

photo by Tony Smith

## Courtyard gets facelift

"You realized that through the center door was a miniature bulldozer filled with concrete and dirt coming straight towards you," writes Kiki Seitzer after walking through the courtyard while the remodeling began. Her column is on page three of this Special First Day Issue.

Omaha Public Schools maintenance employees are remodeling the courtyard, replacing the grass with over twelve thousand bricks, said Gerald Garrett, Supervisor of Maintenance for OPS.

Central principal Dr. G. E. Moller said the remodeling will close the courtyard for approximately the first week of school.

For even greater changes to Central, see the editorial, story, and pictures on page two.

## Dr. Moller exercises habitually

If inside the Central gym during the summer or on a wintery Sunday, you may have seen a man jogging. You may have done a double-take too, because you recognized that man. He is Dr. G. E. Moller, Central principal and exercise enthusiast.

Dr. Moller started his exercise program while in high school when he participated in a variety of sports. Dr. Moller calls himself "a creature of habit," and his exercise program is a tough habit to break.

### Heart attack prevention

"My dad had a terrible weight problem, and this could be the reason for the heart attack he had at age 52. Too many men die of heart attacks, and exercising increases your chances of not having one," said Dr. Moller.

Dr. Moller does his exercise routine three times a week for one hour each time. The routine — running, jogging, and stretching — challenges most of the muscles and tendons in the body.

Dr. Moller finds that most acquaintances want to exercise, but it's tough for them to force themselves to do the routine three times a week. Consistency, he said, is very important. Inconsistency can sometimes do more harm than good.

Dr. Moller, quoting a physical education teacher at West Point Academy, said, "Bringing a body up to certain conditioning can easily be lost. If you hope to maintain that certain condition, you must do the routine every 72 hours."

"I conceived the routine myself by reading every new book

## Program to stress writing

Central's new English program seeks to improve student writing — a demanding task for themselves and the students, admit many Central English teachers who developed the program.

But the new curriculum, clarifying what teachers need to teach and students need to learn, makes the effective teaching and learning of writing fundamentals easier, said English teachers Dan Daly, Michael Gaherty, and John Keenan.

The curriculum contains over seventy-two new and revised booklets and drill sheets on exposition, research, grammar, and style, including diagnostic tests for each grade.

Other changes include a redesigned creative writing program, teaching exposition to sophomores instead of juniors, teaching a research unit with a required paper to juniors instead of seniors, and eventually expanding to all classes the minimum requirement of six instead of five formal themes a semester.

### Magnets aid desegregation

The Task Force for Desegregation initiated the curriculum revision when it ruled that Central, Benson, and North should develop "mini-magnets," programs to attract students for racial balance, thereby aiding voluntary desegregation. A committee of parents and administrators then suggested that Central develop its magnet program in writing.

For Central's magnet, the Omaha Public Schools funded, through its Special Projects Budget, ten thousand dollars for materials and the program's main expense, salaries.

Though new, the writing curriculum reinforces an old philosophy at Central, what Mr. Daly, English Department chairman and project organizer, calls "stressing the basics: grammar,

punctuation, spelling, and the fundamentals of English usage—skills that tell a literate man from an illiterate man."

But can effective writing be taught?

"If we didn't believe we could teach writing, we would not be here," said Mr. Daly, though adding, "The measurements, the objectives for teaching writing are somewhat foggy."

Mr. Keenan, stressing the value of the six required themes, said, "More important than anything else is the feeling of confidence a student gains from repeated, increasingly successful writing experiences."

### Exposition emphasis

The new emphasis on exposition, teaching it to sophomores instead of juniors, stresses college preparation. "To be prepared for college students need three years of experience with exposition," said Mr. Daly.

Mr. Keenan cited comments from former students who said writing themes helped prepare them for college writing.

While the program encourages students to help themselves, "The teacher is the key," said Mr. Keenan. "Materials are bloodless. The teacher infuses the spirit."

Central teachers Pat Autenrieth, Marlene Bernstein, Dan Daly, Michael Gaherty, John Keenan, and Charles Lettes developed the curriculum June 22 to July 22, working from 7:30 to 12:30, with Dirk McNeely, Steve Turbot, and Ed Waples volunteering part time.

Writing, aside from its practical benefits, helps organize thoughts, said Mr. Gaherty. "Bacon, English philosopher and essayist, said, 'Writing maketh an exact man.'"

central high

# register

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No. 1

that comes out and seeing what exercises other people do. My program is geared towards the necessity of making the heart beat at a faster pace. This type of exercise burns up the calories the fastest. Running in place for ten minutes is probably the toughest exercise that I do," said Dr. Moller.

### Basement substitutes for health club

During the winter months the exercises are done in Dr. Moller's basement, his substitute for a health club. Ping-pong also keeps Dr. Moller's wrists in shape during the winter.

"Assistant principals Mr. Richard Jones and Mr. Al LaGreca join me in a game called 'wall-ball' in the Central gym, a game similar to racquetball. It's hard to get into the Central gym because it's usually in use by some team," said Dr. Moller.

"Not only does exercising affect me physically but also mentally. My routine gets rid of stress sometimes in the form of a headache and makes me sleep better. Also I perform my job with more energy. To keep in shape you must sacrifice a little and suffer some pain," said Dr. Moller.

### "Aerobics"

Through reading, many people are finding out the value of exercising, said Dr. Moller. "Aerobics," a book by Kenneth H. Cooper M.D., for example, has been a best seller for the last few years.

Some people make a living by exercise and sports. Some people who exercise, including Dr. Moller, are just satisfied with feeling better while maybe living longer.



photos by Tony Smith

Dr. Moller: "Running in place for ten minutes is probably the toughest exercise that I do."



## Gym delayed too long

Is the new Central gym actually going to become a "dream come true?" Thanks to the combined efforts of special groups and concerned individuals, a groundbreaking date has been set for early September, according to Dr. G. E. Moller, Central principal.

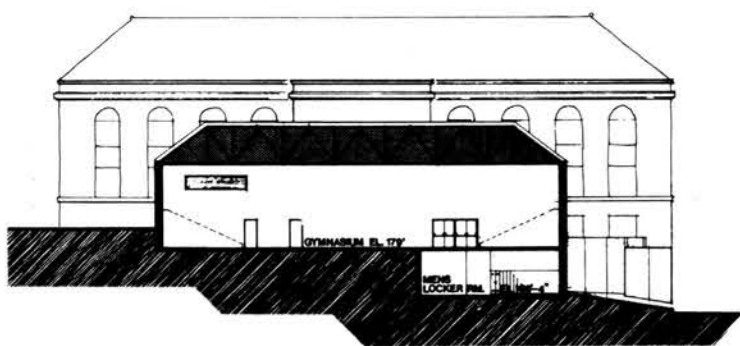
The gym is not coming a bit too soon. It is about time Central received a new facility, since Central is the oldest high school in the Omaha area. Central is not asking for a stadium, swimming pool or another modern facility. Everyone would like to see all these additions, but the gym is the most important concern since the project has been prolonged for so many years.

Fran Schroen, member of a concerned parents group said, "Central has deserved a gym for the past 30 years. Every school deserves equal access to proper athletic facilities. If the gym is started this fall, then all the moaning and groaning every one exhibited will be worth the trouble we went through."

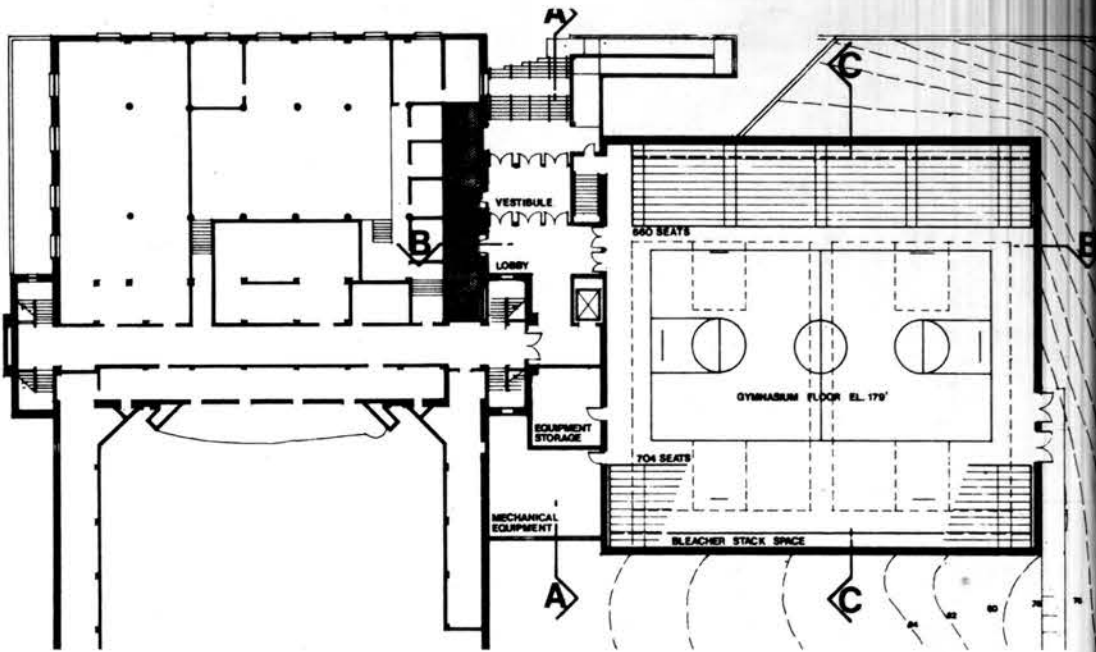
Central staff and athletes have had to carry the hardships involved in travelling to other schools to use proper facilities for many years. It is simply not fair for one school to carry such burdens, while other schools have the facilities right at the tip of their hands.

The new gym will not be able to seat enough people for home games. This problem does lead to mixed emotions for a number of people. Bev Traub, strong advocate for the gym project said, "I feel there is a psychological advantage for a team when they can play on their home court. Even though I wish the gym would be large enough for home games, I am enthusiastic about the new addition. The planning has been done very carefully, and it seems that Central will have a beautiful complex."

Central has maintained excellence in athletics for many years, despite the lack of adequate facilities. But it is high time construction on the gym begins. For the past ten years, plans for a gym have been tossed around, according to Marti Lemen, former Central PTSA President. Ten years is a long enough time to delay.



This illustration exhibits a westward view of the new gym.



This drawing illustrates the ground level of the new gym from an overhead view.

## New gym on verge of construction

21,000 square feet of additional space and 7,500 square feet of renovation are in store for Central this fall. Building plans locate the new addition, the gym, on the northeast corner of the school campus facing 20th Street.

The new gym addition met approval Tuesday, August 2, as the Omaha Public School Board voted 11-0, with Mr. Don Cunningham absent, for a one million dollar construction bid from Lueder Construction Company. Neither board debate nor discussion preceded the vote.

"The work on the gym started about two years ago," said Joyce Morris, physical education teacher and Educational Specification Committee member. "February 24, 1976, was the first formal meeting of the Central Gym Committee, but work had been done before the February meeting."

### Major Delays

Myrton Hall, Assistant Superintendent of Business for the Omaha Public Schools, accounts for the delay. "Three reasons caused delay in construction. First, a lack of available money; second, the prolonged planning period; third, delayed approval of the plans through the district court."

All construction plans must go through the district court. The gym's evaluation before the court involved Omaha's desegregation plan, and Central could not appear more desirable than other schools in the district, said Mr. Hall.

"The major delay did not occur in the court; everyone knows Central needs a new

gym. Three reasons demonstrate the need for the gym. First, enrollment, the present gym does not meet the student population; second, lack of athletic facilities; third, current programs do not meet staff requirements," said Miss Morris.

Miss Morris added, "At the present time physical education at Central caters to sophomores. Advanced physical education classes are not available for juniors or seniors. The gym does not meet the school's need."

### Extra Additions

A balcony over the gym, a multipurpose classroom, locker rooms under the new gym, and a new wrestling room exist in the Tentative Specifications (first plans). Miss Morris, commenting on the present plans, said, "No balcony, classroom, or new wrestling room appear in the new plans. Renovation of the locker rooms will be in their original location."

According to the present plans by Kirkham, Michael and Associates, the new gym includes a training room. "The training room's use will include weight lifting and kinesiology classes. The room is designed for the use by both sexes," said Miss Morris.

The plans also include volleyball post sleeves, double court basketball backstops, a new trophy case, and renovation of present locker rooms.

### central high

# register

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## Diabetic fights endless but lifesaving battle

"When I was young being diabetic was a part of my life. Now as my problems multiply, I say, 'Why me?' I tend to blame my troubles and frustrations on the disease."

Central Senior, Jean G. (she wishes to remain anonymous) is one of approximately fifteen diabetics attending Central this year. Jean found she had diabetes when she was six years old.

"My parents were naturally upset when they found the problem. They tried to bring me up as normally as possible, with no special treatment."

"When I was younger being diabetic didn't greatly affect my life. For this reason I was able to have a relatively normal childhood. During that time, I didn't really understand the disease. I didn't need to."

But, she said, "my life now is affected by diabetes to a much

greater extent. I must regulate my food intake and exercise, among other things. It is very easy to get out of control."

Jean's daily care involves giving herself one shot in the morning, eating two snacks during the day, and completing four urine tests. She also keeps a daily food record containing the amounts and types of food eaten during the day.

"I visit a nutritionist once a week. She gives me a new diet and scolds me for not following the old diet," Jean jokingly said.

Jean also sees an eye doctor annually. "Diabetics have a much higher incidence of blindness than non-diabetics," Jean explained. "Diabetics are also very susceptible to kidney disorders."

Jean's mother estimated that Jean's expenses total approximately \$800 per year. This


amount includes insulin (about \$3 per vial), testing equipment, and doctors' fees.

Jean's mother added, "Although no government assistance is available to diabetics, today most health insurance policies cover the costs of hospitalization. Previously, diabetes was treated as an uninsurable condition, such as cancer or heart disease."

Jean stated, "School caused few problems to me as a diabetic. The teachers were very cooperative. In grade school, people joked about my snacks, but now they seem to accept my problem and deal with me as a person."

"I have to realize," Jean concluded, "that I will have diabetes all my life. I can't ignore its existence. I must face the problem and form my life around it."





# inseitz

by Kiki Seitzer

## Summers sacrificed

When you received the "Central Newsletter" in the mail at the end of August, you discovered that the first football game was to be on September 2, four days before school started. As you read on, you saw that you needed a student activity ticket to get the student rate.

You realized that you'd have to go down to Central before school even started to get the ticket. While walking up the three side steps, (the side with the "C" on the floor) on the way to get your ticket, you can see the football team practicing in the August heat.

The players were sacrificing their last few weeks of vacation to prepare for the season opener against North. All other fall sports also started their practice sessions before school. Eligibility for fall sports was August 15, three weeks before school officially started.

Climbing the last step you noticed construction workers piling dirt and concrete into a truck. One of the workers told you that it would be best to go through the center door. Then you realized that through the other door was a miniature bulldozer filled with dirt and concrete coming straight towards you.

You decided that it would be best to go through the center door. You reached the courtyard to see that it was getting a face-lift. Some of the grass was dug up to put in interlocking stone. Something smelled like tar as you walked to the main office.

Clumsily, you almost slipped on the newly shellacked floor. In the office, many people were running around making sure all the paperwork was completed before the "big day. Many schedules had conflicts that needed to be fixed. As early as the end of July, administrators were calling students to change their schedules if they had a conflict.

You bought the S.A. ticket for seven dollars, and you were on your way home. On the way out of the building you passed some debaters who had been investigating the problems of medical care in the United States all summer, going to libraries, reading magazines, and doing anything to get research for their debate topic.

The Register staff was also seen working on the issue that came out today. Teachers were at meetings and were seen in their rooms preparing for and anticipating the coming school year.

You finished your business at Central and arrived at home just in time to watch your favorite soap opera on television. You continued to think about the odyssey at Central that was filled with students, teachers, administrators, and workers who sacrificed the end of their summer to prepare Central for the beginning of the school year.

You then remembered the only way you prepared for school early was to get a Mead Scratch 'N Sniff notebook at a Back-to-School sale at the local discount store. Then you decided to relish your last two weeks of vacation.



## Boilers and coal remain; cost of their removal saved

Several shirtless, shovel-bearing laborers endlessly dump loads of grimy, black coal onto a slow moving steel conveyor belt. The heat is intense, the coal dust hangs thick as fog, and the smell of sweat and burning coal is overpowering.

This scene in Central's boiler room was quite common on cold days as long ago as the building's first winter. But the four coal-fed boilers, arranged in pairs, were abandoned in favor of a direct gas line from Northern Natural Gas Co. some fif-

"The cost of dismantling the boilers and disposing of the wreckage would be enormous," explained Mr. Hall. "It's not worth the effort."

The same reason can be given for the preserving of the smokestack, standing just south of where the boilers are located. The smokestack has always been an important symbol of Central as well as a headache for OPS.

When in use, the boilers were fueled from coal stored in huge bins built under the visitor's

Wood. "It usually worked pretty well."

However when the boilers were abandoned, some fifty tons of coal remained behind in one bin. The coal is still there, but is probably worthless, said Mr. Hall.

According to Mr. Hall, the coal has been exposed to air so long that it has probably lost all of its heat producing qualities.

"Digging up the parking lot and getting the coal out is a hard and expensive job," said



photos by Tony Smith

Remains of coal heating unit.

teen years ago. Although the workers are gone, the original boilers remain standing beneath Central.

Myrton L. Hall, Assistant Superintendent for the Department of Business Services of Omaha Public Schools, says that the massive units remain intact beneath the visitor's parking lot on the west side of the building, due to financial difficulties.

lot right next to 22nd Street. Coal was dumped into the bins through manhole-like openings in the parking lot.

Robert J. Wood, operations coordinator for the OPS Business Services Department, said that the coal bins were built slanted for a special reason.

"The bins were built so that the coal would automatically feed downward," said Mr.

Mr. Hall. "Getting rid of it would also be difficult."

"The only reason we would take the coal bins or the boilers out would be if the space was badly needed for something else."

Though materially worthless, the coal and boilers represent an important part of the past, urging Central to grow outwards in the future, not down.

## Buffett has photography showing

What started out as punishment has become a great source of pleasure and pride for photographer Peter Buffett. Peter, a '76 Central graduate, had his first showing at the Eisenberg Art Gallery, August 15 - 27.

The showing came seven years after Peter took his first photography course at the South Omaha Boys Club. "I didn't want to take the course," Peter remembered, "but as soon as I did I liked it."

Peter feels photography gives him an insight into things that other people don't notice. "When I first started to take pictures, I began to see everything in black and white," Peter said. He is presently taking all the photography courses offered at Stanford University, where he will be a sophomore this fall.

Peter's showing included many different styles of pictures. "I don't have a favorite style; at this point I am still experimenting," he said. He had

some photographs from as far back as six years ago. A few were taken while he was a student at Central. "Most of my pictures, though, are from California," Peter said.

"Photography is a great way to meet people," Peter said. "Sometimes they come up and ask me to take their picture. I would have been scared to death to ask them," he said.

Occasionally the person didn't know the picture was going to be taken. "The 'Sun Newspaper' helped me a lot," Peter said. "When I worked there it was easier to get into places."

Mrs. Bella Eisenberg, owner and operator of the Eisenberg Art Gallery, helped Peter get ready for the showing. "It was Mrs. Eisenberg's idea to have this showing," Peter said. "She had seen my work and asked my mother if I would be interested in having a showing, since I was away at school."

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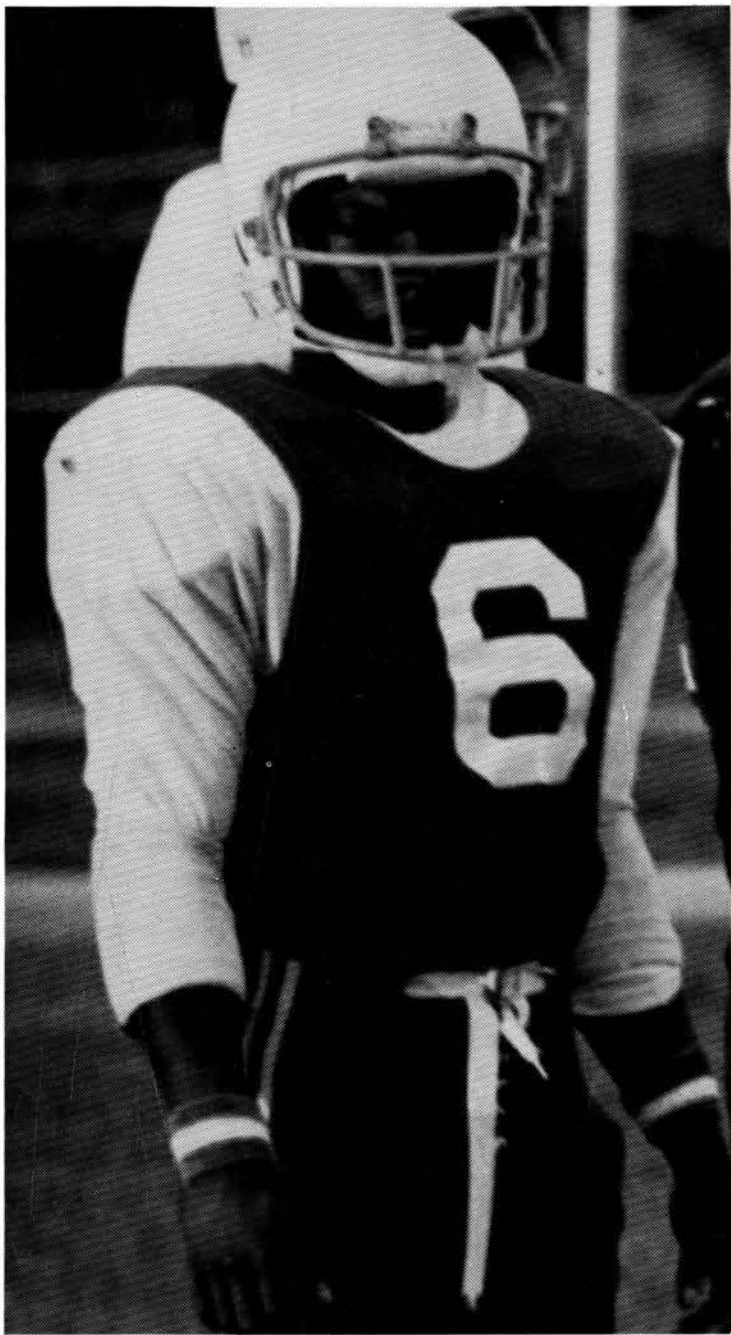


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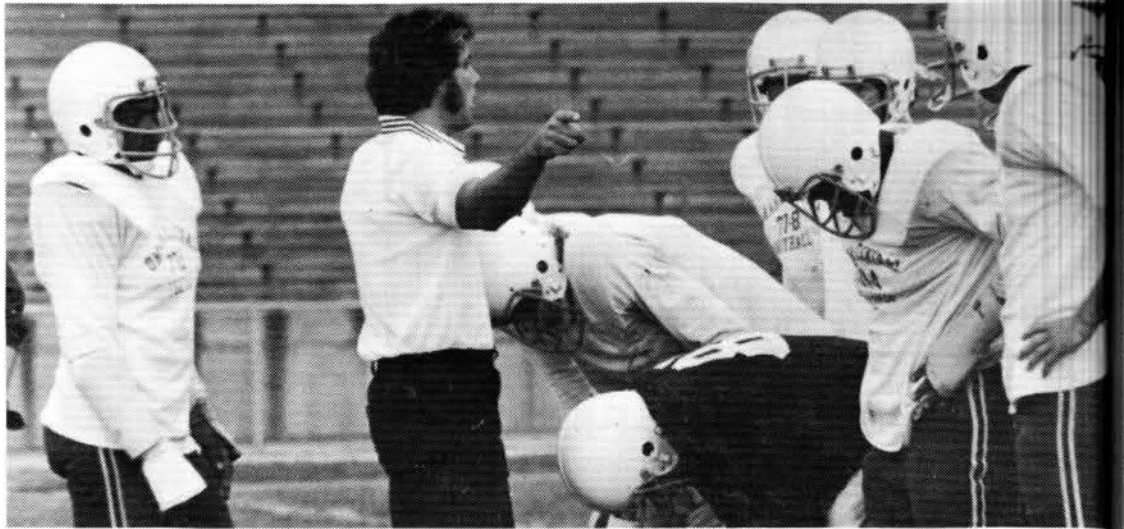




photos by Tony Smith

Kirk Curry, returning starter, awaits offensive assignment.

Editor's note: Jim Zipursky's sports column, "After the Anthem," will begin next issue.



Coach Bond directs the defense in preseason drill.

photo by Tony Smith

## Practices move to Central

by Dan Goodwin

A shift in practice locations for the 1977 football campaign may have been the psychological lift Central High gridders need to turn in a winning season.

No longer are the varsity football players falling in man-holes at Kellom Field or being bombarded with rocks thrown by the children of Kellom School. Now the Eagles can be found practicing on the Central activity field. Senior linebacker Andy Krolikowski said, "Those bus rides to and from Kellom really took something out of me. After a long hard practice, getting on a hot and crowded bus sure doesn't feel so good." Head coach Gary Bailey also feels the new practice location is a great asset. "Practicing at school is a big plus factor; it creates a better attitude and more free time for the team," said Mr. Bailey.

Over the past two seasons

Central's football team has logged a mediocre 3-5 won-loss record. But Coach Bailey sees a potential winner in his '77 team. "We're very much improved from last season at this point," said Mr. Bailey. "We have to stay injury free because of a lack in depth (sixteen lettermen and nine starters returning). Our schedule isn't any lighter than last year, but the tougher teams don't come along until mid-season," Mr. Bailey added.

Last year one thing Central lacked was a solid defense. This year Andy Krolikowski should get ample help from tackle Ron Dorsey and safety David Johnson. "Our most important objectives are to be competitive, enthusiastic, and not to make any mistakes," said defensive back coach Jim Bond. "We have to be so well drilled that when any situation comes up we know exactly what to do. When an opposing

ball carrier is hit by an Eagle defender, he'll know he's been hit," Mr. Bond added.

The 1976 Eagle offense was one of the most explosive Central has had in a long time. Last season the Eagles collected over 2,500 total yards while averaging seven yards a crack. The offense returned the same big play potential as a year ago in halfback Danny Goodwin and Kirk Curry. Sure handed split-end Terry Johnson gives the team a deep threat weapon in the passing game.

"We've set a goal of having a winning season. Whether we accomplish or surpass our goal depends upon how badly the team wants to win," stated Mr. Bailey.

The Eagles will be playing their second game Friday, September 9, 7:30 p.m. at Papillion State's (This issue was being printed when the Eagles played their first game).



photo by Tony Smith

Vandals strike again.

## Car vandalism increases; larceny decreases

"Car vandalism comes in rushes. Usually vandalism and theft occur at night during school functions because during the day it is too obvious and takes too much time," said Sergeant Phillip Busch of the Omaha Police Department.

Vandalism of cars, ranging from breaking windshields to spray-painting, is up 31% in Omaha for the first 6 months of 1977.

16-20 year olds usually vandalize cars, said Sgt. Busch, Auto Theft Division head. "They have access to a car and will drive far from home because they don't want to vandalize in their own neighborhood. They have an easy escape and usually have an excuse for being where they are. Kids will muddy-up or remove their license plates and make a fast getaway. Their chances of being caught are slim.

"Some kids get mad at others in school, get out early and

damage the other person's car," he added.

### Larceny

Taking equipment from inside a car, either purses, packages, or stereos, is down 39% for the first 6 months of 1977. According to Marge Semin, Crime Analyst for the Omaha Police Department, the decline in larceny is due mainly to judges giving harsher sentences. "Judges are sentencing people to jail, so they aren't out on the streets."

According to Sgt. Busch, high school students would report more thefts except that the cars are registered in their parents' names, so parents report the crime.

"Impulse stealing is a rarity. Everything must be perfect—time, location, etc. And it's not professionals who steal from cars—it's your ordinary, everyday person. He may steal all the time but he isn't professional," Sgt. Busch added.

"People look through windows for 8-tracks and on top of cars for CB aeriels. Built-in equipment is usually not bothered. Added components are usually easy to steal because they just loosen the bolts, snip a few wires, and it's theirs," Sgt. Busch added. "Thefts usually amount to \$150 per car or about \$3,000 per day for articles and damage. Damage to the car itself is usually slight, though."

According to police reports, recovery of stolen articles is almost nil.

"Too many people don't know the serial numbers on their equipment. Also, if an article does not show up as stolen, that's too bad. We can't arrest someone just because he looks suspicious," Sgt. Busch said.

### Ways to Prevent Theft and

#### Vandalism

Built-in equipment is much less susceptible than added-on equipment. Many car stereos and CB antennae are easily removed for their protection.

"The best tip is to make sure all doors are locked and all windows rolled up. Many people just assume the car is locked without checking," Sgt. Busch said. "If you have expensive equipment, make sure you write down the serial numbers, or put your initials on all the components."

"Vandalism can be prevented by parking on well-lit streets and in the open. If you park on dark streets, you're asking for trouble."

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