



CCS Pounds for Pennies, organized by local weight lifter Dave Ridlen, will be held at the school Sunday afternoon beginning at 3 p.m., with check-in at 1:30. Proceeds from the event will be split among "The Gift" holiday giving program and improvements to the CCS weight room. There will be divisions for junior high boys and girls, high school boys and girls, and an open division for men and women. Ridlen said the event will feature two distinct bench press events: most number of reps (max-rep) based on a percentage of body weight, and a max-out bench press with three attempts. Participants will pay an entry fee and door admission is \$2. During the event, there will be drawings and a silent auction for items such as a Husker print of Eric Crouch by Armando Villareal and a Husker football autographed by Coach Tom Osborne and For more information on the event, e-mail Ridlen at daveridlen93@yahoo.com. (Courtesy photos)

