

College of St. Mary contest

Art students win 12 Gold Key awards



Lia Brooks, junior, works on a new painting in art class. Lia was one of ten Central students who won Gold Key awards.

David Pansing

Central art students won 12 "Gold Key" awards, the highest award at the state level, and 17 Honorable Mentions in the Scholastic Art Awards. Mr. Larry Andrews, art instructor, said, "We were real pleased with Scholastics, of course."

The competition is sponsored nationally by Scholastic Inc. and locally by College of Saint Mary. Each art teacher is allowed to submit 35 works. According to Mr. Andrews, the art teachers do not work towards the Awards. "We don't prepare specifically, it is all based on class work." Mrs. Margaret Quinn, art teacher, went on to say that they, "de-emphasize the competition," but before the competition they encourage the students to "refine work, push it further."

Full year's work

Works were submitted between January 12, 1987, and January 19, 1987. This gives the teachers the opportunity to use second semester of the last year and first semester of the present year, according to Mr. Andrews.

Lia Brooks, junior, Cassandra Corbin, senior, Gretchen Gemar (three), sophomore, Bill Guilfoyle, senior, Scott Jensen, senior, Monica Jones, senior, Lisa Macafee, junior, James Prestito, graduated, John Riley,

senior, and Doug Warden, junior, all won "Gold Key" awards. In addition Bill Guilfoyle's portfolio was selected to go to New York for further competition, and Lia Brooks won the Standard Blue Award. There is the possibility that some of the works will go on to New York after the exhibition at the College of Saint Mary from February 14 to March 5. These works are considered "blue ribbon" works.

Scholarship

Bill was "thrilled" to have his portfolio selected out of the 19 submitted to go to New York. Mr. Andrews feels that Bill has a "strong possibility" of a scholarship to the School of the Art Institute of Chicago, the school Bill would like to attend. Mr. Andrews said that he does not have to be a national winner because just being selected provides him with some publicity. Bill's portfolio will have the names of the schools he is interested in on its cover. After art school he would like to become an art instructor at the college level.

Mr. Andrews said that the awards are, "not pushed for. They are a part of everyday excellence." He also said that the awards are a reflection of the very talented students at Central. Mrs. Margaret Quinn, art in-

structor, said, "It is wonderful to see the students excel."

The success is largely due to a larger art department, and the addition of another full-time art teacher, according to Mr. Andrews. Mr. Andrews felt that the future looks good, especially if the good students stay in the program. He also emphasized that the works that won were not all at the Studio level (the highest level), but rather from all levels of art, from Art I and up. "It is a good cross-section of the whole department."

Honorable Mentions

Central also received 17 Honorable Mentions. Mr. Andrews said that Honorable Mentions are still exhibited and "still very worthy...they are carefully selected." The following students received Honorable Mentions at Scholastics: Elise Boyd, senior, Lia Brooks, junior, Tina Foxhoven, sophomore, Bill Guilfoyle (2), senior, Carol Hanson, junior, Dean Jumerson, senior, Karin McCoy, sophomore, Joel McCulloch, junior, Amy Meyers, junior, James Prestito (5), graduated, Sheri Tuma, senior, and Doug Warden, junior.

The works will be on display from February 14 to March 5, at the College of Saint Mary, Hillmer Gallery.

KRCK returns as an alternative station on cable

Kris Deffenbacher

His friends used to joke about the neighborhood broadcasts that he made with his small radio transmitter three years ago. But Paul Kriegler, a Central graduate of 1986, now manages his own up-and-coming radio station that is making itself heard in the Omaha area.

KRCK, the station that Paul founded, really got its start when he moved up to a 10-watt transmitter. He was then able to broadcast to an increased audience at the 95.3 FM frequen-

cy. The funds for starting the station came from his own pocket, from odd jobs and savings, Paul said. The equipment and transmitter are located in his home; his studio is in his basement.

Paul received the experience necessary in running his own station through time spent in radio broadcasting at the career center, at KVNO, at KMAV (the student run station at the University of Nebraska at Omaha), and through the wiring of his own equipment. "I've done every job imaginable that's involved with radio," Paul said.

Illegal broadcasts

At this point, the broadcasts that Paul was making were illegal. KRCK was a "pirate station," it didn't have the required Federal Communications Commission (FCC) license for radio-broadcasting. This, however, did not stop the station at the time. "It was always an excitement," Paul said in reference to the illegality of the broadcasts. "It was unethical, fun and adventurous."

After a news story about the station aired on WOWT, channel 6, Paul changed the call letters of the station and moved the frequency to 107.9 FM. Few listeners knew of this change and did not follow the station down the dial. Because they lost listeners with this move, they soon changed back to the old call letters and frequency. Within a few days the old listeners were rediscovering the station, he said, and through word of mouth the station began to gather quite a following.

A peak

The station was "pretty much a solo career" for Paul until August of this past year, when he began to hire DJ's. The station had "hit a peak," according to Paul. The station took on many of its DJ's at this point.

Then, on November 14, 1986, the FCC came to Paul's home and told him to "knock it off." "We got off easy," Paul said. "We could have been fined 750 dollars, but we weren't." The station had to quit broadcasting

because it didn't have a license for radio broadcasting. The FCC does not charge for a license, but there are not any available in the Omaha area right now. In March of 1988 the FCC will be taking applications for the last license for a radio station that it will ever be offering in this area, according to Paul.

Paul said that he will be trying to obtain that license in 1988. But in the meantime, he came up with a way for KRCK to recontinue its broadcasts. Cox Cable of Omaha has a service through which a cable hook-up can be made to a stereo within the home at the subscriber's cost of 15 dollars for the hook-up and \$3 per month. At a cost to the station of 500 dollars per month, KRCK is now available through this cable service.

Benefit concerts

The station obtained the money for starting out on this service through a pair of benefit concerts that were held during the late fall of the past year. Several bands volunteered their

time to play at these concerts that were held in the A.V. Sorenson Library's gym. Enough money was raised to get the station back on its feet and into the cable service. "We owe the bands a lot," Paul said. "Without them we would still be nowhere."

Central senior

One of the station's newest addition's is Central senior Matthew Flick. Matthew is currently enrolled in the career center's radio broadcasting class. He got the job of DJ'ing on Friday afternoons a month ago after contacting Paul on the suggestion of his radio broadcasting teacher. Matthew said that he used to listen to KRCK when it was illegal and that he liked it because it was an "alternative station."

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INSIDE:
The price, the pain, the rewards, of looking good. p.6-7

Road Show opens tonight and runs through Sunday.

Viewpoints

How do you think the recent Iran arms deal has affected the public's opinion of President Reagan?

Rich Norville-Senior

I think it's made it seem as if he isn't aware of a lot of things that go on in Congress. It makes him look like he doesn't have much control over what's happening.



Andy Carlson-Junior

Most people say he made a mistake, but if you look at it in depth he didn't. He's getting closer to the Iranian moderates so that when Khomeni is out the U.S. will be favored over the Soviet Union.



Freddie Williams-Senior

I think it gives the public a bad image of him because he did it secretly. He didn't trust the people, he didn't trust what we were thinking.



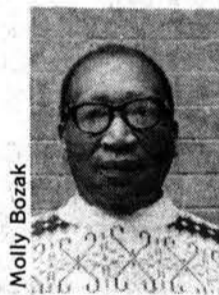
Jenny Shaeffer-Sophomore

I think the public doesn't respect the president as much as they used to. He's shown many mistakes in judgment, and he's shown that he doesn't really know everything that goes on in his administration.



George Taylor-Security

After listening to the State of the Union address and the democratic reply, he still didn't admit that he was wrong and that is a mistake on his part.



Molly Bozak

Actions reflect on school

At 2:45, when tenth hour is over and Central slowly begins to empty out, where do all the students go? According to Brian Hegarty, a security guard at Parkfair Mall, too many students decide to gather at the Parkfair. These students have been packing the tables in the Parkfair's restaurant section. This creates numerous problems for the Parkfair merchants and customers as well as portrays a false image of Central as a school of immature troublemakers.

Hegarty, Central class of '85, said that a large part of the problem is loitering. He said that the large number of non-paying teenagers has prompted complaints from many of the Parkfair tenants. As a result, the security guards have adopted the practice of kicking out students who just "hang around." Hopefully, this policy will decrease the number of students who are just looking for a place to sit around and talk.

Shoplifting

Another problem that has prompted increased security is that of shoplifting. Hegarty said that when large groups of students gather at the Parkfair, thefts increase substantially. This problem has given many downtown business people the idea that

Central students in general shoplift. However untrue this image may be, the students that they have the most contact with are those that hang around downtown. And if these students choose to act immaturity, then that is the image they portray of their school.

Dr. G. E. Moller, Central principal, said that he has received complaints from the Parkfair regarding noise, shoplifting, and loitering. But, he said, "There is nothing I can do. When kids leave school, they become citizens, not Central students." Still, even when away from school, Central students continue to be identified with the school, especially downtown.

Hegarty agrees. He said that many adult customers approach him and comment on "those damn Central students." The negative publicity makes Central look terrible. People who see noisy groups of students at the Parkfair naturally connect them with Central, even if only because of Central's proximity.

Degrade Central

These problems not only degrade the image of Central, but they also affect students in a more direct capacity. Parkfair security has already begun to expel loitering students and may take more drastic measures.

Hegarty said that if the situation is not resolved, more students may be expelled than are allowed to stay. And overly boisterous students will be identified and, if their actions require legal action in any form, warrants for arrest will be issued. "If it comes to it, we might just have to ban all students from the mall," said Hegarty.

Such actions will strongly affect all students who wish to spend a little time at the Parkfair after school. The issue is no longer isolated to those few who draw the complaints. Central students are being unfairly branded by downtown businesses as obnoxious fools, when in fact a large majority are just the opposite. And privileges taken from the small number of immature students are also stripped from the responsible ones.

So remember, after you leave school and head for the Parkfair to meet your friends, you are still a representative of Central High School. Privileges and punishments will be granted or inflicted on all students, not just a few. The Parkfair is there for business, not socializing, fighting, shoplifting, or just "hanging around." There is more at stake than your own integrity when acting irresponsibly.



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Melba's inspiration

Speaking
in
Tongues
Joe Fogarty



just too strange to be fiction.
Melba: You're telling me! So, what are you here for anyway?
Raoul: Oh, yeah! I nearly forgot. I have heard, through well informed sources, that certain malcontents in seafood society plan to overthrow the human race!
Melba: You mean...
Raoul: Yes... Aquatic Politics! Lobsters with very potent and unsightly weapons will patrol the streets! Oysters will scream out rousing anti-human slogans! And tuna, jellyfish, urchins, and millions species of algae will slowly, laboriously give up their watery domain, sprout legs and other extremities and usurp the throne of the terrestrial world!

Melba(Stops and peers cautiously toward the dank alley, obviously foreshadowing eminent strangeness.): Hello? Who's there?

SVFA: Step into the alley so's I can see you. That's better. Now don't you know who I am?

Melba: I still can't see you, but that voice, it sounds so much like... MY DEAD UNCLE RAOUL! (pronounced Rah-ool)

Raoul: Hey, that's my boy! I'm right down here, next to the dumpster.

Melba: I still can't see... wait a minute! Uncle Raoul? You're a... you're a...

Raoul: A clam? Go ahead and say it! I'm a clam! But a very important clam, I am!

Melba: Wow! That's awful nifty! But Uncle Raoul, there are so many questions I have to ask you! Why are you here? Why aren't you dead? Why are you a clam? I thought you were eaten by a mob of rabid hamsters that escaped from a top secret government laboratory!

Raoul: I was getting to that. First of all, I was not eaten by the hamsters... or rather, not entirely. One of the little buggers saved part of my left eyebrow for a toupe. When the government guys rounded them up, they noticed it because my eyebrow made a very ill-fitting hamster toupe. Instead of appearing to be an inconspicuously well-groomed rodent, he looked very much like Burt Reynolds.

Talking seafood

Melba: So, the scientists tried to clone you from your eyebrow but a careless lab assistant accidentally dribbled clam chowder into the petri dish and didn't tell anyone until it was too late and now you're... you're talking seafood!

Raoul: Amazing! How did you know?

Melba: Oh, I read it in "The Amazing Illustrated Adventures of Excellent Man and His Faithful sidekick Wiggly Blond Guy."

Raoul: Now you know, some things are

Melba: So where do I fit into this?
Raoul: You, Melba, are the one human who can stem this tide! You see, the cultural differences involved in such a revolution are quite incredible. Your simple human culture—as compared to the highly sophisticated marine culture—presents an easy mark for the revolutionists. They only have to push once in the right place and your entire society will crumble around you like... like...

Melba: Soggy Oreos?
Raoul: Soggy Oreos! And you have been chosen to lead a subtle counter-attack in the form of a very conceptual performance art group! Your group will write poems that toughen the soul and put on complex visual productions that involve music, acting, interperative dancing, and food!

Melba (Quite confused): I really don't understand what you're getting at.

Raoul (Disgusted): Look, all you have to do is get some really creative people together and have them create anything they've ever felt like creating—like music or poetry or dance or basically anything non-conventional creative-wise—and force people to pay attention to you as you show them what you've done! You will build up human culture to a point where very few things will make any sense and therefore your society will APPEAR to be complex. After all, what is complexity other than general confusion?

Melba: So you're saying that if I put together this group and we get a lot of people interested and then confuse them to a point of blithering, drooling madness, we'll be safe? No problem.

Raoul: Ah, Melba, you're such a mensch (look it up in a yiddish dictionary). I knew you would save humanity for an old ex-human.

King's dream not complete

A
Closer
Look



Kris Deffenbacher

During the past month America celebrated the life and works of Martin Luther King, Jr. Those that were alive during his crusade remembered, while the schools presented his dream to a new generation. But it was during one of these class-room remembrances that I began to feel guilty for the pats on the back that we seemed to be giving ourselves for fulfilling his dreams.

Society has progressed to the point where King's dream of a nation where children of all colors could sit peacefully in the same classroom is now manifest in the classrooms of Central High. Kids from all backgrounds come from all over the city to attend classes in the now relatively peaceful halls of Central. And while we can congratulate ourselves for the lack of racial conflict within these walls, it is necessary not to forget the needed progression of his dream.

Detrimental prejudices

While Central no longer has the racial fights that plagued the school during the late 60's, we cannot be content with the fact that we've come this far — the dream is by no means complete. Personal racial prejudices that are detrimental to the fulfillment of King's dream yet exist, and those within this building are not completely immune to the disease.

These personal prejudices no longer explode into the conflicts that were visible in the sixties, but there are a few who persist in their under-currents of hate based on ignorant stereotypes. These prejudices are no longer loudly voiced because the majority of the public is against such a "thing of the past" as racism. But when those that yet harbor feelings of hatred towards a particular race feel that they are surrounded by others who might share their views, they often let these feelings show.

Silent endorsement

Everyone has encountered people who

let the racial jokes and even slurring comments slide when they are surrounded by people whom they don't think will care. These passing comments often slide by unchecked. I myself am guilty of having simply ignored the racial jokes and comments made by others. This silence in itself is an endorsement of such prejudices. If the personal prejudices of others are going to be checked and changed, it is going to have to be by verbal support of one's belief in the equality of King's dream.

The boasts I've always made to my friends from other schools of Central being completely free of the racial conflicts of other schools were suddenly empty.

There are certain cultural differences between races that exist as an extension of our heritage. It is not these differences that need to be destroyed, it is the acceptance of these differences that needs to be affirmed once and for all.

Empty boasts

I recently attended a Central party in which I finally discovered what it really feels like to be an obvious minority. When my friends and I walked in, we were the only white people in the entire room. This fact doesn't bother me in the slightest; what bothered me was that we were being stared at and laughed at by a few because of the way we danced. The feeling of being the objects of the jokes and comments was more than we could bear, and we soon left, completely segregating the party. The boasts I've always made to my friends from other schools of Central being completely free of the racial conflicts of other schools were suddenly empty.

Central has come a long way from the violent confrontations of the late sixties. We harbor a great variety of people in a relatively peaceful environment. But while we pat ourselves on the back for how far we've come, we can't forget that the dream of Martin Luther King, Jr. has not been completely fulfilled, not even in our own lives within these walls. As we celebrate how far we have come, we can't forget that we must still go forward.

Sister has cancer

Closeness to death brings new outlook

STAFF COLUMN

Tracy Edgerton

Taking life for granted is easy to do, especially when you are a teenager, with virtually no problems beyond what to wear next Friday night or how to get out of tenth hour study hall tomorrow.

Of course, most of our lives are not that simple and problems can arise, but we usually bounce back, keeping our idealistic outlook intact and our naivete in place.

Harsh joke

Sometimes, though, life plays an unusually harsh joke on us

before we are mentally prepared. One solitary event can drastically alter our beliefs, our thinking, our lives. Everything changes.

My sister has cancer. Her personal torment and anguish has left me in a state of confusion, with various emotions taking the place of the calm normality of everyday life. "No!! How can this happen?! It's not fair! WHY?? She just can't have cancer. That's for old people. She's not sick."

Period of disbelief

The months following this incredible realization are hazy. The radiation treatments, the chemotherapy, the endless tests evolved into one long period of disbelief and anger. Anger directed at everyone, including

Cathy. How could she do this to me? It's just like her to ruin my life: she probably did this on purpose. We never did like each other, anyway. Why should I care? But I do.

Crying about prom

During this time I looked at the people surrounding me. Their petty problems and stupid insecurities astounded and amazed me. Am I like that, too? Can't they see how unimportant it is? My sister is dying, and this girl beside me has the nerve to cry because she doesn't have a date to prom?!

I finally realized that you can't hurt all of the time. You can't blame the whole world just because you are experiencing a personal trauma. Insanity would

run rampant through us all if we could only dwell on the serious and the solemn throughout our entire lives. Life is a series of ups and downs, the memory of the ups supporting when the downs hit.

Life returns to normal

The worst is over now. Cathy is in remission, and her life has returned, as much as possible, to a more normal state. My life regressed also, but many things will never be the same again. No longer does the naive 14-year old exist who believes that nothing bad ever really happens outside of movies and tragedies. I am not bitter nor do I blame any type of supreme being for punishing my family in this obtuse manner, but my extreme

idealism has been tamed, and an inbred cynicism has replaced it.

Thinking of life as boring and mundane is easy to do when it seems that nothing ever changes. Revel in life; the changes that can occur may not lead to the exciting, glamorous life that we all desire and deserve. Life is what we make of it, and it can't be taken for granted. Sometimes this lesson is learned the hard way. Don't wait for something to happen for this realization to set it; change the bad in life. Waiting for time and fate to do the job isn't good enough. I am thankful to Cathy for a lesson in love and in life. Live each moment to the limit. Time... life... love is too precious to waste.

JROTC Stages court martial

Cadets learn about law system

Kelly Penry

On Friday, January 30, Major Richard Yost, senior JROTC instructor, held a mock court-martial with his fourth-year cadets. A court-martial is a court of personnel in the armed forces for the trial of offenses against military law, or of army personnel, according to Webster's New World Dictionary.

Although the court-martial is a system used only in the military, Major Yost decided to use a mock set-up of a trial to help his cadets in the study of military law. This is the second year that Major Yost has introduced a situation involving the students and their given roles: the accused, the defendant, the judge, the assistant prosecutor, the jury and the plaintiff.

Similarities

Major Yost said the purpose of the court-martial is to inform the cadets of how the military justice system is similar and different in comparison to a civilian court. But how do the cadets, who are unfamiliar with military court procedures, run the mock-trial?

"The cadets are given a script of a court-martial in accordance with military procedures; this is to insure that the accused has rights and benefits. Although there is a script, the cadets read and perform on their own based on the case," said Major Yost.

Cadets assigned

How are the cadets assigned to the roles of the court-martial? Because rank is not the main determiner, Major Yost assigns the cadets to whatever positions he feels each person can handle. He said that those who aren't directly involved in the court proceedings are the jury and the witnesses.

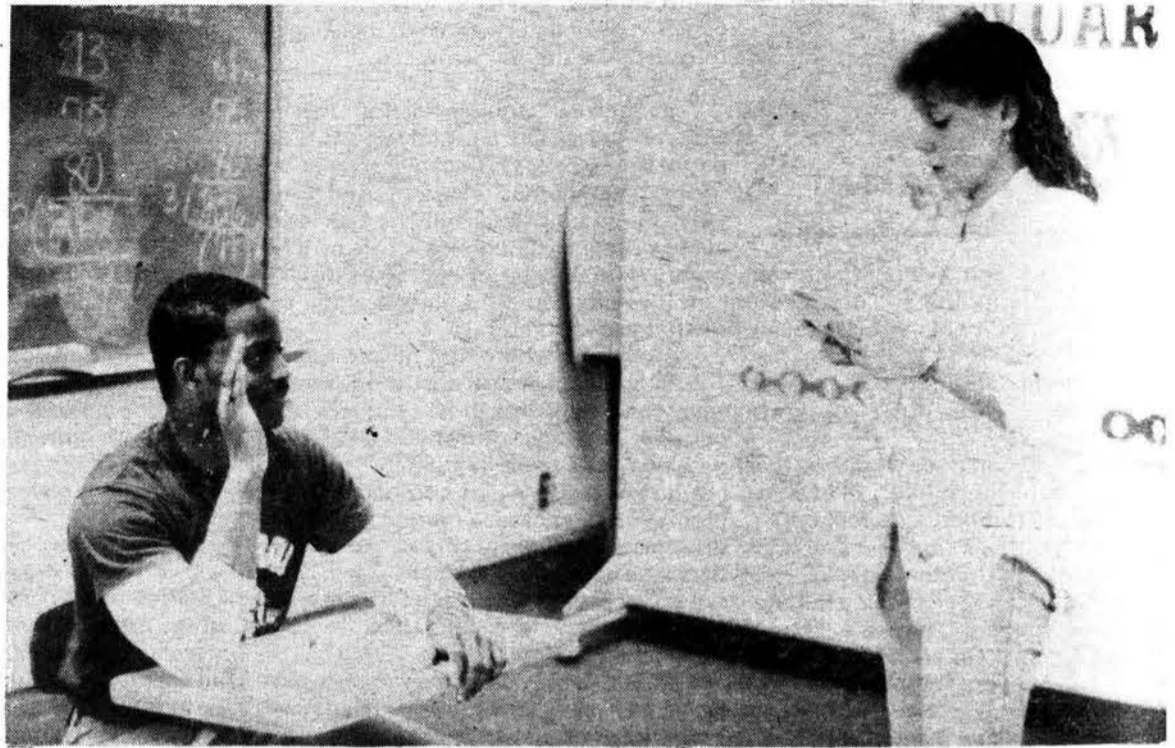
However, the accused is a cadet who actually violates JROTC rules. Such violations include not wearing the uniform and failing to obey or follow the code of conduct, among other things. If the accused is presented as guilty, then the punishment depends on the severity of the crime.

Usually the punishment can result in a loss of demerits or a loss of a promotion. Multiple offenders can be decreased in rank, explained Major Yost. But the defendant must be able to disprove what is said for each offense, for in actual court-martial situations, the accused might face life in prison...the maximum limit for a crime, he said.

Responsibility

Fourth-year cadet, William Battle, felt that the advantages of a mock-trial on the study of military justice is that it gives the cadets more of a military background and gives them a sense of responsibility—as a student at Central and the ROTC department.

"Understanding a court-martial has many advantages if



Prosecutor Marlene Moravec swears in defense witness, Sherman Ellington. The mock court martial taught J.R.O.T.C. students about military law.

you look at it in two concepts; one, the experience gives you a basic background of judicial procedures if it happens again, and two, in the long run you will learn the value of how to carry yourself as a person," said William.

Major Yost seemed to feel that the success of a mock court-martial will usually depend on the cadets. He said that what they put into it will either make it or break it.

"The military justice system is based on civil law but is more lenient towards insuring that the accused get their rights, more of it balances than a civil system."

Craig Hamler

In Brief

Central's Math team won first, second, fifth, and eighth places against 36 other schools at the South High Math Competition, January 10. Team members were for first place Doug Deden, Marc Lucas, Travis Mood, and Tim Stohs; for second place Steve Gross, Joel Johnson, Brian Wanzensried, and Kevin Yam; for fifth place, Jenny Hendricks, Mike Lawler, Karen Lee, and Beth Lucas, and for eighth place Tiffany Boyer, John Miller, Joe Schlessman and Lisa Wolff.

DECA Club will compete in Lincoln, February 12 through the 14th. Each student has to take two written tests and two oral exams covering his planned field of vocation. These tests will include apparel and accessories, financing credit, advertising, the food market or restaurants. How they do on the tests determines how that student would do at such a job, using what they have learned through DECA. Students also submitted 80 page manuals to be judged. Over 70 students plan to attend.

Senior Elizabeth Hazen was one of the two winners of the Youth Symphony Concerto Competition. As a result she now has the opportunity to play with the Youth Symphony as a solo artist. The Youth Symphony, comprised of students from all over the metro and surrounding areas, will play at Central February 23.

The National Honor Society and the French Club went ice skating February 6 at Aksarben. Members went to Godfathers for pizza and then to Aksarben for skating. Over 50 students participated in the first activity for newly initiated NHS members. Dr. Stan Maliszewski, NHS sponsor; and Mrs. Daryl Bayer, French Club sponsor.

The decathlon team will compete February 21 at UNO. This is the first official competition for decathlon. All members will take written exams over economics, mathematics, science, fine arts, social science, language and literature. There will also be an oral super quiz over the U.S. Constitution, an essay and a prepared and impromptu speech.

Freshman Night at Central, January 28, featured one of the largest gatherings of freshman and their parents Central has ever witnessed. Over 575 freshman and parents participated in Freshman Night. Department heads, volunteer teachers and students were on hand to demonstrate equipment, explain courses, and answer questions for undecided freshman.

Central misses nurse

Niki Galiano

Central's school nurse, Mrs. Geri Thomas, R.N., has been absent from work since winter recess, when she suffered a heart attack, according to Mrs. Mary Ellen Pollard, R.N., Central's substitute nurse.

Mrs. Pollard said that Mrs. Thomas is doing fine now and should be returning to school on February 13, if all goes well. "I know she's missed. Kids keep coming in asking about her," Mrs. Pollard said. Some of the staff has sent Mrs. Thomas flowers, according to Mrs. Udoxie Barbee, Central assistant principal.

Despite Mrs. Thomas's absence, Mrs. Barbee and Mrs. Pollard said things have been going well. Mrs. Thomas has kept things "definitely organized."

"I know she won't be at Central for Nurse's Day (January 28). I hope the kids do something special for her," Mrs. Pollard said.

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Fines *New plan to affect seniors*

Doug Haven

Imagine not graduating because you failed to turn in your psychology book. This may be the case under the new fine policy.

This year Central High School has adopted a new fine policy. Seniors who owe fines to the school will not be allowed to participate in commencement, receive a diploma, be issued a cap and gown, and will not graduate as a result of this policy change.

Before this policy change seniors who owed fines did not receive a diploma but still were allowed to participate in commencement and, according to their permanent record, graduate.

Students did not care

"I was amazed at the number of students who did not care if they received a diploma or not," stated Dr. G.E. Moller, Central Principal. "Just as long as their permanent record showed that they had graduated."

"I was amazed at the number of students who did not care if they received a diploma or not."

Dr Moller then decided to make a change. He contacted other Omaha area high school principals to find out what their policy on fines owed to the school were. "We were the only area high school that was allowing our seniors to graduate while they still had fines with the school," Dr. Moller said.

"With the tax money that goes towards education getting tighter and tighter, we have to get all fines paid," Dr. Moller stated.

More responsible

Mr. Warren Ferrel, Central Instrumental Music Instructor, and his students fundraise anywhere from \$10,000 to \$25,000 a year. "Students need to be more responsible for their own actions," stated Mr. Ferrel. "If you check out a book, you must return it, and if you sell candy, you have to bring in the money."

Mr. Ferrel says that he believes the new fine policy is a good idea. "It is not fair for this year's seniors to graduate and the sophomores who are coming in suddenly have to make up for the deficiencies of those seniors."

"Students probably do not realize that all of the small fines that they owe really add up when multiplied by the number of students at Central," stated Eric Lee, Central senior.

Bernstein, Waples plan to tour England next year



Lisa Jensen

Mrs. Marlene Bernstein and Mr. Edward Waples, both Central English teachers, plan to tour Canterbury, London, Bath, and Stratford-on-Avon, England, next year with about 20 students.

Karyn Brower

London, Canterbury, Stratford-on-Avon, and Bath are just some of the places in England that Central High School teachers Mrs. Marlene

Bernstein and Mr. Edward Waples hope to see with about 20 Central students during winter recess next year.

The number of students is limited to 20, Mrs. Bernstein explained, because this will be her first year making such a tour with students, and she expressed preference for a small group, with a maximum of 10 students per adult supervisor.

The trip is patterned after the University of Nebraska at Omaha's trip to England, several trips to the University of Nebraska at Lincoln to speak to faculty there, and Mrs. Bernstein's own experiences along with Mr. Waples's suggestions. The group plans to stay in England for two weeks. The tour will arrive in London and spend three days there visiting British theaters and the British Museum which boasts such famous original manuscripts as those of Newton, Bach, Beethoven, hand written copies of both "Idylls of the King" and "Canterbury Tales," the history of the "Bible," and the "Magna Carta."

Christmas

The group will then spend Christmas Eve, Christmas day and the following day in Canterbury, attending a service presented by the Archbishop of Canterbury himself and then the day after Christmas, the celebration of the anniversary of the martyrdom of Archbishop Thomas Becket. The following two days will be spent in Stratford-on-Avon visiting Shakespearean theaters and the countryside. Two days will be spent where Thomas Hardy wrote and lived. The group will

then return to London for New Year's Eve and then to Dover for New Year's Day.


Though there is a limit to the number of students Mrs. Bernstein and Mr. Waples are able to take, Mrs. Bernstein commented that she would also like to limit the tour to the students she has had or who are in honors English. "Those students," she said, "would be more apt to take A.P. English the following year where such an experience would prove invaluable to their understanding of certain topics discussed throughout the year."

"The trip...would prove invaluable to their understanding of certain topics."

Mr. Dan Daly, however expressed his concern over students response about being away from home over the holidays. But when asked whether or not the tour would be helpful to some students, Mr. Daly replied that with Mrs. Bernstein and Mr. Waples in control of the tour, they would profit more than under any other circumstance.

The tour, not sponsored by the school or school funded, will cost students 1,500 to 2,000 dollars. This price includes air fare, lodging, transportation around England, and two meals a day. Despite the high cost, Mrs. Bernstein said she has heard no objections yet and has heard from 18 students who are definitely interested.

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- 131. About Planned Parenthood
- 132. The Facts-Of-Lifeline
- 133. Birth Control-How Well Does It Work?
- 134. Which Method Should I Use?
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- 144. The IUD
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- 133. Drugs and Medication During Pregnancy
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- 135. Danger Signs in Pregnancy
- 136. Infertility
- 137. Teenage Pregnancy
- 138. The Lammec Method of Childbirth
- 139. Breastfeeding, Breast Pumps
- 140. Adoption: A Loving Choice
- 141. Creating Families Thru Adoption
- 142. Early Abortion
- 143. Men And Abortion

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- 135. Menopause
- 136. The Pelvic Exam
- 137. What Is A Pap Smear?
- 138. Breast Self-Examination
- 139. Trichomoniasis
- 140. Syphilis
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- 142. Crabs
- 143. How To Avoid V.D.
- 144. Herpes
- 145. Vaginal Discharge and Infection
- 146. Douching
- 147. Bladder Infections In Women
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Kelly Penry

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The above advertisement is for DuraSoft Colored Contact Lens. Many ads, similar to this one, fill magazines and blare out of radios in an attempt to collect prospective customers.

According to many Central students, the ads play a major role in society by informing teens of cosmetic improvements. Optometrists, orthodontists, dermatologists, and plastic surgeons are available to serve teens in the areas of braces, contact lenses, dermabrasion and chemical face peels, suction lipectomy (fat removal), rhinoplasty (nose-jobs), and eyelid tattooing.

New image

With the growth of commercial cosmetic-surgery and clinical centers, buying a new image has become almost as easy as getting the clothes to go with it. What accounts for this resolute unwillingness to settle for the uneven teeth, not-so-perfect nose, less than perfect peaches-and-cream skin that genetics have dealt?

Jackie Chandler, sophomore, said, "If society pushes appearance as the number one priority, then teens are probably willing to sacrifice something in order to gain more self-confidence. I know that if I broke my nose or I had skin problems, I would probably find a way to see a specialist to correct them."

Bob Fry, senior, expresses a differing opinion. "Why spend the money just to be accepted? I was born this way. I wasn't meant to be changed."

Cosmetic changes

Most cosmetic changes range from major or minor surgeries to wearing a corrective device for a certain length of time. This especially pertains to the teeth of today's teenager. Braces, teeth bleaching, cosmetic capping, and gap bridging are a few of the recent advances in dentistry.

At one point or another, most teens have encountered the "brace-phase." Peter Ziegler, D.D.S., an orthodontist practicing in Omaha, said that most people are either in serious need of braces, or the request for them is based on their own dissatisfaction of their smile.

"Nowadays, we can straighten teeth with much less noticeable clear plastic brackets, bonded to the surface of the tooth. Or one can wear lingual braces, which are attached to the backs of the teeth. But most teens wear the stainless-steel braces because they prove to be the most efficient," he said.

Worth the money

Basic braces usually cost about 2,000 dollars and special braces are a bit more expensive, according to Dr. Ziegler. Yet, some Central students feel that eliminating

a cosmetic flaw that makes them feel self-conscious is well worth the money.

Ronnie Anderson, junior, said that his front tooth was chipped in a fight over a baseball game. "Even if that chip seemed insignificant to other people, it really bothered me. I didn't care how much it cost because I felt that a chipped tooth could easily be corrected—instead of wearing a smile for the rest of my life that I would be ashamed of."

Jennifer is a sophomore who recently had rhinoplasty because she felt her previous nose made her uncomfortable and shy around other people. She said that she feels much more secure with her presence now that she has a different look.

Surgery

"Fashion magazines make everything look so easy, but the fact is plastic surgery is still surgery...and there will still be medical hazards like any other operation. But regardless of the risks, some people who are desperately unhappy with the way they look will do anything for a simple change," she said.

Another specialist that frequently treats teens is the dermatologist. Some students who combat acne, rashes or other skin problems pay hourly fees for a trip to his or her specialist's clinic. Others may see a dermatologist for special prescriptions to help the skin problems, which results in extra costs at the local drugstore. How do people feel about paying for accumulating expenses due to help with physical appearance?

Most Central students seemed pleased with personal cosmetic changes, especially those who have traded their glasses for contact lenses. Contacts, like braces are products tailored to one's special needs, such as colored or extended-wear lens. Students explained that the cost of lenses and visits to the optometrists are worth the money. The benefits of contact lenses are that people have improved visibility and people don't feel that contacts, unlike heavy glass frames, dominate the face.

Expensive

Scott Davis, senior, said, "I have to admit that it (the cost of lenses and optometrist fees) gets expensive sometimes, especially when a lens is always falling out or gets torn or lost...but I'd much rather wear lens instead of hiding behind my glasses."

Other students prefer to wear glasses, but will spend the extra money for prescriptive glasses with colored frames, such as tinted Ray-Bans or Vuarnets. Also, people have been influenced to buy these brands of glasses due to exposure in such movies as "Blues Brothers" or "Risky Business."

Senior Jill Rizzo advises people to see a specialist if their problem, such as acne, is bad enough to require medical attention.

"I didn't have a major acne problem, but after I got it taken care of, I felt so much better. It does make a person feel more

secure with themselves if they don't have to hide their face because they're embarrassed."

Sophomore Tonja Friedman said that she visited a dermatologist and a plastic eye surgeon to have her eyes tattooed for permanent liner. She said that the procedure is a no-fuss no-worry procedure that permanently affixes an eyeliner-like pigment to the rims of the eyelids. Even though the cost is high for such cosmetic surgery, Tonja went ahead with tattooing her eyelids because it is the "latest rage" and makes her eyes look more dramatic.

Why is the marketing of cosmetic specialists and surgeons so successful with the eighties generation?

Perfection

Barbara Ehrenreich, writer and author of books concerning expert's advice in Glamour, believes that much of it can be traced to people's pursuit of perfection and the price they pay to do it. At a time when people are so health conscious, Ehrenreich writes that people are taking time to change rigid notions of what constitutes good looks than accepting the "love-yourself-the-way-you-are" attitude.

As Junior Jonas Batt explained, "I don't think there's any problem with most expenditures that teens might make with cosmetic improvements. They have the right to do what they want to make themselves look better now and for the future."

Jonas, as well as other Central students, feel that it is an obsession with our generation to look good, mainly because it grows from getting and keeping fit trends in society.



Students increase

Julie Ashley

"You don't have to spend a fortune to look like you did," promised the November 1986 issue of "Mademoiselle" magazine. Some Central students disagree.

When asked whether teenagers spend too much time and money on looking good, senior Allen Cipinko whipped out the latest issue of "GQ" magazine and pointed to a clothing ad. "I would love to dress like that," Allen said, "but the clothes on the page cost at least 600 dollars. I just can't afford things like 150 dollar scarves. Besides, I think clothes are overrated. I wear what I wear for me and nobody else."

Many Centralites agreed. "It's okay to spend money on clothes," said Kale Anderson, junior, "but some things are ridiculously expensive. How much you spend on your looks has a lot to do with how much your friends spend. Some groups take a lot of trouble to look stylish. My friends and I are pretty laid back. I like to look good, but it's mostly just for myself. It's reassuring."

75 percent

Senior Julie Kliewer said that she doesn't buy clothes often because of a lack of money. "Most people with jobs spend at least 75 percent of their paychecks on looking good. Unfortunately, looks matter a lot when a good personality is what's really important."

Students interviewed listed Brandeis, Younkers, The Hitchin Post, and Thrift stores as some of their favorite places to shop. "I go to Brandeis because they have the jeans that I like," said Matt Chapman, junior, "and I like the shirts at the Hitchin Post."

Senior Corey Henderson said that he likes shopping at thrift stores occasionally because, "It's totally different than what everyone else is wearing. I would rather not look like everybody else."

Collect sweaters

Kristi Covalciuc, junior, said that she has no favorite stores or styles, but buys whatever appeals to her, while senior Tom Hazell admitted a weakness for sweaters. "I'm not a bargain hunter," Tom said. "I spend too much money on things and probably shop at the wrong places, like the Hitchin Post. I don't need a lot of what I buy. I collect sweaters."

Kelly Collins, senior, says that she shops at Younkers, the Hitchin Post, and Brandeis because, "They've got what I want. Besides, it's my parents' money."

Other students mentioned budget as a factor in where they shopped and what they purchased. "I'm going to have to live

on a smaller budget when I go away to college," said senior Monica Backens. "So I'm trying to buy things more cheaply. Even on a low budget you can pick out things that

LOOKING GOOD

say good looks self-confidence

Do you feel bad to look good?
Teens diet, exercise

Kris Deffenbacher

The old saying, "No pain, no gain," has become a creed in this society of fitness worshippers. But at what point does this pain become too great a price for that "perfect body"? The physical price the body pays for the fitness that this generation prizes sometimes becomes too great, resulting in injury, illness or possibly death.

The fitness craze has brought an onslaught of diets, work-outs, tanning machines and other innovations for creating the "body-beautiful." But these methods for looking better sometimes cause physical damage rather than create health.

Diet

The diet craze has become an institution of our society. Diets are an effective way of reducing or controlling weight. But when this reduction of caloric intake becomes a mental aversion to food, the results can be physically dangerous. Such an aversion to eating is classified as a medical disorder, either anorexia nervosa or bulimia.

Anorexia nervosa is an extreme weight loss brought about by an abnormal aversion to eating. It occurs mostly in young women with an obsessive preoccupation with avoiding weight. Those with this disorder will deny hunger, are constantly overactive, and enjoy feeding others, according to medical dictionaries.

This extreme loss of weight can be life-threatening. In severe cases hospitalization is necessary. Treatment is both psychiatric and medical, but cure is rarely complete and relapses often occur. "It's a compulsive behavior," said Mr. James Rawlings, Central psychology teacher. "It's extremely hard to treat. Someone with this disorder sees himself as eternally fat. Treatment involves giving them a different self-image."

Tanning

Like dieting, tanning can reach a life-threatening extreme. Extended sun exposure, whether artificial or real, permanently damages the skin and leads to premature aging, wrinkling, leathery texture, and precancerous and cancerous skin conditions, according to medical dictionaries. While occasional exposure to the sun does not appear harmful, studies have indicated that a single, severe overexposure or many years of ordinary exposure can lead to such conditions.

Occasional exposure to sunlamps has not appeared harmful in recent studies, but the amount of exposure necessary to maintain a year-round tan would probably be excessive. Central senior Stephanie Ruegnitz started going to a tanning booth at the beginning of her junior year. "I went when my real tan started to fade," Stephanie said.

Stephanie now goes once every three days. "It's warm and quiet, I can fall asleep. It's relaxing; I'm addicted," Stephanie said. "I go because I don't like to wear a lot of makeup, I think I look better with a tan." When asked if the media's barrage of skin cancer reports scares her at all, Stephanie replied, "No, because I lay out in the summer too. I don't worry about it in the summer, so I'm not going to worry about it in the winter."

Exercise

Exercising too can have a high physical price. While exercising at a certain level is beneficial to the body, it becomes damaging if it results in illness or injury. Senior Kate Madigan developed tendonitis during the track season of her sophomore year and could not exercise for two to three months as a result. "I never thought that I could get injured and not be able to work out when I wanted to," Kate said.



"Some people base their ideas just on what people look like," Kristi said. "People care too much about outward appearance."

"If you want to spend a lot of time, you'll probably be more attractive," Tom said. "The important thing is that a person takes care of himself or herself."

"A lot of people get wrapped up in appearances and forget about inner qualities, which are important, too," Monica said.

Whether or not teenagers put too much time and money into looking attractive, and despite the importance of personality and "inner qualities," students agree that appearance does matter. "When you meet someone," Corey said, "the first thing you notice is appearance. Your appearance can take you a long way. It's the first step in communicating."

together, and that's really all that

one can tell if you're wearing a 25 cent shirt or a 100 dollar shirt," Kalen said. "You can look nice without spending a lot of money."

Some students said that they spend additional money and time caring for their hair. "Hair is important to me," said Julie. "I like my hair to look different from the norm."

Natural

Some students said that make-up was an expense, while others, like Kalen, did not buy any make-up. "I don't spend any money on make-up at all," Kalen said. "Personally, I prefer to look natural." Some students said that while make-up can improve appearance, some girls overdo it. "I see girls, especially the younger ones, who think that, when it comes to make-up, the more the merrier. They think they are more sophisticated."

Some girls who have natural beauty, said Julie. "If you need it to look good, I think make-up is okay. It might help. But I don't like to see girls who are already beautiful because sometimes it makes them look unattractive."

Summer

Summer is great," Julie said, "because you don't have to wear make-up. Your skin looks healthy without it. In the winter, your skin dries out without make-up."

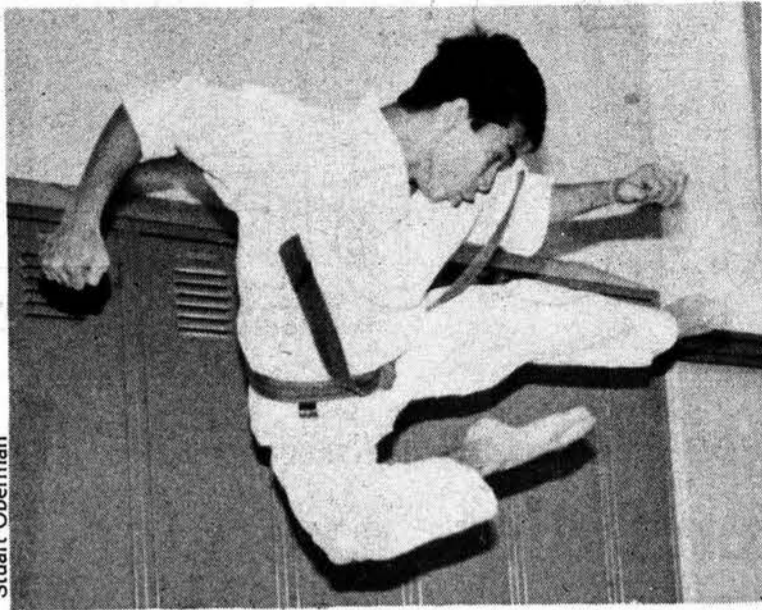
Some students who asked not to be named said that make-up is "vital." Guys wouldn't notice some girls in the morning if they didn't wear make-up on and their hair would be really bare without it.

Is the point of all this primping and preening? Self-confidence, Central senior Stephanie said. "It's important to look good because you feel better that way," Julie said.

Accepted

It's not just trying to look good for guys," Corey said. "Now a days it's more accepted by other people."

It's important that someone look nice and not sloppy," Kelly said. "For the most part, people go to all this trouble to make themselves feel better about their appearance. It also might help what people think of you. People look at your clothes and your opinion of you right away."



Stuart Oberman

Jay Buder demonstrates karate techniques. Many students practice and study different martial arts.

Karate gains in recent popularity

Michael Page

Wall climbing, triple flips, and jumping over high objects that one would find in Kung Fu Theatre are mere exaggerations. In real life, karate is more than a method of combat; it emphasizes self-discipline, positive attitudes, and high moral purpose.

Today, the art is mainly associated with the Japanese, and it was introduced to the United States after World War I. Jay Buder, sophomore, lived in Okinawa for three years when he was younger. He said, "There were karate schools all over in Japan, and that is where I first started to get interested in the martial arts."

Full-contact karate

Jay has been practicing karate for five years and is currently a brown belt at the Japanese Karate and Ancient Weapons School. Jay is working hard so he may participate in full-contact karate. Jay said, "Unlike the PKA (Professional Karate Association), in full-contact karate you can't wear any pads. All you can wear is a supporter and a mouthpiece."

Karate and music

Renee Byrne, sophomore, is a black belt in karate and has been practicing for six years. She is presently studying at The American School of Karate and Judo. She enjoys formatics, which is putting karate moves and forms to music.

Charles Kay, junior, had practiced karate for seven years before leaving the Japanese Karate and Ancient Weapons School. He said, "Even though I

am a black belt, I would rather not be called one, because not all people with a black belt have the same ability." In some schools in America, it only takes two years to become a black belt. In Japanese schools in America, it takes seven to eight years to become a black belt.

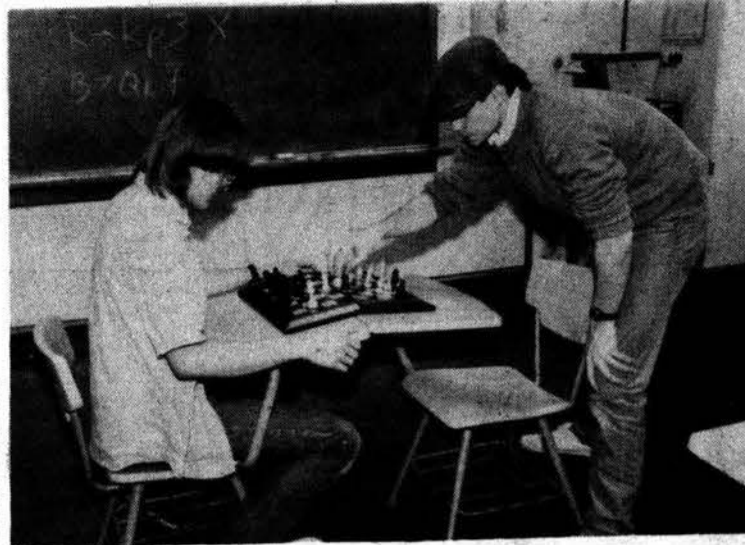
Karate involves intense physical and mental conditioning. Speed, strength, and techni-

"Not all people with a black belt have the same ability."

que are necessary to become good. Constant alertness and a keen sense of timing is something that a person develops as he gets better. Constant exercises are also important for limbering up and strengthening the muscles of the body. Jay said, "Karate has taught me to be disciplined and to know when to fight and when not to."

Renee Byrne said, "Martial arts has taught me self-control and courtesy."

Belts in martial arts are earned through hard work. When asked about the colors of the belts, Jay explained it is like a cycle. He said, "In Japan, they started out with a white belt and after many hours of hard work, the belt collected dirt, which explains the brown belt. After much more practicing, the belt became black. The black belt then flaked and became white again." He went on to say that once a person becomes a black belt, it is just the beginning. The learning process starts all over again.



Stuart Oberman

Joe Schlesselman and Rob Hill match strategy and intellect in a game of chess. Central's chess team recently won the Metro Chess championships.

Chess team wins Metro

Niki Galiano

The Central High Chess Team came in first place at the Metro Conference Chess Tournament on Tuesday, February 3, according to Dr. G.E. Moller, Central High Principal. They beat Gross 5-0, and Prep 4-1, he said.

Central went into Metro as the number one ranked team, with South and Prep following as numbers two and three, according to senior Rob Holtorf, chess team member.

Central has already won two other chess tournaments this year according to Rob; the Midamerica Scholastic Tournament and the West Omaha Scholastic Tournament. He said that the team will go to Lincoln and compete in the State competition next. "We're going to jam at State!" Rob commented.

Individual prizes

Several team players have won individual prizes in the past two tournaments, Rob said. In the Midamerica tournament, Don Shennun won second place all around, and Duwayne Backens won first place for the under-1600 ranking. In the West Omaha tournament, Duwayne Backens won first place all around, Don Shennun won second, and Rob Holtorf won first place in the under-1600 ranking, he said. The under-1600, according to Rob,

is a category for players who have not acquired at least 1600 points through competition.

"I can only think of one other year that the chess team might have been better, and that was two years ago," said Rob. He also said that next year's team should be pretty good, despite the fact that all but two of the varsity team members are seniors. "The junior high chess champion will be coming to Central next year, and the top-seated player from North will be transferring here, too." Central's top-seated player, Don Shennun, and another varsity player, John Holtorf, will also be on the team next year, since they are both juniors, commented Rob. "We look pretty good next year."

According to Rob, winning isn't all that serious to the team. "It's not that serious. We just show up and play—we know we're going to win. Nobody's been pressured to win, except once. It was a match against South, and they had beat us last year. If we didn't win, we were going to have to walk home from South."

The varsity team members are as follows: junior Don Shennun, first board; senior Rob Holtorf, second board; senior Duwayne Backens, third board; senior Mark Lucas, fourth board; senior Mike Buckner, fifth board; and sophomore John Holtorf.

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ARMY RESERVE. BE ALL YOU CAN BE.

Pageants prove competitive, beneficial

Elaine Williams

"When you lose, it's really disappointing. You tell yourself that you only have a slight chance of winning, but deep inside you think you might do it," said Central High School Junior Renee Ryan, Miss T.E.E.N. contestant.

Renee along with Sophomore Susie Donaldson, Junior Monica McSwain, Sophomore Kennetta Wagner, and Sophomore Jill Weaver, competes in area talent pageants. Susie won the model and beauty categories of the 1986 Miss Hemisphere competition. Monica took the crown in Hal Jackson's Talented Teen pageant. Kennetta received the 1986 Miss Youth for Christ Award. Jill placed second in the model and beauty divisions of the 1987 Miss Hemisphere contest. Although Renee did not place in Miss T.E.E.N., judges narrowed the field of competitors prior to the pageant.

First experiences

Jill said that her first experiences with pageants were when she was four. "I got this really fancy dress and I didn't have any place to wear it. My mom and I saw a poster for a contest and the girl had on a frill-

ly outfit. I entered that competition and for about a year I did one every weekend."

Jill said that she quit the pageants in junior high because, "I was at least a foot taller than everyone else. I felt really ugly. I did Miss Hemisphere to see if I had that winning touch."

The reasons that people participate in pageants vary. Monica got involved to broaden her talent and to receive publicity for her career in visual arts. "If you want to be a performer, you just can't do only one thing. I dance, but I also act and sing. The competitions helped me be a better speaker."

Winning the Hal Jackson contest enabled Monica to get in touch with personnel from the "Cosby Show." She plans to send them a resume and photographs. "I plan to audition for the show when I'm in New York this summer."

The competitions seek to improve the self-image of the participants. According to Mrs. Liz Lauer, City Director of Miss T.E.E.N., besides offering scholarships, Miss T.E.E.N. aims to bring together girls from similar moral backgrounds. Renee cited the people she met as one of the pluses of her competitive experience.

Miss Withrow said that its impossible to understand all the benefits of pageants unless you've competed in one.

She cited the swimsuit competition as a way for women to exhibit their health. "Whoever wins a big competition, must deal with a variety of stressful situations. Wearing a swimsuit in a roomful of clothed people shows the woman can handle a stressful situation with class."

Miss Winthrow also said that the key to a contest is a positive attitude. "If you don't win it just means that on that particular day of the week, at that certain moment, the judges were looking for something different. It's rare that you win your first pageant."

Renee said that she felt the real reason for many competitions was to make money. "They write you a bunch of letters telling you how much they want you to compete. Later you find out that you have to pay a lot of fees to participate."

Liz Lauer, City Director of Miss T.E.E.N. said, "We now only have a state competition and we used to hold both state and local contests. The current economic situation makes it harder for girls to get sponsors."



Tess Fogarty

Blanche Lawson Blair, Central Alumna reflects on her graduate year, 1913. Blanche will be 94 years old in June.

1913 Central graduate shares past experiences

Anthony Clark

The year is 1913. Blanche Lawson Blair walks uphill towards the large, three story building as high school students pile off a crowded streetcar behind her. The building sits on top of a hill, dominating the landscape, in the middle of a poor, downtown business community.

Does this sound like a scene from an old black and white silent movie? Actually, this was Central over 70 years ago.

In 1913, Omaha High School was just beginning to be called Central. Kate A. McHugh was the principal. James Durkee was the senior class president, the football team was the state champion, the basketball team was the Missouri Valley champion, the Superintendent of Omaha Public Schools censored the "Register," and several pre-army cadets from Central were attacked by Missouri Valley youths. It was also the year Blanche Lawson Blair graduated.

Mrs. Blair walked to school everyday, as did most students. "Other students would take the streetcar that used to run down Dodge street."

"I remember taking English, algebra, Latin, geometry, physiology, history, and botany," said Mrs. Blair. "I liked English but I had trouble with history. We had so much reading to do."

One of two blacks

Mrs. Blair entered Central in the fall of 1908 and graduated in June of 1913. "I was a pretty good student," she said. "I was one of only two blacks to graduate that year."

In 1913, Central had over 2,000 students, three of whom were black. "We didn't have any noticeable racial problems," said Mrs. Blair, "but none of us were allowed to participate in extra-curricular activities."

The number of students decreased during 1913 as business classes were eliminated from the curriculum. "Short-hand and typing students went to Commercial High during the middle of the year," said Mrs. Blair. Commercial High later was called Technical High School.

Class floors

The school functioned differently when Mrs. Blair was at Central. "Freshmen took classes on the third floor, sophomores on the second floor, and seniors and juniors on the first floor," she said. "That way we didn't have to climb stairs all day."

Social life was different back then also. "We didn't have girlfriends or boyfriends while we were still in school," she said. "Our parents were real strict. We would just go to school and study."

Mrs. Blair received her diploma, which was made out of sheep-skin, in June of 1913.

After high school Mrs. Blair went to work and married about four years later. She has three children, all of whom have gone to Central, four grandchildren, two that went to Central, and two great grandchildren.

She is currently active doing secretarial work at her church. "I enjoy doing needlepoint and latchhook art, also." Mrs. Blair will be 94 years old in June.

KRCK reopened on cable after shutdown by FCC

Continued from p. 1

His experience in the radio broadcasting class and his musical experience in a local band, The Dudes, led him to this job after his teacher told him that he should contact Paul. Matthew now has his own show on Wednesday afternoons from

4:00 to 6:00. Under the air name of Jack Slezak, Matt plays music from the play list that Paul has programmed.

Alternative music

KRCK plays "alternative" music, Paul said. "We play rock and roll that's not played on other Omaha radio stations. We

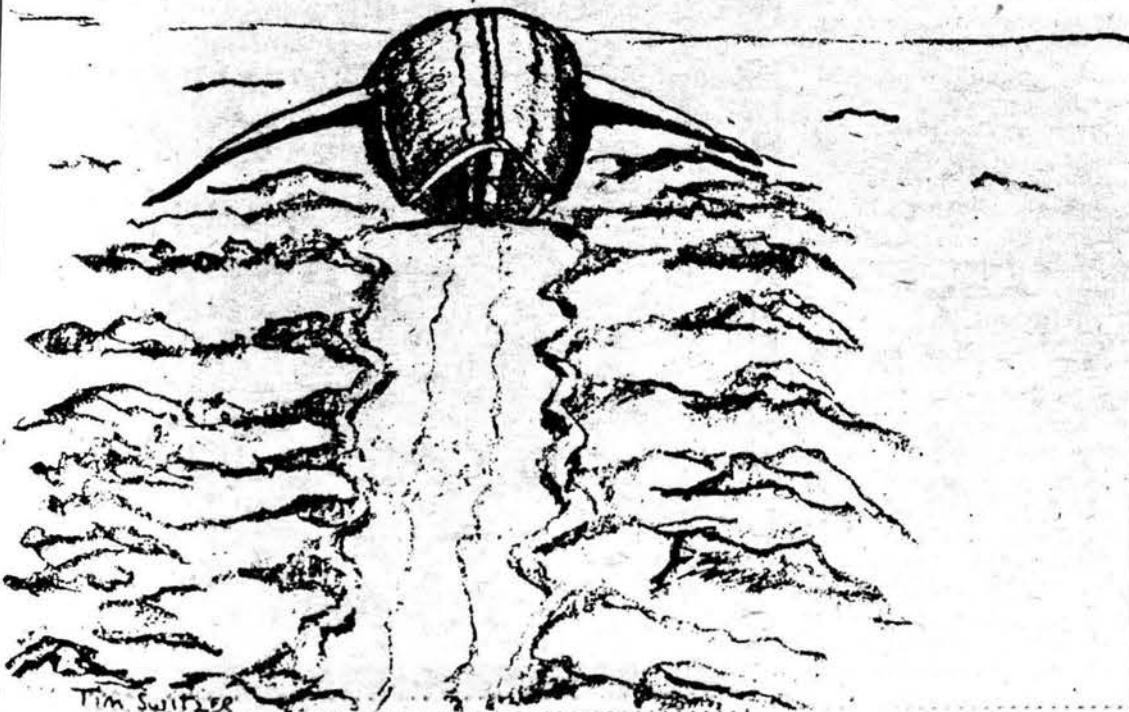
play bands that are ignored by the other stations. They're good, but they have their own following. We also give a lot of local bands air time."

The station broadcasts music 24 hours a day, every day of the year. Paul said that he spends enough time on the station that it is almost a full time job.

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Tim Switzer



Juniors Sarah McWhorter and Kalen Anderson ski down the slopes in Steamboat Springs. They went with their Dundee Presbyterian Church Youth Group.

Trailridge and Crescent offer skiing facilities

Sarah Story

Many Nebraskans turn to the Rocky Mountains to release their skiing desires, but still others stay closer to home, skiing at Trailridge or Mt. Crescent.

Russ Lindeman Jr., the manager of Mt. Crescent Ski Resort in Crescent, Iowa, said that the number of people skiing is down this winter compared to other winters. But the new improvements that Crescent has made are making up for the slow start of the season.

Crescent has doubled their snow making, and they have added a double chair lift, a new beginners area, two extra sessions of skiing time, and an enlarged lodge area. They offer the midnight madness skiing on Friday and Saturday nights from midnight to six a.m., which attracts many high school students. "It's a nice little party," said Lindeman.

Lindeman said that these are the largest improvements that Crescent has ever made. They have ten different slopes for skiers of all abilities. Lindeman said that on a busy day, they will have from 700 to 900 people.

Group skiing

Ski trips to Crescent and Trailridge are very popular during the long winter months. Many clubs and groups find this a good winter activity. Crescent offers group rates for 25 people or more. These rates run around 13 dollars, which includes skis, poles, boots, and lift tickets.

When asked about their competition with Trailridge, Lindeman said that Trailridge has actually increased their business. "More people are getting interested and going out and skiing.

People of all ages and abilities can be active skiers. "The age of our skiers ranges from four years old to an 88-year old man that comes out here and skis," said Lindeman.

Terry Brandt, assistant store manager and ski shop manager for United Sporting Goods, said that the renting of ski equipment has been very slow. United has not rented nearly as much equipment as they have in past winters. "We are usually rented out during Christmas, but this year I think families took their vacations to warmer places, or they stayed home."

"When people are serious about skiing, they usually ski the Summit area. It gives the most variety and is close to Vail, which is a very popular ski area," said Terry. The Summit County includes Keystone, Copper Mountain, Breckenridge, and Dillon. Lift tickets at these resorts range from 26 to 28 dollars a day, and Vail is 30 dollars a day. "You can get discount passes for lift tickets almost anywhere in Colorado," said Terry.

Heated boots

The hot items in ski equipment this year are ski boots with built-in heaters. These cost around 320 dollars. "Every year something better and more advanced comes out. Skis that are being made are easier to ski with so that people of all abilities can ski on them," said Terry.

There is a large variety and great selection in skis, added Terry. Many of the skis at United start at 125 dollars and go up to 345 dollars.

The biggest trend in skiing is brightness. Bright colors are seen in boots, skis, and clothing. A number of pastels, whites, and hot pinks are popular.

New inventions

Other relatively new innovations to the ski world are snow boards and mono skis. "The snow boards are like little surf boards that have been made for snow; they are really popular," said Terry. A mono ski is one large, wide ski, similar to a slalom ski used in water skiing.

Close bonds between coaches, players

Coaches reach 'heart, mind' of athlete

Tracy Edgerton

"I did not have the opportunity to participate in sports during my high school years because I had a job, working 30 hours a week. I never really felt a part of the institution, and I didn't have much fun. Sports involve kids in their school and in each other. The relationship that coaches develop with the athletes is very special, and I enjoy that aspect very much," said Mrs. Susan Paar, volleyball and girl's tennis coach.

Coaches have a tremendous amount of influence on how athletes think and how they feel about themselves. Miss Debbie Hettwer, junior varsity volleyball, girl's swimming, and assistant soccer coach, said that there are many reasons that athletics are an important part of the educational process. "Sports teaches a person self-respect and gives them the sense of accomplishment that only comes through competition. Another important aspect is the whole basis of sports, that an athlete enjoys himself," said Miss Hettwer.

Mr. David James, cross-country and track coach, said, "Sports improve a person's self-concept and develop personal self-discipline."

"The greatest influence in the molding of my life and my development were teacher-coaches. I had many tremendous role models," said Mr. James.

Time-consuming

Coaching takes up much more time than the average person realizes, according to Mrs. Paar. "A coach must get ready before the season by reading and sometimes attending clinics to learn the newest techniques. Coaching also entails getting the equipment ready and planning practices to meet the goals the team is working for, not to mention planning strategies and games."

Miss Hettwer agreed that coaching is very time consuming. "Preparing for practices and games, and preparing themselves by attending camps and clinics takes up a lot of time. Most coaches participate not for the money, but they coach because they wanted to, and they enjoy it."

Developing own style

Coaches must develop their own personal styles and philosophies. "A coach must reach into the heart and the mind of the athlete. Encouraging them to succeed and enabling them to reach their goals is the most important entity," said Mr. James.

"My personal philosophy is easily expressed in an often misunderstood quote from Vince Lombardi: 'Winning isn't everything, it is the only thing, but if you gave it 100 per cent, in my opinion, you have won,'" said Mrs. Paar. "Sports are not only an important part of education but also an important part of life. Education is a prepara-

tion for life and many valuable lessons can be learned from sports."

"Something can be learned from both winning and losing. Ideally, every youth should be involved in an athletic endeavor to develop their competitive nature."

Many times coaches receive much criticism from the general public. Coaches must learn to handle this criticism and continue coaching to the best of their ability. Miss Hettwer said, "I believe that a certain percentage of the blame rests with the coach. It is not just the athlete or the coach's fault but a combination of the two."

Mrs. Paar said, "The coaches cannot take the credit if the team win nor can they accept responsibility if they lose. Many super coaches that I deeply respect lost more games than they have won."

According to Mr. James, society places too much emphasis on winning. "Something can be learned from both winning and losing. Ideally, every youth should be involved in an athletic endeavor to develop their competitive nature."

Sometimes separating each individual athlete from the team atmosphere can be a challenge in itself. Mrs. Paar said, "Personalizing each individual relationship by acknowledging the good things evident in their style is important. Sometimes a coach must emphasize, especially in a team sport, that a player might have to sacrifice their individuality for the team."

"The greatest moment in my coaching career is when I come in contact with former athletes, and they tell me how they have benefited from my coaching," said Mr. James.

Miss Hettwer said, "I receive the greatest satisfaction in watching each individual achieve success. Being satisfied with themselves and enjoying themselves is the most important part of any sport. They to want to be the best that they can be."

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Inhumane substance plagues athletics



Sports Staff Says:

Jeff Palzer

The seeds of revolution have been planted. We as athletes have put up with the long practices, meager rewards, and unfriendly absence policies, but this one has gone too far. You know what I'm talking about. Polyester. This dreaded artificial substance has plagued athletic uniforms, inhibited outstanding performance, and ruined future careers for far too long and it has to stop.

Polyester comes from the Greek word 'polymer' which is a synthetic substance and the word 'ester' which is the name of my great-aunt, but that's not important right now.

Disco

It rose to fame and popularity with the outbreak of disco in the late seventies and became internationally appreciated because of one man, John Travolta. Yes, millions of unknowing citizens flocked to every polyester outlet to purchase that infamous disco apparel. This trend expanded to the polyester suit. Just remember back to yesteryear when grandpa was cooking out on the grill in his lime-green plaid leisure suit (Ooh Gross). Like all other fads, disco died out (Thank God). But polyester remained.

Today you see polyester in two places, on athletic uniforms and poorly dressed middle-east terrorists, but we're only concerned with one of those.

Every athlete knows the sheer horror of donning a polyester uniform. Firstly the material does not breathe (I know material is not supposed to breathe but bear with me). It retains all the heat your body gives off and doesn't allow you to cool off. Plus the rash it gives has been known to scar young individuals for life.

Anyone who has participated in a school sport or even a gym class (except

for Theories of Physical Education) can relate to my story. And to those completely unathletic few (for shame) you can try to recall the first time your parents dressed you up. Or you could think about those poor cheerleaders who, on every game day, must wear their 100 percent polyester uniform.

Enhances insecurity

Anyway the material itself is tacky, and it's not like you can say, "Wow that sure is a neat polyester shirt you're wearing" or "Gosh look at my new polyester pants." Statements like these can ruin anybody's social life. As far as athletics goes, unless you are the Mr. or Miss Universe type, polyester makes everyone look as unattractive as any one of the BeeGee's. Instead of making that incredible last-second jumper you may as well disco because in the newspaper photo you will look like Sonny Bono.

There are many citizens who believe that polyester is a subversive communist plot to overthrow the capitalist regime. So far in my investigation I haven't found this to be true. But there is an interesting connection linking polyester to the sale of arms to Iran and George Bush has been known to wear polyester undergarments, but that may have to wait till next issue.

Does not breath

One certain factor about polyester is that it inhibits athletic performance. Most professionals use top-of-the-line synthetic materials or all natural imported materials that allow the athlete to move freely. Polyester has been known to slow people down because it doesn't breathe. I know I said that before so let me explain how a material 'breathes.' A shirt, for instance, that allows air to circulate and reach the skin and also absorbs body moisture (sweat) to take away heat is a material that breathes. Now a material that clings to your body like some love-crazed sophomore and keeps all your sweat and heat on your skin, is a material that does not breathe. OK, understand? Good.

Face it, polyester was the worst invention this century with the exception of the electric beeping keychain. The only way to end this menace is a joint resolution of Congress with bi-partisan support or complete boycott of athletic uniforms. Very soon the seeds of revolution will be sown.

Students ride horses for enjoyment, employment

Jeff Palzer

"When I was three I saw a picture of Black Beauty and became interested in horses," said senior Kirsten Lillegard. She, along with other Central students, ride horses for enjoyment and also as a job.

Several other Central students also have an avid interest in horseback riding. Kate Madigan, senior, has worked with horses since she was 12, when she worked at R and J Stables. She also owned a horse during eighth grade. "I bought him after working at the stables over the summer and then sold him the following summer."

Kirsten has been riding since she was seven, when she started riding a horse owned by a friend of her father. She rides now "whenever I get a chance. I usually ride other people's horses." When she was fifteen, Kirsten rode at a Girl Scout Camp in Wyoming.

"We went up in the mountains for about six days. There were 46 other girls from different states," she said.

Riding a thoroughbred

"Horse riding was more common in Kansas," said senior Stephanie Ruegnitz. She grew up in a smaller city and had a general interest in riding. When her family took care of a friend's farm once, she took care of the horse. Recently, she has been riding a thoroughbred owned by a friend. "It's good exercise for me and the horse," she said.

Although riding is not as common during the winter due to the danger to the horses, both Kate and Stephanie work with horses over the summer.

Working with horses

Kate has worked at Shady Lanes Stables since ninth grade. She rides the trails and watches over the other riders. "I've been riding the same horse, Pal, since I started there. Everyone hates him except for me," she said.

The past summer, Kate went to Chicago for a horse show with a friend, Karen Nielsen, who trains hunter-jumpers. "I learned a lot about the showing circuit," she said.

Stephanie worked at Ak-Sar-Ben last summer, where she walked horses after the races.

"It's just like a runner after a race, you have to walk around to cool off. So we would cool them down by walking them around after they run," she said.

Riding bareback

Both Kate and Stephanie enjoy riding bareback. They find it better exercise than using a saddle.

"You don't get sore, and it's more like real riding," said Kate. "It's a real challenge," added Stephanie.

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from the Register staff



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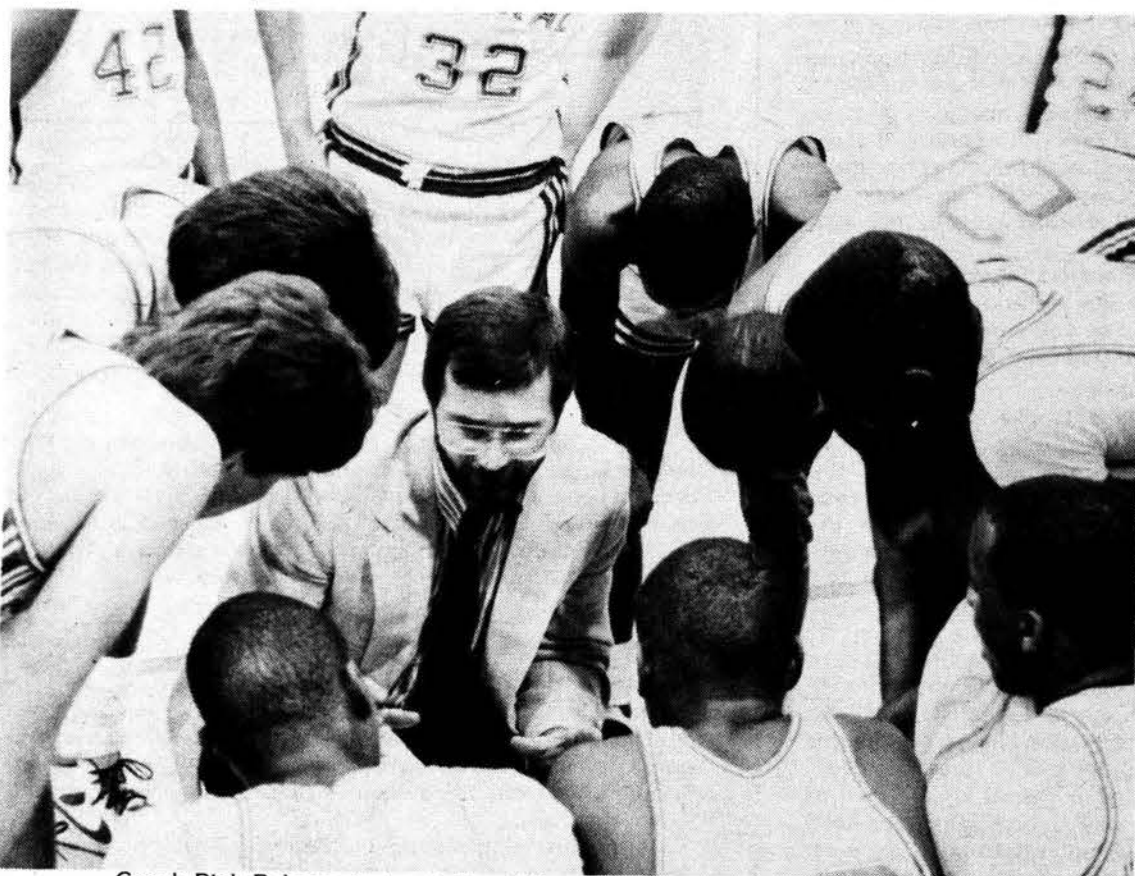
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Young J.V. basketball teams playing well



Coach Rick Behrens instructs the J.V. team during a time out. The team's record is 8-3.

Tracy Edgerton

This year's boys' junior varsity basketball team, with a standing record of 8-3, is unique because they are so young, with seven sophomores on the team and only four juniors, according to junior varsity coach Mr. Rick Behrens. "It is a very young team, but there are a lot of good

players," he said.

"The purpose of junior varsity is to prepare for future varsity competition and have the players gain some game experience," said Mr. Behrens. He feels that the more levels of competition available, the better, as more students can participate.

"It is hard to just go out for

Varsity and make the team. Junior varsity gives you an extra year's experience," said Scott English, sophomore.

Zantel Nichols, junior, is a member of the girls' junior varsity squad. She said, "Junior varsity gives you a chance to develop your talent and your skills. There isn't as much

pressure on this level, so you can make mistakes, and it's not as critical. You just don't do them again."

Young team

The girls' junior varsity team is also working with a young squad this year, with six sophomores and four juniors. At one time the team had a win-loss record of 1-5, but they have won their last five games in a row, changing their record to 6-5. "We are on a roll now, as the team is playing really solid basketball," said Mr. Stan Standifer, girls' junior varsity coach.

Several disadvantages

Mr. Behrens said that although the team is performing very well this year, there are several disadvantages that they must contend with. "Compared to some of the other teams in the Metro, we do have a height disadvantage. This year's team some are even as short as 5'5" or 5'6"." Another problem refers to the schools that have ninth graders. "These players have another year to develop their talent."

"Play as a team"

Scott English, sophomore, said, "The team is composed mostly of sophomores, and we are learning to play as a team. In the beginning we were just like any other J.V. team. As the season went on, we became more competitive; we wanted to win more."

"The main difference between junior varsity and varsity is the amount of pressure. The varsity

team has a reputation to uphold, and they also have a lot more authority," said Zantel.

Crowd makes difference

Louis felt that a major difference between the two teams is the appearance of the crowd at varsity games. "The band and all the people who attend the varsity games demonstrate clearly which team is more important."

Zantel disagreed, commenting that the varsity is not that much more important than the J.V. "Junior varsity is very important; they are the future."

Mr. Standifer said, "It should be interesting to see what our plans are next year. The varsity squad will lose many players to graduation this year, and we could have difficulty replacing these seniors." The varsity squad could be relying heavily on the talent of this year's junior varsity to fill the ranks.

Breaking down a play

"Sometimes Mr. Behrens may break down a play if the junior varsity is having problems so we will understand it better," said Scott.

Both teams have challenging games ahead of them, according to both the coaches and the players. Although their schedules do not conclude with any type of tournament similar to the State tournament constructed for the varsity team, they will continue working hard and striving to perfect their skills to finish the season in the established Central winning tradition.

Coach Kubik pleased with individual effort

Central's wrestling team prepares for districts

Michael Page

"I am pleased with the way the season is going," said Central's wrestling coach, Mr. Gary Kubik. Even though the wrestling team's record is 2-4, Coach Kubik is impressed with individual effort. They have won against North and Benson, and they have lost to South, A.L., Millard North, and Ralston.

"Injuries have been this year's biggest disappointment," said Coach Kubik. Travis Sallis has been struggling with a knee injury, and Demetrious Meares, sophomore, also has a knee injury.

Twelve weight classes

There are twelve weight classes in high school wrestling, and Central in the past few years has not had someone wrestling at each class. This year, though, all weight classes are filled. Dan Wiese, sophomore, is wrestling at the 98 lbs. weight class, and Ed Reyes, sophomore, is wrestling at the 105 lbs. weight division. Adam Sortino, sophomore, is at 112 lbs. weight class, Lamar O'Neal, sophomore, is wrestling at 119 lbs., and veteran wrestler, Freddie Williams, is competing at 126 lbs. class. Todd Brown, junior, wrestles at 132 lbs., and Travis Sallis competes at 138

lbs. Demetrious Meares wrestles at the 145 lbs. weight class, and Phil Warner, junior, is competing at the 155 lbs. weight class. Mike Warner, senior, is wrestling at the 167 lbs. weight class, and he is also having a great year, according to Coach Kubik.

Preparing for districts

The team is now preparing for districts. In each district, the top four teams go to the state meet, and the first four individual finishers in each weight class go to the state meet. Coach Kubik feels that five to six Central wrestlers have a good chance to make it to state. Central is in the toughest district in the state, with South, Northwest, Gross, and Westside. All of these teams are ranked in state.

Freddie Williams said, "I think that is really unfair, because teams with losing records and in a division with weak teams make it to state, and teams with a winning records, but have tough teams in their divisions don't make it to state. There is something wrong with the system."

According to Coach Kubik, wrestling is more than just two

guys rolling around. It has its psychological highs and lows. Coach Kubik said, "To be a good wrestler, you have to be hungry in the heart. A wrestler has to be aggressive, intense, and he has to be a survivor. It is hard for a wrestler to lose and still keep going. If you can't think of yourself as a champion, then you won't be."

"Individual sport"

Travis Sallis said, "Wrestling is not like football, where you can blame a mistake on someone else. Wrestling is an individual sport, and you can only blame yourself." Coach Kubik said that he respects athletes from other sports, but he has a special respect in wrestlers because they put all their energy against another person's body.

Coach Kubik said, "Wrestling does not get the support from people that it deserves. Most people in the Midwest conceive wrestling as a violent sport, and wrestlers are all bullies, and that is not true. We live in a society that now believes that the stronger and tougher is not always better." He went on to say that it is hard to do your best on the mat when there are very few spectators and no cheerleaders.



Seniors Randy Rouse and Bud Sachs practice wrestling moves. Randy's individual record is 26-4 and Bud's record is 17-6.