

Road Show: *old Central tradition prepares for February performance*

Karyn Brower

One of Central's many long standing traditions is the annual production of Road Show; with 1987 being the seventy-third production. Road Show started as a source of entertainment for the city, said Mr. Dick Jones, assistant principal. "Road Show has always been popular among both the students and the audience, the thing to be in."

Acts tryout the week before winter recess and are judged by teacher volunteers, Road Show managers, and assistant managers, a total of 40 to 50 judges. Acts are given a score by each judge ranging from 1 meaning yes to 4 meaning no, with 2 as maybe and 3, if needed. The total scores are given to Mr. Jim Wilson, assistant principal, who uses a formula former Central math teacher Virginia Pratt developed to decide the top shows. Mr. Warren Ferrel, Mrs. Pegi Stommes, Mr. Larry Hausman and Mr. Robert McMeen then take the top shows that fit into the time slot needed and rearrange them into the order they appear in on opening night.

Good turnout

Central's Road Show has always had a good turnout of both teacher support and student acts said Mr. Ferrel, music instructor. Over 80 student acts tried out for Road Show this year. While past favorite acts have included the ROTC drillteam, and the Eaglettes; comedy and vocal music return again this year with some different twists. This year's Roadshow features a martial arts demonstration and a tap dancing routine.

Continued on p. 4



Valerie Spellman

Todd Schmidt, Anthony Clark, Joe Montequin, and Jon DeLaCastro sing "Lida Rose." Their act appears in the 1987 Road Show, the seventy-third annual Road Show.

Federal inspection puts J.R.O.T.C in formation

Robert McCarter

It is December 16, 1986. Cadets from Central High's J.R.O.T.C. department, along with the J.R.O.T.C. cadets from Norris Junior High, fill Central's new gymnasium. They stand waiting in formation. There are over a hundred cadets occupying the relatively small space of the gymnasium, with several observers sitting or standing along the wall.

There is both a feeling of excitement and nervousness for many of these cadets. Why have they all been gathered here? Why are so many of them anxious for this assembly to end? The answer is that December 16 was the day of this year's Biennial Formal Inspection at Central.

The Biennial Formal Inspec-

group of active United States Army Officers from Creighton University. B.F.I. is a very detailed and precise inspection of the R.O.T.C. department's instruction and training, supply, administration, all other areas pertaining to the R.O.T.C. department.

Two part inspections

The B.F.I. is divided into two major aspects. They are the "Inspection in Ranks" and the "Review." In addition a briefing is held for the inspectors before the main part of the inspection is conducted. At this briefing the inspectors are informed of the status and activities of the R.O.T.C. departments here at Central and at Norris. There is also a performance by Central High's drill team after the main part of the inspection. At the completion of this performance, the head inspector speaks for a

few moments with the R.O.T.C. cadets from Central. Then the inspectors, their cadet guides, the cadet staff, and the R.O.T.C. instructors go back to the R.O.T.C. class room. There the inspecting party gives a brief appraisal of each aspect of the B.F.I.

Much preparation is made for the B.F.I. preparation that begins months before the B.F.I. actually takes place. Cadets are drilled, instructed, and tested. Attempts are made to raise the morale of the cadets. Practices are held to give cadets the opportunity to go over the procedures for the B.F.I., and the parents of the cadets are invited to attend.

Appearance guidelines

In addition each cadet has the personal responsibility to have his or her uniform ready for the B.F.I. This means the uniform should be pressed and cleaned,

all insignia shined and properly placed on the uniform, shoes polished and shined, and anything else having to do with presenting an outstanding uniform. Boys must be shaven and their hair may not touch their collar on the uniform. Likewise, girls must have their hair pinned up or worn in such a way it does not fall on their collar.

Major Yost, the senior Army Instructor at Central, said he felt the cadets did an outstanding job this year. He feels that if the cadets do not do outstanding that he has done something wrong and says he expects them to do outstanding each year, and they do.

At the B.F.I. the R.O.T.C. battalion attempts to win the gold star which stands for honor unit with distinction. To win they must score a rating of 95 or bet-

ter out of a possible 100 points.

Major Yost computed this year's score to be a 94.6 but hopes he was more critical than the Army inspectors as the official score has not come back.

Observers made comments about how good the cadets looked. Among them was Dr. Moller principal of Central High who said their appearance was the best he had seen of the R.O.T.C. department.

INSIDE:
Year-round school? Advantages and disadvantages of a quinmester system.
 p.7

Viewpoints

Do you think that birth control could be provided through a school program?

Mr Rawlings—Social Studies

No, I don't think that this is the place for it. There are other places where this is available. You can walk into a drugstore and pick these things up right off of the shelves.



LaShawn Sayers—Senior

Yes, because a lot of students go ahead and have sex, and if you don't want them to get pregnant you should provide birth control. You can't stop people from having sex.



Stacy Adkins—Senior

Yep, because if the school wants to have successful women to come out of their school, they should provide the needed things such as birth control.



Rich Vogel—Junior

Well, I suppose it could help the situation some, but I don't think it's the school's place to try and handle all aspects of adolescence.



Eric Mostrom—Sophomore

Yes, it should be available for sale at school I don't think it should be given away.

Craig Hamler



REGISTER

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Final Road Show judging needs much improvement

On February 13, 14, and 15, Central will present the 73rd annual "Road Show." The program consists of a wide variety of talent acts ranging from comedy to music to dance. Its tradition of excellence has grown and developed over the years. The Road Show is now regarded as one of the best annual high school productions in Omaha.

But this tradition could be improved upon. The selection process involved in the Road Show has prompted complaints from some students. The judging process, as it stands, is inadequate and at times, unfair.

According to Mr. Warren Ferrel, band instructor and Road Show advisor, about 25 to 35 teachers and 15 student managers judged over 100 acts for the 1987 Road Show. The judges rated the acts on a scale from one (excellent) to four (poor). After tallying the overall scores using a points-per-rating system, the fine arts department heads select the final program according to time requirements and quality.

This final committee consists of Mr. Robert McMeen, vocal instructor, Mrs. Pegi Stommes, drama instructor, Mr. Larry Hausman, art and stagecraft instructor, and Mr. Ferrel.

Mr. Ferrel said that the reason for the final selection committee was mainly based on time requirements. He also said that their experience had given them a "discerning eye" which helped

in selecting appropriate acts in the interest of a general audience. The result of this final selection is a well tailored show, both in time boundaries and in overall theme.

But this final selection could be improved. These instructors may well have more experience in recognizing talent, but a general audience does not have the same background in the field of the fine arts. They attend a Road Show for entertainment, not technicalities. The Road Show audience does not judge the merit of an act on its ability to withstand intellectual scrutiny but on its entertainment value alone.

Students Judge

Another prominent flaw is that the panel of judges is mainly comprised of teachers. Is this a fair sample of the general "Road Show" audience? The main advertisements for the "Road Show" are the students of Central High School. Let the students judge. True, 15 of the judges were student managers, but many of these students were backstage during tryouts and often could only guess at the quality of an act.

Also, the panel of judges for the 1987 Road Show included only two blacks—one student and one teacher. This racial imbalance may have been the result of an unwillingness on the part of black teachers or band members to judge or become a student manager for the Road Show. If the panel of judges fairly represents the ethnic diversi-

ty of Central, the Road Show would more clearly reflect the personality of the student body.

These complaints are valid and deserve closer consideration by the fine arts instructors. The present method of judging could be reconsidered in the light of a more effective judging process.

Student Council

Central's student council could be one of the main factors in "Road Show" selection. As elected officials, they are a fair representation of the student body. Also, student managers could still be used, but provisions should be made to offer them a clearer understanding of each act.

Teachers should also be included on the panel of judges, but not as a dominant force. Their viewpoints would fairly reflect the adult portion of a general audience. They should be mixed evenly with students for a more adequate overall sample.

And the final selection should continue to be regulated by the fine arts department. But they should take special care in avoiding selection on the basis of personal preference or artistic merits to any degree. Time requirements and theme consideration should be the major factors in this final elimination.

The result of these changes will be to increase student interest and involvement. And ultimately, they will boost the entertainment value of the already classic Road Show to an unprecedented level.

Melba as a food smuggler

Speaking

in

Tongues

Joe Fogarty



Melba: Listen Becky, it's a cruel world. And sometimes the nastiness gets so thick it's hard to walk through it without a gas mask and some dependable galoshes.

Becky: But Melba, you can't save the universe. Let someone else worry about it.

Melba: Someone else?! No I couldn't. Just think - if everyone who would normally save the universe were told "Let someone else worry about it" — where would we be? That's why I have chosen to be a vigilante for justice! An isolated outlaw bent on conserving peace and freedom throughout our school. I have become - Captain M! Renegade food smuggler!

Becky (swooning): Oh, Melba ... I mean Captain M! You're so ... so ...

Melba: Photogenic? Heroic? Masculine? Patriotic?

Becky: Odd. You are quite markedly odd.

Melba: That's beside the point. (He checks over his shoulder) I must leave you, the bourgeois force is closing in fast! (He begins to stuff enormous quantities of food into his backpack and coat. Cupcakes, Zingers, milk cartons, and bags of potato chips bulge out of every available hiding place.) Farewell! Farewell ... (He fades silently past the guards posted at the cafeteria door and begins the first flight. He mumbles and hums heroic tunes as he descends.) Dum Da Da Dum Dum Dum Da Da HMM ... Danger ... Adventure ... Freedom (A hand touches his shoulder, he spins) Whoa! Hey Gordon! Don't ever do that again!

Gordon: Sorry bud ... Hey, what's that in your pocket?

Melba: Shhh! It's a special project (wink, wink).

Gordon: Well, that special project (wink, win) looks suspiciously like a package of Twinkies.

Melba: Don't blow my cover! (Whispering) I'm Captain M.

Gordon: No kidding! You're the one who's been running food out of the cafeteria for the deprived student body?

Melba: Shhh! You really know how to blow a guy's secret identity, don't you! just shut up and walk along with me so I don't look so much like a lone rebel performing some important revolutionary function. (The two continue together. They reach the second floor with no confrontation. They hear footsteps behind them. Gordon looks behind him.)

Gordon (whispering): Hey, Captain M, it's Dr. Bicuspid!

Melba: The principal?! Great! I knew he'd been tracking me down.

Gordon: What are we going to...

Bicuspid: Boys? Wait a minute.

Melba: Wonderful, here he comes.

Gordon: Calm down, it won't be so awful, but remember, I didn't have anything to do with your rebellious ways. (Gordon keeps walking, leaving Melba on the stairs.)

Bicuspid: Wait Gordon. Come back here.

Gordon (Returning sheepishly): yes sir?

Bicuspid: Unzip your jacket please. Good. Now reach inside the lining and around to the back. Okay, now I want you to show me what you have there.

(Gordon removes his clenched fist and glances uneasily at Melba. He slowly, painfully opens his hand to reveal:)

Bicuspid: A ketchup packet! Just what I thought. Gordon, I'm surprised at your behavior. I thought you knew food smuggling was against school policy.

Gordon: But...see...well I just...

Bicuspid: Look, I'm going to go easy on you. Help clean the courtyard every day for a month and serve 3 days ISS and we'll be even, O.K.? Come on with me to the office. Have a nice day, Melba. (He walks away with Gordon in tow) You know, Gordon, (his voice fades) you should be more like that boy Melba...might keep you out of trouble ...

Isolation: self-destruction

A

Closer

Look

Kris Deffenbacher



Isolation can be a silent killer. It can destroy friendships and even lives. Although a temporary separation from those around you can give you time to yourself to sort out problems, a self-inflicted isolation can have the effect of cutting you off from those who care. A person can be surrounded by friends and yet be despairingly lonely if he's isolated himself from them and is hiding alone with his fears. I knew someone whose life was destroyed by this self-exile and will remember his incredible pain for the rest of my life.

I met Brian after the restaurant we worked at closed on a slow Tuesday evening two summers ago. It had been his first day on the job, and that evening I'd watched him make his first enemies by being too painfully shy to even say "hi" to anyone. I felt sorry for him; I too had learned that the only way to be accepted by the other kids in the restaurant was not only to take the first initiative but also to force your way into their lives. I could tell that he would never open up to anyone unless they made the first move, so I decided to that evening.

"Female in distress"

As he walked past the spot where I was working, I lifted a large rack of glasses, and although I could easily lift several, I cleverly portrayed the helpless female in distress and got him to help me set the glasses by the pop machine. In appreciation for the gallant deed I showed him how to hotwire

the pop machine, a trick all the new kids learned, and we talked over two cokes. I eventually managed to get a few words out of him, but through the whole conversation he seemed extremely uncomfortable, as if he wasn't used to anyone confronting him.

During that first conversation I thought I'd managed to get him to begin opening up, but in the next few weeks he seemed to shrink back even further from me and the others. He eventually stopped saying "hi" to me and on breaks he'd eat at his own table in the corner. The others didn't seem concerned with his self-inflicted isolation, and I couldn't figure out why.

Epileptic

A month after I'd first met him I found out why the kids let him isolate himself. Brian was epileptic. I had never worked with him nor witnessed one of his seizures, but that evening I was shamefully horrified by one of his attacks.

...I shouldn't reach out to him just out of pity.

The kids ignored it and were therefore able to remain unaffected by it. I felt sorry for him but felt that I shouldn't reach out to him just out of pity.

Brian was a boy in a glass box that was built of his fears and other's insensitivity. He could see the colors and the love of the world around him but couldn't touch them without breaking through the slashing glass. He felt that the only time that the world paused to look in at him was during his seizures. He finally gave up trying and cowered in the corner of his safe but empty box, letting an indifferent world walk by.

A month after I quit working at the restaurant, I too had forgotten Brian. But all those memories, all that guilt came back in one painful stab at my conscience. In one final act of rage, Brian pounded fists against the walls of his glass prison, and in doing so slashed his wrists. Brian killed himself.

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In Brief

The **Beautillion**, an annual event held by the Urban League of Nebraska, took place November 30, 1986. Senior Ira Miller received the Mr. Beautillion crown. Seniors Frederick McCollough and Michael Page won merit scholarships from Century Buick. The activity, designed to introduce black males to the community, took place at Peony Park.

The **Omaha Housing Authority (OHA)** and the **Omaha Public Schools** announced a partnership Wednesday, December 10, 1986. The partnership will help to improve the achievement of students living in public housing. Families residing in OHA dwellings with school age children who do not enroll them in school face eviction.

The **Foreign Language Banquet** will occur on February 26, 1987. Family and friends of foreign language students are invited to attend. Last year over 600 people attended.

The **All City Music Festival** takes place February 7, 1987, in the Civic Auditorium. Central's participants include Junior Choir, A Cappella, and 65 musicians. For the consecutive year Central has more instrumentalists taking part than any other high school.

CHS Singers participated in Joslyn's Music in the Court program in December. The performance was one of the group's ten holiday performances.

Senior **Liz Hazen** won the Youth Symphony Concerto Competition. She will perform with Youth Symphony on

Central students preside NAACP

Kelly Penry

The National Association for the Advancement of Colored People (NAACP) is an active civic organization which includes Omaha as one of its branches. Two Central students are presently involved in the leadership duties of the youth council. Fred McCullough, senior, is the former president of the NAACP for the 1985-86 term. Markeita Edwards, junior, was inducted January 10 as the new president for the 1987-88 term. Both students were elected by fellow council members and delegates for the office due to active participation in the organization. Fred explained that his duties included holding the meetings and discussing future plans with the other officers and advisors of the executive council. Future plans usually involved the goals for the Nebraskan region, he said, as well as goals for the community.

"We prepared food baskets for needy people during the Thanksgiving holiday, and we also held a Christmas Social. This is when the members of the NAACP welcome back the college students who were previous members, and we talk about our experiences with the organization," Fred said.

Marketi explained that the NAACP travels to New York, New York, in April for a leadership conference. The purpose of the conference is to discuss all types of issues, such as racism, career fields, and national politics. She said that the conference enables the members to meet with other NAACP branches of organizations in the nation, as well as allowing the members to broaden their horizons.

When asked about his personal experience as former president of the NAACP, Fred said that he learned to adjust to different types of attitudes belonging to a diversified group of people.

Fred said that he experienced some trying times as president, but he expected the leadership position to be a big responsibility...and he wouldn't regret a single minute of his involvement.

Marketi, on the other hand, is looking forward to proposing some big goals for the upcoming year. She hopes to better the council through both attitudes and leadership abilities.

Road Show: A Central tradition continues

Continued from p. 1

Practice begins the week students return from Winter Recess and continue for five weeks. Acts are split up into three

This year's Road Show features a martial arts demonstration and a tap dancing routine.

Roadshow is more than just a talent show though said Mrs. Pegi Stommes, drama teacher. Students practice more ahead of time for Roadshow, so it is more refined. Also Roadshow draws a greater audience. But Roadshow is also more than just a show. "It has built up my way of performing," said Fred McCullough. It has separate groups with a group practicing each night. These practices are used to "polish" the acts said Fred McCullough, senior. They are used to add or subtract

"We plan to be active in the city: through the orphanages, hospitals, and resthomes. Some of the programs include "adopting" a child by taking them out for recreation, sending flowers to elderly people to show that we care, and visiting the sick and injured when they want company," Marketi said.

Marketi said that right now the NAACP is involved in the preparations of the Black History Program to be held in mid-February. She plans to organize some fund-raisers in order to help finance the program.

"The upcoming year should be busy for the NAACP...and I'm sure the goals can be accomplished because the membership activity is strong," said Marketi.

In order to become a member, one has to pay a due. Also, he must be active in the organization and expect a rewarding experience from the involvement. Fred said that his most rewarding experience was to meet with big city leaders and well-known spokesmen in the black community. He was able to have breakfast with Jesse Jackson and 20 other leaders at the Red Lion Inn because of his involvement with the NAACP. Also, he met with Randall Robinson, an executive director of TransAfrica who is also a lobbyist for sanctions in the South African congress.

from the acts to make them more appealing to the audience.

Managers do odd jobs

Roadshow managers and assistant managers watch over practice and do odd jobs. The eight managers and three assistant managers are responsible for the valuable equipment, set up backdrops, adjust microphones and props, design costumes and handle publicity, said Roadshow manager Jenni Lexau, senior. "They do 99 percent of the work," said Mr. Ferrel.

Apart from Mr. Wilson's supervision of Mr. Ferrel and his supervision of the managers and assistant managers, another form of teacher aid comes from Mr. Dan Daly, English department head. Mr. Daly helps the Roadshow managers and assistant managers, "keep to a calendar." He oversees to make sure that certain publicity aspects are completed such as posters, fliers, programs, advertisements and sweat-shirts. Mr. Daly has helped with Roadshow publicity for about five to six years. "They do all the work," said Mr. Daly, "I just keep them to a calendar."

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Central worries about enrollment decline

Ninth graders to attend North, Benson

School System.

OPS is moving towards a four-year high school program in order to operate the schools as efficiently as possible, according to Dr. Norbert Schuerman, OPS Superintendent. Four-year high schools will be able to expand educational opportunities for ninth graders, and they will also help relieve the overcrowded situation in the junior high schools, said Dr. Schuerman.

Because of overcrowded conditions, both Monroe and MacMillan junior high schools have been having to use temporary classrooms, Dr. Schuerman said. By transferring the ninth graders from Monroe to Benson, and those from MacMillan to North, he said he hopes to be able to close these classrooms.

Ninth grade teachers

The freshman classes are expected to bring in 250-350 students to each high school, Dr. Bennett said. Also, the ninth grade teachers from the junior high schools will continue to teach the freshmen in high school, Dr. Schuerman said.

Dr. G.E. Moller, Central High School principal, said that Central's enrollment would have to drop by a couple hundred students before it could handle a freshman class. However, Dr. Bennett said that there are no plans in the near future to enroll freshmen in either Central or the other schools which will still be three-year high schools.

Right now, according to Dr. Schuerman, ninth graders at Monroe and MacMillan have several choices as to where they will attend high school. Dr. Bennett said that the students will still have a choice as to where to attend high school after their freshman year.

Central will lose students

Dr. Moller said that although some of these students will be able to attend Central after their freshman year, most of them will not, because traditionally students stay in the high school where they started. Consequently, he said he is worried that Central will lose students who might have chosen to attend Central for their high school.

So far, Dr. Bennett said that there has not been much public opposition to the new program. There was a misunderstanding, he said, with parents of Monroe students. Also, he said that the students did not want to change their school. However, he said, "we were able to talk it through and get more acceptance to the idea."

Most of the high school principals are in favor of adding freshman to high schools, from an educational standpoint, according to Dr. Moller. "I think most of us feel ninth grade is a better starting level for high school work. Working on their attitude helps them mature. The longer they are isolated, with the junior high, the longer they will act like the younger kids."

According to Dr. Bennett, the Federal Ruling on desegregation in OPS, which ruled that OPS is desegregated and may stop bussing anytime, did not have anything to do with the decision to move ninth graders. "We are still maintaining a desegregated system." The idea was thought of by a task force which in turn gave its recommendation to the superintendent.



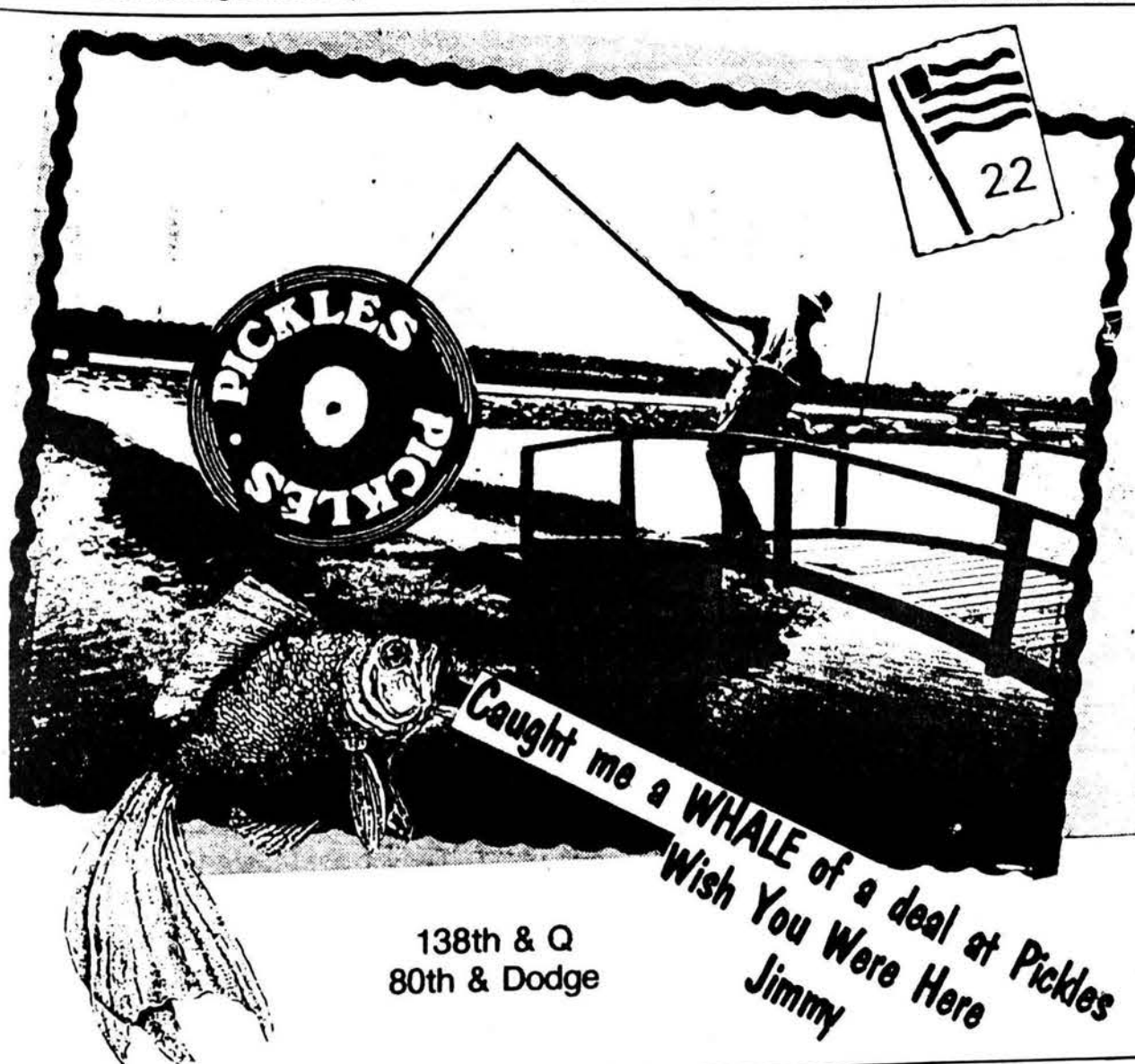
Niki Galiano

Two more Omaha high schools will enroll freshman within the next two years, according to Dr. Gary Bennett, executive assistant to the superintendent. Ninth graders will start attending Benson High

Traditionally students stay in the school where they started.

School next year, said Bennett, and North High will add freshman in the 1988-89 school year.

South and Bryan high schools began enrolling freshman about two or three years ago, Dr. Bennett said. With Benson and North, there will be a total of four four-



138th & Q
80th & Dodge

Caught me a WHALE of a deal at Pickles
Wish You Were Here
Jimmy

Modern trends in

Financial aid, athletics cut

Anthony Clark

The Reagan administration has proposed a \$2.4 billion reduction for fiscal 1988 in spending by the Department of Education according to an Associated Press release.

College students will be affected the most under the proposed budget. Financial aid for college students is to be cut by \$3.7 billion by cutting most federal subsidies for loans and campus jobs and by denying grants to one million students.

Overall, the Department of Education's 1987 outlays would fall from \$17 billion to \$16.8 billion, and spending for 1988 would drop to \$14.7 billion.

The current budget of \$882 million for vocational education is to be erased by 1988 as is the \$132.5 million in operating subsidies for U.S. libraries. The \$1.34 billion in aid for educating the handicapped is to be cut by \$116 million.

The Chapter 1 remedial education program for the disadvantaged is to be given a \$200 million increase to \$4.1 billion. **Decrease from the state governments**

Along with the federal budget cut in education, the Omaha Public School district is expecting a decrease in funds from the state government. "In the immediate future there will be less state money available," said Neal Krause, the Associate Secretary of the Board of OPS. "The state feels it is not collecting as much tax money as it previously projected, so the money is just not available."

OPS has undergone several budget cuts in recent years and is predicting more cuts for the future. "Most school experts feel that the financial situation for education will get much worse," said Dr. G.E. Moller, Central principal. "Our economy is hurt by our agricultural problems, and all areas are affected, including education."

"Our status is not in jeopardy," said Mr. Krause. "There will be more of a shift of burden from the state government to the local constituency through an increase in property taxes."

"I have no complaints, but there is always room for improvement," said Dr. Moller. "Right now we're operating as conservatively as possible without hurting ourselves."

Several programs eliminated
The budget cuts for OPS are

athletics, driver education, and Saturday programs. Other programs have been partially cut such as summer school offerings and athletics that have been cut and partially reinstated.

All areas are affected by the cuts, however. The placement of vocational equipment has been cut and maintenance has been drastically reduced.

"We are forced to keep postponing custodial needs and repairs," said Dr. Moller. "The damage to the building will get worse and worse, and before repairs are made, they end up costing more than they originally would have cost."

Central receives money from OPS on a per-pupil allotment. "The per-pupil allotment goes up each year," said Dr. Moller. "It has not, however, kept pace with rising costs. We feel more of a squeeze each year and are having to cut back in areas where we would otherwise not cut back."

Supplies affected

Each department head at Central is responsible for ordering supplies for his department. "The first area that would be affected would be supplies," said Dan Daly, English department head. "Some supplies are vital, but we would have to find something to cut."

Besides being forced to cut several items, OPS is having to hold back on many items that they would like to add. "We would like to expand the program for gifted and talented students," said Dr. Gary Bennett, the Executive Assistant to the Superintendent of OPS. "We would also like to reinstate maintenance."

"We would like to have an addition of several computers for each department," said Dr. Moller. "We could justify the use of at least twenty more computers, but funds are hard to come by."

The Impact Aid program, which pays school districts for educating pupils whose parents live or work on federal property, is to be cut by nearly a fourth to \$548 million. The Bellevue Public School district, which is near the Offut Air Force base, will be affected by this cut.

"We received 75 percent of our funding last year from the Impact Aid program," said Cathy Williams, Public Information Coordinator for Bellevue Public Schools. "Currently, 65 percent of our students are military dependants. Some of these will not qualify for funds

under the new cuts." "Impact Aid is only authorized until 1988. We are working with Congress and the military to put pressure on Washington to keep the program."

Student loans
Federally subsidized student loans for college students will be the main target of future education cuts. "Some students may decide that they can't afford to go to college in the future," said Joe Bird, Associate Director of Financial Aid at the University of Nebraska at Omaha. "The cuts will especially affect higher cost schools."

The Higher Education amendments of October 17, 1986, made eligibility for Guaranteed Student loans (GSL) more difficult. "Thirty percent of all students who would have been eligible for GSL will not be eligible next year," said Mr. Bird. "Another 50 percent would have received more money."

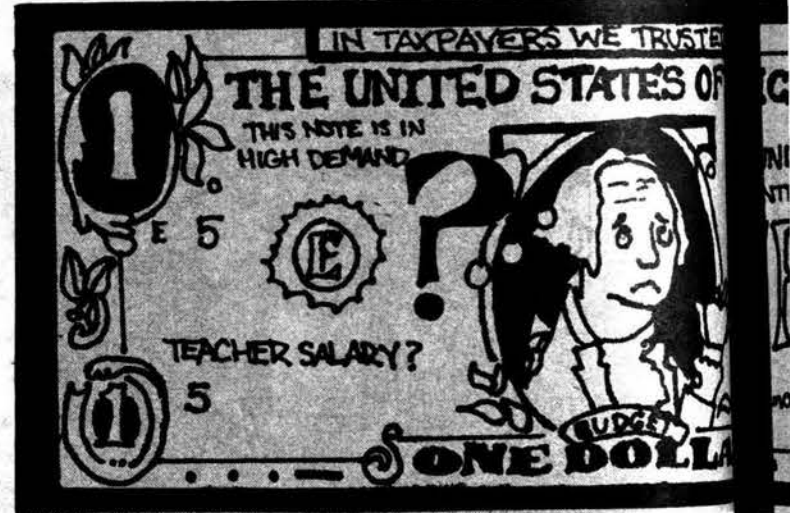
Many people feel that something should be done to help the financial situation for education. "Every year Reagan has been in office there has been a decreased degree of support for education," said Dr. Moller. "This conflicts with the Democrats' philosophy that places extensive responsibility towards education."

Louder voice

"Students in general need to be more active and have a louder voice to influence Congressional leaders," said Mr. Bird. "It doesn't do them any good to talk to counsellors about their financial problems."

While severe cuts are predicted to be made on education as the economy continues to be hurt, education does not appear to be in jeopardy. "Free education is part of the foundation of democracy," said Dr. Bennett. "We will always have an obligation to provide kids with a sound education."

"Education should not boil down to dollars and cents," said Mr. Daly. "If we were in it for the money, we wouldn't be teaching."



Year round education

Elaine Williams

Imagine an early summer morning. The dew still rests on grass and the first rays of sun light begin to burn off the night chill. Everything rests in an idyllic stupor until...your alarm clock rings, uncerimoniously jolting you into reality. A few minutes later you are ready to face the world but instead of grabbing a beach towel or work uniform, you grab school books.

To midwesterners the idea probably sounds like a bad idea Saturday Night Live skit, but according to Time magazine, year round education (YRE) is a part of everyday life for 330,000 students in 394 districts across the country.

Never considered

Omaha Public Schools superintendent Norbert Schuerman says that while the idea of year-round school has been kicked around in education for years the district has never given the idea serious consideration. He added that year-round school won't become reality until we have community support for the idea. He went on to say that there would be a problem with overcrowding and conditioned facilities.

Dr. Gaylord Moller, CHS principal, said that reform in the school year would only result from a desire for American schools to keep up with their European counterparts. "The longer a society exists the more there is to learn. Year-round school might become a necessity to prepare children for the increasingly complex world."

Rotating vacations

Most YRE programs currently operating in the U.S. decrease the amount of students in a school building at the same time by putting them on rotating vacations. This lowers the number of teachers and buildings that each district uses, said Time.

Dr. Margaret Krokke, chairman of the Millard Schools' task force which probed the issue in 1974 said that a wide variety of options exist for schools considering YRE but Millard looked into a plan which divided the year into five "quinesters." The idea, which was voted down by a narrow margin in a November 1, 1977 general election, never went into operation.

More opportunities

"Under the plan students would attend school four of the five quinesters and have the option of taking unfilled classes during the vacation time. It did not extend the amount of time a student spent in school and it gave the students an opportunity to take accelerated and remedial courses. We can only afford to fund basic classes in our regular summer school program," said Dr. Krokke.

Problems with overcrowding, a shortage of teachers, and a structure shortage make YRE attractive to school districts. According to Time magazine, Los Angeles adopted year-round programming for 23 percent of their students when a report projected a 13.00 percent pupil increase over a five-year period.

Dr. Krokke said the biggest problem with Millard schools in 1974 was a need for more space. "Millard North hadn't been built at that time. Because the YRE bill failed, the district builds pretty close to one school a year."

American education

Japanese school system presents differences in educational values

Julie Ashley

Did you have two hours of daily homework as a first grader? Many Japanese school children do. In the course of several recent reports on U.S. education, comparisons have been drawn between the traditional school systems in America and what "Newsweek" magazine has called "the world's most successful school system," that of Japan.

The Japanese educational system was originally based on its American counterpart—divided as U.S. schools are into grade school, junior high school and high school. Japan, however, discarded most American values of education. According to "Time" magazine, the Japanese take school much more seriously than do Americans. "The rigorous pace and pressuring of Japan's schools, the required curriculum and the unquestioned authority of teacher over pupil all possess an appeal for Americans who have heard something of how Japanese education works and who remember something of how U.S. education used to," "Time" said.

Longer school year

Among the differences between the two school systems are a longer school year, more homework, equal treatment of students regardless of ability, and the status of teachers. According to Mr. Dan Daly, English department head, the media has tended to

generalize opinions of the Japanese way of education. "What you tend to get in the media are characterizations that are either highly positive, lauding the higher Japanese achievement test scores, or negative, emphasizing the high rate of suicide among Japanese students," Mr. Daly said.

Japanese test scores do tend to be higher than American ones. Japanese students learn more advanced concepts at lower grade levels than do American school children. According to "Newsweek," the typical Japanese ninth grader has learned factorization and quadratic equations as well as the notions of deviation and probability in math.

The Japanese school year runs longer than the U.S. school year. A typical Japanese school year has 240 days, while school years in the U.S. have about 180. Japanese students also have more homework than American pupils. In Japan, "Newsweek" said, it is not unusual for first graders to have more than two hours per night of homework. Most high school students in Japan, "Newsweek" said, have about four hours of homework each night, and many attend afterhours "cram schools" to help them prepare for important examinations.

All receive similar instruction

One of the differences between the Japanese and American school systems is that, while many American schools have designated classes for exceptionally bright and slow learners, Japanese students all receive similar instruction. Akio Nakajima, director for upper secondary schools at Tokyo's Ministry of education, told "Newsweek" that the Japanese now feel that students should be separated according to learning ability. "The American system is superior in that it treats each child as an individual and offers an opportunity to develop his or her special ability," Nakajima said.

"Newsweek" and "Time" cite a different attitude toward teachers as one of the reasons for the success of the Japanese school system. Teachers in Japan, "Time" said, are far more respected than those in America. "Newsweek" said that a first-year public school teacher in Japan earned roughly the same salary as an engineer starting at a major computer company. Competition for teaching positions is fierce in Japan.

Though the Japanese school system has been judged as highly successful, some Americans doubt that Japanese-inspired reforms could be incorporated into the U.S. educational system. "The Japanese have a oneness of culture," Mr. Daly said. "Our culture is heterogeneous. It is made up of multiple cultures, some which value education as highly as the Japanese do, and some which do not."

Push too hard

Central students seemed to think that Japan's educational system might push children too hard. "I think their intentions are good," said Michele Rempel, Central senior. "I feel that sometimes our system doesn't enforce the discipline and stamina we will need later in life. From what I've heard, though, Japanese schools are so intense that most average students can't take the pressure. It might be really harmful to push kids that much before they're really ready."

David Kowalski, Central sophomore, said, "I don't think that kids should work that hard when they are young. They're still growing up and should be spending time with their parents. That wouldn't work here because we're used to having a lot of breaks and not concentrating so much on learning."

Sophomore Debbie Tyler agreed. "It's better to be a well-rounded person," Debbie said. "You can't get all your knowledge from books." Debbie said that equal treatment of all students might be detrimental. "The smarter kids would have to wait for the slower kids, and the slower kids might not get the individual attention they needed," Debbie said.

David said that such a system might have advantages. "Kids who aren't as bright might not feel so left out if everyone was treated equally," David said. "On the other hand, kids that are smart wouldn't get the attention they need to develop their talents."

David said that higher salaries would not improve the quality of education in the U.S. "At least we know that teachers really want to teach," David said. "Only people who care a lot about teaching do it. It's not just for the money."

Mr. Daly said that Japanese and American attitudes about education are not always as different as they seem. "The perception is that Americans think achievement lies in native intelligence, while Japanese believe that success comes from hard work. That seems an oversimplification. I see a lot of that ethic here."

Variable vacation periods for quinmester schedule

Attract more teachers

The Omaha World Herald said that Nebraska teachers rank ninth from the bottom in a listing of average teacher salaries on a state by state basis. Dr. Moller said "Giving a teacher a job year round might attract more teachers. Teachers are currently paid on a nine-month pay school." However, a survey of public school teachers indicates that 79 percent prefer a nine-month contract.

Mr. Steve Skinner, Millard Southwicks science teacher, said, "I like the lengthened school year. Teachers are unemployed for a large part of the year. I'm disappointed we didn't get a chance to see how it worked."

Building decay

Another factor year-round school would help is building decay. Dr. Neal Krause of OPS said the district pays to heat and cool schools over the summer even when no one occupies them. He added that a building undergoes deterioration while students vacation.

People blame Midwestern traditions for Metropolitan Area's lukewarm attitudes regarding year-round school. The people in our district who have moved from places like California and Colorado had no problems with year-round school, but Nebraskans who come from an agricultural background are more reluctant to change, said Dr. Krokle.

Mr. Skinner said "The biggest reservation a lot of parents had about extra-curricular activities. What happens if you're a good basketball player and your time off falls during basketball season?"

Summer vacations and employment

The altered school year could affect students summer vacations and employment. Phil Shreves, director of financial aid at the University of Nebraska at Omaha (UNO), said the University expects a student to earn 700 dollars of a 1,300 dollar semester tuition fee. The fee does not include 300 dollars to 400 dollars for books and other expenses.

"Currently if a student decides to attend school over the summer, he is not exempted from that 700 dollars. If high schools require year-round attendance the money would have to come from federal loans or grants. Next year federal cuts in education and tuition hikes will force the student to stretch his education dollar farther than ever," said Mr. Shreeves.

Senior Jennifer Gillogly works at peony park as a lifeguard. She plans to attend the University of Nebraska at Lincoln in the fall and saves her summer time job money for college. "Even if I couldn't work at the pool, I have a job at Methodist Hospital. I'd miss being outdoors."

Leland Kling, CHS assistant custodian, said that his staff spends the summer shampooing carpets, stripping down the floors, and removing gum from the bottom of desks. If we did not do these things "the building would not be fit for students."



GED or graduation? *Students have misconceptions of Graduation Equivalency Degree*

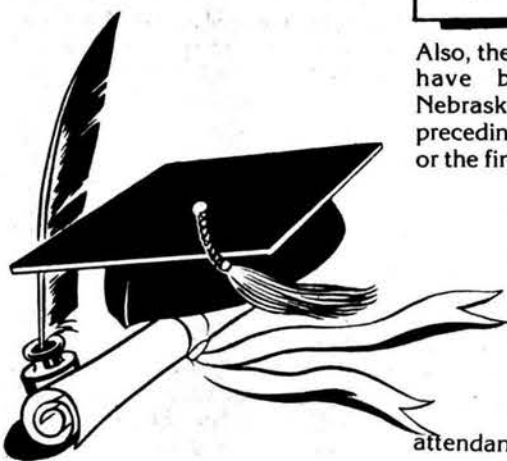
Kelly Penry

Many Central seniors will graduate in May, obtaining the passport to a new life that does not include high school. That passport is the diploma indicating that an individual has successfully completed more than 12 years of hard work and educational rewards. Yet, sometimes it is through personal situations and family obligations that one feels it necessary to give up, either temporarily or permanently. At this point, a student has an option...drop out or wait for a required period before taking the General Educational Development Degree (G.E.D.) exam.

The Equivalency Examination for 16 and 17 year olds is different from the exam for 18 year olds. Students must wait for 60 days between officially withdrawing from school and writing the G.E.D. Examination, unless a letter of waiver from the last school attended is presented.

Since the test is proctored and scored immediately, students tend to be satisfied with the rapid results.

Also, the student applicant must have been a resident of Nebraska 30 days immediately preceding the date of application or the final period of high school



"I thought the test would be something I could do overnight, but there's much more to consider when taking a G.E.D."

The G.E.D. is equivalent to a high school diploma, stating that a student completed high school. To some Central students, the G.E.D. sounds like an easy alternative to attending high school.

attendance during which credit was earned toward graduation must be from a Nebraska high school.

The G.E.D. examination for 16 and 17 year olds also requires the applicant to present a handwritten letter stating the circumstances in withdrawal from regular school program and the reasons for wanting to write the examination. An applicant must include a notarized letter from his parents or guardian giving direct permission to write the High School Equivalency Examination and the official transcript from the last high school attended.

Marilyn is a drop-out at age 16. She became pregnant early in her junior year and the pressure of motherhood and

academics would be too difficult to handle.

"I was planning on taking the G.E.D. exam in the springtime when my friends would be graduating. My counselor told me that I should attend a preparation course in order to understand the components of the test, but I didn't realize that I had to agree to an interview with the Chief Examiner of the State High School Equivalency Testing Program if requested. I also didn't stop to think of all the basic requirements I needed in order to take the test. I suppose I thought the test would be something I could do overnight, but there's much more to consider when taking a G.E.D."

Marilyn decided to take the test 60 days after dropping out of school. She felt that the five test battery was somewhat difficult and not as easy as she conceived it to be. Also, the tests can be taken any evening from 6:00 to 9:00 p.m. and can be completed at any given time. Marilyn explained that she took two months to finish the exam, for the time spent attending to her daughter and a part-time job filled most of her schedule.

Steve is an 18 year old who dropped out during the second quarter of his senior year. He was a constant skipper who was bored with school and liked to party. Steve felt that by dropping out, he could take his G.E.D. and join the armed services.

Steve took the G.E.D. examination for 18 year olds and has a full-time job as a result. He said the exam has almost the same qualifications as that for 16 and 17 year olds except that the letter stating the reason for withdrawal can be written by the applicant if he is 18.

"I had no idea that the military would not accept a G.E.D. as an equivalency to a high school diploma. I had to be in classes for a certain amount of time in



"I had no idea that the military would not accept a G.E.D. as an equivalency to a high school diploma."

order to be reconsidered, but I cut too many of my high school classes, anyway."

Connie Eichhorn, staff assistant of Adult Education, explained that the G.E.D. test is meant for all kinds of people, especially those who intend to stop their educational program temporarily and plan to continue when convenient. She said that since the test is proctored and scored immediately, students tend to be satisfied with the rapid results. If an applicant fails the G.E.D. exam the first time, it can be taken over in addition to another waiting period.

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Central night school offers needed credits

Kris Deffenbacher

Every Tuesday evening almost 100 students return to Central at six in the evening. These students are returning for night school, to fulfill requirements that they were unable to complete during the day in high school. Each of the O.P.S. high schools has its own night school, each on a different evening. High school credit is offered to high school students, college students or any adult member of the community.

During the fall semester of the 1986-87 school year, Central had 94 students enrolled in its night school program, although there were 111 Central students taking night school somewhere in the community this past semester. There were five courses offered through Central's night school this past semester: English V, English review, developmental reading, geometry I and II, and a course for obtaining the Graduation Equivalency Degree (G.E.D.).

Necessary credits

These courses are offered only to high

Many college students... return to obtain credits that they need to meet the ever tightening requirements of college-level programs.

school students who have already failed that course or who are lacking credits necessary for graduation in that area. Many college students who have already graduated from high school return to obtain credits that they need to meet the ever tightening requirements of college-level programs. Mr. Lloyd Fitch, Central math teacher and former night school teacher and building advisor, said that the distribution of students changes from semester to semester. "One year I had nothing but high school students," he said, "and nothing but college students the next."

Lisa Hulac, a Central senior, attended night school this past semester to make up a credit in geometry. No one told her that she had to register for night school, she said. "It's pretty much your own initiative; it's your responsibility to sign up." Lisa said

that she chose to make up the class at night because her full schedule during the day made it more convenient. She felt that the course was "just as hard as in day school" and that because they "move faster it was harder to keep up."

Mike, a Central senior who wished to have his name withheld, has completed a year of night school and has just finished the fall semester in Central's night school program. Mike also felt that night school is no easier than day school, and that more effort is actually required because of the "one full week of classes concentrated into one night."

"It's pretty much your own initiative; it's your responsibility to sign up."

Mr. Paul Semrad, Central social studies teacher, is the current night school building advisor. Mr. Semrad said he took the position because "its an administrative experience outside of teaching." The job entails much paper-work, including the collecting of money. The tuition which he collects is \$22 for O.P.S. residents and \$44 for students from out of the area.



Although enrollment dropped slightly this past semester, Mr. Semrad suspected that the enrollment will greatly increase next semester because of seniors who will be making up credits for graduation. Mr. Semrad also expects another social studies course or two to be offered. Connie Eichorn, staff assistant for the department of vocational and adult education, said that the courses that will be given depend on the number of students who enroll at registration. The courses that will be offered for the spring semester of the 1986-87 school year are English, American government, American History II, World History II, Math I, Geometry I and II, and Biology II.



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Students, communities

Omaha celebrates Black History Month

Doug Haven

Written reports, oral presentations, and an all-school assembly are among the activities scheduled for Martin Luther King, Jr.'s birthday and the upcoming Black Heritage Month.

Both Central High School and the Omaha community are rich in Black Heritage. Because of this heritage both groups have planned many activities for King's birthday and Black Heritage Month.

Martin Luther King, a man who to millions personified the non-violent Black Civil Rights movement, as of 1983 has had his birthday proclaimed a national holiday.

On Martin Luther King's birthday, January 19, Central department chairmen had planned to hold an all school assembly. However, because Martin Luther King's birthday falls on the day before final examinations begin, the department chairmen postponed the assembly until sometime in February.

Philosophy of protest

Even though the assembly program had to be postponed, school officials still felt that Martin Luther King's birthday should not go unrecognized. The department chairmen then decided to have all social studies teachers devote the entire class period on the subject of Martin Luther King and his philosophy of protest. This was accomplished by students writing reports and giving oral presentations in class.

On Wednesday, January 14, two events were held in honor of Martin Luther King's birthday. One, held at Miller Park School

by the Urban League of Omaha, consisted of a presentation on Dr. King and an all school birthday party. The second, held at Salem Baptist Church, was a pre-birthday tribute to the black civil rights leader.

Martin Luther King, Jr. ...personified the non-violent Black Civil Rights movement...

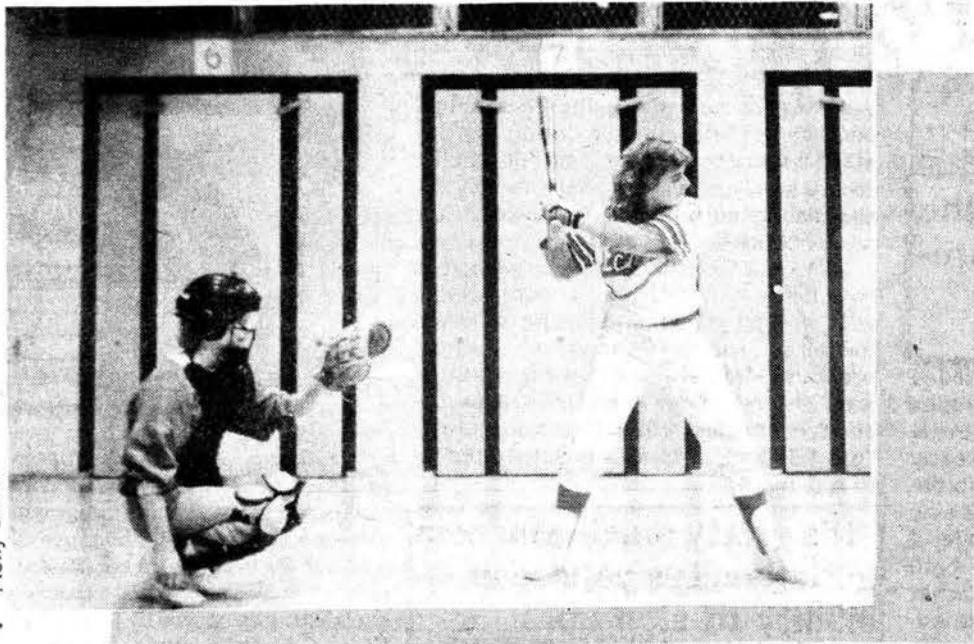
"Sing King"

Thursday, many other events were held including the highly publicized "Sing King." The "Sing King" was a tribute to Rev. Martin Luther King, Jr.

It was supported by both the Black Caucus of the Omaha Education Association (OEA) and KBWH radio. Another event held was Dr. Gregory Leon Davis' speech on "Excellence Against the Odds" which was held in the University of Nebraska Medical Center's Center for Continuing Education amphitheater. There was also a skydiving exhibition at the Bryan Junior High School stadium in honor of Martin Luther King.

Even more events were held on Friday. Newly elected Governor Kay Orr made one of her first public appearances since taking office in a tribute to Martin Luther King at the State Capitol Building. Superintendent Norbert Schuerman and former assistant school superintendent Eugene Skinner participated in a program called "Living the Dream—Let Freedom Ring" at Benson West school.





Molly Bozak

Kara White, senior, poses in her batting stance. She was selected as player of the year by the Omaha Softball Coaches League.

Kara White named player of the year

Sarah Story

Senior Kara White was recently named player of the year by the Omaha Softball Coaches League. She also received a full-ride scholarship to the College of St. Mary.

The coaches vote according to attitude of the player, desire to play, and performance. Kara has played catcher and sometimes short stop for the Omaha Echoes for two years.

Father and coach

The team is coached by Mr. Tim White, Kara's father. She said that her dad has helped her to improve her playing and pushed her to continue. "If it wasn't for him, I wouldn't be playing now. It has also made our rela-

tionship stronger," said Kara.

The Echoes have many Central girls besides Kara that play on the team. They are seniors Sara Peterson, Patty Stodola, and Lynn Zealand; and sophomores Kim Donham and Traci White. The Echoes are ranked seventh regionally out of

21 teams. Their current goal is to make it to Nationals.

Traveling as a team

This spring, the team will do a lot of traveling to Colorado and Oklahoma. There they will play some of the top teams in the nation.

The Echoes will start their spring season with a scrimmage

game on the first of April. During the winter months, they have been practicing indoors at Norris Junior High School. They usually practice five times a week for one and a half to two hours.

Kara White and Patty Stodola have both received a full-ride scholarship to the College of St. Mary. They will continue to play softball for the college. Kara added that she plans to major in the field of drug rehabilitation therapy for teenagers.

Kara added that the team is a very close-knit, emotional team. "We do not just play a game and then leave," said Kara.

Recruitment of junior high athletes causes controversy

Jeff Palzer

In college sports, there has always been controversy concerning recruiting high school seniors, but there is an equal controversy concerning the recruitment of junior high athletes for high school athletics.

Central High football coach, William Reed, explained that there are many regulations for recruiting in high school. The head coach of a team cannot initiate talks with a player, according to Coach Reed, and the student must contact the coach first. A school can bring students for a visit but cannot talk of athletic recruitment. "An excellent example is Larry Station," said Coach Reed. "His father brought him up to Central to talk with the coaches."

Stressing Central's advantages

Coach Reed also explained that he has a network of alumni that will encourage a player to call the school and visit. Then he can start to talk with the student

about Central and its advantages.

"I tell them that Central is like the real world," he said, "with a diversified student body." He also emphasized that Central has a good academic reputation and that the school pushes education over athletics. "Central also brings in a lot of college coaches and scholarships. And great athletes have gone to Central."

Once he gets past talking on education and onto athletics, he feels that he is "home free." He stresses that Central has an artificial-turf practice field, two gymnasiums, and an elaborate weight room. He feels that there is "no comparison to any other school."

Many schools sought senior John Ford, but he chose Central for many of the reasons Coach Reed explained. He turned down schools like Benson, South and Prep because he felt "if you graduate from Central, you are prepared for college."

Much controversy exists

But recruiting junior high athletes is not without controversy. "A lot of accusations are made," said Coach Reed. Two years ago one accusation made headlines. Creighton Prep was alleged to have recruited David Allen, now a junior, illegally from Bryan High School. The World-Herald reported that the dispute "centered around alleged visits to Allen's home by Brother Mike Wilmot, the Prep head basketball coach. Such visits could be construed as 'undue influence' on a student's choice of schools by Nebraska School Activities Association by-laws and are subject to penalty."

After meetings between the two schools and with OPS Superintendent Norbert Schuerman, the accusations died quietly.

Coach Reed commented that most students approach Central first.

Leodis Flowers selected as Parade All-American

Michael Page

The 24th Annual Parade High School All-America was published three weeks ago. The magazine honored the top prep athletes in the country. Senior Leodis Flowers, was one of the 54 athletes selected. Coach McMenamin said, "It is the most prestigious high school magazine in the country." Many of the major colleges think very highly of it.

The athletes selected were chosen by college coaches, recruiters, and scouts. Leodis said, "I was notified by a magazine representative two weeks before it hit the press. It was something I always hoped would happen. It is by far my greatest honor."

Education is first priority

He has been offered full rides scholarships to Nebraska, Iowa, Oklahoma, Arizona State, and Texas A.&M. Leodis said, "Academically, I am looking for a school with a good Business Administration program. My first priority is to continue my education and get a degree." He went on to say that athletically he is looking for a school that all ready has a prominent running back that he can learn from, and he is also looking for a team that has an offense that he is familiar with.

He said, "The only big difference between college and high school football is college is at a faster pace. I think the pressure to perform well is still going to be the same."

"Naturally talented athlete"

Bill Schneider, the offensive coordinator of the Iowa Hawkeyes, said, "I first saw film of Leodis as a sophomore when I came to see films of Bernard Jackson. He has been a consistent player all three years at Central." He also said, "Leodis is just a naturally talented athlete who can run, throw, and catch the ball. To state it very simply, he has a tremendous ability to avoid and elude tacklers, and that is what good running backs should be able to do."

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Health, fitness craze out of control



SportStaff Says:

Sarah Story

After the football games on those chilly fall nights, those sunny afternoon tennis matches, and the golf games with the falling leaves on the greens, what is left until spring?

For many of us, winter time means going to school, going to work, then coming home and sitting by the television set. Soon, the drinks and snacks appear and we are on our way to winter hibernation. It's not hard to put on those extra winter pounds. The motivation just isn't there when it's cloudy and ten degrees outside.

My biggest flaw is procrastination. I promise myself that the first day I have off I will go to the Healthclub and swim a few laps, go to Alpha with Kelly and do aerobics, then reserve a tennis court and practice for an hour. Unfortunately, my attitude becomes the same as everyone else's, and that first burst of enthusiasm turns into a relaxing night at home by the television.

Guilt finally prompts me to get my act together. This guilt comes from magazines I see in the grocery line for new swimsuits for the summer and guilt when I go to my tennis lesson and admit that no, I didn't play three times last week or practice my sprinting (which, however,

I've never done).

Health craze

Health and fitness have never taken over the minds of a generation as it has in the 80's. Every magazine that you see has a new diet or exercise program. Our society makes a person feel extremely guilty if they do not own their personal Jane Fonda workout video and fashion leotard. We have to thank people like Jane Fonda, though. She has taught people how to keep healthy and fit.

Baby athletes

But beware of those that go overboard with the idea. Companies have developed workout videos for babies. Ridiculous. Pediatricians found that some of the exercises were straining the muscles of the babies and proved to be more harmful than beneficial. And why did these parents go gung-ho for this video? They want perfect little athletes for children. The most important idea that the pediatricians stressed was that the babies were not "being babies;" their play time turned into, literally, a "workout."

Many adults are guilty of the same thing. They join a health club with thoughts of going everyday; they do not realize that it should not be considered

"Health and fitness have never taken over the minds of a generation as it has in the 80's. Every magazine that you see has a new diet or exercise program."

a burden. Working out or doing any activity that I enjoy gives me a release of the day's anxiety and time to relax by myself. Feeling good about yourself on the inside is just as important as looking good on the outside.

Stress creates problems

Stress is also a main topic today, and many experts are suggesting exercise as an effective cure. There is no simple cure for stress, there aren't any magic pills that can be taken to make a day's pressure and stress disappear. I have had stress-related headaches for four years now and all the extra-strength Tylenol in the world is not going to help. Taking a night off and swimming a few laps or riding a bike does help. Exercising gives me a peaceful feeling, and when it's all over with, I'm finally relaxed.

The "health nut" generation has proved that exercise can help curb stress, extra pounds, and drug abuse. Drug abuse is much less common in physically active young people, just as alcohol abuse is much less common in physically fit adults. An "exercise high" is all the "high" that fit people need. An exercise high makes a person healthier, whereas a drug high is fatal to your health.

It can also be shown that exercising today will help your health in future years. Physically fit people have a slightly elevated metabolism. Even when they are at rest, fit people burn more calories than overweight people do.

Hopefully, people will continue to exercise and stay healthy in years to come. Exercise can cure many problems that a little pill or drink will never help.



Tess Fogarty

Mrs. Dusatko demonstrates an aerobic routine in her eighth period gym class. She has coached the girl's track team to seven state championships.

Track coach retires after 15 seasons

Tracy Edgerton

Mrs. Jo Dusatko, Central physical education teacher, publicly announced the second week of January that she will no longer preside as the head coach of the the girl's track team.

"I've been planning for some time to quit coaching, but I kept putting the decision off; I just needed a change after almost 20 years," said Mrs. Dusatko. She also said that it just became too time-consuming. "I felt like I was neglecting family duties."

The winning tradition Central has established in girl's track is a factor in itself for her retirement. "The pressure just became too much. Central is always expected to be number one; if we didn't come out on top, everyone was disappointed. The team lost out on what the sport was all about."

Original track coach

Mrs. Dusatko is the original girl's track coach, beginning in 1971. "I began coaching track and golf, while Ms. Morris coached tennis and swimming. These were the only sports for girls at the time."

Mrs. Dusatko will continue as the girl's golf team coach next year. Central's girl's track team, under the guidance of Mrs. Dusatko, received their first State Championship in 1974. Altogether Mrs. Dusatko has had seven State Champion teams, five runner-ups, and two third places.

"Many wonderful people have helped me through the years, coaches and parents alike," said Mrs. Dusatko. She also said that she has learned much of what she knows through experience and working directly with the girls.

"I have had many superstars on my team, such as Jackie Washington, who was a four-time State Champion and went on to run with the U.S. National Track Team." Mrs. Dusatko also commented on another outstanding runner, Joanna Olsen, who is currently a doctor.

Many talented people

According to Mrs. Dusatko, the best experience has been the many talented people she has met through the program. "I've met so many neat people because of track, and I owe them so much."

She said it is very easy to develop close relationships with the runners through coaching. "Even though I am no longer coaching, I will still be here for the girls. I haven't gone anywhere."

Mrs. Dusatko said that the team will still be run the same as in previous years. "All of the other coaches will be there, so it won't be that big of a turnover." She will attend all the meets, but only as a spectator instead of as coach.

Affecting performance

Kris Deffenbacher, senior, thinks that Mrs. Dusatko's retirement from coaching will affect the performance of the team in some ways. "Last year the girls always stretched out together before dividing into sprinters and distance runners. Her leaving will affect the unity of the team."

Mrs. Dusatko said, "There is no question that not coaching is going to hurt, it has been a part of me for so long. It was hard to risk breaking a Central tradition, but I'm sure the winning tradition will still hold up. I wouldn't want to be at any other school."

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- 218 The Facts-Of-Lifeline
- 124 Birth Control-How Well Does It Work?
- 125 Which Method Should I Use?
- 126 Is There A Safe Time Of The Month?
- 129 Birth Control Information For Men

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- 116 Fertility Awareness
- 115 Condoms, Foam, Suppositories
- 117 The Pill
- 114 How To Take Your Birth Control Pills
- 119 Problems With The Pill
- 120 The Diaphragm
- 121 The I.U.D.
- 122 Female Sterilization
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- 130 How To Get A Pregnancy Test
 - 131 Symptoms of Pregnancy
 - 336 Alcohol and Pregnancy
 - 132 Drugs and Medication During Pregnancy
 - 337 Radiation, Ultrasound, And Pregnancy
 - 331 Danger Signs in Pregnancy
 - 333 Infertility

- 133 Teenage Pregnancy
- 338 The Lactare Method of Childbirth
- 332 Breastfeeding... Breast Pumps

- 215 Adoption: A Loving Choice
- 216 Creating Families Thru Adoption

- 194 Early Abortion
- 135 Men And Abortion

Health

- 334 Menstruation
- 335 Menopause
- 136 The Pelvic Exam
- 339 What Is A Pap Smear?
- 340 Breast Self-Examination

- 137 Trichinomoniasis
- 138 Syphilis
- 139 Gonorrhea
- 140 Crabs
- 327 How To Avoid V.D.
- 328 Herpes

- 315 Vaginal Discharge and Infection
- 316 Douching
- 317 Bladder Infections In Women
- 219 Drugs: Sex, Rock & Roll
- 220 How My ... can Have A Drug Problem?



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 In Omaha at 4610 Dodge Street and at 6415 Ames Avenue
 and
 In Council Bluffs at 311 Willow Ave.



FEBRUARY EAGLE EVENTS

- 3: Wrestling; Benson (A)
- 4: Swimming; M. North (A)
- 6: Basketball; M. North (H)
- 7: V Basketball; Westside (A)
- 12: Swimming; Metro Meet
- 13: V Basketball; Bryan (A)

Student transfers limit eligibility

Michael Page

It has been a policy of the Nebraska Schools Activity Association to have an athlete sit out from any sport for 90 days after the athlete has transferred to another school.

According to Mr. Dick Jones, Central's athletic director, the reason for this is to stop student athletes from going from one school to another just to play sports. He said, "For example, if a ball player doesn't like his coach or does not like losing, it used to be all right for him to play for another school before that particular season was over."

The only exception to the rule about not playing for 90 days is if the student-athlete has had a change in address. Mr. Jones said that this is when problems start to set in. "Phony addresses are the main problem with the eligibility policy," he said.

Director's responsibilities

Mr Jones' responsibility as the athletic director is to get a list of all varsity team members and check their age, credits, and where they attended school last year. He then submits a list of Central student-athletes to the Nebraska State Athletic Association approving their eligibility.

Evan Simpson, senior, was ineligible the first semester of his sophomore year. Evan tried out for the North High School football team his freshman year while attending Monroe Junior High School. He said, "I practiced with the North football team for a week, then came to the conclusion that their program was not for me." He also said that he knew Coach Reed could really help in furthering his studies and his football career beyond high school.

Favoring eligibility

Evan favors the eligibility rule, but feels it should be made more lenient. He said, "I think they should take in consideration the individual situation. I feel if that particular program has nothing to offer the athlete, then they should be able to play right away at another school."

Health clubs Fitness, weight loss, social aspects attract students

Sarah Story

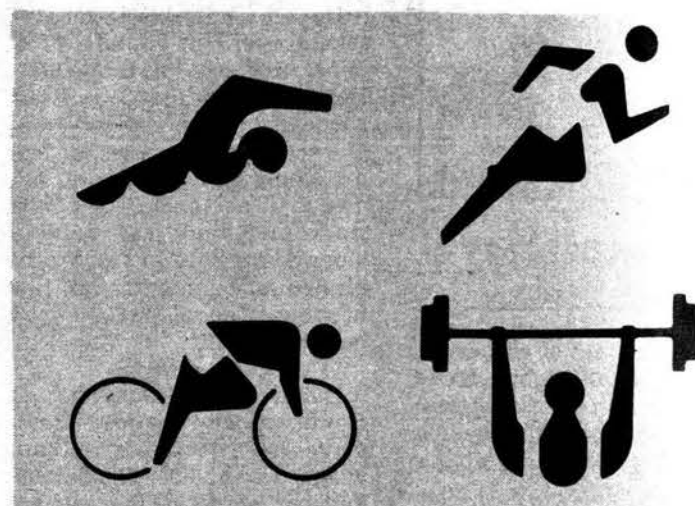
Sweaty bodies, striped leotards, and juice bars have become the fashion for the eighties. The fitness crisis started about two years ago and is still going strong. More and more adults and high school students are joining health clubs to exercise and meet new people. With the increase in fitness articles, books, video workouts, and movies, the interest in keeping healthy is staying strong.

Brent Thompson, the assistant manager of Alpha Fitness Center at 60th and L, said that there are around 30 to 50 high school students that belong to Alpha. The students must be at least 19 to sign the membership agreement. If they are under 19, they must have a parent sign to make the membership legitimate.

Alpha offers six different package memberships that include single and family memberships. These memberships range from 50 to \$1200, depending on the number of years and type of package.

Social aspects important

Thompson said that he thinks that high school students go to health clubs for the social aspect more than anything else. "A few come to work out and train for



football and basketball. Many students come in the spring time to condition for the track season," said Thompson.

Senior John Ford belongs to Gold's Gym. He goes there twice a week. "It's the place to be if you want to pick up people. You have to have a decent body, though."

Health clubs have often been referred to as the singles bars of the eighties. "They are a lot cheaper and safer than going to bars," said Thompson. Health clubs, such as Alpha, offer many social activities. Racketball and aerobic tournaments are extremely popular as well as the aerobic marathons.

Serious workouts

Many people go to the health spas not only for social reasons, but some are serious in body building and weight loss programs. Many clubs offer programs such as weight loss and nutrition classes, body composition analysis, fitness testing, and nutrition counselors and classes.

Brent said that approximately 75 to 100 people join Alpha a week and they have about 750 members that go to the club each day. "Health clubs give you something to do in the winter when you can't go outside," said sophomore Dan Pansing.

Five consecutive state titles Central dominates state powerlifting

Michael Page

"It is like a tradition for Central to take powerlifting," said senior, Chris Sacco. Central has been the Nebraska State Powerlifting Champion for five consecutive years. They have had 25 individual state champions in the last eight years. Centralites possess 22 of the 40 state records.

Central has had outstanding lifters such as Terry Evans. He was a two-year state champion and holds three state records. Loc Tran was also a two-year state champion and state record holder. Central graduates Richard Bass, Larry Station, and Art Thirus also hold three records each.

Last year, Central had five state champions. Robbie Lee and Kevin Ballew were two of those winners who graduated last year. Other members who have graduated and were a member of last year's team were Tom Mitilier, Eric Anderson, Mike Palmer, and Sam Rizzuto.

Returning champions

The team will be returning several lifters who won or placed in last year's state powerlifting championship. Evan Simpson, senior, was state champion at the heavyweight division. He also set the record for the benchpress at 475 pounds. He said, "I'm proud of the record, and if I keep working hard, my goal is a 500 lb. benchpress this year."

Chris Sacco was also state champ last year at the 220-pound weight class. He said, "It might be difficult to repeat last year because I separated a shoulder during football season, and it will affect my benchpress."

John Ford, senior, was another first place finisher last year at 198 lbs. Curtis Cotton, senior, finished fourth and Jody Sharpe, junior, finished third in their weight classes. Earl Smith, senior, finished in third place along with senior, Mike Buckner. Also in the 148 lbs. weight class, juniors, Tony Romero and Melvin Jones finished in third and fourth place.

Coach McMenamin feels that powerlifting is meant for conditioning, and it should be used as a tool to strengthen and motivate the athlete. He said, "Sometimes the athlete forgets what lifting is for, and they take powerlifting too seriously."

Computers aids lifters

One advantage to Central's powerlifting and weight training program is a computer. Last spring, the lifters held a fund raiser selling Christmas candles. The purpose of the fund raiser was to purchase an Apple IIC computer and a printer. The computer has been used for several purposes such as an athlete index test. It tests the athlete in six different areas, compares scores, and ranks the participants. The computer was also used to print a six-week individual workout program for

every athlete. Another use was a spreadsheet that compares the student's strength with his or her body weight and ranks him with others.

When compared to other high schools, Central is not fortunate enough to have as elaborate equipment as other schools. John Ford said, "A lot of kids from other schools think they are going to be stronger and bigger because of their facilities. Central is a perfect example proving that fancy equipment does not win powerlifting trophies, the athletes and staff do."

To help improve the weight room, the powerlifting team will hold another fund raiser to purchase more squat racks and bars. Coach McMenamin said, "We have adequate equipment; I think our biggest need is a larger weight room." Coach McMenamin prefers free weights over a nautilus workout because free weights isolate a muscle and work that particular muscle by itself. He said that free weights develop better strength, because the lifter has better leverage.

Reasons for success

When asked to explain the reason for the team's success, Coach McMenamin said, "I think the attitudes of the lifters are a big part of our success. The athletes are goal-oriented, and the older guys set good examples for the younger ones. They see how hard the seniors have been working, and they want to do the same."



Molly Bozak

Senior Curtis Cotton practices a lift in Central's weight room. Central will compete this year for its sixth consecutive state title.