why "We work for America" is worth saying, and repeating, and believing.



INTERNORTH
We work for America.

For a copy of our "We work for America" brochure, please call: (402) 633-4507

After High School, What Next - College? FOUR YEARS TOO LONG? Get the job skill you need in today's economy at the Lincoln School of Commerce

1821 K Street Lincoln, Nebraska 68508 (Toll Free)
1-800-742-7738

Please Send Information On:

- Business Administration
- Accounting
- Legal Assisting
- Word Processing
- Fashion Merchandising
- Computer Programming
- Court Reporting
- Secretarial
- Tour & Travel

Name _____

Address _____

City, State _____

Telephone _____

12, 18, or 24
Month Courses

* The Lincoln School of Commerce is the only school in Nebraska offering these Programs

- Business Administration
- Accounting
- * Legal Assisting
- Word Processing
- Fashion Merchandising
- Computer Programming
- * Court Reporting
- Secretarial
- Tour & Travel

Program helps teachers in need

cey Elsasser

s scream at each other, paper s fly through the air at blazing and fights break out in the halls. day at school or another nervous own for a teacher?

ere are many teen-help and family-grams such as Operation Bridge, and the Personal Crisis Center, but do teachers go to unload the es of a very demanding job?

achers have the same problems as ople and the same stress as others elping profession, but we are ex-to handle it better than everyone according to Mrs. Judy Mahaffey, guidance counselor.

Teachers expected to handle tension differently

an aid for Omaha Public School per-the Employee Assistance Program nded in October, 1983. The program include city employees in January, he Assistance Program is open to all and their families in order to help onal or job-related problems.

ording to Mrs. DeAnn Ebener, one program's counselors, the agency mployees stay healthy "both physical ntally."

s. Ebener explained that anyone

wishing an appointment may call and ar-range to meet with a counselor. If the per-son's problem is too long-term for the counselor to handle efficiently, the counselor will direct the person to a more appropriate place.

Mrs. Ebener explains that the agency is organizing a "Wellness Program," which will include short seminars dealing with topics such as effective teaching, smoking cessa-tion, physical fitness, and other related topics dealing with stress or tension.

"Personal tension is experienced by all people in all walks of life, but those in the teaching profession are expected to handle it differently," according to Miss Jo Valasek, Central guidance counselor.

The public opinion puts extra pressure on teachers. "Demands of the public are too great. They want high test scores, and at the same time, education for everyone," Mr. Robert McMeen, Central vocal music teacher explained.

One problem teachers may experience is burnout. Long hours at school and extra work such as report writing and paper grading bring added stress. Many teachers are also involved in extra-curricular activities such as sports and fine arts.

Mr. Warren Ferrel, Central instrumen-tal music teacher, estimated that first semester alone he spent over five-hundred hours either before or after school.

Mrs. Pegi Stommes, Central drama teacher, and Mr. McMeen responded similarly after considering the time they spent working with the fall musical, Road Show, and performing groups such as CHS Singers.

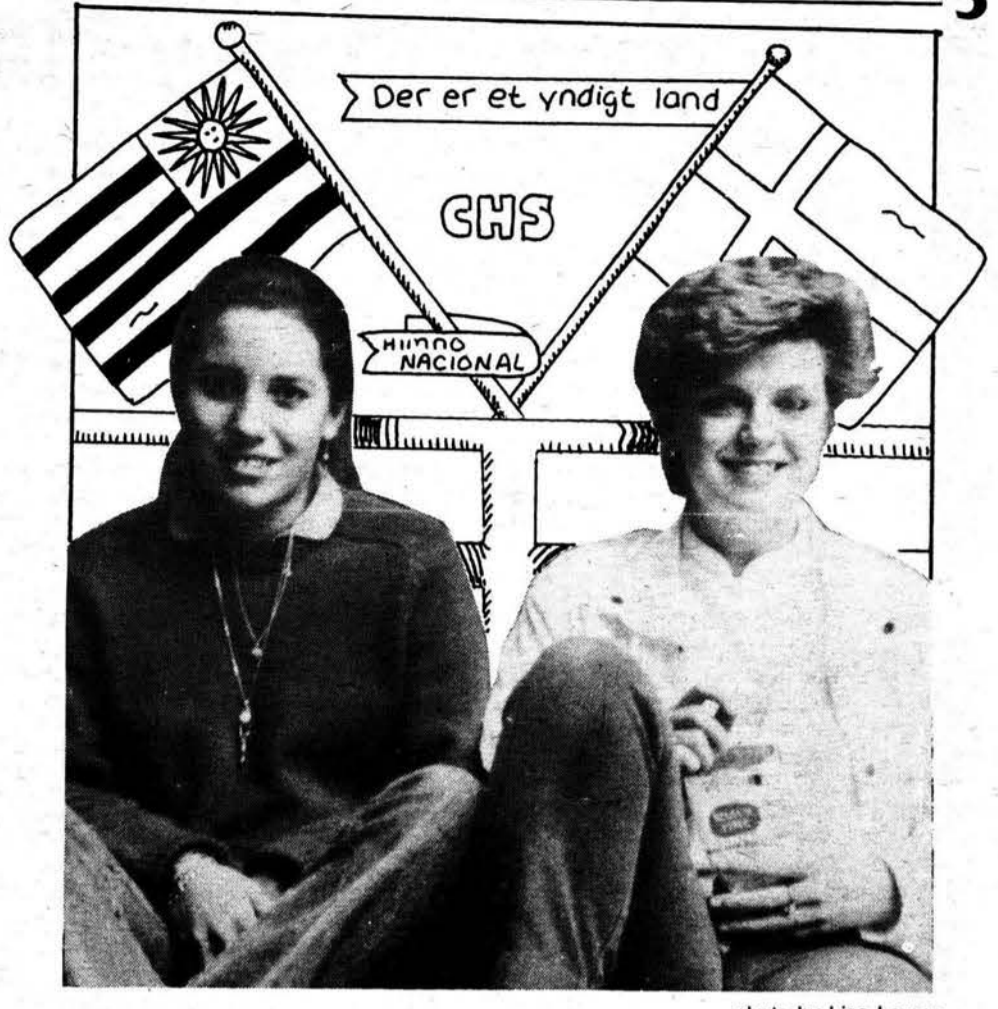


photo by Lisa Larson

Ann Farina and Linda Jensen are two new foreign exchange students who came to Central this semester. Their opinions about Central differ.

Exchange students from Uruguay and Denmark enroll at Central

by Brooke Rose

Central has broadened its population with the second semester enrollment of two new foreign students, Ann Farina from Uruguay and Linda Jensen from Denmark.

Ann, an eighteen-year-old senior, is staying with the family of Natalie Brown, also a senior. Ann came to the United States through the Youth for Understanding program and will remain for six months.

The exchange students do not get to choose where they want to stay, though Ann said, "I asked for snow because we don't have it."

Ann has been in Omaha since January 16. She went ice skating, to the movies, to a basketball game, and, of course, shopping.

Ann has already graduated from high school in Uruguay, but she still has some final tests to take. Ann said that American schools are very different from schools in Uruguay. According to Ann, in Uruguay, everyone wears a uniform to school, both public and private institutions, and the students don't change classes.

During Ann's last year of school, her hours were from 1:00 p.m. to 6:30 p.m. "There is no lunch time," Ann said. "You either go from 8:00 a.m. to 1:00 p.m. or 1:00 p.m. to 6:30 p.m."

While Ann feels that her home school is much quieter than Central, she likes Central's atmosphere better. Ann said that she likes being able to talk to everyone between classes. She also observed that Central has many unique people with lots of different clothes.

Linda, a seventeen-year-old senior, also came to the United States with the Youth for Understanding group. She arrived in the United States in August and will be staying until July. She is staying with a family which has no children currently enrolled at Central.

Linda has not been in Omaha for her whole stay. She stayed in Bertrand, Nebraska for 3 months, and Elkhorn, Nebraska for 3 months. She will be in Omaha for the rest of her stay.

Linda's perspective of Central is very different from Ann's. "There's not a lot of freedom," was the first thing she said. She said in Denmark a student does not have to sign out if he leaves school, and his parents aren't called if he is sick.

"If you have more than 20 percent absences in Denmark, you don't graduate," she said. "Then you have to start the year over again."

Back begins conditioning

ny students cannot afford higher on. These students may apply for aid based on need. The federal ment funds various forms of aid for need. Grants, loans and college y programs are the three basic of financial aid, according to Mr. Stan wski, Central guidance director.

udent applies for financial aid by fill- the FAF (Financial Aid Form) and/or S (Family Financial Statement)," b Walker, assistant director for aduate financial aid at Creighton ty. The College Board, which ad- s the SAT, also provides the FAF. erican College Testing Service (ACT) s the FFS.

FAF is the more popular among col- d universities, but each institution ify which form it will use, according aliszewski.

udent may determine his financial ough the SNAP (Student Need Ad- rogram) computer disk located in counseling center, according to Mr. wski. "This program gives a very

close approximation of a student's financial need."

A grant is a sum of money applied toward tuition which does not have to be paid back. The federal government appropriates money for three grant programs The Pell Grant, the Supplemental Educational Opportunity Grant (SEOG), and the State Student Incentive Grant (SSIG), according to Betty Jo Hawkins, Interim Director of Financial Aid at the University of Nebraska at Omaha (UNO).

Three types of national loans exist, according to Ms. Hawkins, the National Student Loan (NDSL), the Guaranteed Student Loan (GSL), and the Plus Loan Program.

The College Work-Study Program provides part-time, on-campus employment for students. Under this program, students may earn only the amount that has been awarded, according to Ms. Hawkins.

The federal government does not administer funds for financial aid directly. Instead, the government appropriates a sum of money, based on enrollment, to all institutions, Mr. Maliszewski explained.

Teenage mortality — suicide, accidents, disease — causes of death

Anne Lovings

gh school is a time when most ers look toward the future and set Students are usually monopolized oughs of their lives after high school. on't realize that a large percentage agers do not live long enough to ex- ce life after high school.

1981 alone, approximately 214 out of 100,000 people between the ages of 15 and 24 died.

Alex Walker, assistant professor of psychology at the University of ska Medical Center, said that studies ining the leading causes of teenage vary. However, he said that the ma- these studies record "death by motor accidents and violence" as the g killer of teens, suicides as the se- eading cause, and cancer as the third.

Deaths result of accidents
1980, approximately 372.9 out of 0 people between the ages of 15 and as a result of accidents and/or ce.

any of these deaths were the result of g and driving. This fact has sparked publicity. In fact, in response to this

problem, groups such as M.A.D.D. (Mothers Against Drunk Drivers) and a more recent group, S.A.D.D. (Students Against Drunk Drivers), were formed.

Suicide is the second leading cause of teenage death. Between 1950 and 1980, the suicide rate for people between the ages of 15 and 24 rose from 4.5 to 12.8 per 100,000 people. This is a 284 per cent increase.

"In the 1960's people used to think it was normal to think about suicide, but now they think it is not normal," said Dr. Walker. Dr. Walker said that many teens see suicide as a solution. "Suicide is often chosen as the last solution to a problem," he said.

Death by disease
Approximately 1,600 children and teens died of cancer in 1984. Cancer has been cited as the chief cause of death by disease for children between the ages of 3 to 14.

Cancers in children tend to develop more quickly than cancers in adults, according to recent studies made by the American Cancer Society. Researchers have found this to be true because body tissues in children grow rapidly, and the cancer grows right along with the body tissues.

For teens who smoke, cancer suscep- tibility increases. The American Cancer Society estimates that cigarette smoking is responsible for 83 percent of the lung cancer cases in men and 43 percent in women. The rate for male smokers is double the death rate of male nonsmokers. The cancer death rate for female smokers is 30% higher than for nonsmokers.

Groups for accident prevention
Dr. Walker said that many teens view death as "temporary." He said that many teens will imagine their death and imagine friends and relatives mourning. He also said that some teens even look upon death as "revenge."

These statistics do seem rather drastic, but groups such as M.A.D.D. and S.A.D.D. are already working on ways to prevent deaths from car accidents.

Dr. Walker said that there are some warn- ing signs for suicide. He said if a person talks about suicide, one should take him seriously, and he said if the person talks about a plan or a date to commit the act, it is even more serious. He said in a case such

as the latter, one should contact an author- ity immediately.

Similarly, cancer has some warning signs. These signals include nausea, swell- ing, double vision, stumbling, nosebleeds, drowsiness, and listlessness. The American Cancer Society suggests that parents make sure their children have regular medical checkups, and that they alert to the symp- toms of cancer.

Grief cycle
Dr. Walker also had some suggestions for teens who have lost a close friend. He said that the grief cycle usually lasts three to six months. During this time period, there are three stages the teen must go through. First, he must try to talk and to grieve. Se- cond, he must be emancipated (a period in which he must reminisce). And finally, he must make new friends to replace the old friend.

Dr. Walker said it is extremely important that the teen take these three steps because death with teenagers (especially in the case of suicide) can become contagious.

6 Sophomore hockey star envisions pro future

by John Carlson

Surrounded by football and basketball superstars, hockey players in the Midwest have been slow in getting the recognition they deserve. However, Central sophomore Terry Bock is slowly changing this.

Having made the all-Midwest team (a team consisting of hockey players from Iowa, Missouri, and Nebraska), Terry travels all over the United States and Canada playing against top players under the age of seventeen.

Terry got his start in hockey at the age of four. His father brought home an article from the paper about hockey and thought Terry might be interested in the sport. Starting in the mites division in the O.M.A.H.A. (Omaha Metro Amateur Hockey Association) league, he quickly made his way up the age divisions. "I now play not only on the Midwest travel team but also on the senior high travel team."

Terry said there are both advantages and disadvantages to his recent success. Terry explained, "I am on a constant schedule. Ice time is limited, and we usually have to practice from 9:00 until 12:00 p.m. two days a week. Then we have games on the days we don't have practice."

Pro scouts

However, Terry said the recognition he is getting from hockey is worth all the extra effort he is putting in. "At the tournaments we play, there are a lot of college and professional scouts. Both my parents and I are hoping everything will pay off."

Much of Terry's success can be attributed to his speed and aggressive play, which he said improves from off-season weight training. "We lift to improve our skating speed," he said. "It is a very important part of my game."

Terry also was a defensive end on the sophomore football team. He said that hockey is not as physical a sport as most people think. "We wear pads, and the dangers of hockey are about the same as football. My only injuries have been a few stitches and broken ribs."

Hockey is a popular sport in the northern states and Canada, but Terry said this does not hold back the success of Midwestern teams. "We are fortunate enough to have Motto McLean, one of the best coaches in the Midwest coaching us. He played in the National Hockey Association for the Vancouver Canucks. A lot of experience rubs off on me."

Lack of popularity

According to Terry, the biggest difference between midwestern hockey and Northern hockey is popularity. "People really take their hockey seriously in the North. Here it is not much of a spectator sport."

Terry, who plays center, also has a little brother that participates in hockey. "Larry plays on a pee-wee travel team, and his team recently was the first American team to win the Austin Minnesota Tournament." According to Terry, it helps to have his little brother doing so well. "We like to see who is the better hockey player in the family and that makes me work harder," Terry said.

Now Terry plays in high school leagues, but he wants to gradually improve his hockey skills in hopes of skating for a college or professional team some day.

Terry said, "I am as good as someone my age who plays hockey in Canada or Minnesota. As young as I am now, there will always be a chance for me to succeed."

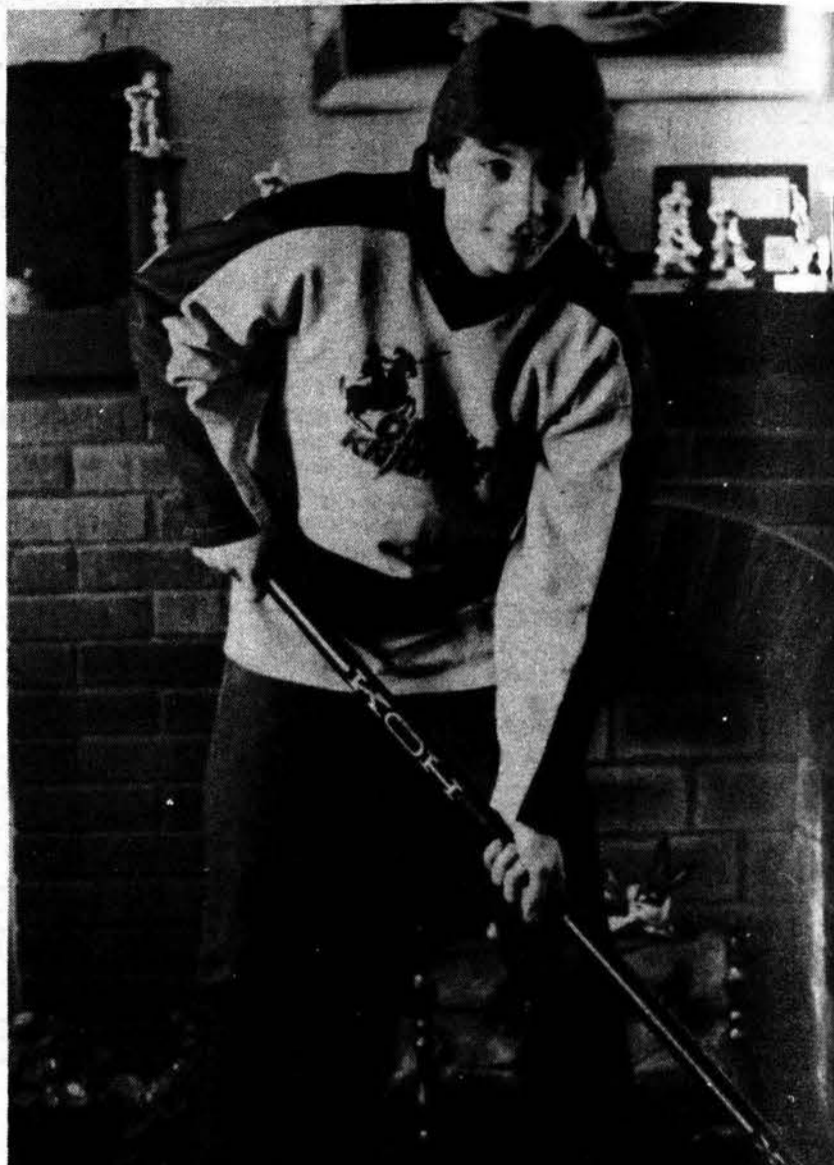


photo by Jim H.

Sophomore Terry Bock poses in front of some of his many trophies. He hopes one day to play college or professional hockey.

NSAA makes proposals

Board seeks reduced activities

OVERTIME



Dan Schinzel

Questions concerning the relationship between athletics and academics have arisen lately, mostly due to recent nationwide concern over the quality of education. In response to this concern, the Nebraska legislature passed LB 994, which affects many aspects of education, including high school sports.

As a result of this new law, the State Board of Education has requested that the Nebraska School Activities Association (NSAA) take measures to reduce the amount of time spent on activities in state high schools.

According to Mr. James Monahan, member of the State Board of Education, the Board wants reductions in athletics because the new law increases the amount of instructional time required for graduation. The law raised the required amount of school time to 1080 hours per school year.

"What we are starting out with is getting in the 1080 hours," said Mr. Monahan. "One of the requirements we would make in regards to accreditation is that a school could not count time used for athletic contests."

Committee proposals

At the request of the Board, the NSAA formed a committee to come up with proposals for reducing the amount of activity time. That committee came up with several recommendations, including reducing the basketball season from 16 to 14 games and reducing the football season from 9 to 8 games.

According to Mr. Monahan, the reason

for reducing the number of games relates to the amount of travel time used for the activities. "It doesn't seem to apply to Omaha schools, but many small schools complained that they could not carry on under LB 994 unless they were given travel time and school time for activities."

Mr. James Riley, NSAA executive director, believes he is caught in the middle of the debate between the Board and the coaches. Coaches oppose the reductions. Riley believes the decisions concerning cuts should be made by each individual school district.

"Before they (the Board) decide anything, they should request the desire of the schools," said Mr. Riley. "What we (NSAA) want is what the majority of schools want."

Combining games

Mr. Riley believes that reducing the number of games in a season would not affect the amount of instructional time.

"Reducing the number of games has nothing to do with class time instruction," Riley said. "I think it is a means of getting at another issue. A lot of people don't like having games during the week because of the supervision needed and the kids being out. I think that is the issue."

Mr. Jim Martin, Central basketball coach, agrees with Mr. Riley. "We've been having this idea of combining the boys' and girls' games into one night in order to get kids home on week nights."

The proposal to which Mr. Martin refers would move the girls varsity to games from weekday nights to weekend nights. The girls would play immediately before the boys, the time which is currently used for junior varsity boys' games.

Most coaches fear that any reduction in amount of games would be detrimental to high school athletics.

"The thing that puzzles coaches is that we are playing as few games as any state around us," said Mr. Martin. "The question then is, why are we cutting down? Our high

school athletes have to go on and compete with athletes from schools that have longer seasons.

Part of education

"Basketball is a sport that in order to become skilled, you need to work for three or four months. The quality blossoms at the end of the season. If you cut two weeks, quality declines," said Mr. Martin.

According to Mr. William Reed, Central football coach, activities such as athletics are an important part of education, and any cuts would hurt students.

"I think the Board will find athletics are not one of the downfalls of the educational decline of late," said Coach Reed. "The people behind this movement don't understand the positive magnitude that athletics have on one's life. Basically, all I have seen is athletics help a student."

School complaints

Mr. Riley agrees with Coach Reed. "Indirectly, they are saying that athletics hurt a student's chances in the classroom. However, any statistics we have say that activities motivate students to learn."

The primary objective of the Board, according to Mr. Monahan, was to meet the requirements set forth by LB994. "We never dictated how to use class time for activities. It is not that we want to cut activities; it is that schools complained they can't make the 1080 hours."

Both Coach Reed and Coach Martin believe that reducing the time for athletics will have no bearing on the amount of time a student spends studying.

"An individual in athletics who is not doing well in the classroom will not do better because he drops athletics," said Coach Reed. "Who is to say that time taken away from athletics will be devoted to academics?"

"I think the athletes are enjoying doing what they are doing," said Coach Martin. "A student who is having trouble is just not organizing school and sports well."

J.V. basketball squad enjoying successful year

by Gia Ciummo

The junior varsity team of nine sophomores and five sophomores has been "one of the best teams I've coached," said Coach Pennington. The team suffered losses only one point to both North and Rockwell. "This year has been different," Pennington, "for we have a true center, Chuck Koziel and a true point guard, Thompson," both juniors.

As the basketball season draws to a close, many fans look with dismay at the loss of nine senior boys, including starters. But the boys on the junior varsity squad, after racing to a 10-2 record, create a strong base for next year's team under the leadership of underclassmen varsity players Beasley, Mike Salerno, Dan Sitka, juniors; and sophomore Leodis Flowers was placed on varsity after playing five varsity games.

'Definite point guard makes difference'

"Having a definite point guard makes a difference," said junior Mike Salerno. He has recently been playing on the junior varsity team "just to make sure I'm ready for next year," according to Pennington.

Koziel has paced the Eagles with 100 points and 98 rebounds in the past two games. Chico Holmes, a 6' junior, is the team's leading scorer with 135 accumulated points. Chico has recently been seen on varsity playing time, though the (Nebraska School Activities Association) limits all underclassmen to five quarters a night.

Other J.V. players are junior Dan Sitka and sophomore Leodis Flowers, both of whom have also seen varsity time. Kevin Watson, and sophomores Kelly Mike Edwards (a recent 6'5" transfer from New York), Jesse Haynes, Alfred Johnson and Scott Wells.

High school sports rivalries prove intense

By Ciummo
Sports rivalries. The dictionary defines as "one who is in pursuit of the same as another, or strives to equal or out-thr; a competitor." One varsity football member briefly defines sports as "intense competition between s." Though most high schools do not rivalries as intense as those bet-colleges such as Yale and Harvard, school sports rivalries have become in their own manner.

Generally, longtime rivalries between area schools have not developed because of the abundance of schools in one area. But as one looks beyond Omaha's city limits, he can find strong rivalries between schools that have existed for many years. Area rivalries are between Bellevue's and West and between Council Bluffs' and Jefferson (T.J.) and Abe Lincoln

Powerhouses
Though Central does not have an sports rival, each team separately has its own rival. These rivalries have developed through the years with the success of the teams. But the most notable and best rivalries exist with the 'big' teams. Central's 'big' teams are the ones that earn the reputation of being 'powerhouses' in their field in Omaha. In the last few years, Central's top three 'house' teams have been football, basketball, and track (both girls' and

The most historical rivalry in Central sports is the football rivalry with Creighton Prep. For 27 years, Central faced many close games with Prep but could not place a victory in the books. But the string of losses was broken this year with a 17-9 Central victory.

Though the Prep rivalry has been the longest lasting in Central athletics, after Prep's defeat, it seemed overshadowed by another rivalry which has developed the past few seasons between Central and Burke.

"They seemed to beat us when we were having a good season," said one varsity member. In 1982, Burke beat Central 32-31, and last year, a Burke victory of 17-14 cost Central a chance in the playoffs. For most of the season this year, Burke was rated right next to Central in **World Herald** ratings. Burke proved to be one of Central's top challengers as the Eagles met the Bulldogs and defeated them for the second time in one season to win the state football championship.

Central - Marian

What is the most intense girls' basketball rivalry in Omaha? Sports' participation and fans almost unanimously answer this question with the response of Central and Marian.

Last year, Central ended its season with a 50-0 record and two consecutive state championships. Last year's state final saw Central grab the championship from Marian in the final seconds of the game.

Track team begins conditioning

With three inches of snow on the ground and for most people to picture the suns on which track meets are held, but Central's boys' and girls' track teams, it

is easy because the tracksters are in the midst of a rigorous winter conditioning program. Boys' head coach, Mr. Joe McMamin said, "We like to get a head start on our runners are conditioned and by the season."

The boys' and girls' teams train together, and a typical work-out consists of conditioning, conditioning, weight-lifting, and plyometric work. The athletes are divided into different groups according to their event—sprinters, jumpers, distance runners, and men.

The main object of the winter training is to lay a good foundation for the athletes. "We like to form a good base for our athletes so they can peak later in the year," said Coach McMamin.

The sprinters and distance runners are in the base period of their training. This training consists of endurance work and plyometrics. Plyometrics is a system of exercises used by Olympic athletes. Consisting of several series of stretches, leaps, and bounds, this type of training centers on the development of speed and quickness.

Many Central athletes have benefitted from this training. Senior sprinter Leonard Robinson said, "It makes me feel stronger and faster throughout the season."



photo by Kathy Fritz

Senior David Moody tips in a shot against Roncalli. David is a leading scorer for the Eagles this year.

Eagle big men provide intimidating inside play

by Mark Buckner

In past seasons the word intimidation has rarely been associated with the Central boys' basketball team. This season, however, Central has intimidation two times over in 6'7" center Dave Moody and 6'7" forward Bertrand Turnbo. This duo has averaged fourteen and twelve points, respectively, throughout the season.

"They're both good shooters and rebounders. When you have one in there shooting and the other rebounding, it's not a bad arrangement at all," said head coach Jim Martin.

Coach Martin commented on how the two push each other in practice. "I've always admired how they bump each other around in practice and then play so well together in a game."

The aggressive play of the two has not been limited to the high school courts. In junior high school, the pair terrorized city courts, though they played on different teams. Moody played for Horace Mann, while Turnbo played for Lewis and Clark. Turnbo caught the eyes of more high school coaches than Moody, but that was before Moody's growing spurt.

The summer between Moody's sophomore and junior years was one of total dedication. After months of working on fundamentals and on getting a better feeling for the game, Moody caught fire. In his junior season, he became one of the premier big-men in the metro. Statistically, Moody was in the upper portion of every category. Despite missing the state playoffs after a one-point loss to Fremont, Moody and Central had a banner year.

This season, with Turnbo and an improved Moody, Central boasts one of the most talented front lines in the city. "I think Bertrand and Dave enjoy working together," said Martin.

Moody stated, "I feel good when Bertrand is in the line up. If I mess up, I know he'll cover for me."

Precautions

Coach Martin said even the top teams in the metro take special precautions against Central's "dynamic duo." "It's possible that Northwest was a little afraid of our big guys. They plugged up our middle and took a lot of outside shots," explained Martin.

Turnbo said, "I take it as a compliment when teams try special things on us."

FREE Wallet* or Clutch**

Rent your Prom Tux or Prom Gown at Old Mill Bridal and receive a Free wallet or clutch, dyed to match your gown, filled with over \$50.00 in valuable coupons.

\$20.00 will hold your prom gown in layaway

Tux's from \$25.00

Old Mill Bridal
10878 West Dodge Road
Omaha, NE 68154

* A \$10.00 Value
** A \$12.00 Value

Right place, wrong time

One in ten . . . That's the number of teenage girls who will get pregnant in the U.S. this year. Will you be that one?

Get the Facts First.
Planned Parenthood

You're invited!

Prom Fashion Show

Saturday, March 9, 1985

2:00 p.m.

Crossroads Center Court

Join us for an afternoon of delightful prom fashions. From romantic to whimsical to sophisticated, Gunne Sax® has the dress for your special evening! No charge to attend, but do come early, seating is limited.

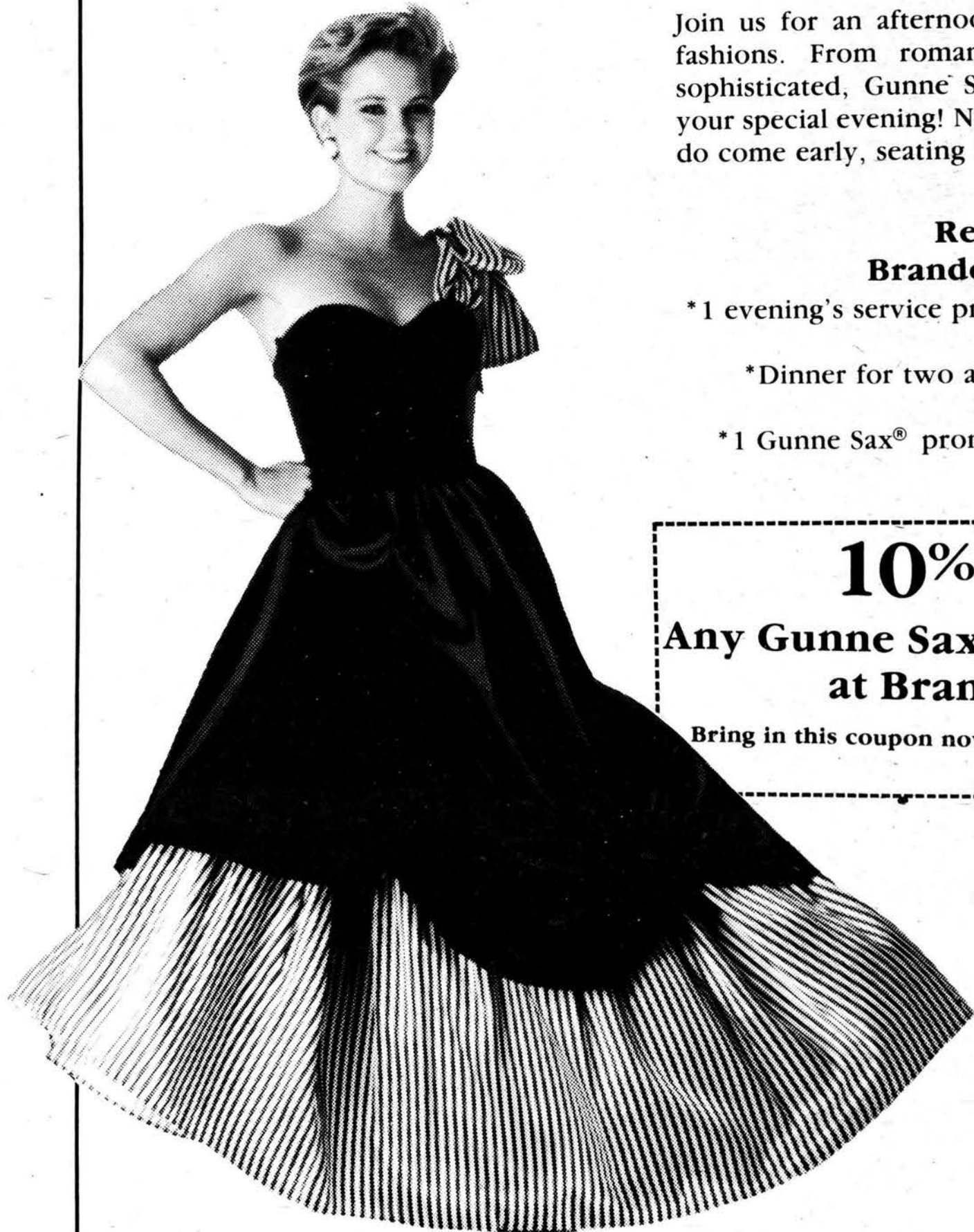
Register to win this Brandeis Prom Package

- * 1 evening's service provided by Old Market Limousine Service
- * Dinner for two at the Boston Sea Party
- * 1 tuxedo rental
- * 1 Gunne Sax® prom dress of your choice

10% off

Any Gunne Sax® prom dress at Brandeis.

Bring in this coupon now through March 16.



more in store for you
BRANDEIS