

Architects gain experience

Does the thought of being an architect interest you? At least three Central students are taking more than just a casual interest in this occupation.

Junior Rick Everett, and seniors Bill Harris and Craig Lamberty are learning the trade through taking drawing classes here at Central and working part-time in the offices of Omaha architects.

Work,

Both Bill and Rick work for the architectural firm of Dana, Larsen, and Roubal. Bill and Rick currently work about three or four nights a week each, although both will be taking leaves from their jobs to play basketball for Central. Rick and Bill perform approximately the same job for the firm. Both work in the copying room making re-

prints of drawings made by the firm. Rick feels his work experience can help him get a job later on if he decides to become an architect. "Many people start in the print shop and work their way up."

Employment

Besides providing good work experience, the firm is also a good source of employment. "The firm will keep you on part-time when you're going to college," says Craig.

Craig works for the firm Wilsan, Mullins, and Birge. He is also involved in the reprinting of the architectural plans, and is currently in charge of reproduction for the firm. Craig works five days a week from 2:00-6:00 p.m. and on Saturday afternoon. In his drawing class here at Central Craig is working on

the design for a solar house.

All three architect hopefuls work for their respective firms on a cooperative work program. If they work a sufficient number of hours per-week and do satisfactory work while on the job, they each receive a full credit for each semester.

Plans

The three students' plans include going to college, working for their respective firms during the summers, and then eventually becoming full-fledged architects after their college graduation.

Expressing his thoughts toward his job, Craig stated, "The money isn't too great right now, but the experience is invaluable, and the opportunities are there."



photo by Bill Lovgren

PEP paints staff room. Tony Sortino and Don Zalewski, members of Central's new Parents, Educators, and Pupils (PEP) group, add a touch of class to Central's faculty room on Saturday, November 10. Other painters included Mr. and Mrs. Joseph Bushey (chairmen), Dr. and Mrs. Jack Newton, Mrs. Marina Swoboda, Mr. Bob Meehan, Mr. Paul Bashus, Mr. Dave Van Metre, Mr. Dick Boyd, Miss Joyce Morris, Mrs. Gloria Armstrong, and Mr. Leo Werner.

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Models find job fun, but not all glamour

Have you ever been curious about the glamorous life of a fashion model? According to Central seniors Ann Backer, Sandra Bushey, and Sydney Rubin, the life is not all glamour, but it is a lot of fun.

Ann and Sandra both model for the Daisy clothing store and are members of the Daisy Fashion Board. The Board is made up of representatives from most of the high schools and colleges in the Omaha area.

Ads

Ann has been in four newspaper ads (including one in the Register) and has appeared in a television commercial which was aired about a month ago. Two of the ads appeared in Lincoln papers. Ann also participated in a disco fashion show at Pogo's on August 6.

All this began when Ann applied to be on the Daisy Fashion Board early this year. She was chosen in May and began modeling for the store at the disco.

Diverse Places

Like Ann, Sandra has been photographed for four newspaper advertisements and was seen in the same television commercial. Sandra said that she has posed in such diverse places as the Farmer's Market at 42nd and Leavenworth, Elmwood park, and at Lake Manawa for a Columbus Day ad.

Although the result may look spectacular, a lot of hard work is behind it. According to Ann, the thirty second commercial took about four hours to tape in addition to all the time needed for being made up and getting

ready.

Neither Ann nor Sandra is paid and both seem to resent it a bit. "They know they don't have to pay us because they can always find someone else who will model for free," said Ann. But there is another factor involved. "If we are paid, we lose our amateur status," Sandra explained. This means they will no longer be members of the Fashion Board, and jobs will be much more difficult to find.

Ann and Sandra enjoy modeling a great deal and Sandra is even considering a career in fashion merchandising. Sandra commented that the thing she likes most is "wearing the clothes and being in the paper." Ann mentioned that "for us it's fun but for pros it's a lot harder."

Sydney Rubin started modeling in 1977 when she took a

modeling class at Brandeis department store and then participated in a fashion show at the end of the class. Sydney was also in her youth group's annual fashion show. Recently, she was in a show called "Evening with the Stars" at Pogo's, sponsored by the National Association for Hairdressers and Cosmetologists.

Sydney began modeling when she was asked by Mrs. Elaine Jabenis if she would like to join the Brandeis Fashion Board. Mrs. Jabenis is the head of the Board.

Shows

With the Fashion Board, Sydney has been in shows in Des Moines, Lincoln, and the Omaha area. In these shows, presenting new clothes is combined with dance numbers.

Dancing is another of Sydney's talents and interests. There is a theme for each show such as school clothes, pajamas, or western wear, and all the clothes shown reflect that theme.

Enjoyment

As for monetary compensation, Sydney said she is paid "zilch — just the pure enjoyment and pleasure of modeling. The experience and meeting new friends is the only pay we get." On the other hand, Sydney did get to keep the chrous line outfit she wore for the show at Pogo's last September.

Although she is not planning on making it a career, Sydney enjoys her modeling. "I'm a ham," she said. "I love to be on stage, and I love acting and dancing."

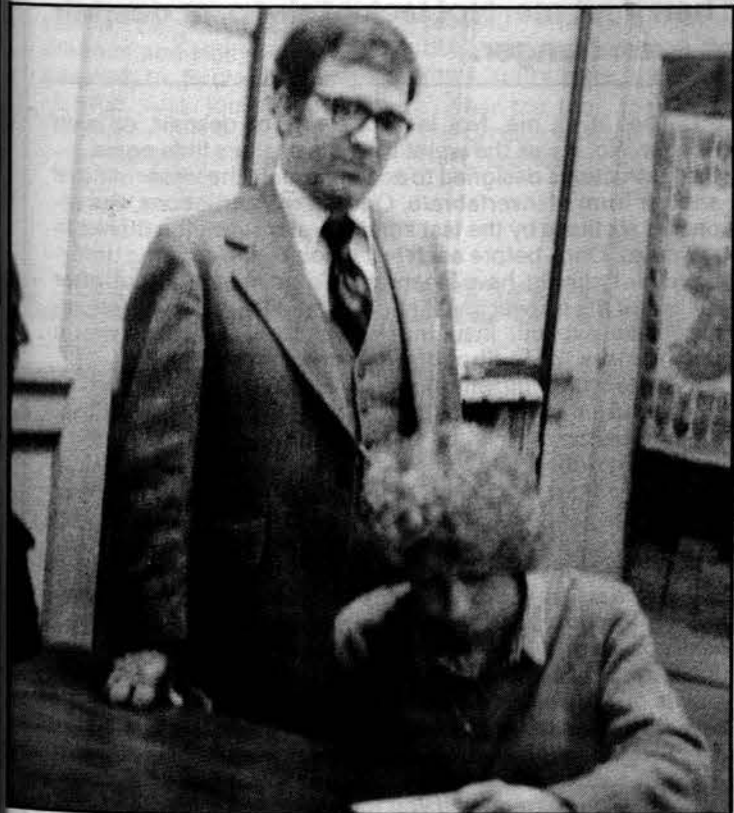


photo by Brad Mancuso

As William Shakespeare and English Department head Dan Daly look on, Liz deGraw writes a winner.

deGraw wins writing award

Senior Liz deGraw was one of seven hundred students nationally to win the 1979-80 National Council of Teachers of English writing award. Out of a field of 8000 nominees across the nation, Liz was one of just six Nebraska winners. The other Central nominees were Jim Backer and Carol Knoepfler.

The contest involved submitting one finished work of any literary style considered by the student to be his or her best, and one impromptu essay. For the impromptu part, the contestants were given one hour to write on a topic they had not seen beforehand.

Topic

The topic was introduced by the following words of author John Hersey: "Journalism allows its readers to witness history; fiction gives its readers an opportunity to live it." The writers were then asked to select a book, film, theatre, or television production which had seemed particularly vivid to them and

describe the elements which had made it so real.

Liz wrote on the character Hester Prynne from the book *The Scarlet Letter*. She felt that most readers, particularly those who are single, could easily identify with Hester.

"Loneliness"

For example, single readers can understand the loneliness and desire Hester feels when her husband leaves her. Liz thought that everyone "can feel the agony of the red letter" which Hester must wear as her punishment for adultery. Liz also wrote that most students can relate to the problems Hester had with her daughter Pearl because "they have experienced the tantrums of younger brothers and sisters."

For her other composition, Liz wrote a short story about a disruptive and rude young man in a hospital who had to be tied to his wheelchair. When his parents visited, though, the man's whole attitude changed and he became happy and polite. The

story, entitled "Howard," is based on an actual incident which happened to Liz when she was a candystriper.

Liz, who would like to major in sociology, said that winning the contest "was a real thrill. I was very surprised but very pleased, too."

Dan Daly, head of the English department, was also pleased with Liz. "It's a source of pride for the department, too, especially since we have not had a winner since 1972," he said.

Essays

Carol Knoepfler wrote her impromptu essay on the book "Moby Dick" and her creative entry was a one act play about her own family called "The Family Repast." Jim Backer wrote a poem about winning and losing entitled "Champions," and wrote his composition on aspects of the musical revue, "A Chorus Line."

The two other Omaha winners were Barry Maher of Tech High and Cynthia Meier, who goes to Northwest.

'Hello, Dolly!' plagued by outbreak of theft

An old problem is taking on new proportions at Central High School. A problem that, although it has always been in existence, has reached a boiling point for many at Central. The problem is that of theft. Its main target has been the Central High stage during the recent rehearsals for "Hello, Dolly!", the fall musical.

Theft is something which is present almost everywhere. Whether it be purse-snatching or picking up "loose" notebooks here or there, stealing is an ancient "art." It's hard to say what drives people to take something which is not theirs. Whether it's a case of desperation for money, or just a prank, it's still a crime.

editorial

For some unknown reason, this crime has become an epidemic on the Central High stage. According to Mr. Robert McMeen, Central High music teacher and musical director, theft during "Hello, Dolly!" rehearsals totaled up to two bill-folds, one calculator, \$40 in cash from purses, a large amount of tickets for the musical's public performance (either stolen or missing), plus two stage lights borrowed from Technical High school, estimated value at \$150 apiece. The culprit(s) has yet to be discovered.

According to Mr. McMeen, theft on stage has been relatively small in the past. Occasionally a purse was stolen, but now the problem has become more severe.

When asked if he knew what might be a probable cause of the sudden increase in theft, Mr. McMeen replied that "it's hard to put the blame in any specific area," but one or two new people is all that would be needed to cause this problem.

One student who has suffered from the onslaught of thievery is Central High junior, Annette McGinnis. Annette worked backstage as a costumer for "Hello, Dolly!". Annette said that she had lost her billfold, a purse, and her sanity.

Annette stated that it was the student's responsibility to keep track of their belongings but that they "shouldn't have to be so cautious and

protective from other people." She agreed with Mr. McMeen in that it could possibly be the work of one or two new people to Central that could be the cause of the theft, though she believed no possibility should be ruled out.

Besides the loss of personal belongings, this theft could cause other problems. According to Mr. McMeen, it could injure morale among cast members and may cause students not to participate in future shows due to their fear of being "ripped off." Annette confirmed this feeling by adding that she would be more cautious and, though she was sorry to say, would be lacking in faith of other students.

Of course, the cast and crew did not just sit idly by and watch their belongings disappear. Steps were taken, with little effect. All purses were kept in the orchestra pit in view of Mr. McMeen. Other personal belongings were allowed to be locked in lockers during rehearsals and then retrieved after the show. The stage doors were kept closed so people could not just wander in. However, the problems did not cease. Mr. McMeen said, "All we can do is convince people to look after their belongings and keep things together and try and tighten security."

"The key note of the whole situation," says Mr. McMeen, "is that we have to trust and work with each other during a show. A problem such as this makes that hard to do."

It's a sorry situation when students who devote long, hard hours of work are repaid by being "ripped off." How can students be expected to devote their time when an underlying fear remains that they could lose their money? This presents a problem in cooperation among students, a problem which must be solved.

But for a problem such as theft to be cured, there must be a feeling of unity among the students. The students can help curb theft but only by cooperating with the teachers and themselves. So remember in the future that even though you may feel like a prisoner sometimes, cooperation will help ensure your safety and better results in the long run.

Questions raised on class eating

By Daryle Brown

Should eating be allowed in classrooms?

This question has been raised more frequently as the amount of litter in classrooms and study halls increases. It is not uncommon to walk into study hall and wade through potato chip bags and candy wrappers to reach your seat. One reason this problem is intensified is because there is no official school rule on eating in class.

Dr. G. E. Moller, Central High principal, says that he has left the matter up to the teachers. "I cannot personally condone eating in class, but there is not a rule on this matter." When this question was asked, most Central teachers agreed with Dr. Moller. Latin teacher Rita Ryan said, "I don't allow eating in either my classes or study halls. It is impossible to speak a foreign language properly with your mouth full." T. M. Gaherty, journalism instructor, believes, "The munching and crunching are distracting." Most teachers and students agreed with this point. Math instructor Paul Pennington believes that eating in class is disrespectful to the teacher.

Mr. Gaherty suspects that the introduction of the candy and food machines started the problems, but the purpose of the machines was to provide snacks for students. The machines are a major source of revenue for the student activity fund, and have regular visitors. Senior Lance Jackson feels that a person should be able to eat, but the trash should be thrown away. It appears that many Central students do not share this view as the garbage increases. Senior Miles Moore says, "throwing trash on the floor shows a lack of respect for the school."

Dr. Moller agrees that the mess has increased but is uncertain what action should be taken. "At Central, we are preparing students for a normal work-a-day world. A person should be able to make it through a 41 minute period without eating. I believe it is all right to eat during passing periods as long as the trash is thrown away."

At present, it is uncertain whether action will be taken to remove the trash on the floor if eating of snacks should be allowed in class.

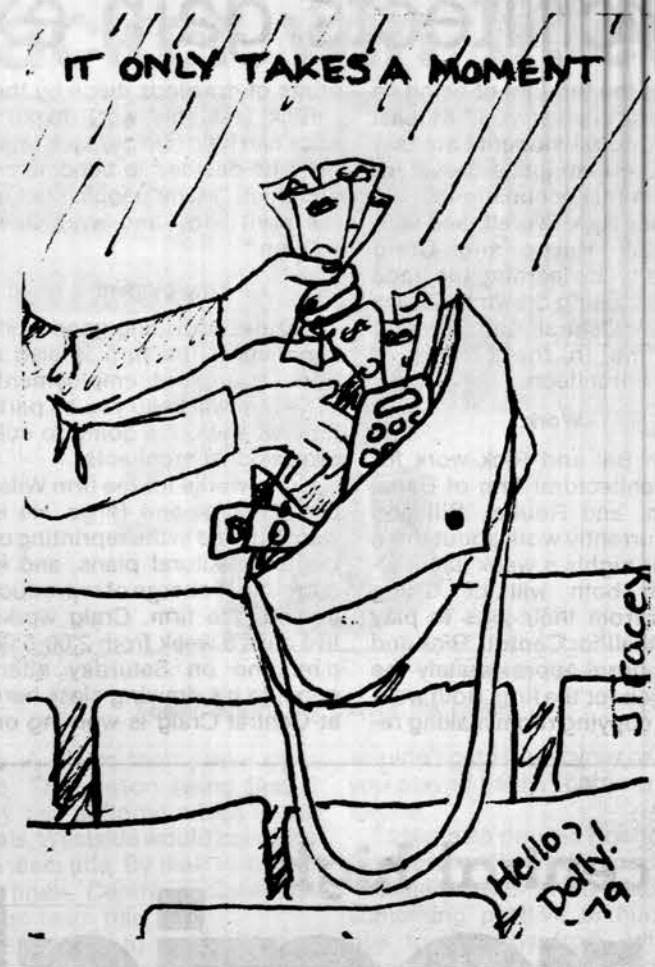
KDCO Radio airs again

Central radio KDCO is back on the air!

With the assistance of G. E. Moller, Central principal, and the insistence of ten advanced radio students from last year, Central's radio station has been brought back into operation during the lunch periods. The problem of faculty supervision has been solved by Kevin Throne and Joan Kmiecik volunteering their time for the benefit of the students.

advertising eliminated

The programming of the station has been altered from that of last year to eliminate advertising. The limited time framework of the station's operations is the cause of the change according to program director Roger Olsen. The students involved in station operations receive no credit for the time they sacrifice. "We feel we are doing a service for the school," said Roger, "and we would just like to keep the music playing."



Words to Grow by

by Cathy Grow

And you thought midterms were tough! Hah! I scoff at midterms. (Scoff, scoff) You would too if your entire college career (or so your counselors and parents would have you think) depended upon your giving up the last football game to go to bed early just to get up in the morning and take a test like the one I took last Saturday morning.

I always felt that there should be a law against Saturday mornings anyway. I decided long ago that cartoons shouldn't even start until noon. But to keep the traditional length of the day the same, everything would have to be moved up six hours. So you wouldn't have to go to bed until 5 or 6 o'clock Sunday morning. Then 8 o'clock Mass wouldn't be until 2 o'clock, and dinner would be at midnight. In this way, the weekend would spill over onto Monday. Monday would be six hours shorter and 1/4 (24 divided by 6) less gloomy.

That last paragraph is the effect of an SAT test on a normal mind a full 72 hours after the fact.

Anyway, in order to take a test effectively, one must be in the right frame of mind. Having had only six and one-half hours sleep the night before (despite our loss, I went out after the game), I felt that I could use all the positive thinking I could get. So, when my alarm went off at 6:30, I jumped out of bed and into the shower, pausing only long enough to discard my pajamas. I did what was possible for my outward appearance to further the positive thinking process (Art Linkletter would have been proud). I ate a big breakfast and made it to school for the test in plenty of time. DAH! DAH! DAH! DAH! SUPER-STUDENT!!!

Then it hit me. Not lack of sleep, or despair, or even hunger.

Then it hit me. Not lack of sleep, or despair, or even hunger. No, it was the worst of the test takers little ogres... the instructions designed to accommodate the lesser mind of a lower form of invertebrate. One set of instructions was repeated six times by the test administrator (Jack the Blanke in my case). Once before each test taken by the aspiring unfortunates. I should have been able to memorize it, but after filling out my answer sheet and test booklet, faithfully following these explicit, insulting instructions, my mind was a mushy mess. ZAP! Shot down in my prime.

Speaking of mowing things down, I would have liked to have a sub-machine gun to take care of that alarm clock that would buzzzzzzzz to let us know our time was up. My nerves were shot. (oh well)

Some poor slob had to sit up nights thinking up those instructions and the questions for that matter. I don't pity him though. I had a few x, y, z affairs of my own, only they involved Tom and his money and mysterious purchases.

My fears were multiplied by the boy who sat behind me during this horrifying experience. He read faster than I, and I was constantly warned of upcoming critter questions by his incessant sobbing. We soon had quite a chorus of silent howls of despair.

As you can see, I have not fully recovered; six weeks on the Riviera would not lessen my trepidation at the sight of another test.

And your parents tell you to enjoy yourself because this is the best part of your life. Does this mean things will get worse? And if I'm having such a great time, why do I have a fifteen minute phone limit?

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'Guilty or Insane?'

The recent trial and subsequent verdict in the trial of Erwin Charles Simants has stirred controversy over the plea of "innocent by reason of insanity."

Simants was convicted of first-degree murder in 1976 in the slaying of six members of the Henry Kellie family of Sutherland, Nebraska.

He was sentenced to die in the electric chair and spent three years on death row before a new trial was ordered by the Nebraska Supreme Court.

The second trial was moved from North Platte to Lincoln where a jury found him innocent by reason of insanity.

Nebraska law requires a trial judge to report any verdict of "not guilty by reason of insanity" to the local board of health. Each Nebraska county is required to have a board of mental health consisting of one psychiatrist, one attorney, and a third member skilled in psychology or sociology.

State law also requires anyone found innocent by reason of insanity of any crime be held in custody up to 30 days in order to give the board time to act.

Each board has power to commit persons indefinitely for psychiatric treatment. The length of the stay is determined by the attending physicians at the hospital the patient is assigned. However, the board may decide not to have a person committed and therefore that person could be released.

A proposal by state senator Carol Pirsh favors a possible verdict of "guilty but mentally ill," which would allow the courts — instead of the mental health authorities — to retain jurisdiction over such persons.

According to state law, second-degree murder carries a maximum of life imprisonment. First-degree murder can be punished by death in the Nebraska electric chair.



Molly Noonan, Sophomore

"The insanity plea is not good because once they could get out they could do something. If someone didn't want to go to prison, they could plead insanity and get away with it."



Eddie Poe, Sophomore

"They should make it tougher for people to get back on the streets. People should have to pay for their crime. They could send them to prison after their psychiatric treatment."



Jayne Lee, Junior

"The insanity plea should be banned entirely. It would be easier just to put them in prison. If they were released, they would just go out and kill more people."



Scott Custard, Senior

"They should do away with the innocent plea. Simants will probably end up back on the streets doing the same thing. He should get the death penalty."

Photos by Bill Lovgren

Centralites abroad

For most people, it is usual to hear "Good Morning!" when they awaken. But for 22 Central students when they woke up last summer they heard anything from "Bonjour!" to "Guten Morgen!"

Each year the Lion's Club of Omaha sponsors an exchange program with several European countries, and Japan, and Australia. Youth from the United States travel to foreign countries and spend six weeks with one or more families. This gives the youth a taste of foreign culture and is often the only chance a person has to see Europe at a relatively inexpensive rate.

The group contained high school and college students from Nebraska and included Centralites Daryle Brown and Cindy Radulovich, who visited Belgium; Margaret Whedon and Holly Hill, who traveled to England; Janet Hansen who journeyed in Denmark; Susie Reynolds, who visited Austria; Peri

Kubik and Lisa LaViolette traveled in Finland; and Connie Boje, Joe Taylor, and Britta Wheeler, who visited France.

The group departed from Omaha July 2 and arrived in Luxembourg on July 3. From that point the majority of the group split up. Some looked forward to a 22-hour train ride, while others prepared for an 8-day tour of Europe.

Many of the Centralites went on the tour. It was considered to be one of the highlights of their European visit. It gave them a chance to see Luxembourg, Germany and France. Many of the Central students had interesting experiences with French waiters, the Paris subway, and often got lost. Senior Connie Boje was especially impressed with Luxembourg because "the buildings and the country were beautiful."

After the tour, the rest of the group departed for their host families.

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Latin charioteers 3rd

Central's JCL placed third at the Chariotathon held Saturday, October 20 at Berquist Stadium. The event, which was won by Northwest, was held to raise money for state and school activities.

Profits collected from the October 20th Chariotathon helped pay for the Central J.C.L. hayrack ride. Some of the remaining assets will help pay for a pizza party on November 20th at Sortino's. The rest of the funds will help to finance the annual state Convention sponsored by Central this year on April 18 and 19 at Creighton University.

The club currently has 96 members, making it the largest J.C.L. club in recent years. Elections were held last year for the major offices in the club and some were held this year to elect first year Latin students. They are: Senior Council-Liz Gibson and Grant Gier, Junior Council — Anne Conine and Stewart Gaebler, Secretary — Linda Cushenbery, Treasurer — Eric Johnson, Sgt.-At-Arms — Brett Emsick, Sherie Hiatt, Jane Vendetti, Brenda Schuerman and Anne Bowen, Historians — Carol Knoephler, Elaine Will and Jim Backer and Parliamentarian Scott Barker.

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Alcohol and parenthood prevalent

"I am not an alcoholic, just a weekend alcoholic," remarked one Central senior.

There are 450,000 teen-agers in the United States who ARE alcoholics according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

Teen-age drinking has become a topic of major concern in the past few years. "Young people don't believe they have a problem," said Don Newcombe, former pitcher and Cy Young Award winner with the Brooklyn Dodgers, on a recent stop in Omaha.

"Young people don't believe they have a problem."

The average beginning drinking age in the U.S. has gone from 14 years old in 1977 to 12 in 1979 according to Jean Kelley, educational specialist for the Omaha Area Council on Alcoholism (OACA). According to a 1977 Akers poll, 78.2% of Omaha area high school students drink beer more than once or twice a month.

State Senator Ralph Kelley of Grand Island, who introduced a bill in the state legislature last year to raise the drinking age from 19 to 21, said in a recent *World-Herald* article, "It's imperative that we get liquor out of the high schools." Kelly also introduced a bill last session calling for a study of the need for services to teen-age alcoholics.

University of Iowa sociologist Ronald Akers agrees that the peer pressure put on high school students to drink is tremendous. Akers commented in a recent *World-Herald* article that peer pressure is the major factor in teen drinking. Alcohol is a form of acceptance in many social groups. The choice to drink or not to drink is an important one for high school students and most of the time his choice decides his friends and the type of social group with which he associates.

For one out of ten (10%) high school students that choose to drink, alcoholism is the result.

"Peer pressure is the major factor in teen drinking."

Alcoholism is a disease that is predictable, progressive and permanent. Approximately 10 to 14 million people in the United States are alcoholic according to Mrs. Kelley. Statistics show that half of the 200 million people in the U.S. drink.

Alcoholism is an illness resulting in uncontrolled drinking of alcoholic beverages, dependence on which may lead to personal, social, spiritual, or economic problems for the alcoholic and his family. Alcoholism is a disease that is "highly treatable" according to Mrs. Kelley. It is often called the

"family illness." The average alcoholic affects at least four others by his behavior. The Omaha Area has approximately 28,000 alcoholics in the community according to Akers, 177.

comes the primary purpose for a group of teenagers to get together, that's a good sign of alcoholism."

Although parties are a good place for socializing and seeing

Alcoholism is a disease

Experts agree that the causes for alcoholism are many, but most often alcohol serves as a form of escape. Many people drink because it makes them feel more self-confident. Writer F. Scott Fitzgerald used alcohol to escape his boredom, while Edgar Allan Poe drank to forget his loneliness. Problems dealing with growing up, school, parents, and friends may also lead a teenager to drink often.

"Alcoholism appears to be hereditary," says Mrs. Kelley.

friends today, the drawing power of beer and alcohol accounts for much of their popularity. "I go to parties to get drunk," comments one Centralite. Alcohol has been served at many Central parties in the last three years with the full consent of parents and with the parents present according to many students. Parents can be the greatest help — or hazard in preventing problem drinking according to Dr. Morris E. Chavetz, director of NIAAA, as relat-

Early Warning Signals



Early warning signals include:

- Difficult to get along with when he's drinking
- Unusually high tolerance to alcohol
- Drinks "because he is depressed"
- Drinks "to calm his nerves"
- Can't recall some drinking episodes
- Hides liquor
- Drinks alone
- Marked personality change
- Gulps drinks
- Pre-occupied with drinking
- Sneaks drinks and lies about drinking
- Develops pattern of needing a drink in stress situations
- Changes to friends who drink more

"About 50% of the alcoholics come from a one part alcoholic family. About 70% come from a two part alcoholic family. Over 30% of the alcoholics are children of teetotalers, many of whom had an alcoholic in the family backgrounds."

Reverend James Schwertley, educator and counselor for the Catholic Social Services, believes environment is the greatest cause of alcoholism. "The conditioning effect of the environment appears to be the most influential."

How does alcoholism begin? William G. Bosma, M.D., director of the division on alcoholism and drug abuse at the University of Maryland Hospital in Baltimore, said in the UN-L School of Journalism's *Broken by the Bottle*, "Alcoholism starts when teenagers are 'pre-occupied with alcohol' and always drink to get drunk. When drinking be-

ed in *Broken by the Bottle*. Rev. Schwertley believes the example the parents show in using alcohol and dialogue with their kids is "pretty strong."

There is a difference between alcohol abuse and alcoholism. Rev. Schwertley says, "When you first see trouble in your life, that's alcoholism."

Alcoholism doesn't just become an overnight problem. There are many warning signals.

"I go to parties to get drunk."

What is an alcoholic? He or she is most often described as a person who can't control his/her drinking. Are all alcoholics skid row bums spending their lives on street corners? Over 95% of those chemically dependent on alcohol in the

U.S. are normal people such as housewives and businessman.

Bill Stevens, a counselor at the Eppey Chemical Dependency Unit at 3612 Cuming, is a recovering alcoholic. He started drinking when he was fourteen. During high school he was always drinking on weekends and occasionally during school. "I associated drinking with fun."

Bill decided to seek help when his friends started getting tired of his drinking and his girl friend told him to get lost. "I was drinking to get out of reality." Bill found help going to an Alcoholics Anonymous (AA) meeting. Bill wasn't really aware of his problem. "I just thought I was like everybody else."

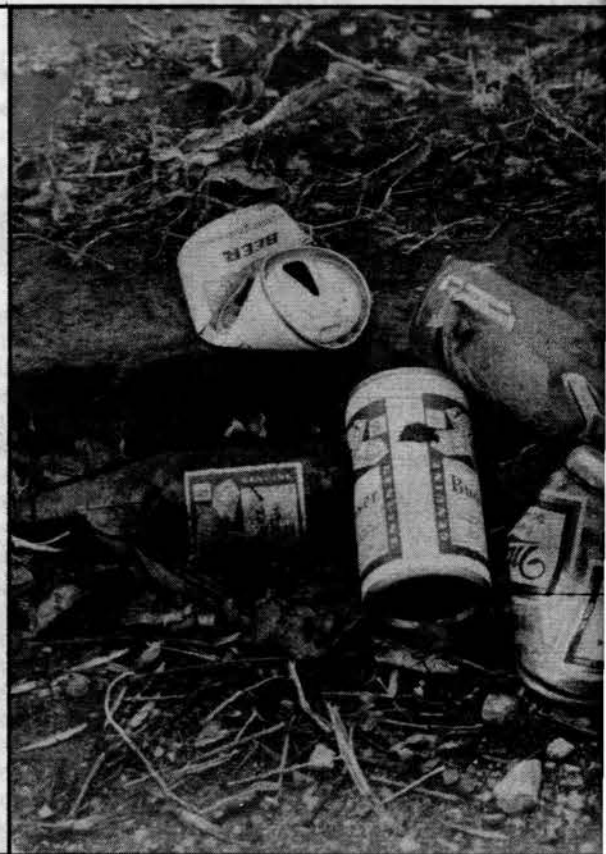
Today, Bill feels intervention by the parents and the school are vital in the handling of teen-age alcoholism. "It's absolutely

teachers, counselor and interested parents to educate alcoholism. The program has been successful at the high schools and High School but has not gained acceptance by the Public School District.

"50% of all alcoholics are alcoholics"

Rev. Schwertley's alcoholism program through the Catholic Social Services, that also focuses on the prevention aspect of alcoholism, are divided into three areas: the alcohol, alcohol abuse, and alcoholism.

In the past year, 100 alcoholics were treated in all state prisons.



crazy for a teacher to allow a student to sit in class while drunk. Teachers try to ignore the problem rather than deal with it."

The Eppey Chemical Dependency Unit, started in 1971, is one of many places throughout the city where a teen-ager with a drinking problem can go for help. Although the Eppey Unit deals with all types of dependencies and mostly works with adults, it treated over 100 adolescents last year. Treatment usually lasts about 30 to 40 days and is similar to the AA program.

The Omaha Area Council on Alcoholism at 113 North 18th St. is also a good place to go for help or information. The Council provides films and literature as well as educational programs on alcoholism. The Council would like to work with the different school systems,

Gordon Tush, acting director of the Nebraska Division of Alcoholism, in a recent *Herald* article.

There are many places where the families of alcoholics can go for help. Al-Anon, Alcoholics Anonymous, are outgrowths of Alcoholics Anonymous that provide counseling and group therapy for the non-alcoholic member. Alateen, made up of children of alcoholics, provides support and friendship for friends and alcoholics.

Alcoholism is America's biggest health problem

Even though there are many treatment centers around, alcoholism remains a major problem and ranks

problems

counselor biggest health problem is alcoholism. It is a disease that can be treated, but it is not a cure. The pressing possible malnourishment and hallucination, the tools and effects of alcohol in the body but has damage to major organs by the body such as the heart, liver, stomach, and kidneys.

all alcohol-related accidents and driving can ruin lives. According to Rev. J. J. Connelley, 50% of all traffic accidents are alcohol-related.

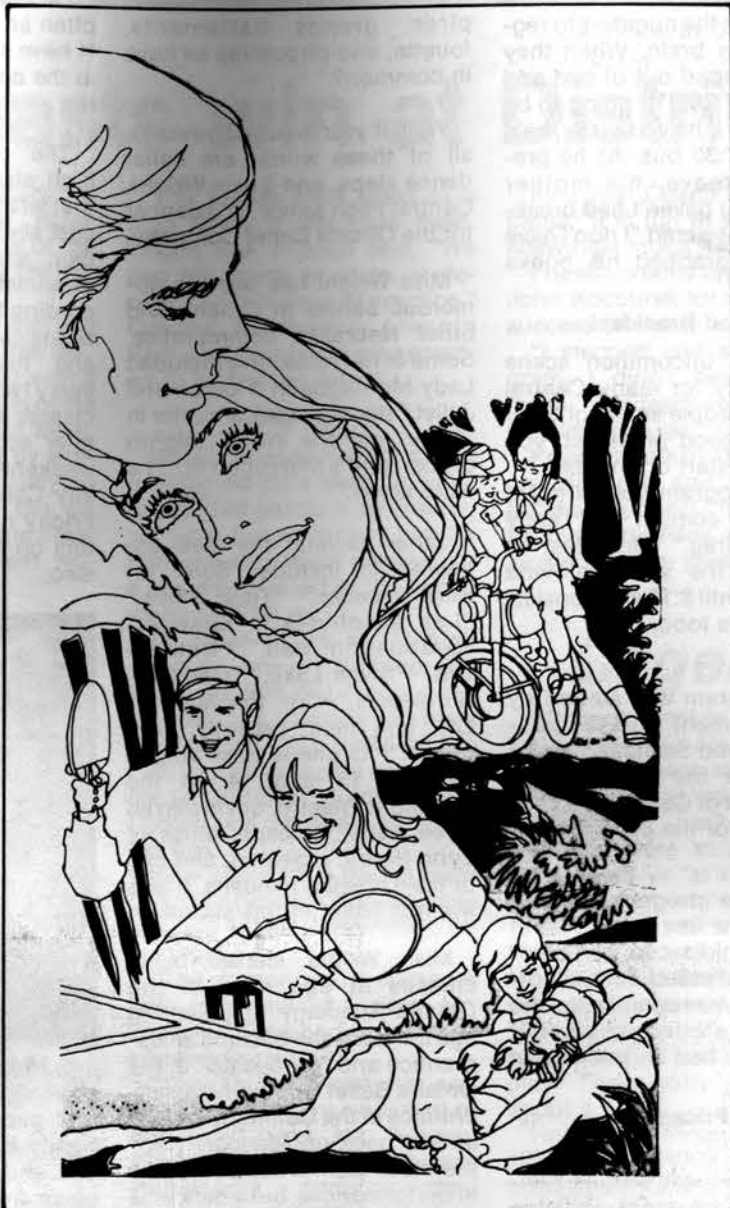
Program disease alcoholism is a disease, so are injuries suffered by its victims. Rev. J. J. Connelley told of a promising football player who had a scholarship to a college. On the night of his school graduation, he was drinking with some friends and was involved in a car accident. He was paralyzed for life.



h, acting and its problems are the same. The University of Nebraska has had an alcoholism problem for many years. The military has alcohol-related problems with alcoholism. Centers such as the Long Beach Naval group of California have alcoholism problems. The lateen created by farewell children leaves that allowed alcoholism to spread.

Alcoholism is a disease. Moderate drinking and knowledge of alcohol's effects can help. Problems from alcoholism started. Education and discretion in its use lead alcoholism to be more treatable. It is a disease of a problem in society.

ugh treatment, alcoholism ranks



Planned Parenthood helps

Six thousand women visit Planned Parenthood of Omaha-Council Bluffs each year. Of these 6000, 20% are teenage girls. This is a reality.

What is Planned Parenthood?

"We are an institute with the main concern that children be wanted and that women have the choice of wanting children," said Helen Kehret, community relations director with Planned Parenthood.

Planned Parenthood was originally organized in 1918 by Margaret Sanger, a nurse with the idea of protecting women from self-performed abortions and death from over-children bearing. Sanger was jailed 7 times for her fight for contraception.

"Back then, contraception was considered a sin," said Ms. Kehret. "In fact, it still is."

Maternal Health League began in 1935

The Maternal Health League started in Omaha in 1935. It was located at Trinity Episcopal Church in the downtown area. In 1942, it changed its name to Planned Parenthood. Now, there are 189 Planned Parenthoods across the country with over 700 clinic sites. Omaha has 3 clinic locations and serves a 5 county area.

According to Ms. Kehret, some women use Planned Parenthood as their primary source of medical care.

"We are strictly a gynecological institute-not obstetric. That means we care for a woman up until we find out she is pregnant. Then we refer her to a private clinic or doctor."

Medical services include yearly exams, treatment of gynecologically related infections, prescribing contraceptive measures and pregnancy testing.

Another service which the clinic provides is education. Eight times a week, the clinic provides an educational "rap" session in which new patients get to find out "what contracep-

tives are all about."

"The 'rap' sessions are basically to make the newcomer feel more at ease," said Colleen Hughes, a volunteer at the clinic.

Ms. Hughes conducts in-house education sessions. The sessions include a film entitled "It's Not So Bad" which shows a pelvic and a breast examination, information about different types of contraceptives and basic information about the clinic.

Educating the public

Planned Parenthood is also interested in educating the public.

"Right now community education is on the shy," said Ms. Kehret, "but we are hoping to publicize much more."

Other forms of education include educating the handicapped, working at colleges and universities and conducting work shops in schools. Ms. Kehret would like to see Planned Parenthood educating younger children in the future.

"Hopefully, we will be able to get together a group of high school age students to be peer education leaders. Positive peer culture has proved that teens are very good working together and give each other positive support."

Counseling

The clinic also provides counseling services. Every woman who comes in for pregnancy testing must see the director of counseling at the clinic.

"We want the woman to make up her own mind; we never decide for her," Ms. Kehret said. "If the woman finds that she is pregnant and decides on an abortion, we help her explore her feelings and then refer her to an abortion clinic."

Writers:

James Backer

Kathy Hekl

Photographer:

Brad Mancuso

Artist:

Jennie Tracey

New records set

Two stars have emerged from this year's girls' swim team. Both Lynne Gillaspie, sophomore, and Norris Jr. High freshman, Heidi Shoemaker, have established new school records in their events.

Lynne set records in the 100 yard butterfly at 1:13.4 beating the old mark of 1:19.3, and swam the 100 yard freestyle in 2:17.0, smashing the old mark by 4.5 seconds.

Heidi's record came in the 200 yard individual medley, setting the new record at 2:47.8, five and a half seconds off the old mark.

Coach Richard Hood, a teacher at Norris, says the girls are "two of the best workers. They work well together."

During swimming practice the girls work hard Lynne says she does "a lot of endurance and speed stuff." She added that she probably should do a little weight lifting.

Neither girl says she is superstitious. However both like to be a little nervous. Heidi said, "I like to feel nervous. It makes me

swim better if I feel jumpy." She also likes to eat jello before a meet." It's supposed to give you energy," explained Heidi.

Heidi swam for the Field Club last summer. She feels competition helps her reduce her time. Lynne said she didn't swim last summer but probably will this summer. "If I improve a lot, hopefully I can swim in the AAU" said Lynne.

Both girls have set goals to swim at the state meet this year. Heidi cautioned that first they must qualify though.

Lynne added that she would like to try swimming the 100 yard freestyle. She likes the butterfly better. "I guess you like anything you do well better."

According to Coach Hood the girls do pretty well with the handicaps they have to face practicing at Norris. "It's awfully hard to get on a van and drive to practice. Sometimes the girls don't get home until 6:30."

That fact doesn't bother Heidi though. "All I have to do is come down here after school." She wishes Central had a pool.

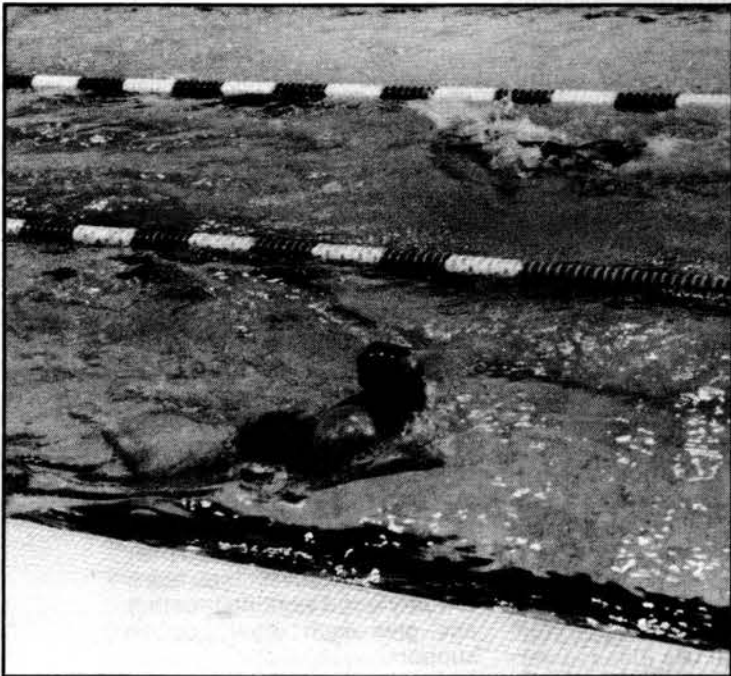


Photo by Bill Lovgren

Heidi Shoemaker strokes to a victory.

Central patrons wanted

Would you like to become a patron of the performing arts at Central High? Recently this question was asked of parents of Centralites in the form of a newsletter, which was sent to the home of students.

To be a patron a fee of ten dollars is required. This fee provides admission to all

Central drama and music department productions, such as Road Show and the spring play.

According to assistant principal Al LaGreca, who spearheaded the project, anyone is eligible to become a patron and may do so by contacting the office.



Breakfast at Central

The boy stretched sleepily in his bed. Sitting up, he glanced at his alarm clock. It took a few seconds for the numbers to register on his brain. When they did, he jumped out of bed and groaned, "7:20! I'm going to be late again!" If he was lucky, he'd catch his 7:30 bus. As he prepared to leave, his mother yelled, "You haven't had breakfast!" He answered "I don't have time!" He grabbed his books and left.

Good Breakfast

This not uncommon scene occurs daily for many Central students. People are taught that without a good breakfast, you can't get a start on the day.

A new program has started at Central to combat the "early morning drag." Breakfast is served in the west cafeteria from 7:30 until 8:15 and consists of nutritious food.

The program was started by the government and is sponsored by Food Services. It was a surprise for the Food Service Department of Central, but they are totally for the program.

When the program started, there was a low turnout, but since the cold set in, participation has increased. Mrs. Georgia Ehlers, manager, said, "We haven't hit a hundred yet, but one day we had 91 people eat breakfast."

Prices

Breakfast consists of a protein (French toast, waffles, pancakes, or sausage), orange juice, milk or a roll. The price is only 15¢ for students and 30¢ for adults. Students with reduced or free lunch cards can also receive breakfast with their cards.

Math instructor William Reed is a regular for breakfast. "In the mornings I feel physically drained and breakfast perks me up. It also saves time because I can come to school, check in, and then eat." He personally recommends it to the students in his classes and study halls.

Wright dances in company

What do the words pliés, relevé, battements tendus, pirouettes, grands battements, fouette, and pirouettes all have in common?

Well, if you're out of guesses, all of these words are ballet dance steps, and Suzie Wright, Central High junior, is a dancer for the Omaha Ballet Company.

Miss Wright has been in numerous ballets in Omaha and other Nebraska communities. Some of her roles have included Lady Montague in "Romeo and Juliet," (tenth grade), a hunter in "Peter and the Wolf," (eighth grade), and a Marzupan in "The Nutcracker."

Other ballets she has appeared in include "Suite for Small Spaces," "Time Steps," "Les Sylphides," "Giselle," "Graduation Ball," "Bathtub Gin," "Swan Lake," "Carillon," "Fireworks," "To the Memory Of," and most recently, "Orpheus." "Orpheus" was staged October 13 and 14, at the Orpheum Theatre. Suzie played three parts; Eutespe, Muse of Lyric Poetry, a demon, and one of the Thracian maidens. It was the first ballet of this season.

Miss Wright started ballet classes at age nine at the Omaha Academy of Ballet. At age thirteen, she became an apprentice and "graduated" to the Omaha Ballet Company. An apprentice in the Company is used as a "back-up dancer." Apprentices are not assured a part in performances, but a dancer is assured a part. Suzie became a dancer in ninth grade and started appearing regularly in Omaha Ballet performances.

Miss Wright contends that she heartily enjoys being a member of the Company although there are some drawbacks, also. "I sometimes have

to give up time from school, and I don't see my school friends as often as I would like," she said. "I have some very close friends in the company, though, so it's not all that bad."

The cost of equipment is high, also. Point shoes (the kind that let them stand on their toes) cost about twenty-one dollars a pair, and these wear out approximately every two months or so. She has classes and rehearsal every day after school and rehearsal on weekends, so, "I can never go to any Central football games on Friday nights," she cited. Blisters on feet are commonplace, also.



Suzie Wright, ballerina

"I guess we're just one, big, happy family in the company," she chuckled. "I have a lot of close friends in the company, older ones, and I think they help me grow up faster." She still contends she is a "typical teenager."

Miss Wright plans on pursuing her career for the foreseeable future, and her ultimate goal is to dance in the New York City Ballet Company.



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Steve Coldwell shows his qualifying form on the parallel bars.

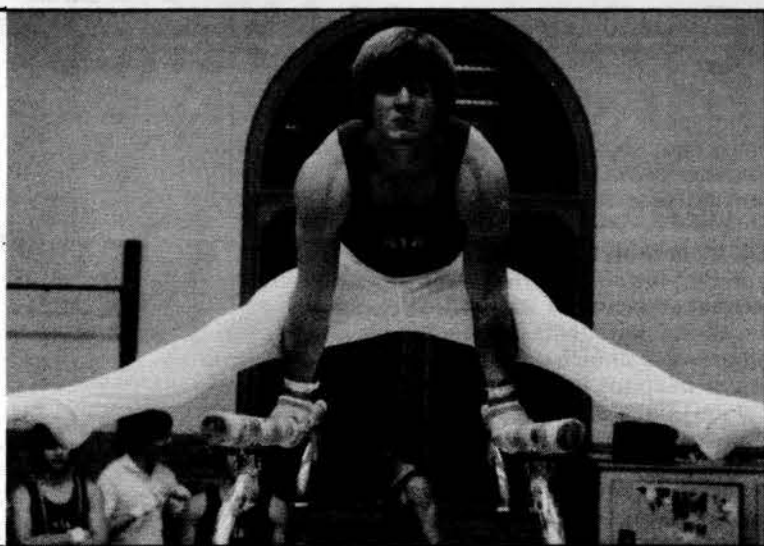


Photo by David Chappell

Gymnasts win at Districts

If season records are any indication, the Central Boys' Gymnastics team is one of the more successful of all the fall sports.

The team posted a 10 win, two loss dual meet record this fall.

Central was rewarded with a selection as the host team of the District A-3 Gymnastics Meet. The Eagles responded by winning the meet and qualifying sixteen individuals in the six events and the all-around category for the State Meet November 16 and 17.

Li performs well

Junior Yoichi Li finished second to Burke's Jeff Clayman in the all-around. Yoichi qualified for state in four events with a second place finish in the rings, third place finishes in the high bar and the parallel bars, and a fourth place finish in the pommel horse. In each event the top seven individuals qualified for state and also the top three all-around performers (those who compete in all six events).

Li was only one of the top performers on the team, which came within one point of the school record, set last year, with a 131.43 score.

Captain Steve Coldwell, junior, qualified for state in all six events and narrowly missed qualification in the all-around with a fourth place finish, twelve-hundredths behind the third place finisher.

Sophomore Terry Houlton qualified in three events and senior Mike Greenberg qualified in the pommel horse.

The district competition was tough. Of the ten teams which qualified for the state meet, three came from Central's district. By winning the district Central automatically qualified as a team for state. Burke, who finished second in District A-3,

Top four a possibility

and Lincoln Northeast, who finished third, qualified because one second place finisher in a district, and two wild card teams are selected for state in addition to the district winners.

The Eagles have ideas of a high finish in the state meet. Coach Ken Friesen said, "We can hit fourth in state. It depends on this week of practice." Omaha Northwest, Lincoln East, and Southeast are expected to be the top teams.

Young Eagles

Coach Friesen has set a high goal for the state meet. "Ideally, 140 points is an attainable goal, but we'd have to hit a fantastic day. Right now we are a few points short of the things we should hit on."

In order to do so, Central must be one of the top five teams the first day. Houlton explained, "We compete as a team the first day. If we make the top five, we can compete as a team the second day." Coldwell feels Central will definitely be in the top five.

How can such a young team be so successful? (Central only has one senior, Greenberg, on the team.)

"The reason we're doing so well is teamwork," says Mr. Friesen. "Everybody covers for everybody else."

"Juniors Dan Fleissener and Ed Richardson are a key part of the team," says Mr. Friesen. "They get us motivated and are enthusiastic. Although they score well, they are not glory boys."

Winning attitude

According to Mr. Friesen, "The backbone of our team is Coldwell, Li, Houlton and Greenberg. Those two guys, (Fleissener and Richardson) are icing on the cake."

Houlton and Friesen feel Fleissener and Richardson are the most improved gymnasts. However, the entire team has improved throughout the year.

"We started out the year at 108 points a meet. Now we are at 131," says Friesen.

First year Coach Friesen has found "it is fun to win. I never knew how much fun it was."

Friesen credits former Coach John Kocourek for some of the success this year.

"I stepped into a good program. I didn't have to build much. This team already had a winning attitude."

Friesen also thanks the cheerleaders and custodians for their support. "If it weren't for the custodians, we'd still be looking for our chalk."

Cagers' begins early

Although most fall sports are just coming to a close, it's been basketball season at Central for the past several weeks.

Intramural basketball has been a fixture at Central for many years, or "at least, off and on, for as long as I've been here — seventeen years," explained basketball Coach Jim Martin. Mr. Martin and Chris Kinney are the coordinators of the games. "The main purpose, according to Mr. Martin "is for the kids to play. They really get excited about it."

However, intramurals does aid Coach Martin in scouting future Eagle roundballers. He said it helps him in three ways: first, it helps him look new players over; second, he can see how much certain players have improved over the summer; finally, "It gives me a better idea of who to look over during practice," added Mr. Martin.

To determine the teams, Mr. Martin and Mr. Kinney selected team captains. "The most experienced varsity and JV players were chosen as team captains. "We wanted to spread the experience out," explained Mr. Martin.

Dwayne Dale, Gary Krehbiel and William Metoyer drafted the

What was a dream and a rumor around Central ten years ago, is now a reality. However, it didn't come about easily.

The object being referred to is Central's new gymnasium on the northeast corner of the Central campus.

According to Central Principal G. E. Moller, there was talk of building a new gym by parents and the former PTSA "ten or so years ago."

However, real progress was not made until about five years ago. In October of 1975, the architects, Kirkham and Michael, were hired. The Omaha School Board set the preliminary cost of the work at 1,100,000 dollars.

A specifications committee was formed, which consisted of Dr. Moller, parents, students, and members of Central's physical education department. Nick Stolzer, head of building construction for the Omaha Public Schools, worked closely with the specifications committee. Mr. Stolzer said, "The basic responsibility of the committee was to put together the facility's needs, which meet the needs of the athletic and physical education departments."

In early 1977 much of the nec-

essary preliminary work was completed. Working plans for the gym's construction were approved and the construction bid by Lueder Construction was approved.

Ground was broken, and the work began in September of 1977. However, "the onset of winter, and the very cold winter," created problems experienced Mr. Stolzer.

Moisture in the concrete floor slab, upon which the synthetic floor was to be laid, caused a six month delay in construction.

Mr. Stolzer added, "The gym was not the type of facility which was able to be enclosed to keep construction going." As a result, spring rains standing on the gym floor added to the delay.

According to Mr. Stolzer the delays had little effect in the cost of the gym. He explained that "the contractor agrees to complete the building for a certain amount. If he experiences problems, about all that can be done is to extend the completion date."

The gym was finally completed and bleachers installed earlier this fall at a final cost of 1,340,000 dollars. The final completion date was originally estimated to be September of October of 1978.

Although the gym is finished, one question is still being asked by Central students. Why will varsity basketball games not be played there?

Mr. Stolzer explained that the 1400 seats in the gym were enough to handle most activities to be held there except for varsity basketball games. Also, the proximity of the city auditorium was a factor. According to Mr. Stolzer, games where a crowd of more than 3000 people are expected can be played there (city auditorium).

Mr. Stolzer added that there was "not a sufficient site," for a larger facility. Dr. Moller said there were "strong advocates for building on the west side," Central's only level playing area. He added, "At the time we were not seeing the purchase of ground to the west."

According to Dr. Moller the new gym puts Central on an "equal footing" with the other area high schools. "All the others have at least two or more."

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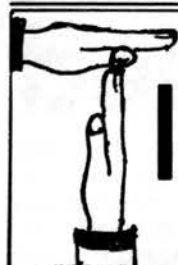
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TIME OUT



By Grant Gier

Proud Central tradition continues

If you were asked which activity at Central lasts the longest and probably takes up a considerable amount of the participant's time, what would you guess? Well, if you guessed cheerleading, you're absolutely right. Cheerleaders consistently devote numerous hours throughout the year to promote spirit in school and at sporting events.

Not many people realize that the cheerleaders begin practice in early summer and continue practicing two or three times a week until school starts. How many people would devotedly turn up for practice at 6:30 a.m. during the summer? Let's face it, most of us were still catching some Z's at that hour this summer.

The big payoff for the varsity squad usually comes near the end of the summer. It seems to be a fast growing tradition at Central for the varsity squad to attend some sort of summer cheerleading camp and walk away with an abundant amount of awards.

This year's varsity squad was no exception. During the latter part of August, they all piled into their cars and took off for the unknown region of Lake Okoboji, Iowa, to do their thing. They spent five days at the lake and collected an impressive group of awards, one Superior, two Excellents, and two Outstandings. There were some 200 participants in the camp along with Central's squad, and they had clinics for 7 hours a day. After the extensive practicing, the ladies got together every evening for a bonfire and pizza party. Much of their free time was spent sailing, water skiing, or swimming.

When football season rolled around, all three squads were ready to assist the team by bringing water and Kool-Aid after practice. The liquid refreshments usually lasted about one minute once it reached the hands of a thirsty football player. Believe me, these ladies were really taking a chance of being trampled if they stood between ice-cold water and a parched football player. The varsity cheerleading squad also held a watermelon feed after a particularly hot day of practice for the football team. Their generosity was definitely appreciated by the team.

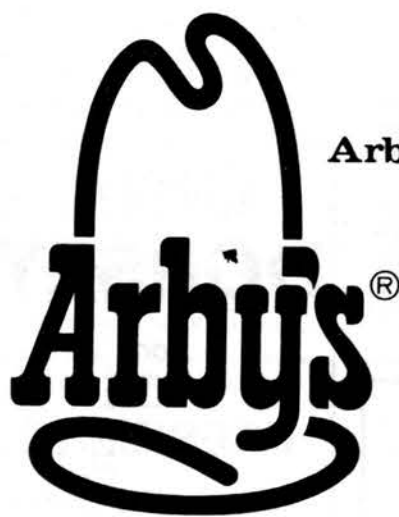
All three squads' members sign up for activities that they wish to attend during the week. The ladies try to show equal support to each individual sport. With the omission of sophomore football, the sophomore squad was, to put it mildly, "ripped off." But with the reinstatement of sophomore basketball, they have nothing to fear because they now have a sport with which they can associate.

Besides promoting spirit, some of the members of the varsity squad served as line judges at the Metro tennis finals. There is no question that these ladies go beyond the call of duty to generate as much school spirit as they can. Ladies, our helmets, hoods, tennis sweatbands, and swimming bonnets are off to you. Thanks for your continued support.

Varsity squad members include Susie Aden, Ann Backer, Tracy Bashus, Vicki Benning, Dawn Brown, Sandra Bushey, Linda Cushenberry, Julie Martin, Darlene McGee, Lisa Pepitone, Missy Slovek and Jennie Tracey.

Junior squad members are Anne Conine, Nancy Culek, Sherry Freads, Monica Meehan, Jennie Newhouse, Brenda Schuerman, Kay Willis, and Sophia Winfry.

Sophomore members are Cece Conway, Tanya Cook, Liz Hairston, Julie Kully, Sue Srb, Lisa Walker, Barb Wright, and Holly Zerse.



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S. A. "SAL" CICIULLA

'On guard,' fencer at CHS

Not too many persons would enjoy standing opposite a man that has a "sword" in his hand, but little fear would be generated in the bones of Bill Agronis. Bill is currently a senior at Central and his favorite hobby is fencing. Fencing is a sport in which two opponents face each other with a choice of three different weapons and attack and defend until a victor is declared.

"Most of the time, fencing is not like it is portrayed on T.V.," related Bill. "I have been practicing fencing for about a year now and we usually practice in sweat-shirts and jeans. The fancy uniforms and electrical scoring systems are just used in competition," he added.

Bill became interested in fencing about a year ago and searched around until he found a group that participated in the sport. "I called up the Omaha Community Playhouse and asked them who trained their actors to fence. They, in turn, told me that a group of doctors had a fencing club and would be glad to teach anyone that was interested," commented Bill.

The overall cost of fencing, just the basics, is approximately \$75. "If a person were to come down to the Medical Center Gym, we could fix him or her up with the needed equipment and they would never really need their own stuff until they became serious about fencing," Bill stated.

"Women can become excellent fencers because they have such good reflexes and that's what it takes to become a competitive fencer," Bill added. His club currently has about seven

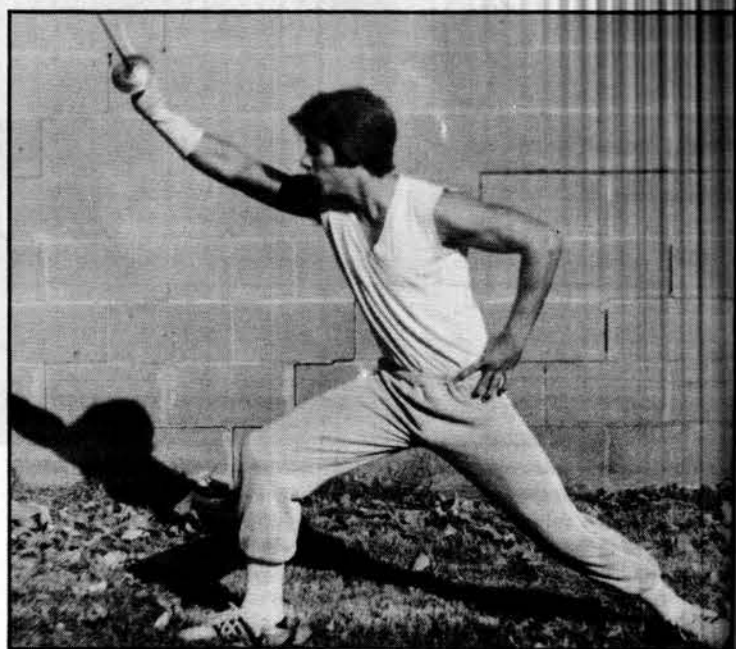


Photo by Brad Mancuso

Bill practices his foot work.

or eight women that engage in the sport.

The three weapons used in fencing are the foil, epee, and saber. The foil is a meter long strip of flexible steel with a hand protector called a hilt. Beginners usually start out with foils, because the foil allows a novice to acquire a good stance, to build up his reflexes, and most of all curb ones fear of having a blade thrust at him.

The second weapon, an epee, is about six inches longer than a foil. An epee is used by a more advanced fencer, because, unlike the foil, the entire body of the opponent is considered a target.

The final weapon, a saber, is

used by an elite group of fencers. It is a meter long and is much more rigid than a foil. Along with a hilt, the saber has a knuckle guard to protect ones knuckles from being severed.

All three weapons entail actually striking the opponent. "It's really not as bad as it sounds. You do sustain a few cuts and bruises, but nothing really serious," confessed Bill. Bill's current plans include trying to receive a scholarship from Houston University in Texas. "Fencing seems to draw more support from the South and that's why I think I have a better chance of receiving a scholarship down there," Bill concluded.

Sempeck pro bowler at 16

by Sam Johnson

On most Sunday afternoons, you can probably find Steve Sempeck at the Sky Lanes working on that high backswing of his or just playing a few games. That isn't unusual for a professional bowler. What's unusual is that Steve Sempeck is only 16 years old.

Steve, a Central High junior,

is one of the youngest professional bowlers in the nation.

According to Steve, it all happened this summer. "I was looking through a bowling magazine and found out there was a tournament coming up in Des Moines on the same weekend my family was going there on vacation. I'd got a little old lady who owns a trucking line in Fremont to sponsor me and then on

that Friday night, I was bowling."

Steve was very enthusiastic about his first tournament. "I was dreaming a month before about how it would be to bowl in a professional tournament, then suddenly, bang, it was reality. Although Steve placed 61st out of a field of 128, he said the experience was very valuable. He said he was greatly encouraged by a fellow pro who told him, "You're throwin' a tank!"

Steve is definitely not new to this sport. He got his start watching his parents bowl when he was three. He bowled once in a while after that and then, six years ago, he started bowling seriously. Steve bowls Monday, Tuesday, and Wednesday in league with his dad. On Saturdays, he usually bowls just for fun with his friends, and on Sundays he practices. A typical practice session lasts for about two and one half to three hours and he usually plays about 10 games.

Steve went to another tournament after Des Moines. He sponsored himself and bowled at Kansas City. Steve said that the sponsor must pay the entrance fee and the expenses usually run up to about \$250.

Steve said that anyone can enter a tournament, but after two tournaments the bowler must turn pro to bowl in another one. The bowler must carry a 190 average (Steve's average is about 200) for two years. Most pros must be 19, but since Steve was so enthusiastic, he was given his professional bowler's certificate at 16.

Steve says that bowling is just as much a mental sport as it is a physical sport. "Bowling takes as much poise and strength as football or basketball," Steve says. By the time he turns 19, 20, the age most young hopefuls turn pro, Steve hopes to be "one of the best."

eagle records

Team	Wins	Losses	Pct.
Boys' Gymnastics	10	2	.833
Boys' Tennis	7	2	.778
Girls' Golf	5	4	.555
J.V. Football	4	4	.500
J.V. Volleyball	5	6	.455
Varsity Football	4	5	.444
Girls' Swimming	4	7	.364
Cross Country	3	7	.300
Varsity Volleyball	3	10	.231

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