

the Register

The oldest school paper west of the Mississippi

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Central High School

Omaha, Nebraska

November 24, 1993

Senior's selflessness saves baby from blaze

By Elizabeth Kaplan

On Monday, November 8, Bill Henderson, Central senior, rescued a baby from a fire in the second-story apartment at 1711 N. 17th Street.

At 6:00 a.m. Bill woke up when he heard someone screaming next door to his house. He and his fiancée's

Rick ran out and saw smoke and flames coming from the house. Bill saw a woman standing on the roof of the porch holding her baby and screaming.

"I crawled up [the beam supporting the porch] and took the baby from the mother," Bill said. He then handed the child to someone standing in the yard and ran side with Rick to save the other child.

At the top of the stairs, Bill said that he saw paint peeling off of the walls due to the intense heat of the fire. "We ran upstairs and tried to get to the other baby, but there was a lot of smoke, so we had to turn around and go back out," Bill said. Bill and Rick tried to go

back upstairs a second time armed with blankets to rescue the child, but on their way up the firefighters arrived. Bill and Rick stepped aside to allow the firefighters access to the stairs.

Brian Decker, firefighter, went upstairs first in search of the child. Firefighter Ed Swindle said that

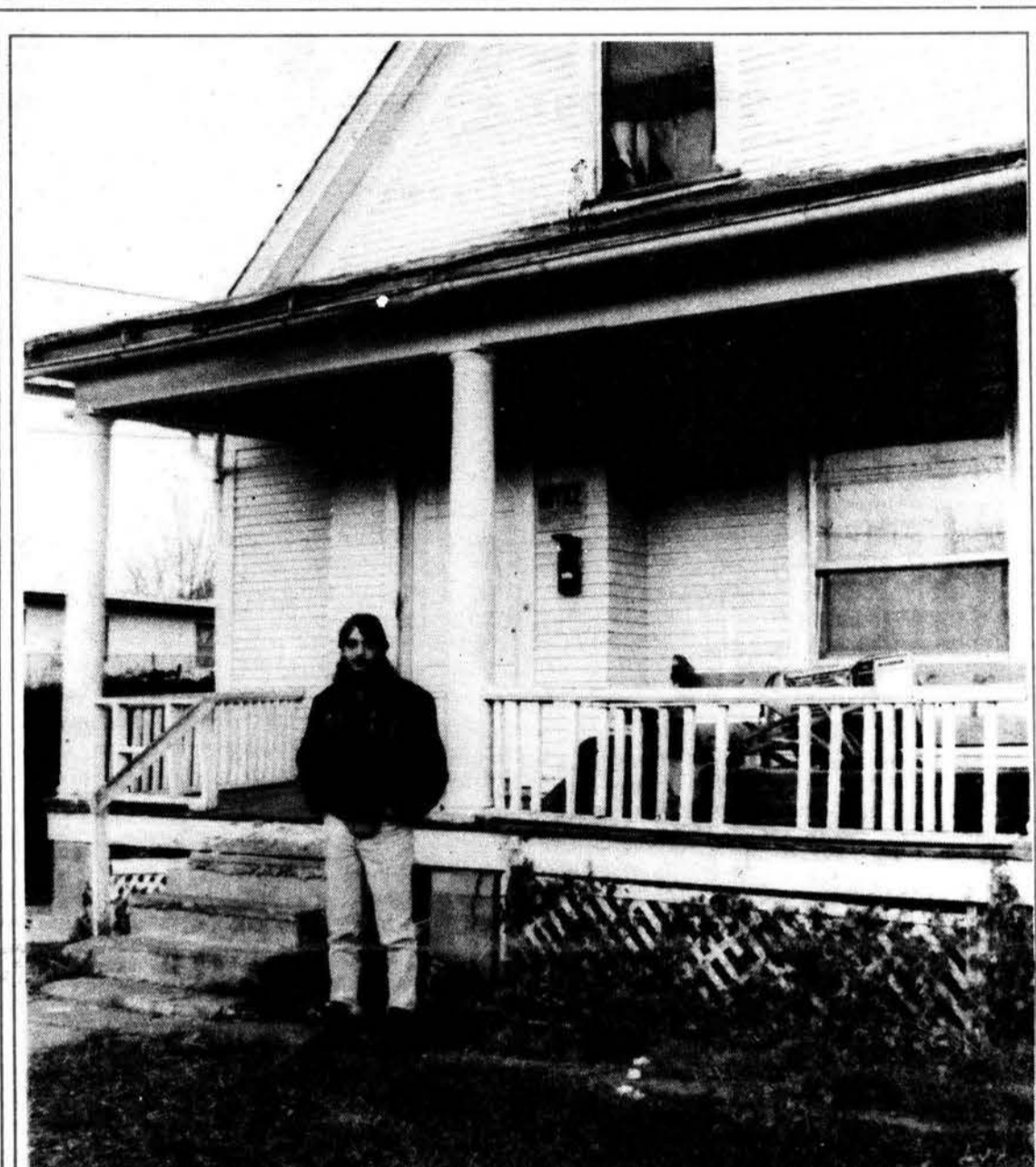
**"[Bill was] a hero that morning."
--Mrs. Zerse**

he followed Decker upstairs.

"When I got about half-way up the stairs I could feel the heat from the fire. It was extremely hot," Mr. Swindle said.

Swindle searched for Decker when he got upstairs to help him get out of the apartment. Swindle said that he accidentally ran into Decker who had found 2-year old Jamelle Davis and was able to lead Decker safely downstairs.

Bill was treated by paramedics at the scene of the fire for smoke inhalation. Later that morning Bill called Mrs. Geri Zerse, Central counselor, to inform the school that he would be late due to the smoke inhalation. Mrs. Zerse commented that Bill was "really a good neighbor and a hero that morning."



Braving the flames: Bill Henderson stands at the place where he saved the life of his neighbor and her baby. Photo by Cathy Moyer.

School Board's decision angers teachers, parents

By Kristen Perry

The Omaha Public Schools Board of Education recently announced a decision to expel a Central student after he knocked down Central principal Dr. G.E. Moller as he woke up a fight.

The decision has angered many teachers and parents alike. Why are troublemakers allowed to come back?" asked one parent at the November 8 PEP meeting.

Mrs. Dee Kovarik, math teacher, said she is "angry and disappointed" with the Board of Education.

Dr. Moller said he "was surprised" about the reversal of the expulsion. He said that the assault

was the "first time something like this has happened in my entire educational career."

PEP's proposal

PEP had sent a letter to the Board of Education asking that the policy on assault be broadened in the Code of Conduct. PEP wants the Code to apply not only to intentional assaults against staff, but also to include punishments for unintentional assaults. This would strengthen the Code, said Janet Darst, co-president of PEP.

Steve Pitlor, president of the Board, spoke at the meeting in order to explain Board policies on violence and to answer questions from parents and teachers. Members Kathleen McAllister and John Langan also attended the meeting.

"There is nobody on this Board who doesn't want safer schools," Mr. Pitlor said. He said that the Board always tries to enforce the Code of Conduct. Like the Supreme Court, the Board is the final place of appeal for reversal of disciplinary action. Mr. Pitlor said that the Board does not like having the final word in the matter.

Review process

Dr. Ron Burmood, OPS di-

rector of student personnel services, has the job of reviewing the first appeal to overturn an expulsion. Dr. Burmood said he supported Dr. Moller's expulsion of the student who assaulted him. However, the student then has the opportunity to appeal to the Board of Education.

The Board then studies the case, using a procedure that is decided by state law. Mrs. McAllister said that character of the student and academic performance are not considered in the case, only the facts of the assault.

Confusion and anger

Mr. Pitlor said that "there is no wavering" in enforcement of the Code of Conduct. Many parents and teachers do not feel that this is the case. The Code of Conduct states that the punishment for attacking a teacher or administrator is expulsion, and yet, teachers expressed concern that the student is back in the school where the assault occurred.

"Maybe the due process needs to be changed," Mrs. Kovarik said. "Technicalities should not change the spirit of the law."

"They have the right to make their own decision," said Dr. Burmood. "They felt [the decision] was appropriate."

Mrs. Kovarik, however, felt that the Board has "the obligation to justify their decision." She said that she is angry because the Board has not given a good reason for its decision.

Many concerns

However, many parents and teachers expressed the concern that the decision might send the wrong message to students about discipline enforcement. Dr. Burmood said he hoped students would not get the wrong impression because "the decision was not a policy change."

Another concern is that teachers and administrators might be reluctant to intervene in fights for fear that the Board might not support them if they are injured by students.

Mrs. Kovarik said that she is less likely to intervene in a fight. "I will push the security button and wait for a security guard to come," she said. Mrs. Kovarik said that she doesn't feel safe because she is not as big as many students.

Dr. Moller said that he is

"They have the obligation to justify their decision."

--Mrs. Kovarik

"expected to provide a safe environment for students. That isn't going to change." He said he feels "unquestionably safe" at Central.

"If I had time to rationalize each time I see a physical

confrontation between students about what it might lead to, it might make me hesitate," said Dr. Moller. "But you don't have that time. You act instinctively."

Dr. Burmood said that he will continue to uphold decisions to expel students who assault teachers and administrators. "They [teachers] can expect more support [from the Board]."

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the Register

Editorial Pages

Unsigned articles are the opinion of the Register

26 Central students arrested

Media is putting too much focus on negatives

Since the November 10 arrest of 26 Central students, there have been reports nearly every day in the newspaper, on television or on the radio about the situation. There has been much controversy over the issue, and thanks to the media, Central students have not been portrayed in a very favorable manner.

Whether the police were justified in their actions when handling the "problem" or whether the students were victims of over-reaction is not for the Register staff to decide. What we do feel is that Central students in general have been made to appear as a group of trouble-makers with no respect for others.

The fact that this incident occurred downtown seems to be a prominent fact in the media's coverage. They have somehow managed to all but ignore reports that similar incidents of jaywalking, disturbing traffic and disrupting neighborhood businesses have occurred near other Omaha area high schools, such as Westside and Millard North. All over Omaha, signs with messages like, "No more than one person under 18 between three and six p.m." can be found on the doors of stores near schools.

The news anchors never miss an opportunity to announce that the people arrested were Central stu-

dents. They use video coverage which is sure to include Central itself and the sign in front of the building, in every report. The way they identify the story nearly always contains the name of the school.

The point is that the issue is not a Central High issue. It is an issue between the students, police and governmental officials. It did not happen at school, and the only reason that Central is significant in this instance is because police chose downtown Omaha as the location to take action.

Central High is not saying that our students were not at fault. We are willing to acknowledge that our student body is not always blameless. We are simply asking that we not be discriminated against because these arrests took place downtown rather than another location where the same "crimes" have been committed.

Central has always had a reputation for excellence. We succeed with honors in areas of academics, athletics and other achievements. Why is it that one negative occurrence involving Central students receives more attention than any of those positive achievements ever have?

School board made wrong choice in overturning expulsion

A generally understood fact in our society is that when someone breaks the rules, they must, in turn, receive some form of punishment. It is imperative that the punishment fit the violation in question. This is the fundamental premise of justice. The United States justice system has severely retarded this ideal, letting murderers and rapists on the streets, complaining of problems with prison space.

In recent incidents involving Omaha Public Schools and its rules, this basic theory has also been excessively violated. The question at hand is a case in which Dr. G.E. Moller, Central High's Principal, was shoved down while attempting to break up a fight. Omaha Public School's student handbook expressly states that any student who assaults a teacher or member of the administration will be automatically expelled. This course of action was taken, and, subsequently overturned by the school board.

Whatever reasons the board can cite for this ruling, the fact is that it was the wrong action. What kind of message does this convey to staff members at schools throughout the district? Teachers and administration need to feel confident about disciplinary actions they take with students. And, they should feel that they will be backed to the full extent by all of the powers that be. What the school board sets as precedent with this decision is a dangerous atmosphere of anger and fear.

If we have learned anything in education over the years it is that actions often speak louder than words. The lesson taught in this situation to students boils down to this: break the rules, and we will slap you on the hand and send you to the corner. OPS needs to stand strongly behind its rules. It would be a tragedy if the school system were to become as diluted as the United States justice system.



Letters to the Editor

It is the policy of this newspaper not to publish unsigned letters

Dear Register,

It was with shock, then dismay, and finally despair that we learned of the Board's decision overturning the recommendation for expulsion of the Central High student involved in a fight at Central High School.

We have always felt safe at Central High School until this decision, which opens the gates to anarchy. How can on-site authority be realized without the support of the School Board? Without the restraining forces of on-site authority vested with the support of the School Board, anarchy will stalk the halls. How can we as staff members of Central High School continue our commitment to excellence if the basic concern of safety is ignored? We are demoralized by this decision.

For the Board to base its decision on the word of a student involved in a fight over the word of a respected, professional educator who has proven his commitment to Central

High's excellence is unconscionable. The student's argument that he "did not intend" to harm Dr. Moller and should not be held responsible is specious.

To maintain security for our students and staff, there is the need for staff personnel to step in and stop a fight immediately. The intentions of the students involved in a fight should not prevail over the need to stop a fight.

The repercussion of this decision will be to weaken the authority of every staff member in our schools. The existing School Board policy must be enforced.

Sincerely,
Fifty-one staff members, Central High School

Dear Editor,
I disagree with the comments made by Mrs. Nared in the October 27th article entitled "Hats hinder the learning environment."

Hats do not cause gang conflict! If Mrs. Nared is only talking about one person, fine, let her identify the person she is talking about. She has the right to accuse a student that wears a hat (in any direction) of causing gang problems.

Mrs. Nared, if she was a student at Central High and would be afraid to wear a hat and would be afraid of that person to take it off. Fine, let one person in this school identify the person like Mrs. Nared and she will have to worry about sitting in the Central High classroom and talking to anyone; so what she thinks is relevant.

If she wears a hat and says that it is not proper to wear a hat inside, that is appropriate. However, it is a stereotypical comment to say that anyone who wears a hat is going to disrupt class or cause conflicts.

Mike Co...

Register Your Opinions

Do you favor gun control legislation?

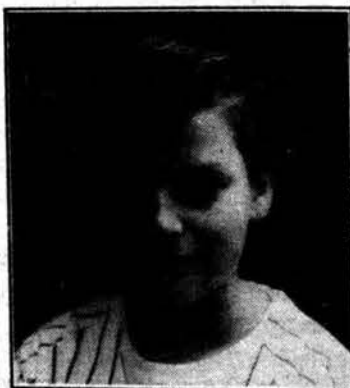
(66 students polled)

Yes 55%

No 15%

Undecided 32%

Voices across Central



Kevin Adrian (9)

"Yes, I think the constitution stated guns are O.K. Now people are using them the wrong way"



Josh Perilo (12)

"As far as it goes with semi-automatic weapons, yes. I don't think we should control hunting rifles."



Jenny Hayduska

"No, I think people should be able to buy their own guns and regulate themselves. I don't think we should misuse the weapons, but I think it takes care of it."

Keeping Bert and Ernie out of the realm of political correctness

Rubber Soul



By Michelle Chandler

vision news to ease the public's minds, the digging for social correctness and the application of stereotypical labels have gone too far.

Now, I don't know about all of you, but until I heard this groundbreaking news story, the thought that Bert and Ernie could be homosexual had never entered my mind. I suppose, however, that in this new age of political correctness, people are looking at nearly everything in a different light.

People now pay more attention to what they say, aware that the way they choose to express themselves may be interpreted in a variety of ways. Actions and words are being edited by the politically-correct-minded masses. People's sensitivities are increasing immensely, and others are altering everything from cheers at sporting events to the dialogue in school plays so that those individuals will not be offended.

Now, don't get me wrong—I'm not condemning political correctness in all of its forms. I'm simply saying that the craze has caused some over-reaction from many people. Not everything has a double meaning, so it shouldn't be inspected and dissected as though it does.

Last year, Northwest High prepared a school production of the play *To Kill a Mockingbird*. The play was, however, canceled because some students expressed anger over some of the language used in the play. This work has been read, both in curriculum and for pleasure, for many years. It does contain some racist names which many people would like to forget exist, but these words are a part of the history of the work. They are a sign of the era in which it was written, and they should not be changed.

Omaha Public Schools have introduced a new program, known as

Prejudice Elimination Workshops, into the junior social studies classes. My experience with the workshops consisted of an official from the Teacher Administrative Center coming to our world history class, asking the students to list all of the racial slurs they could think of and then proposing that we never use these words again. Now, I fail to see the good in this activity. For one thing, I have a feeling that many of the students had never used those words to begin with. There were also quite a few people who left that class feeling worse than they had when they entered.

Political Correctness may be a good thing, and people may choose to cross the boundaries of the average non-discriminate Joe by centering their lives around creating non-biased labels for everyone, but in looking for ways to give people neutral names, one must first categorize

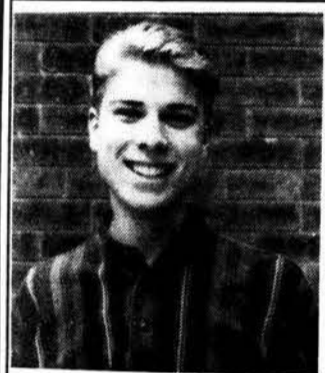
them. This seems to me to defeat its own purpose. If a group prefers to be identified by a particular title, it is good for others to respect their preference. They should not, however, create names for everyone.

Group titles appear to be in the front of many Americans' minds. Parents are inspecting the characters in the television shows their children watch, making sure that they meet the criteria for the flawless role model. People accuse others of being sexist, racist, homophobic or any other of a world of labels, due to mere misunderstandings.

It's time to calm down. Accept things as they are, as they have been for years. Stop looking for the political in-correctness and stay positive for awhile.

I really doubt that the Snuffelupagus is a Communist sympathizer, but if he is, let him be.

News Flash! Officials from Sesame Street have confirmed that Ernie and Bert are not gay, nor are they planning to get married in the next Sesame Street Live. Yes, folks, believe it or not, this was an actual news story. When reports of puppet homosexuality make the tele-



Ryan Shoener

What is taught in schools has come under heavy criticism from the late 1980's to the present. The biggest issue currently is sex education, but one that has been somewhat overlooked, is the origin of human existence, and the approach in which it should be taught.

Now, this is not an argument as to where man came from, but an opinion of what students should be taught in school. For many years the Darwinian ideas of Evolution have been presented in biology class. This is the approach that the school board has decided to teach to students. This is wrong because it limits students to one sided teachings. If Evolution is taught in schools, so should Creationism be

IN THE

CROSSFIRE.

This Month: Does Creationism belong in school curriculums?

taught.

The idea of creation is that God created the world and all that is in it in six days, including mankind. The idea of evolution is that humans evolved from monkeys over millions of years. Both theories have yet to be proven, but only one is taught in schools, and this is why creation should also be taught in schools.

If we are only portraying a one sided approach to human existence, how can schools truly further a student's education or answer their questions, when the teaching itself is an opinion, not a proven fact. An approach can be taught that would present the ideas and fundamentals of both theories. Some activists feel that if the church is involved in teaching, it will be forcing its views on others, but it appears that the state is doing the same thing under the title of education.

Some of the earliest works of literature, folk tales, stories and sagas as well as religious works are based on man's attempt to explain his existence.

Creationism is an attempt by a particular culture early in its development to explain the existence of man and the cosmos. Based on limited empirical knowledge, faith and revelation led the people of that culture to believe in its veracity.

As a product of Catholic education, creationism was taught to me in grade school, but in high school it was approached in a different manner. I was taught that belief in moderate evolution and science does not negate the idea of God as the primary source of creation. Since religion was a class taught in school this did not pose problems.

When we look at a public education, however, we are dealing with an entirely different situation. If creationism were taught



Kris Bertch

as an absolute it would mean that intellectual freedom would be diminished in two ways. One, it would negate scientific method and empirical evidence—in short, it would force "faith" which by definition cannot be forced. And two, it would in a multicultural society imply that one culture's early explanations for the existence of life and the universe was superior to all of the explanations of other cultures. Neither forced faith nor cultural hubris should be supported by public education. Can creationism be taught in public schools? That is already being done in history classes, literature classes and art classes. Does it belong in the realm of science? Not at all.

the Register

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Editorials In Brief

On Clinton foreign policy

Wondering why U.S. foreign policy seems so confusing? Here's President Clinton's latest plan for Bosnia:

"All we can do is to try to make sure that we minimize the human loss coming on for this winter; that we try to get the United Nations to agree to let the NATO position that the United States put together, on the availability of air power in the event that Sarajevo is seriously shelled, be an actual, live option and not just something on the books, and we make sure that our humanitarian program works."

Say what? A policy, that's too complex, disjointed and ambiguous to earn anyone's support.

Because of such confusion, U.S. plans have fizzled on saving Bosnians, bombing serbs, punishing Yugoslavia's war criminals, disarming nuclear Ukraine and restoring normalcy in Haiti.

--USA Today

On gifted students

America is wasting one of its most valuable assets—the talents of its brightest students.

A U.S. Department of Education report painted a frightening picture. Because of a dumbed-down curriculum and cutbacks in programs for gifted students, the report said, those students are sometimes bored, disillusioned and unfulfilled. Sometimes they drop out of school or decide that college isn't for them.

One of the most damning observations in the report was that the average textbook in the 1990s is written at a comprehension level about two grade levels below its counterpart of the early 1970s. A gifted sixth-grader, in other words, must mark time while the rest of the class wrestles with textbooks that fourth graders once could handle. No wonder boredom is a problem.

--Omaha World Herald

political wrestling matches, for that matter—it wasn't supposed to be much of a contest. The experts predicted the wooden, overly sincere Al Gore would be pinned quickly by the glib master of the sound bite, Ross Perot.

The experts were wrong again. If the vice president didn't exactly overwhelm the populist Texan with fancy footwork and intellectual dexterity of the North American Free Trade Agreement, he at least roughed him up a bit, and that was enough.

It caused the arrogant Perot to trip and fall during the 90-minute televised free-for-all. He reached into his bag of one-liners and visual aids and tried to stir the fears of working Americans, but the old tricks fell flat. They seemed as out of touch with reality and mired in the past as Perot himself.

--Chicago Tribune

On the Perot-Gore Debate

As debates go—or even

26 Central students arrested for jaywalking, blocking downtown traffic

By Ann Rickerl

"If you need to go downtown, please conduct yourselves in a way that can't be criticized." This statement by Dr. G.E. Moller, Central High principal, is what Central students heard over the school intercom on Thursday, November 11, about an hour before school dismissal.

The announcement by Dr. Moller was due to the arrests Wednesday November 10 of 26 Central students who were handcuffed for jaywalking and obstructing traffic in the downtown area. The 26 students were arrested, handcuffed and taken to police headquarters where each was fingerprinted and received a 50 dollar citation. Charges against 17 of the 26 students arrested have been dropped.

One Central student, who wishes to remain anonymous, believes that the arrests were "racially motivated" and would not have occurred if the students were white.

Another student, who also wishes to remain anonymous, said that he had seen white students jaywalking the same day but "the police paid no attention to them and only arrested us."

Another student, who attends Central and also wishes to be anonymous, said he thinks "the police took the right actions." He said the situation just "kept getting worse and eventually

something had to be done." He said he has encountered many instances where students will just walk right in front of moving vehicles. "I am surprised that no one has been harmed or injured in any way," he said.

According to police officials, the arrests were necessary after months of complaints from motorists and business owners in the downtown area. The police also said an attack on a woman who had her jaw broken after being punched also led to the police action on Wednesday.

Sgt. William Muldoon, police spokesman, said that there were some complaints about other local high schools. He said that there have been complaints about Westside students as they leave school. Sgt. Muldoon also said that there was no operation similar to the arrests of the Central students.

According to Sgt. Muldoon, the Westside students obey the law when the police are watching and tend to listen to what the police tell them to do. He said when the officers tried to correct the wrongdoings of the Central students an officer was threatened.

Sgt. Muldoon disagreed with many prominent black leaders of the community and said that race was not an issue in the arrests of the 26 Central students.



At the scene of the crime: Central students cross the street near spot where 26 students were arrested for jaywalking and obstructing traffic in the downtown area. Photo by Jenny Brown

English classes receive 'inspiring' lesson on connecting art with music

By Matthew Truesdell

Mr. David Martin's English classes learned to combine music and writing during a special activity with Michael Strauss of the Omaha Symphony.

Mr. Strauss, who plays viola, gives presentations to Omaha schools. "My basic theme is what I call the fun-boredom or 'flow' continuum," said Mr. Strauss. He said that if an idea or class is too complex or too simple, students will get bored. The ideas presented to students must continually be adapted so that boredom doesn't set in, said Mr. Strauss.

"Once someone knows what you mean they feel insulted to be told again," said Mr. Strauss. "You want to make sure you don't sabotage it [by insulting them.]" According to Mr. Strauss this keeps a constant "flow" in students' thoughts.

"The basic presentation has a lot to do with understanding the difference between boredom and fun," said Mr. Strauss.

The beginning of Mr. Strauss' project was during a concert. During a performance,

a humanities teacher from Marian High School was in the audience. Mr. Strauss became friends with the teacher, and she invited him to speak to her class. Since then Mr. Strauss has been visiting other schools.

"I use music to help people free their creative juices," said Mr. Strauss. While visiting Mr. Martin's class Mr. Strauss played his viola while the students drew and wrote. He played a piece by Bach and had students doodle. Mr. Strauss said that they had to keep their pens moving and move at the speed of the music. After they were done, the students were to write about the doodle or whatever they felt like writing about while Mr. Strauss replayed the piece.

"It was really inspiring," said Wendy Krecek, junior. "I have to get inspired to [write.]" "I wrote four pages," said Mr. Martin, who said he has written to music for years. "It's interesting how different mediums can inspire," he said.

"Grammar is very orderly and left-brain," said Mr. Strauss, "but writing is right

brain." He said he approached Mr. Martin's class as an experiment to use "music as the glue" between the right and left-brain.

Mr. Martin and Mr. Strauss both feel it is important to associate students with different ideas and forms of music.

"I'm concerned with what I see as a spiritual and cultural drought in this country," said Mr. Strauss. He said that he wants students to get in touch with the ideas of people from centuries ago. "We live in a media-driven society" where people hear music and read books that were written recently instead of hundreds of years ago, said Mr. Strauss. He said that most of the students in classes he has talked to had little association with classical music.

"Part of my mission is to show that the symphony is a user-friendly instrument," said Mr. Strauss. "All art is dedicated to beauty and beauty comes in many forms," said Mr. Martin. "The complexity of great music helps people to focus on who they really are," said Mr. Strauss.

After each presentation Mr. Strauss offers students the opportunity to purchase symphony tickets at reduced rates. Mr. Martin said that he was hoping the students in Mr. Martin's class would buy five or six tickets. Students in Mr. Martin's class surprised by purchasing more than 40 tickets particularly thrilled with what happened in Mr. Martin's class," said Mr. Strauss.

Mr. Strauss said that he always tries to return to classes if everyone is comfortable with it. He said that color and flow are very important, and classes several times during the year continuity take effect. Mr. Strauss returned to Central sometime in January. "The program is evolving," said Mr. Strauss. He said that every time he was in a class he sees something new he can add to the program.

Mr. Strauss is currently applying for a grant and said it is possible that in the future other musicians may be included in the program.

News Flash

DECA, FBLA attend regional conferences

Members of both FBLA and DECA attended regional conferences this month. Jami Prouty, senior and president of FBLA, and Monika Duszynska, senior, went to the National Fall Leadership Conference in Cedar Rapids, Iowa, from November 6 to 7. Mrs. Colleen Lenners and Mr. Murray Fenn, business teachers, also attended the conference.

The students attended workshops and listened to speakers on topics such as leadership, creative problem-solving, business ethics,

J.C.L. celebrates 90th anniversary

The Central High Latin Club, which has been in existence since 1903, is celebrating its 90th anniversary. Central's J.C.L. (Junior Classical League) is the oldest and largest chapter in the United States. To recognize the 90th anniversary, J.C.L. is preparing a Roman banquet, where the members will dress in full togas. J.C.L. will also participate in Certamen, a college bowl, against Bellevue

High School. Dances were held on Friday and Saturday night to give students a chance to socialize.

44 members of DECA and three teachers attended the Central Region Conference in Minneapolis, Minnesota, from November 19 to 21. The theme of the conference was "Quality begins with Pride." Central students presented a demonstration at the conference of the Quiz Bowl competition for which the team won first place in the state last year.

In addition to the banquet and the college bowl, J.C.L. will participate in the state Latin convention and will hold a movie night at Westside.

J.C.L. members will also have the opportunity to be in the new Latin Honor Society that is being offered at Central for the first time this year. Latin club sponsors are Dr. Jurgen Shawver and Miss Rita Ryan.

Senior class officers elected for 1994

The election results for the 1993-94 senior class officers were announced November 9. The winners were: President Jeff Darst, Vice President Fredricka Ellis, Secretary Jenny Berg, Treasurer Brooke

Bahr, Girls Sergeant at Arms Julie DeBorja, and Boys Sergeant at Arms Mark Hoagland.

The Senior officers are in charge of the senior picnic, scavenger hunt, and class reunions.

Hoagland speaks in support of NAFTA

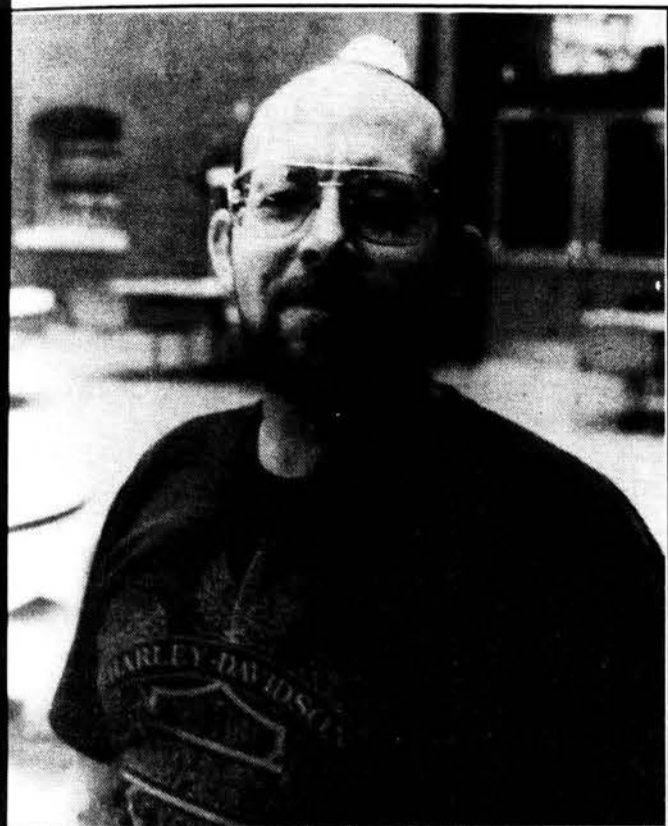
Congressman Peter Hoagland, Central graduate, chose Central as the place to make his official announcement supporting NAFTA on Thursday, November 11.

Congressman Hoagland said he supported NAFTA, a treaty that would lower trade barriers between the U.S., Mexico and Canada because it would create more jobs in America. He said that American products would be more competitive in Mexico if the agreement went into effect. He said that over \$100 million per year would be pumped into Nebraska from increased corn exports alone

to Mexico.

"NAFTA is good for Nebraska, good for America," Congressman Hoagland said. "The bottom line is that increased trade means increased jobs." Congressman Hoagland said that the treaty would be continually reviewed by the government. He said that the U.S. could withdraw if it wasn't working.

Congressman Hoagland had previously announced his support of NAFTA for the first time at Central, however, President Hoagland's support was announced at Central.



Jim Arbuckle: One of Central's custodians is the chairman of Narcotics Anonymous. Photo by Amber Wood

NA Chairman keeps his life, and Central, clean

Matthew Truesdell

"I can't make it out there with these people," said Jim Arbuckle, Central custodian. "These people are the members of Eastern Nebraska Narcotics Anonymous. Arbuckle is chairman of the twelve-step program for people with drug and alcohol dependencies.

On November 11, Mr. Arbuckle reached his eighth year of being clean and sober. Before finding Narcotics Anonymous Mr. Arbuckle had used drugs for over 21 years.

He said he started using drugs experimentally and on the weekends, "like most kids" start. Arbuckle said, "I wasn't dealing with everyday problems."

"I did a lot of things I'm ashamed of to get drug money," said Mr. Arbuckle. He said he stole and sold drugs when he needed money. What stopped Mr. Arbuckle was his children. He said that he has three children he knew he

was neglecting. Mr. Arbuckle said "something snapped" and he knew a change was necessary. Mr. Arbuckle began seeing a counselor who suggested a 12-step program. He started attending Alcoholics Anonymous but said he didn't feel comfortable there. Someone told Mr. Arbuckle about Narcotics Anonymous, or NA, and he went to a meeting and felt comfortable immediately.

"These programs aren't a sure thing," said Mr. Arbuckle. "You have to work at it." NA meetings are held every night in the Omaha area. Mr. Arbuckle said that members talk about their experiences, how they got into drugs and how they became and stay drug-free.

Mr. Arbuckle works with adolescents at NA. He said he likes adolescents because they have so much going for them. Mr. Arbuckle said there are a lot of students at Central that are in NA. "Every year I've been here-I've had kids approach me or have approached them," said Mr. Arbuckle.

Students cope with addictions

Drug rehab provides 'spiritual guidance'

By Elizabeth Kaplan

**Students' names have been changed to preserve students' anonymity.

Drug rehabilitation programs can often be an effective way for teenage drug users to overcome addictions and regain control over their lives.

Mrs. Sharon Jorgensen, counselor, said that in order for drug rehabilitation to be effective, the drug abuser must want to change. She said that people often have to go through treatment more than once because the first time they are resistant and often have the temptation to use again.

Treatment Programs

The Student Assistance Counselor of OPS, Mary Ann Loftus, is often the first step students who have a drug problem take in getting help. Students are referred to Ms. Loftus by a school counselor. Ms. Loftus then meets with the student and his or her parents to discuss the problem and refers them to various agencies to get help.

Ms. Loftus said that a student should probably enter some type of either inpatient or outpatient treatment program "when their life is out of control or seems to be falling apart, their parents are afraid they will get hurt or they are using during the week."

"When students go to school, we try to connect them with a group and a counselor to give them support," Ms. Loftus said.

12-Step Programs

Mrs. Geri Zerse, counselor, has facilitated a group for students in 12-step programs for many years at Central. She said 12-step groups such as Alcoholics or Narcotics Anonymous are very helpful to students who have gone through some kind of drug treatment program because they provide "spiritual guidance."

John, senior, was in a treatment program for a month when he

was fourteen years old. He was treated for drug and alcohol addictions.

John started using drugs and drinking after his stepfather died. He said that he had a difficult time dealing with the death of his stepfather so he used drugs as an escape.

"I would use every day," he said. "I stole just to have [drugs]. It kept me alive."

John said that his mom took him to AA meetings, but he didn't want to get involved in the group. John did not go to rehab until he went into a coma as a result of an overdose of drugs and alcohol.

After John finished his

rehabilitation program. In the summer of 1990, after her freshman year, Jennifer checked into Midlands Community Hospital for one month of inpatient treatment and one month of outpatient treatment.

"I had an LSD overdose and was taken to the hospital in an ambulance where my parents signed me into the chemical dependency unit," Jennifer said.

At the hospital, Jennifer was diagnosed as a manic depressive. "Without drugs, I had lots of extreme mood swings and depression," she said. "My moods caused life to seem out-of-control. It was too hard to handle reality; it seemed unbearable. Drugs were an escape from it."

Jennifer used alcohol, marijuana, speed and other pills. She used LSD only twice, but she had what she described as a "very bad trip."

Two years after taking LSD, Jennifer had a flashback and went through a two-month period of what she describes as "complete paranoia."

"I was standing up and everything got quieter and darker. I got a tight feeling in my chest. It was a lot like a panic attack. For months afterwards I was afraid to eat because I had awful nightmares of people putting LSD in my food."

Jennifer said that flashbacks are a result of LSD being stored in the spine when the drug is taken and later being released into the bloodstream. "It really messes with your brain," she said.

Looking Ahead

Jennifer has been sober for four years now. She said she is sometimes tempted to use alcohol again, but she is afraid that if she took one drink she would be tempted for more. She is now on medication for her manic depression, so she doesn't feel she needs to use drugs.

"People should look ahead and see how it will affect them in the future because in the next second, drugs could ruin your life and your mind," Jennifer said.

"I stole just to have [drugs]. It kept me alive."
--"John"

treatment program he lived in an institution for juvenile dependents for a year. John said that he and his mother did not get along very well prior to his hospitalization. While John was in the institution, his mother also went into rehab. They began going to counseling, so their relationship improved.

After living in the institution for a year, he moved into an independent living home for recovering addicts. During the five months that John spent at the home, he began to see his mother more often. "We went to AA meetings together and started talking more. We got a lot closer," he said.

John has been sober for four years now. He still attends AA meetings a couple times a month "for support" in staying sober.

"An Escape"

Jennifer, a former Central student, also underwent a drug reha-

News Flash

Central students, Joslyn focus on French painter Toulouse Lautrec

Central High and Joslyn Art Museum have teamed up to study Toulouse Lautrec, a French artist, and 19th century France.

According to Mrs. Daryl Bayer, French teacher and foreign language chairman, foreign language, English, social studies, music and art classes switched students several times to "understand more fully the history and background influences" of Lautrec's work.

Students in music classes studied and performed music of the 19th century. French students presented the background of Toulouse Lautrec and the social background of 19th century France, according to Mrs. Bayer. The art department demonstrated lithography to French students for a day,

while art students learned about French society. French classes and English classes both read the works of Guy de Maupassant, a French writer who lived at the time of Lautrec. The classes then gathered to discuss what they had read.

Dr. Orville Menard from the University of Nebraska at Omaha spoke to students about the historical aspects of 19th century life.

On November 18, classes went to Joslyn during the school day to study the Lautrec exhibit. French and English-speaking docents toured Joslyn with the students.

The program was made possible by a grant from local businessman Michael Yanney. Mrs. Bayer and Mr. Andrews, art department chairman, co-wrote the grant.

OPS honors Central teacher

Ms. Nita Merrigan-Pothoff, Central English teacher, will be presented with the A+ Award by the Omaha Schools Foundation, the Omaha Public Schools and the Omaha Education Association at Central on November 17 at 3:00 p.m.

Ms. Merrigan-Pothoff was nominated for her successful teaching of "at risk"

students. Of the 103 "at risk" students in Ms. Merrigan-Pothoff's classes last year, only ten failed or dropped out of school.

Ms. Merrigan-Pothoff has taught at Central for 12 years and teaches a PASS, or Positively Affecting Student Success, class to help students by using different techniques and teaching methods.

Pumpkin royalty 'something different'

"We are gathered here to crown" ... Mr. and Ms. Pumpkin?

This year Spirit Club raised money by letting students vote with money for their favorite Mr. or Ms. Pumpkin candidate. The winners were Sara Kraynak and Jesse Hurston, seniors, Yolanda Flemming and Kevin Sayers, juniors, Shalynn Vance and Rob Conner, sophomores and Jenny Miller and Ryan McGrain, freshmen.

The idea was Shelia Nelson's, senior, who used a similar fundraiser at her former school.

Mrs. Pam King, Spirit Club Sponsor, said "We wanted to do something different that everybody could be involved in."

The Spirit Club Sponsor also said the fundraiser raised "quite a bit of money," and that, "the students enjoyed it more than selling candy."

Health and Fitness

It's members of

By Jacob Slosburg

"Five, six, seven, eight, c'mon lift that leg—work it!" The many health clubs in Omaha provide students with a place to get a good workout. Below are a few of the sweat spots around town along with their different amenities and membership plans.

The Pinnacle Club is located just across the street from Central at 2027 Dodge Street. This club is mainly for corporations, but does offer memberships to individuals and couples 18 years and older. How-

ever, people 18 and you the club if accompanied member.

Cori Weinfurter, a fitness specialist at the club, has treadmills, staircases, exercise bikes, a pool, a sauna, and freeweights, equipment, NordicTracs."

Ms. Weinfurter recommends that individuals exercise to five times a week. Students participating in sports probably get enough at their practices.

Have your health and eat it too

By Matt Kudlacz

Although recent studies of American culture and its diet seem to indicate that in the United States adults and young people are dangerously unhealthy in their daily consumption, many Central students are attempting to change the situation and have taken a health-conscious attitude about their eating habits.

"If I have a choice between Vitamin D milk and skim milk, I'll choose the skim because I know it's more healthy," said Lisa Hinder, senior. "I also watch my fat and salt intake, as well," she said, "but I'm not obsessed with eating healthy."

Lisa said, "If you have the choice, you'll be eating anyway so why not just do it the healthy way. You'll just feel better about yourself."

Kelly Allen, freshman, said she is health-conscious as well, checking ingredients and fat content. "I do it because it helps me train (for sports), and makes me feel good."

"You have to watch what you eat, especially if you're involved in sports," Shelly Loland, senior, said, "so I try to pay attention to what I eat and cut down on food that I know is empty on calories or fattening. Plus,

I really need to keep in shape for gymnastics, and in the off-season, when I don't feel like exercising heavily, if I watch what I eat I won't have to worry about it."

"I try to eat better foods when I'm active in sports," said Michelle Fogarty, junior, "but I don't diet religiously or follow a strict program."

Dave Lawlor, senior, says he has altered his diet as well for medical purposes. "Now I only eat foods low in sugar and fat and high in protein," he said. "Bananas are probably the best thing to eat for my diet," he said. "Since I started my diet because of my hypoglycemia," he said, "I sleep better."

Other Central students have adopted strict dietary outlines, cutting out meats and basing their consumption on vegetables and other foods devoid of animal byproducts. This dietary practice is called vegetarianism and has become popular in recent years.

Kate Duggan, senior, has been a part of the vegetarian movement for three years, saying that although she now eats chicken and fish occasionally, she still avoids red meat. "I feel more healthy, and I

know it's not in my head," she said.

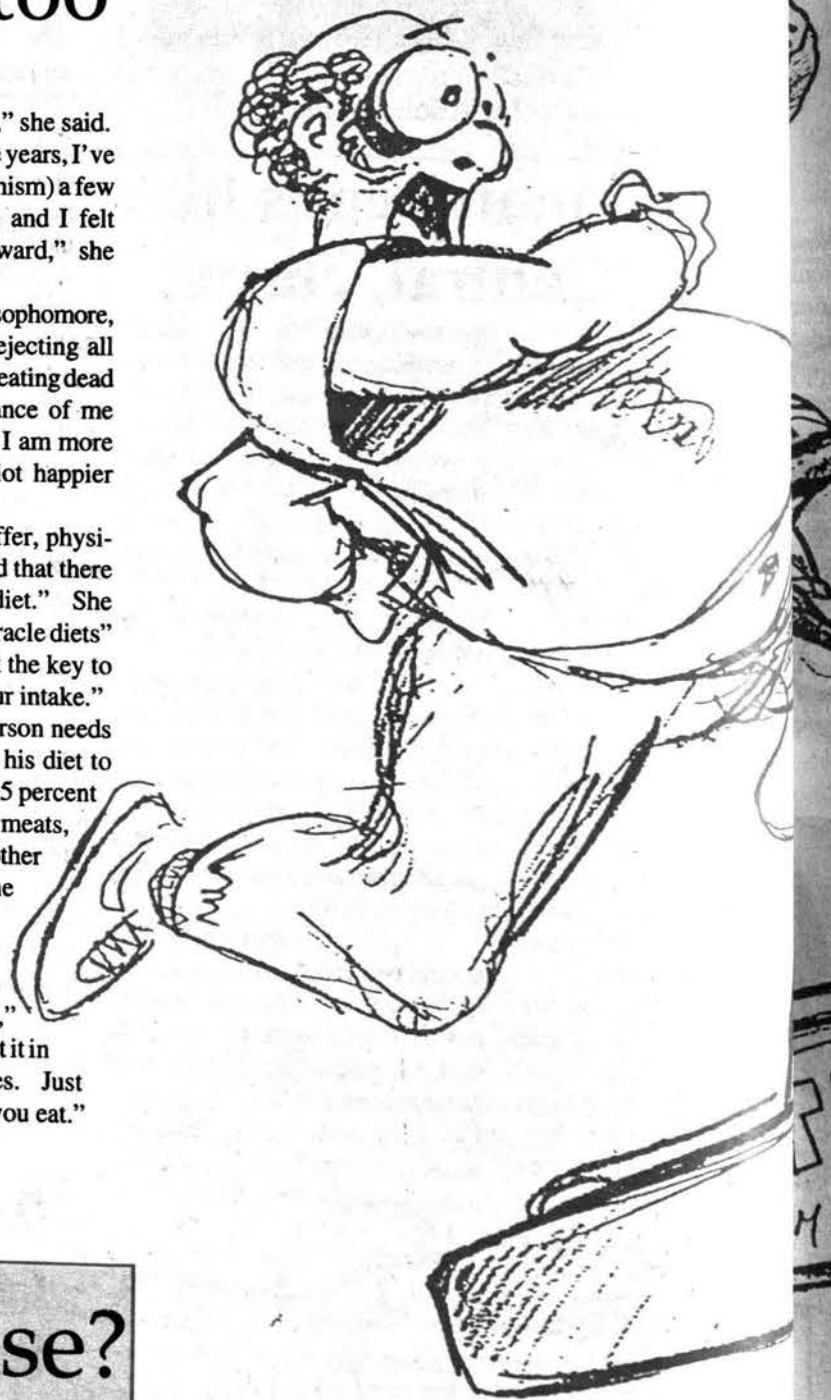
"In the past three years, I've strayed from it (vegetarianism) a few times and had red meat, and I felt physically heavier afterward," she explained.

Summer Hayes, sophomore, is a vegetarian as well, rejecting all meats and saying, "By not eating dead animals there is less chance of me getting heart disease and I am more energetic. I am also a lot happier person," she said.

Mrs. Diane Pfeiffer, physical education teacher, said that there is no "such thing as a diet." She explained that "secret, miracle diets" are unsuccessful, and that the key to nutrition is "watching your intake."

"The average person needs to dedicate 60 percent of his diet to grains and cereals, 10 to 15 percent to proteins such as beans, meats, poultry, and nuts and the other 25 to 30 percent to fats," she said.

"You shouldn't worry about working fat into your diet," she said, "since you can get it in your fruits and vegetables. Just remember, you are what you eat."



Meat labels: Common Sense?

By Cliff Hicks

Large, white, eye-catching. That's what the new labels on meats, and soon to be on much more, look like.

These labels, which are required to be on all meat packages before the first day in April next year, have instructions on how meat and poultry should be handled.

A representative of Lancer Labels, one of the many companies that are manufacturing these new labels, said, "They contain instructions on handling and caring for raw and partially cooked meat as well as poultry."

Wilbur Whitman, head of meat operations at Hinky Dinky, believes these labels are "unnecessary.

The only people who need these labels are the restaurants," said Mr. Whitman.

These labels are a result of two deaths on the West Coast from *E. coli* outbreak. The Secretary of Agriculture has made these new labels mandatory. As Mr. Whitman points out, both of these are the result of restaurant cooking, not home cooking.

These labels are one and half inch by two and a half inch on white cloth paper. It is estimated that the addition of these labels to meat and poultry packages will cost the grocery industry approximately 13 billion dollars.

"There are a lot more effective ways of getting this information

across," Mr. Whitman said. "These new labels are time-consuming and extremely costly."

These labels, in addition to the price label placed on the package by the grocery store, and the inspection sticker by the government, will leave little space for the consumer to "even see the meat itself."

Mr. Whitman says these labels seem pointless for grocery stores. "It's just common sense," Mr. Whitman said. "They don't tell the consumer anything they shouldn't already know."

"I believe that for the restaurants, the labels are a good idea," Mr. Whitman said, "but it's all just basic knowledge to the average consumer."

It's a matter of h

By Matt Kudlacz

"Eat Ho-Hos on the treadmill," said Allison Heller, junior, discussing the discrepancies in her diet. Even with interest and concern for the health of young people growing, a great number of Centralites still maintain a number of unhealthy, often self-destructive habits, ranging from smoking to meal-skipping.

"I don't see any point in being health-conscious," Anna Perilo, sophomore, said. "Eat about

three meals a day and want, which is usually don't worry about the she said.

"I don't want whole life being met health habits," said Cl junior, "then get hit by twenty; I want to attack!" Clark said the diet is based largely foods, he isn't worried sequences.

Although diets

Omaha health clubs around town

Ms. Weinfurter also be-
 "teachers need to empha-
 students exercise more, es-
 the lifting of weights be-
 prevents injuries later in
 The Park Ave. Health Club,
 vely close to Central at 501
 Avenue (around 29th and
 does not sell memberships
 s 18 or younger.
 The Westroads Club, at
 North 102nd Street, allows
 of any age as long as they
 parent permission. Jim Down-

ing, sales representative at the Westroads Club, said, "We're the biggest. We cover 108,000 square feet. Plus we have a lot more equipment than Park Ave. or the Pinnacle Club. We try to create a country club atmosphere."

Mr. Downing went on to say that Prairie Life Center is their biggest competitor.

The Westroads Club has treadmills, stairmasters, bikes, weight machines and other various exercise equipment along with four basketball courts, a pool, racquetball and six

indoor tennis courts. The Westroads Club has personal trainers as well as aerobics classes.

The membership plans vary. A one-year contract can cost \$49 a month or \$79 a month, depending upon whether or not access to the indoor tennis courts is desired.

Sharon Stone, a sales representative at Prairie Life Center, 2275 South 132nd Street, said that Prairie Life Center has everything The Westroads Club does except indoor tennis courts. Prairie Life Center is currently operating off of a waiting

list which lasts about three weeks.

Prairie Life Center offers two different types of memberships. To have an individual membership at Prairie Life Center, one must be 17 years old. The first type for an individual membership is called the 50/50 plan. This plan enables one to use all the facilities but only during certain times. There is a \$150 initiation fee and a cost of \$32.50 per month.

The other type of individual membership Prairie Life Center offers is the Regular membership. This type of membership allows

the holder to use any facility of Prairie Life Center any time. This requires a \$200 initiation fee and \$48.50 a month.

Ms. Stone commented on Prairie Life Center's competition by saying, "We have none. Honestly." She went on to say, "We're family-oriented and very professionally run."

There are many other health clubs and fitness centers in Omaha. All the health clubs in the city offer about the same things. It's just a matter of finding one that suits your needs.

Exercise energizes students

By Jacob Slosburg

"Exercising is an important part of my life. It helps me maintain the right weight and relieves the stress from my busy schedule."

Kelly Moyer, senior, said the above statement and has already decided that she wants to be a registered dietitian. Exercising "as much as I can during the school year," Kelly runs three to five miles every day in the summer.

Kelly believes that by exercising now, she will have fewer health problems later in life. Kelly "hardly ever" eats candy and feels that "teenagers aren't exercising enough."

Kelly is not the stereotypical couch-potato teenager. She is an exercise-conscious one with fitness concerns. Despite researchers' findings that call teenagers lazy and inactive, Central has its share of vibrant individuals.

Joel Fischer, junior, exercises at The Westroads Club. He said he "mainly goes there to lift weights and play basketball."

Joel works out about two to three times a week. How does his workout schedule break down? Forty-five minutes of basketball and fifteen minutes of lifting. Joel was a member of last year's sophomore basketball team.

Sarah DeWitt, sophomore, said she goes to dance class once a week to exercise. She wishes she could exercise more but just doesn't "have the time."

Waking up at the crack of dawn, Monique Huston, junior, runs four miles every morning before her zero hour class. "I do it to stay fit," she said. Monique also said that it [exercising] makes me feel good and wakes me up."

High school sports serve as the primary source of exercise for junior Chuck Whitten who plays on Central's varsity basketball and baseball teams. Chuck said that when the sport isn't actually playing, he participates in off-season conditioning.

Ms. Rose Kobza, paraprofessional, exercises "three afternoons a week." To exercise, Ms. Kobza

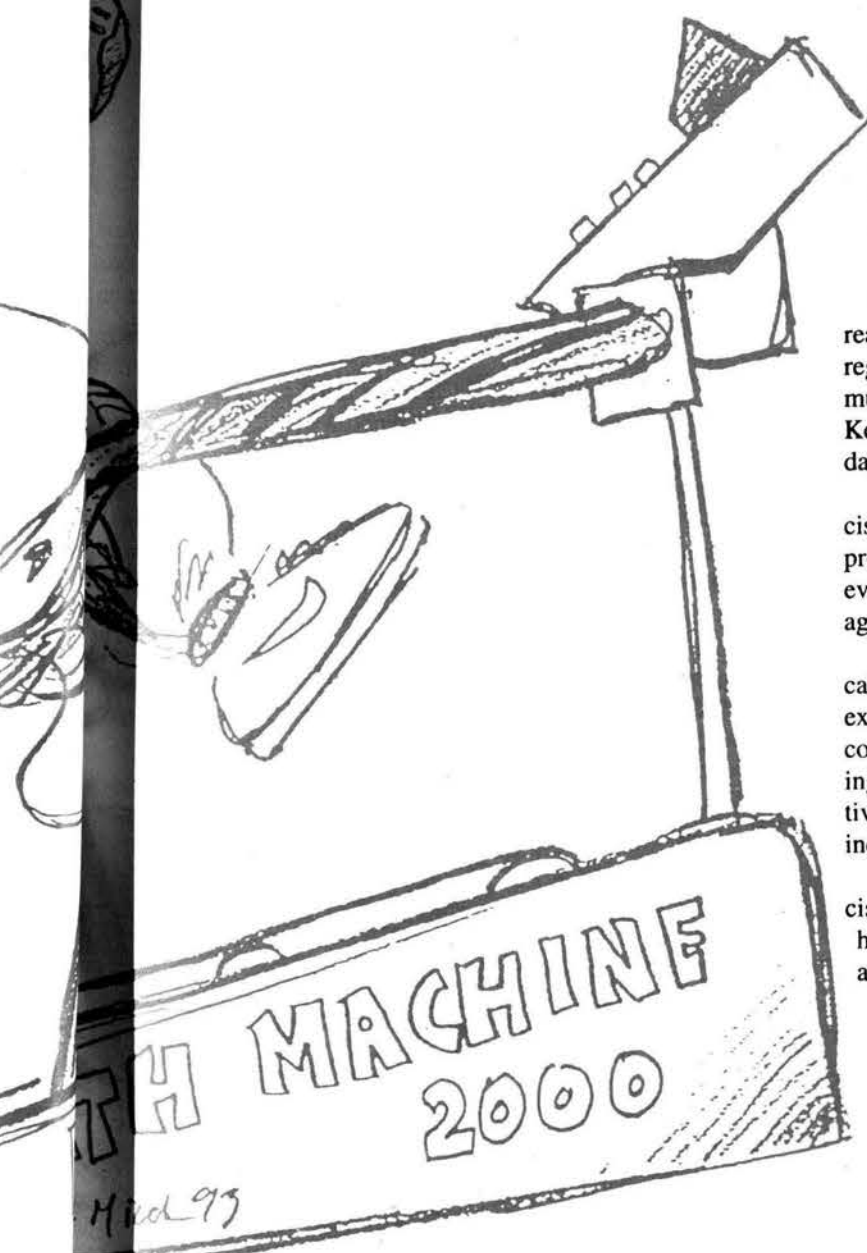
walks Central's halls after school. She said she exercises "to control my weight and keep my blood flowing."

Although she has a treadmill at home, she usually walks the halls. "Eight and a half times around equals one mile," she said. Ms. Kobza said about students, "I think most of them are pretty active. About three-fourths."

Mrs. Julie Thieszen, a physical therapist at the Methodist Sports Medicine Center, recommends that teenagers exercise at least three times a week for twenty to thirty minutes. She said aerobics, jogging, stairmaster and brisk walking are all effective methods of exercising.

She said, "I don't think as many [students] choose to get involved in school sports as much. The general trend in all the articles I've read is that Americans aren't exercising enough."

Mrs. Thieszen also said about the effects of exercise later in life, "Exercise is really important, especially for females, because it increases bone mass."



Students and vices

edibles containing "junk foods" considered by most experts to be healthy, eating patterns which are based upon the general three-al-a-day system that can be even harmful.

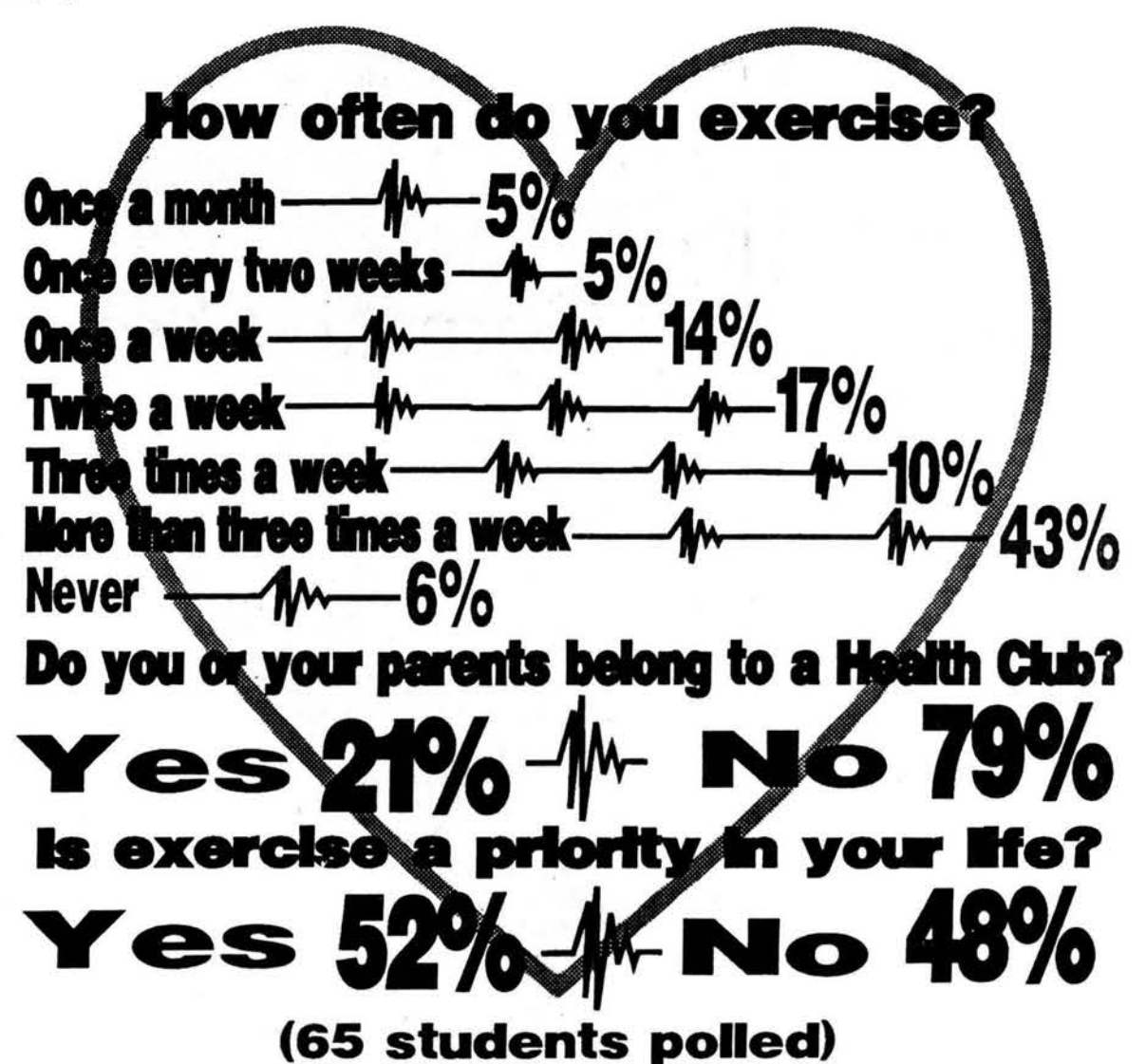
"I don't eat breakfast," by Rieser, sophomore, said, describing her eating habits as "pretty bad," but rather inconsistent from day to day.

"I really don't eat regularly, though I know I should," Ann ry, junior, said, describing her

healthy habit as a lack of order.

Many Centralites, such as Aaron Tye, senior, are involved in other harmful addictions such as smoking. "I smoke and I know it's bad for me, but it's just something that I've picked up," he said, "and I don't really worry about it."

Rhonda Plofkin, senior, said, "I smoked and really didn't feel affected by it. I quit though because I have a baby and didn't want to hurt him."



Fiddling for fun and charity, students active in orchestras

By Carrie Jacobson

It's what you call being musically inclined.

Christyn Sheriff, senior, has been playing the violin in the Omaha Area Youth Orchestra for

two years. This is her third year in the Intergeneration Orchestra.

It was one of Christyn's teacher's ideas that she audition for the Omaha Area Youth Orchestra, or OAYO. "My teacher recommended me. I wasn't sure about it

initially, but I decided to go for it anyway. I've been in it ever since."

OAYO puts on three concerts for the public each year; the first of which was earlier this month. "It was an outreach concert for children," Christyn said. "We performed

Peter and the Wolf along with actors from the Emmy Gifford Children's Theater's Youth Guild.

She said that there are a lot of "perks" to being a member of the Youth Orchestra. "We get complimentary tickets to the Omaha Symphony for whatever symphonic and Thursday pop series we want."

Ernest Richardson, assis-

goes on. He's quite talented

The Intergeneration Orchestra's concerts are free charge and open to the public according to Christyn. "All of except for our 'Pops and Parties,'" she explained. "It's one year, and the music's free—just pie that's not."

Christyn is not the



Serious Strings: Senior Christyn Sheriff plays the violin in two orchestras outside of school, the OAYO and the Intergeneration.

Photo by Cathy Moyer

"It's really a wonderful experience to get to work with such accomplished people."

-- Christyn Sheriff

tant conductor to the Omaha Symphony, stepped in when the previous conductor took another position at Northwestern University. "It's really a wonderful experience to get to work with such accomplished people," Christyn said.

The Omaha Area Youth Orchestra practices weekly for three hours, not unlike the Intergeneration Orchestra.

"Intergeneration was founded by the Nebraska Office on Aging. To be in it, you have to be 22 or younger, or 55 and older," said Christyn.

The purpose of the Intergeneration Orchestra is to bridge the generation gap with music.

She is excited to be able to work with Mr. Chuck Pennington, who conducts the Intergeneration Orchestra. "He's worked with George Burns, Bob Hope, the list

Central student involved in orchestras. Senior Niccole Coe is a member of the Intergeneration Orchestra. Juniors Keegan Sheehan and Ben Moller, along with senior Christian Harding and Sarah B...

Christyn enjoys performing in the groups "tremendous." She said she feels both humbled and honored being able to work with such accomplished people from all walks of life.

"I want to go into music. This is what I want to do. And I'm glad that I'm having these opportunities now."

Cable shows' popularity skyrockets

By Dylan Gaughan

You have 60 channels and there is nothing on any one of them. Your cable bills are piling up, and the batteries just died in your exhausted channel changer.

And just before you pick up your cable box and throw it through a window... along come a few of the most original shows ever to hit your TV screen.

Talk Soup, on cable's E! Entertainment Television, and *Mystery Science Theater 3000*, on Comedy Central, have risen from the glut of poor cable programming to much critical acclaim.

Talk Soup appears twice daily on the E! network and receives the station's highest ratings.

The show collects the daily highlights from the almost infinite number of talk-shows on cable and local television and airs them in half-hour installments.

Between each clip is *Talk Soup* host Greg Kinnear, who introduces the clips, interjects humorous commentary and answers the show's mail with the aid of David Letterman-inspired skits.

Each episode of *Soup* is the result of 22 hours of talk-show screening by a staff of four, who find the highlights from the day's numerous shows. The jokes and

skits inbetween the clips are written by Kinnear and a staff of writers.

Stefanie Huff, senior, considers herself to be a fan of Kinnear and his show. "I think it's hilarious. The host is cute and you never know what's going to happen."

Mystery Science Theater 3000, called *MST3K* by its fans, is

created a low-budget show for Minnesota television. A buzz about the show grew, and comedy Central picked it up.

The show slowly gained popularity through word-of-mouth and later through newspaper and magazine articles by. The show's small following grew, and the *MST3K* fan club expanded to over 30,000 members. What had started as a small cult hit became Comedy Central's most popular show.

Mystery Science Theater's premise involves a janitor who has been shot into space by his evil bosses and is forced to watch bad 'B' movies with robot companions he builds with spare parts from his space ship.

The group shout jokes and comments, an average of 800 per two-hour show, at a movie screen, which plays

such gems as "The Amazing Colossal Man," and "Godzilla vs. Megalon."

Hodgson, who has hosted the show for five years, has stepped aside to be a writer, welcoming one of the shows other writers, Mike Nelson, as the show's new host.

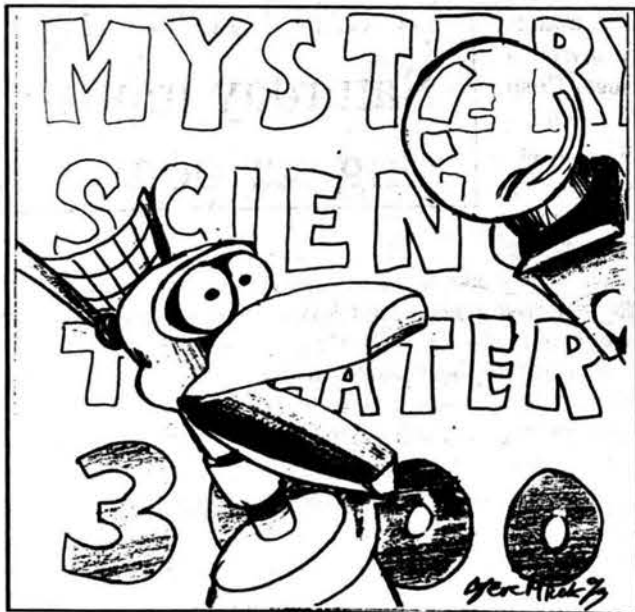
"I hope the new guy does a good job," commented senior Brian Alseth. "The show is creative, the humor is fresh, and I love the obscure references they make."

another cable show which has gained much publicity recently.

It is shown every week-night at 11:00, and at 9:00 AM and 7:00 PM Saturdays on Comedy Central, a subdivision of HBO.

Comedy Central began its run three years ago. Cable's only all-comedy network, it added *MST3K* to its roster of shows a few months after its inception.

Two years earlier, a comedian by the name of Joel Hodgson,



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1215 Harney St. - Old Market

Farewell to *Bye-Bye Birdie*, hello to new productions

By Joe Brechi

All you have to do is add some blood, sweat, tears... and the brightest, gold tight jumpsuit you have ever seen and you have all the necessary ingredients for this year's fall musical, "Bye, Bye Birdie".

Under the direction of Pegi Georgeson, drama teacher, and Lyn Bouma, vocal music teacher, the "Birdie" cast consisted of almost 100 cast, crew and committee members.

Tanya Watzke, a sophomore and a cheerleader in the show, said that she had "a lot of fun" doing the show and getting to "meet a lot of other people."

The cast and crews for "Birdie" worked for almost two months, rigging sets, memorizing lines, renting costumes and advertising before putting on the show.

The fall musical, which took place on November 5, 6, and 7, brought in a tremendous crowd.

Almost 500 tickets alone were sold for the student matinee, and a large quantity were sold for both the Friday and Saturday performances.

Julie Storm, junior, said she went to see the show to "just see her friends perform."

Gina D'Accio, sophomore, thinks "the whole cast worked together to put on an excellent show."

One of the next big productions on the Central stage is the spring play which is on April 28, 29 and 30.

Mrs. Georgeson said during a meeting of the Drama Club that "the spring play has not been decided upon and won't be until after Road Show."

But the list of artistic talent doesn't just stop with the fall musical and the spring play.

There is still the eightieth annual Central High Road Show, due to make its yearly appearance on February 17, 18 and 19.

The Road Show is basically a tradition that displays a series of random acts of variety that feature some of Central High's best talent.

It's music, dance, orchestration, singing and a touch of silly humor all rolled into one.

The tryouts for Road Show take place in January.

Other events to take place later this year are the instrumental winter concert which is on December 16, and the A cappella winter concert, which will take place December 14.



Breaking a leg: Senior Josh Perilo, alias Albert, attempts to stop Mae, played by Nicole Blizek, from certain death.

Photo by Amber Wood

Carrie's Review

Boy, what a sweet guy Dylan is. He let me sleep in till seven a.m. on a Saturday morning so I could get up and watch cartoons for this month's review. He's all heart.

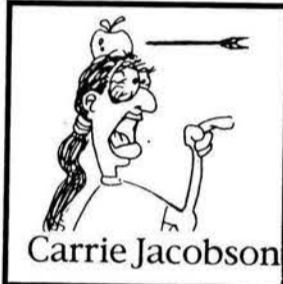
So I staggered downstairs at the ungodly hour of 6:50 a.m., mistook the OJ for but not before pouring it into my cereal

Dog City. Channel 10 (or FOX 42) if you are without cable who think, even for an instant, that you are going to get up at 6:50 to watch a cartoon that I proceeded to watch through). Seven a.m. Don't do it. I had a hard time trying to figure out the premise from what can be inferred from the title, and I get more humor out of watching my two dogs walking around with one's tail in the other's mouth like the elephants at P.T. on the 11th.

Then I turned to CBS at 7:30 to be entertained by *The Little Mermaid*. It appears every week, the girl-fish finds a new man on the shores, tries to get to him, and fails. What a value to instill upon the youth of our nation.

At 8:30 I was jostled awake by an unmentioned dog who was trying to gnaw on my cereal bowl. *The Addams Family* is on Channel 9*. (*7) It's cute, I guess. Basically a bunch of eclectically Gothic people splash around and enjoy being tortured and killing live animals. They don't much care for normal things, e.g. taxes, cars and bad weather, which is a nice thought to try and bring to you but—and I hate to be the one to bring this up, how can I be so mean—and Butthead is fighting stuff on fire and trying to lead everyone's life while the Addams family is putting people in torture chambers with big spikes and eating live rodents? It beats the hell out of *Baywatch*. And what would happen if you or I were to blow on light bulbs? Wouldn't we be grounded?

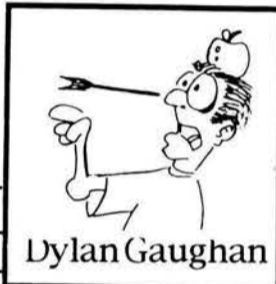
Tiny Toons at nine on FOX. I have one word for it, which might offend a lot of people, but here goes: *Mass*. I just hate this kind of ridiculous garbage. The characters run around like chickens with their heads cut off and their eyes popping out all over. Too weird. There was one scene where two rabbits went to see the



Carrie Jacobson

Hit or miss

Reviews by
Mourning Saturday
Morning



Dylan Gaughan

President who was running around and skipping and squealing like he belonged in a padded cell. I just don't see the point to shows like this; they pertain to nothing.

Now *California Dreamin'* on the other hand, there's a show with purpose! With plot! With meaning! With!-- no. It deals with five or six kids who are part-time band members (who isn't?) and part-time surfer dudes. It's a sit-com, meaning the actors are live, per se, but never have I seen such plastic acting.

There's a fine line between something that's *entertainingly* bad, like a second-cousin-twice-removed's ballet recital, and something that's just plain *bad*. And unfortunately, this just wasn't enough to cross that line. (9:30 on NBC)

I stayed on NBC for yet another half hour to watch *Saved by the Bell — the New Class*, which is in the same boat as the surfers. (Aha, note the aquatic play on words.) The thing is, it's exactly the same as the old *Bell*. It's as if they cloned everyone.

There's the mischievous guy, the pretty girl, the geek with a nickname, the jock, the strained racial balancing act, it's all still there. You'd think the principal, who is not new, would say all the time, "you know, and I can't get over this, but you guys are exactly like..." but he doesn't. Acting-wise, it's even worse than the aforementioned, but still not enter-

"Now *California Dreamin'*... there's a show with purpose! With plot! With meaning!"

tainingly so. Maybe it's because they all dress so neat.

So that's it. On one hand, I could kill Dylan for sticking me in front of the tube for almost three solid hours. On the other hand, I guess I only could've watched E! instead, and I do have my standards.

Dylan's Review

Dear Diary,

I miss being a kid. I miss having no homework. I miss my G.I. Joes. But most of all, I miss my Saturday morning cartoons. I've decided to relive those days one last time, and I'll be keeping track of my experiment right here...

- 7:00 AM: I can't believe I'm awake. I've fixed myself a bowl of Sugar Crisp (now called Golden Crisp, as if it's sugar-free) to stay awake.

I'm watching *Dog City* on Fox

42. It's a mix of live action and animation about a dog detective named Sam Spayed (obvious joke?) and his partner Ace Hart.

I get the feeling that the jokes in this show are going to go over kids' heads, unless they grew up watching *Columbo* and reading Mickey Spillane novels. The show does, however, make use of its canine theme, through such pun-filled lines as "Let's TAIL him," and "Stop BARKING up the wrong tree!" Ha ha ha. Ha. Whatever.

If you happen to be up at this hour, skip *Dog City* and check out the 4H Club update or the Farm Report, instead.

- 7:30: I am now watching *The Adventures of the Little Mermaid* on CBS.

There have been many changes in the undersea kingdom since the release of the Disney movie. First, the lobster guy (shut up, I don't know his name) has a new voice and sounds a bit like Kermit the Frog. Second, there is a new Mermaid addition to the cast. Actually, he is a Merman by the name of Archimedes, who looks like an aging Fabio.

The animation is well done and the plot is interesting. In this episode, Ariel has

fallen in love with another human. Surprise! Didn't she get married in the movie? If she keeps this up, she's gonna get hauled in for polygamy.

- 8:30: I'm cringing as I watch *The Addams Family* on ABC. And they say kids today don't have it rough... this is terrible! I'm leaving to get a doughnut. I'm not going to make it through this assignment without a lot more sugar.

- 9:00: I am now watching one of my favorite contemporary cartoons, second only to *The Simpsons - Tiny Toons* on Fox 42.

The show is filled with great jokes and obscure references to movies, historical figures, celebrities and other television shows. Right before my very eyes one of the characters turned into Hannibal Lecter from *Silence of the Lambs*, who then turned into Marge Simpson, who then turned into Jack Nicholson. Who could ask for anything more?

- 9:30: NBC is currently spewing up

some show called *California Dreams*, one of those stupid live-action sitcoms starring cartoon-like teenagers.

It's a "wacky" show about a bunch of kids in a popular local rock band called the California Dreams.

Anybody remember *Kids Incorporated* or *The Partridge Family*? I haven't heard, or seen, music this bad since the Bay City Rollers last passed through town.

- 10:00: Almost as if to challenge my ability to watch any more television, NBC next threw *Saved By the Bell - The New Class* my way.

The New Class? Why bother? These hallways just don't seem the same without Screech. Principal Belding seems to think so, too. While he may still look like our very own Mr. Harrington, his heart just isn't in it anymore.

Diary, whatever happened to the Saturday morning television I used to know? What happened to Scooby-Doo, Captain Caveman, Space Ghost, and all my other cartoon friends? I miss them all, but I know it's time to move on and accept my old age. Being a kid just isn't the same as it used to be.

Alaska and me



by Anna Thomas

I know the feeling. Around this time of year it's getting harder and harder to concentrate in English class because thoughts of warm Stove-Top Stuffing are constantly on your mind. Well, Thanksgiving break is fast approaching and good food is not the only thing some people will be enjoying.

A Thursday and Friday at home opens a whole new world of opportunities to those with sick minds... day-time television.

During the last Friday we had off (for conferences—my condolences to those of you who are still grounded) an interesting phenomenon occurred.

I was in my backyard enjoying the last remnants of fall (before the big snow), when I heard strange noises from my sister Catdirt's window (Right now you're probably mumbling to yourself, what kind of name is Catdirt? Her actual parentally-given name is Callie, but since little sisters are inhuman creatures put on this earth only to torture older siblings, I possess the god-given right to re-name her. Plus, it's

As the world turns my stomach, so are the days of our lives

more complimentary than Slug-girl.) So anyway, there are these really weird noises coming from Catdirt's window, kind of a low moaning. "Ooooooh Rex... Rex... I loooove you..."

I sat up and intently listened to the frenzied panting that was radiating from my twelve-year-old sister's room. Just as I was preparing to rush upstairs and expose my sister's secret love affair, I caught another noise from the corner of my ear.

From the quaintly becurtained windows of my neighbor, Mrs. Peterson, came a series of loud thumps and a bloodcurdling scream. "I'm serious, Austin, I'll shoot!" A gunshot rang out.

Eighty-year-old, apple-pie-baking Mrs. Peterson was gunning down some guy in her old-fashioned, oven-warm kitchen. And what was she doing associating with guys named Austin anyway?

Then common sense fought its way to the surface of my cloudy brain and it hit me. It was 11:00—the beginning of the Great Daily Soap Opera Fest. I had completely forgotten about the three main classifications of people who have days off that land on weekdays.

First, there are those people who wake up at the crack of dawn in order to experience life at its fullest, but these people are insane and I won't waste valuable paper space discussing them.

Then there is the category of people who wake up at the time all people were meant to wake up—11:00. This 11:00 category of people can be further divided into those

who awaken and lead normal lives, and those who wake up, slink downstairs in a terrycloth bathrobe and cement themselves in front of the T.V. with a Pop-Tart to view the ongoing parade of soap operas that lasts from 11:00 to 3:00.

This last classification of people is not as uncommon as you might think. These diabolical soap opera zombies are lurking everywhere!

There is even a classification of people who are really nuts-o and videotape soap operas because they are not home during regular viewing hours. These people collect stacks of daytime television, store it in their closet, and wait for the weekend when they watch all the backlog episodes.

Another thing I've noticed, and this was purely accidental, but if you happen to have the flu, and being too weak to dig for the remote control beneath the couch, you are forced to view a soap opera, this is a common occurrence: Let's say Jack and Victoria are driving to Montreal to get the results of a lab work-up to discover the real father of their adopted child's pet hamster.

Well, if you happen to tune in to the same show three months later, Jack and Victoria are still on the road, and they're only in Detroit stopping for some Chicken McNuggets at the local McDonald's!

What's the deal? I know the writers of these shows live in an unrealistic world of fantasy, but do they have to subject viewers to a

time warp too?

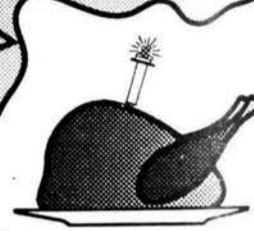
Anyway, here's something for this issue, be careful ing grapes to rabid armadillos watch out for people who watch soap operas!

They (the people who watch soap operas, not the soccer way o seasons are pa leagu the wi

They live in a wistful fantasy world overrun with mysterious deaths, illegitimate children, derous twins, insane librarians, various other mutations of (like inside-out frogs). We careful and remember:

"Like sand through the hourglass so are the days of our lives" --From Days of Our Lives

Ten Better Things To Do: than sit and wait for that little red thing to pop out of your turkey when it's done.



- 1.) Patronize aging musical genius. Check out the Velvet Underground's *LIVE - 1993*, or Bob Dylan's *World Gone Wrong*.
- 2.) Check out CANDLEBOX, live at the Ranch Bowl November 30.
- 3.) Dress up for a night and see the Ballet Omaha production of *The Nutcracker*. December 10-14.
- 4.) Take your parents to see Rod Stewart, live in Lincoln on December 1.
- 5.) See *A Christmas Carol* for the 107th time. Playing through December 22, at the Omaha Playhouse.
- 6.) Sit in front of the T.V. and melt your brain on Talk Soup, Mystery Science Theater 3000 and cartoons.
- 7.) See a good movie or two... *Fearless* with Jeff Bridges or Robert Altman's *Short Cuts*, for example.
- 8.) BEST KISSERS IN THE WORLD, live at the Ranch Bowl on December 6.
- 9.) See Nirvana December 9, at Aksarben.
- 10.) Eat Thanksgiving leftovers and pass out on the couch watching football.

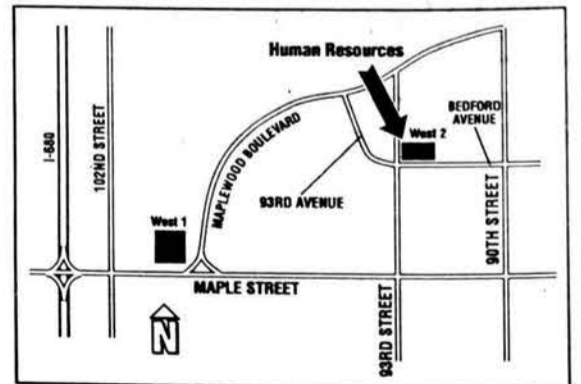
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November 24, 1993

Eagles move indoors

Soccer kicks off spring season early

By Michael Sigmond

The Central High boys' soccer team has found yet another way of preparing for its upcoming season. Many members of the team are participating in an indoor soccer league for about 18 weeks through the winter.

The soccer players compete under the name of the Gladiator Eagles. Junior fullback Ben Kreuz, said that the league gives the players and coaches a "preview of the outdoor team" and "helps the players get in shape and condition." Conditioning is an important part of the pre-season strategy. The players practice three to five times a week for 30 minutes to an hour and they will begin weight training two or three times a week during the winter.

"The indoor league is also helping this very young team some

needed experience," said junior forward Seth Farrington. This year, the varsity soccer team will only have three seniors and they have lost many key players to graduation. Seth said, "Individually we are really strong, but we are not yet playing as a team."

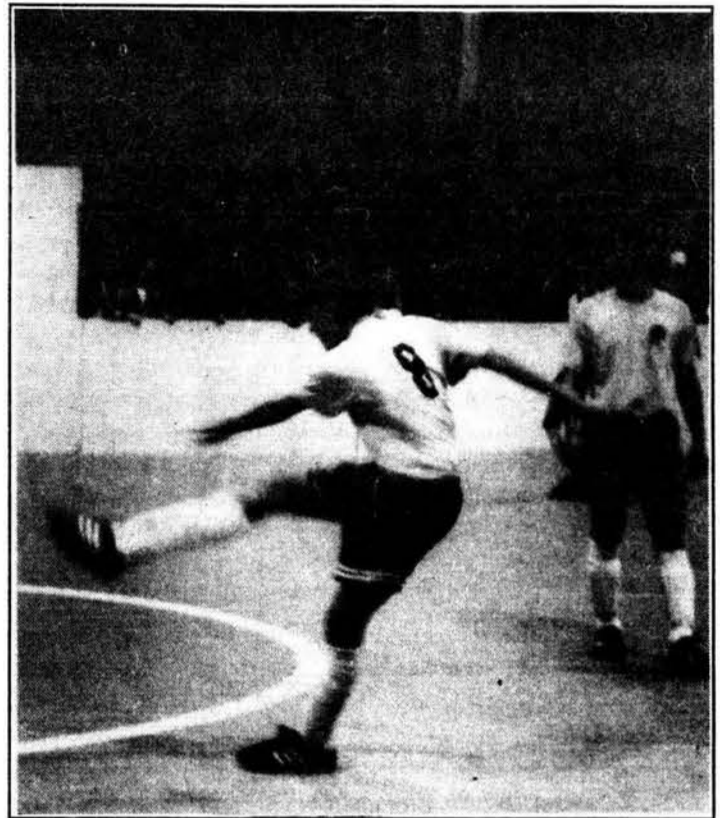
During the first six matches of indoor competition the Eagles have posted a record of 1-4-1. The team was victorious in a 14-0 blasting of Westside High School's football team. "The offense and defense were both terrific," Ben said. He went on to say, "We pretty much killed them."

Indoor soccer is best explained as a cross between hockey and soccer. It is played on an AstroTurf field similar to the size of an ice hockey rink. The game is usually played with a smaller ball than the one used in outdoor soccer. The major difference is that the size

of the goals are about one-third the size of regulation outdoor nets. "The best thing about indoor soccer is that it is played at a much faster pace," Ben said.

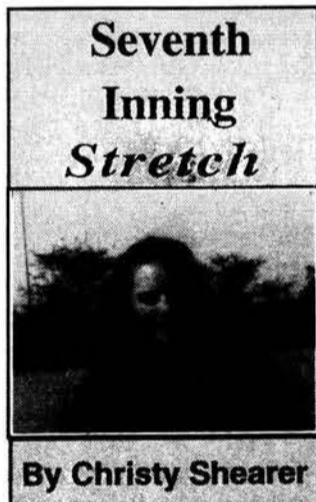
One player, freshman goal tender Luke Denny, has impressed the coaches and players as he makes his first appearance in an Eagles jersey. Seth called the young goalie "real good" and "one of the most athletic players on the team." Luke may have to wait for a starting role come spring time as junior Herb Hartman holds the position of first-string goal tender.

The soccer team plays every Thursday night from 8-12. All players and coaches encourage soccer enthusiasts to take advantage of the opportunity to preview the team. All games are played at the Indoor Soccer and Tennis Center on 120th Street, just south of Fort Street.



Penalty kick: Dane Foster, freshman, of the Gladiator Eagles indoor soccer team takes a free kick at the goal. Photo by Bill Tice

Sports industry battles AIDS



By Christy Shearer

Seventh Inning Stretch

When considering the impact that AIDS has had on society, many people forget the serious wound it has inflicted on the sports industry. Athletes have died from the disease, and many others fear for their lives.

From football to figure skating, athletes of all ages have been affected by the disease either in the deaths of fellow athletes or through the new "blood rules" that have gone into effect.

The sports industry suffered a great blow in November 1991, as a result of the rapidly spreading HIV virus. At this time, legendary basketball star Magic Johnson announced that he had the

virus.

Johnson's announcement forced sports fans who had ignored the problem of AIDS before to accept and deal with the disease. It also brought up the question of whether or not Magic Johnson or any other athlete carrying the HIV virus should be allowed to continue playing and possibly jeopardize the safety of teammates and opponents.

The answer came when Magic Johnson represented the United States as a member of the 1992 Olympic "Dream Team" and then decided to come out of retirement the following year.

Sports fans can remember the pain, suffering and courage of tennis player, Arthur Ashe, during his long battle with AIDS. Ashe's success as a tennis player is apparent through his winning of the U.S. Open in 1968, the Australian Open in 1970 and Wimbledon in 1975. Ashe contracted the AIDS virus through a blood transfusion following a serious heart attack. Ashe lost his final and most difficult battle that with AIDS- earlier this year.

Most people do not realize the impact that the disease has had on figure skating, as the problem has been kept private. In North America alone, it is now known that 40 top male skaters and coaches,

including Canadian skaters Brian Pockar and Rob McCall, have died from AIDS in recent years.

In retaliation of the wounds it has suffered, the sports industry is fighting back. In order to ease the fears of athletes, the industry has come up with various "blood rules." The rules are different for each sport but basically call for any player with an open wound or blood-stained uniform to be removed temporarily from the game.

At the high school level, the same rules exist and are enforced. For example, the rule for high school softball requires that a wound be bandaged and uniform cleaned in order for a player to reenter the game. Coaches may eventually be required to bring an extra uniform in case one becomes blood-soaked.

Until a cure for AIDS is found, "blood rules" which may seem like a nuisance or interfere with a game are necessary and must be made and enforced by all levels of contact sports. We cannot afford to risk the lives of athletes of any age.

As the sports industry fights its battle against AIDS, it is set back by the lives that are lost and the fears that exist, but AIDS is far from winning.

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Varsity Basketball

Dec. 3	Thomas Jefferson (Both)
Dec. 4	LINCOLN EAST (GV)
Dec. 4	Lincoln East (BV)
Dec. 11	Millard North (Both)
Dec. 17	North (Both)
Dec. 18	BENSON (Both)
Dec. 27-31	Holiday Tournament
Jan. 7	MARIAN (GV)
Jan. 7	Creighton Prep (BV)
Jan. 14	GROSS (Both)
Jan. 15	Lincoln High (GV)
Jan. 15	LINCOLN HIGH (BV)

This is only a partial schedule.
BV- Boys' Varsity GV- Girls' Varsity
All home games in CAPITALS

Winter Sports Preview

Boys' basketball confident about season

By Michael Sigmond

The Central High Boys' Basketball team has entered the final preparations for a successful year on and off the court. Led by returning varsity starters, junior center Donnie Johnson and senior point guard Eddie Smith, the team looks toward the state championships with anticipation.

Head Coach Rick Behrens is "hoping to have a pretty good team." His main goal is to improve on last year's 10-9 record which he called "good when considering the tough opponents."

Coach Behrens has completed the preseason conditioning, a system that probable starting forward, senior Ryan Shoener called "a serious plan with getting the team to

know each other a key factor." Coach Behrens and Eddie both felt that this year held "the best conditioning ever."

While Eddie and Donnie have secured two of the five starting spots, the remaining three, as well as most bench spots remain "wide open," said Coach Behrens. Ryan is expected to start and Coach Behrens noted that junior Chuck Whitten is a "definite possibility" as a starter. Eddie called Montay Sanderson "a great shooter" and expects him to gain a starting spot.

Coach Behrens said that "Donnie Johnson had never played before last year." Behrens said he and the other coaches knew that Johnson "had potential." Ryan agrees on the talent that Johnson has and adds that "he really has improved his coordination incred-

ibly" this fall. Donnie has set high personal goals as he wants to "lead in rebounding and be named to the All-Metro and All-State teams."

Eddie Smith's focus has been on his "defensive intensity" through the preseason. Eddie credits the "committed coaching staff" and "Coach Behrens' individual help" with helping him realize his weaknesses and holding an "intensive training program."

Coach Behrens referred to Eddie as "one of the best players in the state" and is counting on him as a leader for the team.

All the players and coaches agree that Central has a very good chance at winning the state championship. The journey toward that honor begins Friday, December 3, at Council Bluffs' Thomas Jefferson High.



Swimming, diving feature new members

By Brian Wilson

"As the swimmers become more competitive, year-round practice is becoming the key to success," said Mr. Mark Allner, head swimming coach.

"The competition is getting tougher every year," said Mr. Allner. Opponents that are expected to be tough this year are "Burke, Millard North, Millard South and Westside. Most of the swimmers on these teams are experienced swimmers," said Mr. Allner.

"I was real pleased with the first day. It was probably the best one we've ever had," said Mr. Allner. This year's team has only ten

returning swimmers, but "the large turnout of young swimmers looked very impressive," said Mr. Allner. The team will have about 25 new swimmers this year.

Mr. Allner says that the swimmers need to swim year-round to "compete with the top-notch swimmers."

Erin Bullington, junior, swims year-round at the Field Club of Omaha and the Council Bluffs YMCA when she's not swimming for school. "Staying in shape makes me more ready for practice during the school year," said Erin.

Ryan McGrane, freshman, said, "Swimming is a sport that must be practiced

continuously. Even a small break can get you out of shape."

The team practices at Norris High every day for two hours. Mr. Allner said, "The team does mostly endurance swimming." The team swims 4000 to 5000 meters a day, which according to Mr. Allner, "is a change from junior high."

This year's diving team has four new members and a new coach. The new members are Kelly Corcoran, junior, Zach Cohm, sophomore, Zach Johnson, freshman, and Amity Whitmarsh, junior. The new coach is Mr. Mike Steele, who travels from Lincoln to be with the team.



Wrestling members attend camp in Colorado

By Christy Shearer

The 1993-94 wrestling team is preparing for its season-opener on December 1 at the Vern Ekfelt Invitational at North High.

To prepare for the season, several of the team's wrestlers attended the Top of the Nation wrestling camp in Estes Park, Colorado, this summer. Gerard Leahy, Jeff Casady and Jason Holoubek, seniors, Phil Narducci, junior, and Mike Corry, sophomore, attended the week-long camp.

The camp included instruction from college and high school coaches as well as

1992 Olympic gold medalist Kevin Jackson. Jeff said that this was his second year attending the camp, and that it was definitely "worth it [the money]."

This year's team has only three seniors and will have many new wrestlers. Jeff said, "Some of them look pretty good. I hope that everybody will wrestle at their best ability, and be able to compete at the high school level."

Coach Gary Kubik said, "We will try to develop the techniques that work best with their [wrestlers'] individual abilities. Some wrestlers will work on power moves and some

will work on quickness and speed."

The team does not have enough wrestlers to make up a full team and win tournaments. Coach Kubik said that his goal this season is to get a full team which would require at least two wrestlers per weight class.

"We welcome anyone who wants to come down and give it a try," Coach Kubik said.

Despite the disadvantages of a small team, the individual wrestlers have set high goals for themselves. Jeff said that his goal is "to be the undefeated state champion" in his weight class [103 pounds].



Girls' basketball team looks to improve record

By Daniel Franck

The girls' varsity basketball team is preparing for its upcoming season. The teams' season-opener is an away game scheduled for December 3 against Thomas Jefferson. The junior varsity team will open its season on December 4.

This year's squad of 30 girls began practicing on November 8. They practice everyday after school. These 30 girls will make up the varsity, jv and sophomore teams.

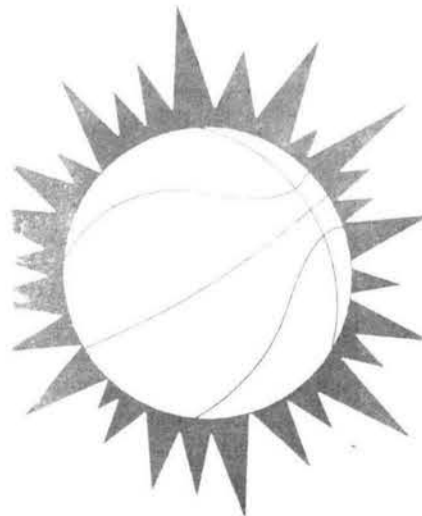
Coach Stan Standifer, physical education teacher and girls' basketball coach, said that this year's

team "lost only one senior from last year, so there are a lot of returning players." He said his only goal for this year's team is "to improve over last year's record of 1-18."

This varsity team has eight returning players from last year's team and two new ones.

"I feel a lot better about this year's team," said Coach Standifer. "They've been working on fundamentals since April and through the summer."

Coach Standifer said at this point he "doesn't have any concerns," because it is "way too early to tell."



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