

Are schools sexually biased?

WASHINGTON (SPS) — Sexual harassment, verbal abuse, discouragement from principals, and negative attitudes from white, male teachers continue to make vocational schools, historically dominated by males, inaccessible to women seeking training in non-traditional professions, according to Tracy Hueling, chairperson of the Full Access and Rights in Education Coalition (FARE).

FARE recently brought the issue of sex biases in vocational schools to head with a report on New York City's vocational institutions. In May, however, Congress began considering legislation to loosen sex equity requirements during the reauthorization of the Vocational Education Act.

FARE's report alleged women were discouraged from pursuing non-traditional courses in vocational schools by guidance counselors and principals. The report also charged that women faced verbal and sexual harassment from their peers, inadequate facilities, and received little sympathy from their male teachers. Furthermore, it stated, women faced symbolic barriers such as grade cards bearing the phrase "your son" and school mottos praising manhood.

The report conducted by FARE prompted the New York State Department of Education to conduct a study with similar results. New York's schools operate

in an atmosphere "of discrimination based on sex" and school officials have produced little effort to improve the situation, the report concluded.

According to Hueling, New York City is not an exception to the rest of the nation's vocational schools, but instead typical in its discriminatory practices.

In 1976 a series of amendments to the Vocational Education Act was introduced on Capitol Hill to make vocational schools more accessible to women. The amendments included requirements for states to spend \$50,000 a year to employ a sex equity coordinator who would ensure that

vocational schools were open and equitable to women.

Last spring, Sen. Orrin Hatch, R-Utah, introduced a bill backed by the Reagan Administration to consolidate adult and vocational education into one block grant to states. The bill also proposes to exclude the sex equity requirements because they have not significantly increased female enrollments in vocational schools. According to 1981 studies, the number of women enrolled in non-traditional courses rose two percent since the 1976 amendments were enacted.

Jim Pireus from the Office of Robert

Worthington, Assistant Secretary of Adult and Vocational Education, said the Hatch bill does "provide substantially for sex equity" although it does not mandate funds for sex equity coordinators. The bill, he said, requires "states to describe in detail how they will overcome sex biases".

Howard Mathews, an aide to Sen. Hatch, praised the 1976 amendments for eliminating sex discrimination in vocational schools, but said the amendments failed to generate a large increase in enrollment to justify the money. Mathews said there is little sex discrimination in vocational schools and Hatch's bill will increase female enrollments, although the Senator did not have an alternative program to the 1976 amendments.

Janet Wells, who helped conduct a survey on sex equity issues for the Lawyer's Committee on Civil Rights Under the Law, said there is "still tremendous discrimination" in the nation's vocational schools.

Wells and Hueling felt that while the 1976 amendments did not end the problem of sexual biases, they did improve the situation. Well's study found a majority of state vocational education directors surveyed felt the sex equity requirement should be retained. Two thirds of the directors said the exclusion of the sex equity provisions could result in reduced efforts to overcome sex biases, especially in the face of budget cuts.

"It will set us back a long way if the sex equity requirements are eliminated," Wells said. She added that her organization and others like it hope to see the amendments strengthened.

Proponents of the 1976 amendments believe that one reason the provisions did not generate large increases in female enrollments, was due to weak federal enforcement of the law. According to Wells, the administration did not investigate charges, despite considerable evidence, that states were not hiring sex equity coordinators or employing them full-time.

Is it true at We-go?

by Janice DiBella

Although sex discrimination may be a disturbing issue in some vocational schools, David Dean, Mechanical Drawing teacher, believes that the boys feel no different towards the girls in his classes.

At Dean's three Mechanical Drawing I classes, one-third of his students are girls. Dean thinks of his students feel inferior to the male students. In fact, as Dean states, "some girls are among the best students in the class." Recent graduating female students headed for successful business-oriented jobs such as architecture and

engineering.

There are many advantages for a girl to take a class such as Mechanical Drawing. Dean explained that many career fields including interior decorating, landscaping and computers require students to take such a course. Also, there is nothing wrong with a woman competing with a man for a job.

Dean also says that there is no reason why more girls don't take classes such as mechanical drawing. He also thinks that many girls don't realize how worthwhile it can be for their future.

The Bridge

West Chicago Community High School

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Fermilab holds Intech 84

High school students living near the East-West Research Corridor are being invited to participate in a research competition, sponsored by research and development companies and organizations along the Corridor.

The competition, "Intech 84," will have ten categories in which juniors and seniors can present original research projects for possible \$1,100 in cash prizes to be awarded at a two-day program March 16 and 17, 1984. The winners in each category earn \$100 to be awarded on the first day. They will be required to make verbal presentations of their projects at a Symposium on the second day, competing for a "best of show" award of \$1,000 cash.

Original research will be accepted in areas of biochemistry, chemistry, computer science, conservation, electronics, engineering, health science, mathematics, micro-biology and physics.

Plans for Intech 84 were announced by The Corridor Group, an organization of public affairs representatives of twelve of the companies near the Research Corridor. Member organizations are: Amoco Research Center, Argonne National Laboratory, Belden Technical Center, Bell Laboratories, Fermilab, Furnas Electric, GCA Corporation, Marsh Research, Inc., Nalco Chemical Company, Nor-Am Agricultural Products, Northern Illinois Gas Company, and Western Electric Company. Associate members (companies not engaged in research and development, but located in the corridor area) include: Bank of Naperville; Century 21/Wayne Laatz Realty; Deltak Inc.; Edward Hospital; A. G. Edwards and Sons, Inc.; First Security Bank of Fox Valley; John Greene, Realtor; Illinois Hospital Association; Marsh Products, Inc.; Naperville National Bank and Trust Company and Whittaker Corporation.

Intech 84 plans to also call for member

companies to provide pro-advisers to students preparing project for competition.

According to Margaret Pearson, manager of the Public Information Office at Fermilab and chairman of the event, "The purpose of Intech 84 is to give students access to the remarkable intellectual resources of the East-West Research Corridor. Working with a pro-adviser will give these young people an opportunity to meet and work closely with Corridor scientists to get good advice about their projects and to learn what and how a scientist performs in his working world. We think it will be a rich and valuable experience."

Applications and descriptive material about Intech 84 were mailed to more than 50 schools in the area. In the application, a student describes the intended project in enough detail to allow judges to evaluate its originality and scientific interest. While the competition is intended for students to the Corridor, any interested student may apply.

The rules for competition in Intech 84 are similar to the rules for the science fair of the Chicago public schools. Applications are to be returned to The Corridor Group by October 15. A panel of scientists will review the applications, select appropriate projects for the competition, and judge the final projects in March. A student, with a teacher's recommendation, may apply for up to \$50 in "seed money" to finance a chosen project.

More information about Intech 84 is available from the Fermilab Public Information Office, 840-3351.

Officers of The Corridor Group are: Donna Kelly, Bell Laboratories, president; Dick Murphy, Nalco Chemical Company, vice-president and treasurer.

The Planning Committee for Intech 84 includes: Carol Chapin, Western Electric; Jody Ellyne, Amoco Research Center; Irene Hitzman, Bell Laboratories; Margaret Pearson and Fred Ullrich, Fermilab.

Ink Spots

Cast chosen

The W.C.C.H.S Drama Dept. is in full swing. Crews such as; make-up, publicity, costume and stage are working hard to get the first production underway.

This years fall production is "The Man Who Came To Dinner." Try-outs were held for three days. The Principal roles are as follows: Whiteside-Jeff Baxendale, Mrs. Stanley-Lisa Wesley, Mr. Stanley-Bill Walters, Maggie Cutter-Gina King, Bert Jefferson-Todd MacPherson, Lorraine Sheldon-Donna Pavlica, Student Director-Erin Schaeben.

Students make semi-finals

by Kim Giller

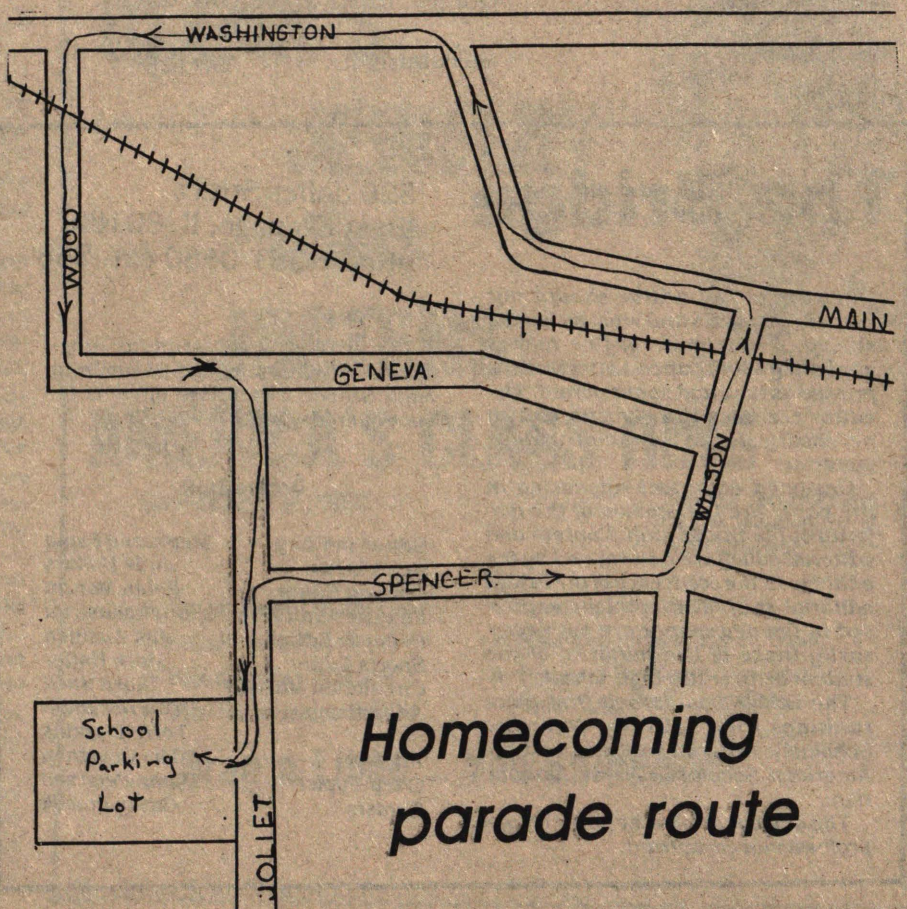
Recently, an honor has come to four WCCHS students. Jim Austgen, Steve Bahlmann, Mike Grenke, and John Shim have become semi-finalists in the National Merit Scholarships Program.

The scholarship program is a yearly search through the United States for talented students to help them gain college admissions and financial aid.

To be eligible for this award you must first write a letter to the PSAT in the fall of your

junior year. Planning to go to college and being a U.S. citizen are two requirements. The actual exam is a two-hour PSAT, consisting of verbal and mathematical skills. Last year 27,000 students took the test and only 700 of these students became semi-finalists. To become a semi-finalist you must score in the 99 percentile.

Dr. Renner feels this is a very prestigious award and is proud of our semi-finalists. He thinks it speaks a lot about the school, the semi-finalists, and their parents.



Homecoming
parade route

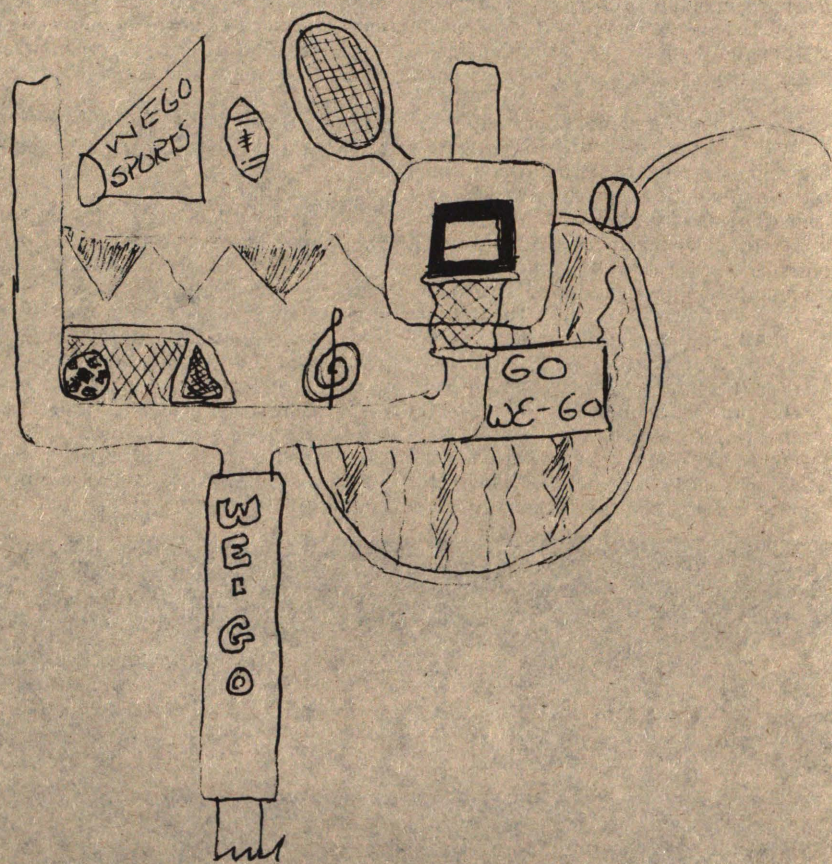
The Booster what?

Many people in the school system go unnoticed year after year. Whether they have won an award, have a reputable talent, a certain quality found no where else, or just an interesting hobby not all 1,424 students enrolled in the high school may be aware that someone as such exists. Yet if there is a person, or for say a group of people, that effect every student in the school, it would be a shame if they weren't properly recognized.

The West Chicago-Winfield Booster Club has ascertained this situation. Many people hear of the organization, but are unaware of its cause. The club, headed by President Alan Deiter, assists the schools extra-curricular programs and makes many contributions to the school. Especially active in the schools sports program, the Booster Club is responsible in the producing of the programs for both the fall season and spring season sports.

Sponsors of the Lift-a-thon, the club ran the concessions booth and donated free food to the participants. The purchase of the scoreboard for the football field was made by the Booster Club also. Kit and Kat, the school mascots are not owned by the school but are the end result of another Booster Club purchase.

The club also has worked with the foreign language clubs as well as the swing choir and cheerleaders. They in fact are the heart of the crowd we see at the schools functions. Their work should be merited and their cause applauded. As students of We-go we should also support, the Booster Club, and occaissonally not only ask their assistance, but offer our help. A member of student government, a pep club member, or an athlete may find it easier to help, but even just the purchase of a keychain or painters cap will not only show support of the Wildcats, but the Booster Club as well. If all else fails a simple thank you will do.



Rah rah for pep assemblies

The history of pep assemblies at West Chicago is a staggering and eventful saga. Yet in another series of trial and error programs the administration has once again granted us permission to hold one of these crucial rallies. Be it, we pray our behavior hasn't disappointed those who gave us another chance.

The senior class was primarily the cause of the cancellation of pep assemblies two years ago. But I ask you, who in their right mind would give a group of high school students rolls of toilet paper and expect them to act civilized? May God pity the person who had that brilliant idea.

Seeing as the "trouble makers" as the sophomore class of the time was (the present senior class) are in fact still in the school, the conclusion is that maybe they've felt we've grown up.

In blame or in praise the decision to return to pep assemblies was made by William Remmer. In hopes to inject new feelings of school spirit, which lead to school pride, he held by his word and we did have a pep assembly. The rest is up to us. In order to have a success the attendance of the assemblies must be kept high in number.

College visitation for the upcoming months:

Loyola University	Chicago, IL	Oct. 11
North Central	Naperville, IL	Oct. 13
Aurora College	Aurora, IL	Oct. 13
Viterbo College	LaCrosse, WI	Oct. 17
Southern Illinois	Carbondale, IL	Oct. 18
Augustana College	Rock Island, IL	Oct. 20
U of Evansville	Evansville, IL	Oct. 20
Illinois Wesleyan	Bloomington, IL	Oct. 21
National College Fair	at McCormick Place	Oct. 23 & 24
Wabash College	Crawfordville, IN	Oct. 24
Quincy College	Quincy, IL	Oct. 25
Knox College	Galesburg, IL	Oct. 25

The Bridge

326 Joliet Street
West Chicago, IL 60185
phone: 231-0880 ext. 268

Letters to the editor should not exceed 300 words and must be legibly signed. A maximum of five names appearing in the paper. Letters will be printed as time and space permit. The editor reserves the right to edit, if necessary, for length and libelous material.

Unsigned editorials appearing in the paper are the opinion of the majority of the Bridge staff. Content and editorial policy are determined by the editor with the occurrence of the Bridge editorial staff. The opinions expressed in the newspaper are not necessarily those of the majority of the student body or the high school.

The Bridge has earned first place rankings from both the Columbia Scholastic Press Association and the American Scholastic Press Association.

The advisor acts in the capacity of a professional consultant.

The Bridge is the student newspaper of West Chicago Community High School. The Bridge office is located in room 216.

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Love someone

Basic beatitudes of LOVE:

- 1) Fidelity, to be faithful only to one
- 2) Honesty, to always be truthful
- 3) Be open, don't lack communication
- 4) Have trust, suspicions lead to accusations
- 5) Accept, you may not be perfect either
- 6) Understand, put yourself in his shoes
- 7) To give, not only to take
- 8) To worry, but only because you care
- 9) To support, lend a hand or a shoulder to lean on
- 10) Be realistic, love is sometimes foolish

Ferro returns to Alma Mater

by Laura Pollastrini

West Chicago High School has recently received a new addition to its teaching staff — Terrence Ferro. He is replacing Gene Haney as the new orchestra director.

Ferro was a graduate of We-go in 1978, and finds it wonderful to be teaching in a school where he was once taught. But he also feels strange to be sitting side by side with his colleagues — men and women who once gave him the homework. He still addresses them by their last names, though, unless otherwise asked.

While attending We-go, Ferro was very actively involved. He was on the gymnastics team for four years, and placed third in conference his senior year. He was also involved in four fall plays and musicals, and played the male lead in *Music Man* his senior year. Ferro was a violinist in the orchestra, wrote a piece for the string orchestra, and also conducted a concert. He graduated valedictorian of his class in 1978.

Ferro noticed the differences of West Chicago from the way it was when he was a student and now. "I see things differently now," he stated. "I didn't know that a lot of the teachers had their masters." There were a lot of things he didn't notice as a student. One major change that he detected was the decline of students in the music department, but he is working to change that.



Terrence Ferro poses with his wife and child.

Ferro attended Northwestern University after graduation, where he received his bachelors, and then masters in music.

While attending school, Ferro was married to Debbie Smith, who was also a graduate of West Chicago, ('81). The two have been married for one year and two months, and received their first child, Amanda Elizabeth, on September 3rd of this year.

Debbie, Ferro's wife, was also quite active during her four years at We-go. She was involved in Concert Choir, Madrigals, SSP,

and was productions manager for the *Bridge*.

Debbie met Terrence Ferro at church through a friend, and two years later they were married. Several of their high school teachers attended the wedding, including Carmen Aigner, Robert Owens, Ronald Benner, William Sargent, and Tim Courtney. Both Debbie and Terrence got along quite well with their teachers, and became good friends with many of them.

But the new joy of their lives is Amanda.

According to the two parents, she is the epitome of a perfect baby at three weeks of age. Ferro was happy to be married, for he missed family life while at school. "Amanda established the real family. She gave me a feeling of permanence," he stated.

Now Ferro is set, for he has a wife, a child, and a good job. He seems to have been accepted right away by the students. Being only six years older than the seniors has not become a problem for him. He is treated fairly by the students, and in turn treats them in the same respect.

But Ferro's task lies just ahead, for part of his job is to build up the enrollment of the music department. As of now, he is teaching music to seven schools each week — five grade schools in West Chicago, the jr. high, and the high school. Grades 5-12 have the opportunity to study under his direction, and if each child remains with it, the enrollment is bound to increase in a few years.

There is so much more to learn about Terrence Ferro, for he is a man of many accomplishments. Find out who he is and try to get to know him, for he has so much to offer to the students and faculty here at We-go.

Mr. Mom competes with the women of America

by Mary Jo Fellows



Michael Keaton becomes "chief cook and bottle washer" presiding over home and hearth, as wife Terri Garr rushes off to work in this modern comedy.

If you get a young executive engineer who loses his job through the political and economic system, a wife who is going to help out with the finances by getting a job as an executive advertiser while Dad stays home, then you have "Mr. Mom".

Mr. Mom is a lukewarm comedy. It has its moments, but it is the same role switch of the sexes. The only thing that makes this movie something to watch is the heartwarming characters.

Michael Keaton's role of Jack Butler, (*Mr. Mom*) is endearing. His character learns not to let what you're doing make you forget the important things in life, which many of us tend to do. Keaton's acting keeps the interest through the slow parts, where the comedy and story get pulled as far as you think it can go.

Caroline Butler, played by Terri Garr, acts as an average wife/executive. But she lacks the emotions a mother would show when leaving her kids in the morning. The sadness about leaving them was not shown outwardly. Also, the skepticism of having to

leave the kids with Dad could almost make a mother want to forget going to the new job.

The low spots were lived through by the special relationship between the two main characters. The Butlers seem to be a happy family, despite their problems. Even when the father loses his job, they all try to help, and none of them develop petty jealousies. The characters tend to grow in the hearts of the audience, and they want the best for the family.

The film's writing, directing, and filming were good. The writing was not always funny, but it did develop the story around the characters to the point where you really cared for them. The director, Stan Dragoti, had taken a common situation and made it good. The filming was good in spots, except for the scenes where Detroit was portrayed as a clean city, which is not a true description of Detroit.

Mr. Mom is a slow comedy. It has its humorous parts, but as a comedy it is not very good. The worn plot was well done and was made special to watch.

Faculty competes with students

by Becky Welz

Homecoming is traditionally a time of getting reacquainted with old friends. It originated as a time of looking back, but it is also a time of looking forward.

As this nostalgic time falls at the beginning of the year, many students use it as a time to consider their present and future goals. It is a time to make plans. Homecoming is a demonstration of school spirit, not only for each student and each class, but for the school as a whole.

This year a new feature has been added to our Homecoming activities. In addition to your classmates competing in the float competition and all the other scheduled events, your favorite teachers will be eligible to compete right beside of you.

All of the faculty members questioned felt that faculty participation was initially a good idea.

Dr. Thomas Fischer thought that it could be a good idea and fun, providing that there was one hundred percent faculty participation.

Mary Hafertepe also was in favor of the idea, but preferred to have students and faculty on the same teams rather than on opposing sides.

Dan Johnson had a positive attitude about the addition of a faculty category, but voiced some misgivings about making a float.

When asked if the faculty category would help promote school spirit, all the teachers questioned, with the exception of Stephen Kimery, thought it had good potential. But everyone did agree that school spirit should come strictly from the students. Hafertepe thought that perhaps the excitement of the students might get the faculty in the spirit of things.

It was thought that perhaps this participation might promote faculty camaraderie. When this statement was brought forth to the faculty, there was a great range of replies. Joseph Dichtl had a decided "NO". Terrence Ferro feels that doing things together and being together would help mix faculty from different departments. The general consensus was, however, that there is already such a great sense of oneness within the faculty that there is no room for improvement.

The faculty members were asked whether they would be willing to participate in any or all of the scheduled activities and events. The teachers were basically agreeable and many, including Johnson, Kimery, Marjorie Appel and Dichtl felt that their coaching or advisory positions make them already participants.

All faculty and staff members are invited to participate alongside your students in this year's Homecoming. Show the students that you have spirit, and get involved!

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STRESS

drawn by M. Gettindor rock-ed by G. Fischer

by Louise Krone

So the teacher passes out the exam you break out into a cold sweat, your heartbeat becomes irregular and you can barely remember your first name for less all those things you crammed into your head last night. All you can think of is what blowing this exam could do to your grade. You have not just entered the Twilight Zone, you are a victim of stress. What is stress? Stress is the body's reaction to both physical and mental factors, or stressors. This reaction can be either bad, in the case of distress, or good in the case of Eustress.

When most people think of or talk about stress, they are really thinking about stress, they are really thinking of distress. Another word commonly used for distress is tension. There are three types of tension. A person in this state is keyed-up and has feelings of uneasiness and anxiety. Another type of tension is muscle tension. In this state the body's muscles are in a state of contraction and are bracing for action, but no action takes place to relieve the stress. The third type of tension is visceral tension. Although its meaning isn't clear, but this term relates to the reaction of viscera (e.g., the heart, lungs, blood vessels and kidneys) to a stressful situation.

As there are three types of stress, there are three types of stressors: Physical, social and psychological. Physical stressors are external factors, including chemicals, pollutants, drugs, foods, and infectious microbes. Noise, tempe-

perature, humidity, exercise, and trauma are also examples of physical stressors.

Social stressors are caused by the interaction of an individual with his environment. Some of these unavoidably traumatic occurrences are the death of a loved one, loss of a job, divorce, and financial reversal.

Psychological stressors are often the most damaging kind because of their recurrent nature. These psychological stressors include frustration, guilt, jealousy, and inferiority

... psychological stress does include frustration, guilt, jealousy, and inferiority feelings ...

feelings and can be caused by physical or mental stressors or they may be self-induced.

Contrary to popular belief, stress can be good as in the case of eustress. Eustress also in tension, but it is the tension that gives strength and speed beyond normal capacity. Eustress can also be physical, mental or visceral. The difference between distress and eustress is that distress is destructive whereas eustress is constructive.

Exercise, helps build both muscle strength and cardiovascular strength. Therefore, it is a

form of eustress. The causes of eustress are physical activity, mental activity, relaxation and nutrition.

Although it is often been said "high school is the best time of life" it is also a very stressful time of life. There are many things to worry about. Stress is not only caused by the much publicized peer pressure, but by relationships between people. The question of what to do after high school and how to achieve future goals can cause a large amount of stress. According to Mary Hefertepe who teaches both Advanced Sophomore Literature, and Expository writing, most students who are under a large amount of stress, put that pressure on themselves. This self indulged stress is the hardest type of stress to detect, let alone treat, but it is necessary if there is to be any chance of lowering the ever spiraling suicide rate.

With technology taking over the world, life is becoming more stressful. Now that we have explored our solar system, and have learned how to blow up the world many times over, we have to learn to deal with the stress that accompanies it. If modern man does not learn to cope with tension, stress will wipe out the world, even before the bomb does.

Physical activity
purposeful avoidance of stressful situations
satisfying work
exercise
heat and massage
diversions

Mental activity
planning
insulation
"a kind word"
positive attitudes
reasonable goals

Physical inactivity
muscle relaxation

Mental inactivity
adequate sleep and relaxation
meditation of self-hypnosis

Nutrition
vitamin, mineral, protein supplementation
proper weight

Drugs
a glass of wine a day
an occasional tranquilizer
placebos

Consultations
family, friends or professionals

Forces
in
combat

Distress
Eustress

Physical activity
prolonged encounter with stressful situations
overwork
repetitive work
being overly competitive

Mental activity
denial, rationalization, regression
guilt, worry
anxiety, frustration
unrealistic goals
rehashing the past

Physical inactivity
avoidance of exercise
avoidance of work

Mental inactivity
too little or too much relaxation
too little or too much sleep
being mentally unprepared

Nutrition
unbalanced diet
underweight
overweight

Drugs
smoking
drinking
"popping pills"

Solitude

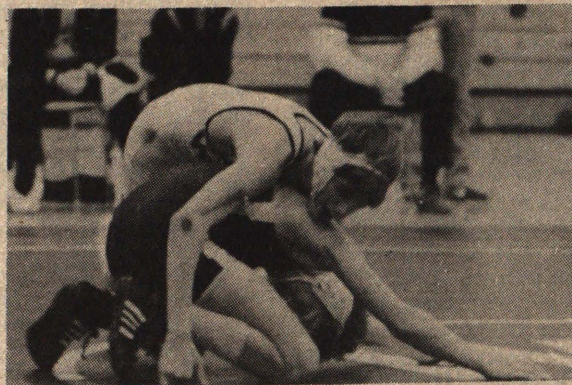
Athletes: Playing under pressure

by Tracy Koop

If you have ever walked onto a tennis court and trembled in your sneakers when you saw your opponent, or walked on a golf course and dreaded having to play 18 holes, you have experienced athletic stress. When you shiver under your shoulder pads as you walk on the football field; or fumble the basketball, you are also familiar with stress.

Stress is everywhere, not just in office buildings, and it affects everyone; not just businessmen or students, but athletes too.

According to WCCHS football coaches, Jeff Stewart and Jeff Ainsworth, stress is caused by



A We-go wrestler putting some stress on an opponent. (photo by Mark Hoffer)

out, however. In team sports, the finger cannot be pointed as easily to blame someone for a loss. Players can hide amongst the team, which makes it less stressful.

But what if the athletes are affected by outside stress? When Stewart was asked this question, he commented that the coaches handle a lot outside stress; too much in fact. "We act as psychologists first, coaches second," he replied. Stewart said that the coaches wouldn't have that stress placed on them if only the parents and the athletes communicated better.

Neither one of the coaches thought that the stress caused from sports was adverse in affecting the athletes. Both agreed it helped the players to play to their full potential. Ainsworth commented, "It pushes them to play at a higher level."

Stress also effects professional athletes. This is one of the reasons that more professional teams are hiring team psychologists. They are realizing the mental well-being of the player affects how well they play.

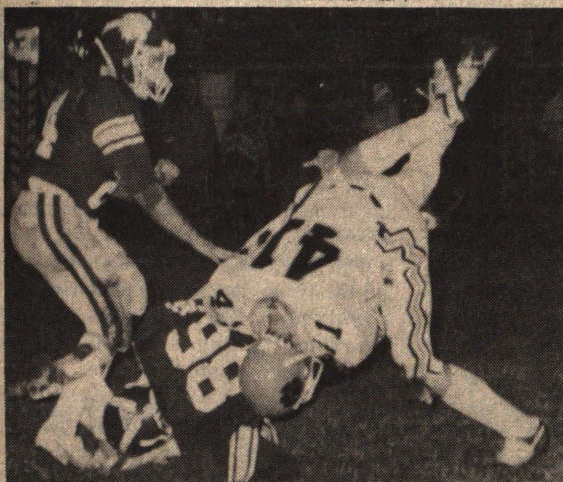
Stress can cause athletes, as well as the rest

of us, to do many things. Stress can cause more aggressive behavior out on the football field, more drive and energy, or less concentration. For some, it can cause them to be obsessed with winning. This is a reason for the ever increasing use of steroids and other drugs.

Stress can help or hinder athletes. In a way, athletics allows is all to relieve our day to day stress. Knowing how to recognize stress can help you to use it in a more creative way.



Even teachers are put under stress on the athletic field. Here Terry Zimmerman goes for two in last winter's WLS game. (photo by Mike Sitarz)



Wildcat Corey Anderson being put under a tremendous amount of stress of a different kind. (photo by Sitarz)

many things: The fans, the opposing team, and parental pressure to succeed. Athletes are also put under stress by the practices and vigorous conditioning.

Both coaches agree that football is one of the most stressful team sports, although it is not as stressful as an individual sport, such as tennis or golf. "Anytime you have to perform to your capacity there is stress," Ainsworth pointed

Putting stress in its place

by David Mark

Stress is a mental and physical problem from which no person is exempt. Its results can be devastating; causing illness, family problems, and in some cases even death. Many people find it difficult to get rid of stress and instead of confronting stress face to face, they allow it to build keeping it bottled up and this is when problems arise. Having no other place to relieve stress they decide perhaps not even consciously to take it out on others.

The first step to successfully controlling stress is to realize that you have a problem with stress. Some of the common symptoms

Mrs. Peach —
work out and
read a good
book



Darlene Exline
yell at
boy friend



state one must make an attempt not to think or listen to anything which could disturb rest.

When the restful condition ends, one should have a sense of optimism, cheerfulness, kindness, and general good humor. Progressive relaxation is one of the simplest techniques. Assume a comfortable position sitting or lying down. Begin to relax the muscles in your body. Try to relax them in a systematic order, such a starting with your toes, going up your legs, and so on. Repeat the action of relaxing your muscles several times. Aim for a feeling of inertness for 15 to 20 minutes.

Barrett Carlson
run or do
something
physical



Transcendental meditation is also used by many people. TM is much like progressive relaxation, only you use a word with preferably no meaning and repeat it over and over while trying to relax. A word such a "stop" "om" or "alpha" should be chosen.

Exercise is a popular way of reducing stress. The type of exercise is not important. Keeping your muscles moving is important. Some suggested exercises are push ups, jumping jacks, squat thrust, shadow boxing, toe

Mr. Getz —
physical
exercise,
watches T.V.



touches, leg kicks, and side twists. Jogging can also relax the body as well as being good for other health reasons.

Stress can be easily controlled simply by spending 15-20 minutes a day relaxing. If you try the methods mentioned, but still have problems coping with stress get professional attention as soon as possible. Letting stress go too long may invoke many detrimental things to occur. By coping with stress you can, as the old saying goes, "open the door to a whole new you."

are getting sick, getting depressed, over eating, having breakdowns, and fits of fury. Everyone is exposed to stress occasionally; its only when the symptoms come frequently that one should seek help. Many practical and easy methods to realize stress exist. One of the most practical methods is DR (deep relaxation). Deep relaxation is a mental process by which a person induces a form of mental silence. During this deeply relaxed

There's more to a game than the players

by Laura Pollastrini

Many people may not realize it, but many other people are involved with the making and planning of a football game than just the football players themselves.

The football players may be the people that the audience came to see, but without all the other people involved, the game just wouldn't be the same.

When a person first arrives at the game, the first person he sees is not a football player — it's the person selling tickets. In order to get in to see the players, he must buy a ticket from the people who have given up some of their time to help out at the game. Some of the people that may be seen selling those tickets are Thomas Trengrove, Marjorie Roads, Lewis Kribs, or Joseph Crickard.

Once they're actually inside, on the way to the bleachers, they may be influenced by a few people to buy a program. These programs tell them who's-who on the field. But somebody had to print up these books so they wouldn't have to play a guessing game while looking for their favorite football player. Those people were the members of the Booster Club. They are

by a voice over the loudspeaker. That magical voice belongs to Wayne Kosek, and comes directly from the pressbox.

Also found in that box are Ritchhart who films the game, Michael Barborak, who watches the clock, and a coach, Robert Owens, who conveys messages to the coach on the field by earphones. Kosek also has a spotter who helps him detect details about the game below. Equipment in the pressbox is set up hours before the game, so these men are busy, too.

When it's half-time, the players march off the field, but that does not mean that the action has stopped. On comes the marching band, headed by William Sargent. The band may be small in numbers, but their sound still echoes across the field.

The band practices everyday for an hour during school, and every Thursday night before a home game. Sargent also makes up a formation to march in, which may take him several hours to complete. He also helps to pick out the music, with the help of a few seniors who are into the popular music of today.

Also marching in that band are the colorguards. They carry the flags and rifles, and fill in the gaps of the band.

well kept, and the lights of the field so bright. But they may wonder — "who maintains the field so well?"

Carl Baker keeps that field in superlative shape. He keeps the grass watered and properly trimmed, and also sees to it that the lines are painted properly on the field. At the beginning of the year he climbed the high field lights and made sure that they were working properly. If that isn't dedication, what is?

Suddenly the people see the team running back onto the field. They seem to be all fired up after their talk with their coach. Behind the team is Vic Alcazar, the athletic trainer. This is a man of dedication, and a lot of responsibility.

Alcazar works with the coaching staff and three physicians from Mona Kea in Carol Stream. He supervises the conditioning and prevention of injuries, takes care of immediate medical problems, and works with the rehabilitation of injuries.

Before practice, Alcazar tapes or diagnoses previous injuries, and then supervises during the football practice. After practice he treats any injuries that might have occurred. During the summer he kept track of the weather, so that the players wouldn't be practicing in excessive heat or humidity.

On the day of the game, Alcazar checks the field's condition for holes or hard ground. He makes sure that the medical supplies are at hand, that the ambulance has been called, and that the water bottles are there. He is a busy man with a lot of responsibility, and without him, so many things would never get done.



Heather Siglin

pro, they will be asked to return to the game, or continue what they were "doing" elsewhere.

The paraprofessionals of our school must attend all the home football games to help with crowd control. They also watch for illegal drinking, fighting, smoking, and kids trying to sneak into the game.

Jan McFarlane, a paraprofessional, doesn't seem to mind having to be there, for there are only four home games. According to her there aren't too many problems, but she feels there should be more school spirit. "Kids don't want to watch the game, they want to socialize", she said.



Cheerleaders Eleanor Horsely and Annette Genovisi

also the ones who purchased the scoreboard that is found on the field.

While continuing to the bleachers, these people may soon be overcome by the aroma of popcorn, hot dogs, or hot chocolate. It was probably the concession stand — the one that saves hundreds of people from starvation at each game. VICA is in charge of this. It is up to them to keep your hot chocolate hot, and your soft drinks cold.

After satisfying their appetites, the group finally makes it up to the bleachers and sits down. They become enthusiastic about the game after listening to the shouts and chants of the girls who are wearing the short blue skirts - the cheerleaders. They promote the school spirit, and help cheer the players on to victory.

The cheerleaders practice two to three times a week for two hours, and make up new cheers and mounts for each game. Diane Saad and Kris Zamastil feel that the football players are real good about thanking the girls for their support, especially after a game in the rain. Beth Ognie (capt.) feels that they lost a lot of the senior girls last year, but the squad is made up of good cheerleaders. Zamastil thinks the squad has a good basic ability, and that they are quite experienced. So support your cheerleaders — they support you!

While watching the game, these people are informed of all goings on in the game

Some of this year's colorguards are Lisa Siedlecki, Renee Strong and Linda Pechar. Some of their other responsibilities are to lead our school in the National Anthem, and march in the parades, such as Homecoming.

While sitting in the stands, the audience watches two fuzzy-headed creatures — the school mascots, Kit and Kat. They are there to entertain the people, and pre-occupy the restless children. This year our mascots are Robin Marvin and Julie Frykman.

As the audience begins to relax while awaiting the continuation of the game, their heads soon perk up as they see the pom-pom girls run onto the field. Heads turn as the pom-poms glitter in the lights, and as the girls begin their routine to live music supplied by the band.

The girls work hard all summer at camps and practice three days a week for two hours. They use the routine they learned from camp, and work with the band so as to get the correct music for the routine. Janice DiBella, a pom-pom girl, loves performing at the games, but does not prefer doing her high kicks in the rain and mud.

As the band and pom-pom girls exit off the field, the people in the stands sit back and relax, awaiting the return of their football team. As they look around them while discussing the best plays of the game so far, they view the excellent condition of the football field. The grass is so green and



The ambulance is always present ...

The game starts up again, and the excitement rises as the Wildcats move farther down the field, headed for a touchdown. But who is it that moves the sideline markers, letting everyone know exactly what line our team is standing on?

One of those men now is Timothy Kanold. He runs up and down that field with the players in the mud, rain and snow.

Charles Cowden had had this job for the past twenty-five years of home games, and never missed a game, but this year he has resigned from the position. He is unable to commit himself for all the games, so he has decided to resign. After twenty-five years he has earned the privilege of being able to sit on the cold stands and view the team form a new position.

Also running up and down the sidelines is T.J. Weigand, the team's waterboy. It is up to him to see that our hard working players don't die of thirst.

While viewing the game, some of the people's minds tend to wander in different directions. Instead of watching the game, a couple may decide to head on down to the tennis courts for a "break" from the cheering of the crowd. If caught by a para-

Dan Schluchter, another paraprofessional, feels that this coverage is needed. He has seen a few fights almost start, but when kids saw him, they were deterred. But being at the games brings back old high school memories for him, and he enjoys being there.

The participants in the football games are not just football players. Many hours of work go into the planning and completion of the game, and many of these people should be recognized, for if it wasn't for them the football game could not go on!



Tim Kanold — sideline marker

Kosek to head squad this year

by David Sheriff

This is Wayne Kosek's first year as head coach for the West Chicago Girls Tennis Team. The Wildcats are led by only one senior and four juniors. The remaining part of the 20 person squad are underclassmen.

Kosek and assistant coach Terry Lemberg have their hands full this year. The varsity lost four seniors from last year — a loss in which Molly Turner believes, "hurt the team a lot. We should be better in a few years." Senior Sophie Morandini, a transfer student from Belgium, and Junior Tracy Koop are two key players this year. Sophomore Molly Turner, according to Kosek, "is playing very well at both first and second singles." The remaining four varsity players are all underclassmen.

The Wildcats have gotten off to a shaky start (won 1, lost 4), but Becky Thuer added, "The team tries real hard. Everyone is improving." The team has not played any conference games. Tracy Koop said, "It will be a strong conference this year. We will have to work on technique to improve our

record."

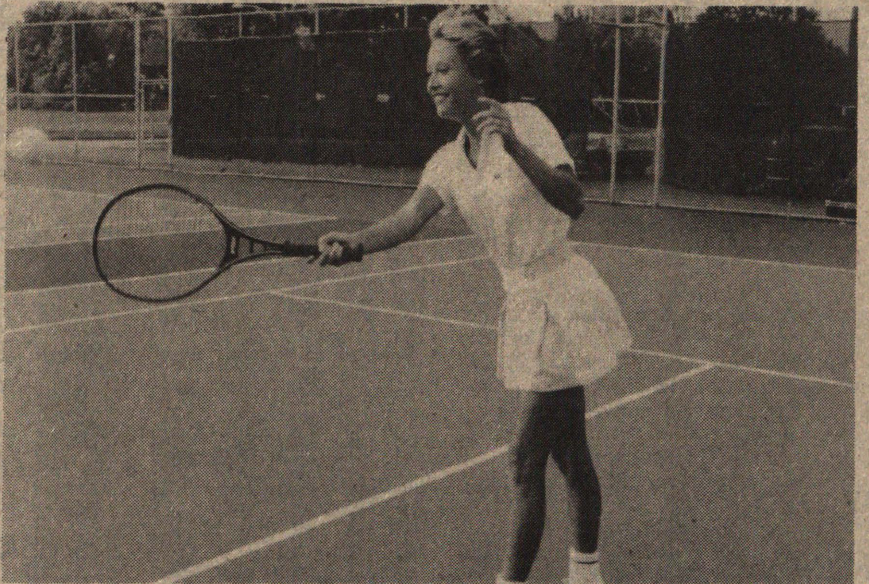
Kosek will fill the spot filled last year by LaVora Singleton. This, however, is not Kosek's first experience coaching girls' sports. Five years ago, he was assistant coach for both the girls' tennis and basketball teams. Last year, he coached the boy's tennis team to a sectional championship and a 12th place finish in the state finals.

The girls team has lost its two top singles players, Alyson Dieter and Carol Muilenburg, which finished in sixth place last year.

Because of the lack of experience, Kosek is looking to the future when we will be competitive in a year or two.

Along with Koop and Morandini, Bonnie Van Dine, who had some varsity experience last year, will round out the top five players along with Sabine Pilz.

"It will be a tough conference, depending on how the other teams are," Kosek commented. "The girls are enthusiastic and want to work hard to become better players."



Sophomore Molly Turner volleys at the net. Turner plays number 1 singles for the improving We-go girls' tennis team. (photo courtesy of the Challenge)

Increasing popularity adds strength to teams

by Mark Hoffer

This year's cross-country team is the biggest and probably the best We-Go has had in years.

Steve Arnold, the head coach for both the girls' and boys' teams, feels that the girls' team will place the higher of the two this year. "I can't tell who the number one runner is — six girls are that close. That's what will make this team a good one," said Arnold.

Competing last year for the first time as a

team, the girls finished fourth in the DuPage Valley Conference as sophomores. Since the top runners are returning, the varsity should be strong this year.

Of the 22 who reported for the team this year, the top six runners are Cindy Jakopcheck, Heather Bizzolara, Mindy Catriz, Janie Shmuggerow, Cassie Yep and Yolanda Dominguez. Yep, last year's fastest runner, finished 10th in conference competition.

Bizzolara set a school record in the two mile run as a freshman: (11 min. 54 sec.) and Catriz ran the fourth fastest two-mile in

conference. Coach Arnold anticipates that, "Shmuggerow and Jakopcheck will challenge along with the others, no question about it."

Dominguez, the junior high's best runner as an eighth grader last year, will also add strength to the team.

Leading the boys' team is Rich Vigness who ranked 11th in conference last year, placing third in the two-mile event, missing the state finals by .001 of a second.

Last year the team competed at times with the minimum of five runners, while most opponents fielded seven runners in order to

qualify the top five finishers.

"I never had a team before; I don't expect to win the conference title, but I think we'll be competitive and challenge other teams," Arnold says.

"John Engel follows Vigness closely," observes Arnold, "They will be the team leaders." The remaining varsity runners are Juan Gonzalez, Jim Sosa, Dave Mack, Jim Stanford and Randy Weber.

Arnold concludes enthusiastically, "I'm excited about the abilities of all the players. We have an opportunity to be a very good team if we can develop a sense of being a team, not just individuals."

Scoreboard

WE-GO WINS — the West Chicago Wildcat football team scored a win over Glenbard North Panthers last Saturday.

Wildcat 19
Panthers 14





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Concentration key to the game

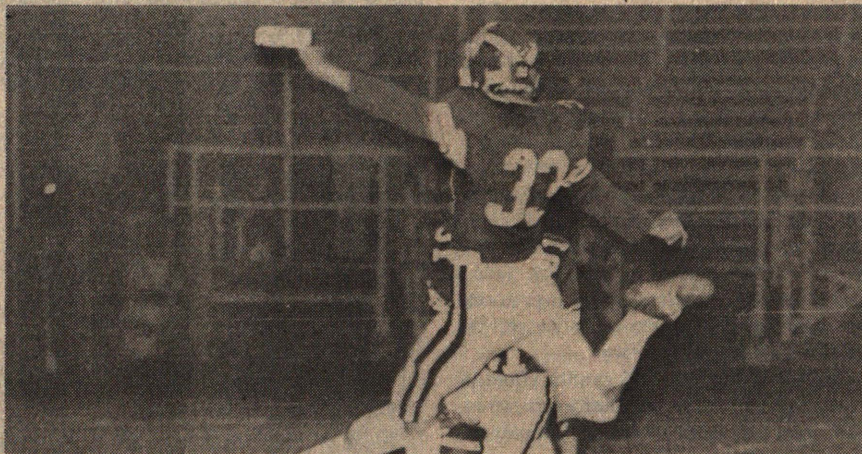
by Kurt Mosson

Tomorrow is the Highlight of the week, the Wildcats of West Chicago are playing the Glenbard East Rams. The Wildcats have lost the last three homecoming games they played.

Homecoming is known as screw-off week according to coach Jeff Ainsworth. "A lot of the time the concentration is low during this week. If the whole thing is treated with importance, Homecoming could work out to be a very nice even." Ainsworth has never been involved in a Homecoming except as a player or a coach. He really doesn't know what the whole event means to people who aren't directly involved with it. He also added that other teams do like to play us on our Homecoming because of the fact that the concentration level is lower.

The whole week is important to everyone in the school — teachers get to see the alumni; other students like it because of the games and floats. Our school isn't the type that stresses winning that much. Many schools have the policy that if they don't win there isn't a bon fire or the players can't go to the dance. Ainsworth doesn't think that is a great idea.

Offensive end Ed Martin feels that, "we



Barrett Carlson kicks a field goal in the Naperville Central game. (photo by Dave Sheriff)

should have a good chance to win." He said, "that this is a very exciting game to us." The reason is that the fans go to the game excited. "This in turn gets us excited." Teammate Pat Joyce agrees with Martin. Ainsworth believes that in order to win

they have to eliminate mistakes. Although he doesn't know how Glenbard East will be, he expects a good game. He concludes, "The team is playing very hard and the moral is very very good. The Wildcats are hoping to play a good game and stop the homecoming

losing streak at three."

Regarding the first conference game against Naperville Central, at home, which we lost 10-6, lineman Joe Burger commented, "We played a complete game but didn't capitalize on their mistakes. In order to beat Glenbard East we need to again play a complete game both offensively and defensively. We also need a more pronounced passing attack."

At that early point in the season, Paul Beck observed, "We played a good game but couldn't take advantage of good field position when we had it; we had trouble moving the ball. Our defense improved greatly over the two non-conference games. We counted on them and they came through for us." As to our very first encounter with the Rams this week, Beck said, "We will have good practices and be mentally and physically ready for them."

Jamie Cantu feels that the players need to push each other harder in practice in order to be prepared for the game. "To fair well against Glenbard East," says Rick Kerner, "we must have no let down when we have a chance to capitalize on their mistakes." Joe Ambrose agrees.

SOCCER	
Tue., Oct. 11	Wheaton North (Varsity & Soph)
A	4:30 pm
Wed., Oct. 12	Wheaton North (Frosh)
A	4:30 pm
Sat., Oct. 15	Naperville North (Frosh)
H	10:00 am
Sat., Oct. 15	DVC* Tournament (V & S)
TBA	TBA
Tue., Oct. 18	DVC* Tournament (V & S)
TBA	TBA
Thu., Oct. 20	DVC* Tournament (V & S)
TBA	TBA
Oct. 22-27	Regional Tournament

*DuPage Valley Conference

FOOTBALL (JV, SOPH B, FROSH)	
Sat., Oct. 8	Glenbard East (Frosh A)
H	9:30 pm
Mon., Oct. 10	Glenbard East (JV & Frosh B)
H	4:30 pm
Sat., Oct. 15	Wheaton Central (Frosh A & B)
A	9:30 am
Mon., Oct. 17	Wheaton Central (JV & Soph B)
A	4:30 pm
Sat., Oct. 22	Glenbard South (Frosh A)
H	9:30 am
Mon., Oct. 24	Glenbard South (JV & Frosh B)
H	4:30 pm

GIRLS VOLLEYBALL	
Sat., Oct. 8	Naperville North
A	10:00 am
Tue., Oct. 11	Glenbard North
H	6:00 pm
Thu., Oct. 13	Glenbard South
A	6:00 pm
Tue., Oct. 18	Wheaton North
H	6:00 pm
Thu., Oct. 20	Glenbard East
A	6:00 pm
Tue-Sat,	
Oct. 25-29	Regional Tournament
TBA	TBA

GOLF	
Mon., Oct. 10	Naperville Central Best Ball
Springbrook	9:30 am
	Country Club
Tue., Oct. 11	DVC Tournament
TBA	TBA
Thu., Oct. 13	Regional Tournament
TBA	TBA
Tue., Oct. 18	Sectional Tournament
TBA	TBA
Fri/Sat,	
Oct. 21/22	State Finals
TBA	TBA

GIRLS TENNIS	
Tue., Oct. 11	Wheaton North
H	4:00 pm
Fri/Sat	
Oct. 14/15	DVC Tournament
Glenbard East	TBA
Fri/Sat	
Oct. 21/22	Sectional Tournament
TBA	TBA
Thu-Sat,	
Oct. 27/29	State Finals
TBA	TBA

FOOTBALL (VARSITY & SOPH)	
Fri., Oct. 14	Wheaton Central
A	6:00 & 8:00 pm
Fri., Oct. 21	Glenbard South
H	6:00 & 8:00 pm

CROSS COUNTRY	
Tue., Oct. 11	Wheaton Central
A	4:30 pm
Sat., Oct. 15	Streamwood Invitational
A	10:00 am
Fri., Oct. 21	DVC Championship at Glenbard North
	TBA

GIRLS SWIMMING	
Thu., Oct. 11	Larkin
A	5:00 pm
Tue., Oct. 18	Elgin
A	5:00 pm
Fri., Oct. 21	Waubonsie Valley Invitational (Diving)
A	5:00 pm
Sat., Oct. 22	Waubonsie Valley Invitational (Swimming) 12:00 pm
Tue., Oct. 25	Streamwood
H	6:00 pm

OCTOBER 1983

Optimistic year for golf squad

by Ken Trotter

Coached by Pat LeMaster, this year's golf team is something we all should be proud of. In the first four meets this year there were no wins, but Mr. LeMaster says "We are very optimistic."

When the golf team was first started, practice was at an early 6 a.m. However, now they are from about 3 in the afternoon until 6 in the evening. There are no cuts for the team, therefore, anyone who knows at least a little about golf and is willing to progress in the sport can be on the team.

As far as meets go they have lasted anywhere from 3 p.m. to 8:30 p.m. They are also as far as White Pines and as far south as Plainville. Naperville, Wheaton Central and Wheaton North are looking tough so far this year. They are the teams to beat.

There are four more weeks left in the conference tournament. The two key players to look out for are Bryan Dean and Kurt Mosson. Everyone is part of the team, ho-

wever, and if it weren't for them, there would be no team at all. There is a good chance we'll come out looking good. Kurt Mosson put it "We're consistent and everyone is equal."

In the last two meets against Glenbard North and in the Crown Invitational, We-go has varied pretty well. Glenbard North defeated us 163-170. Dean shot a 40 and Eric Weber a 41. Rich Nickleson and Mike Malay both placed in the mid 40's.

Dean again led the team in the Crown Invitational with a score of 79 while Mosson shot an 86. Tom Lowell and Weber both shot scores around 90.

In the last two meets against Glenbard North and the Crown Invitational, We-go fared pretty well. They lost to Glenbard by only seven strokes, 163-170. Dean shot a 40 and Eric Weber a 41. Rich Nickleson and Mike Malay placed in the mid 40s.

Dean again led the team in the invitational with a 79 while Mosson shot an 86. Tom Lowell and Weber shot scores of 89 and 91, respectively.

Wildcat Sport Schedule