# The Bridge 

West Chicago Community High School 326 Joliet Street, West Chicago, Illinois 60185

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## Terrorism, is it preventable? <br> During this time, groups of 25 students are <br> terrorism as "illegal attacks and threats' <br> terrorism varies. The FBI has developed a

let go every twelve hours.
After about a week, the terrorists realize that their cause is hopeless. But before giving up they negotiate a final deal: safe passage to the Middle East in return for the remainder of the hostages. The deal is agreed upon and the terrorists escape to the Middle East.


Do you think terrorism is preventable? $48 \%$ said yes, $44 \%$ said no, and $8 \%$ were undecided.

Could this scenario of terrorism ever really happen, and is it preventable? Paul Wilkinson, of Aberdeen University in Scotland, Nicholas Berry, chairman of the Political Science Department of Ursinus seem to think that terror
able.
As mathematicians know, before you
can solve, or in this case prevent, a problem, you must define it. Webster's Dictionary defines terrorism as "the systematic use of terror as a means of coercion (to restrain or dominate by nullifying individual will). Berry defines
against people or property for the purpose of weakening a hated political authority." "To defeat terrorism, we need to follow four main principles," explained Professor Wilkinson. Wilkinson's four main principles are, one to have a "firm political will to defeat terrorism and protect the innocent." Two, governments must refuse to accede to terrorists' demands, especially political demands and demands for release of imprisoned terrorists. Three, acts of terrorism should be treated as crimes everywhere; "terrorists should be tried and punished with no exceptions."
Finally, the media should destroy the myth that terrorism is glamorous. "It is sheer bloody murder, and it is the task of the media to guard against glamourizing or conditioning terrorism," explains Wilkinson.

Dr. Berry believes that there are five rules for the prevention of terrorism. They are: 1, avoid wars, "Avoid making foreign enemies by relying on threats and sanc tions in foreign policy. Use diplomacy vigorously;" Two, free colonies, meaning don't keep political controlover any foreign lands; Three, governments should avoid oppressing their own people; Four avoid setting up unpopular governments or destroying popular ones; Finally, five, "follow rules one through four, and few terrorists will exist to repress, intimidate Dr. Berry, Terrorism succeeds when it weakens or reveals a we ness in the hated political authority." Berry also adds that terrorists become frustrated when the political authority remains strong. "The Israelis, pioneers in anti-terrorism, refuse to negotiate with terrorists as a genera rule, or comply with their demands."

The American government's response to

## State Board of Education offers scholarships

by Jean Volpe
Scholarships are being offered by the State Board of Education to students who have career interests in teacher "shortage" areas.

These areas include: Math, Natural and Physical Science, Reading, Early Childhood Education, Bilingual Education, Social and Emotional Disorders. Speech and Language Impaired and English as a second language. Impaired and English as a second language.
In order to be eligible, the student must be In order to be eligible, the student must be a resident of Illinois and be willing to beco certified for teaching in a shortage area.
Within one year of college completion, a teaching job must be taken and held for three years.
Students may attend all reconized public or private senior colleges. Community college courses are also acceptable as long as they are transferable to senior colleges. Both full or part-time completion of course work is approved.
Included in the scholarship is assistance
from the State Board in finding employment after college.
If interruption of the college program is necessary, a written notice of each term missed must be supplied to the State Board of Education.
Upon failure to complete the college requirements all funds awarded must be repayed.
Repayment is also necessary if employment is not taken within one year after college or if it is not held for three years.
Once accepted, the State Board will continue to pay for tuition. Scholarship renewals must be applied for
If scholarship funds expire, education costs will still be covered for those who are involved. Only new scholarship applicants will be excluded.
Additional information and application forms can be found in the Guidance Center. See your counselor for more details.

50 member anti-terrorist team, skilled in counter terrorist warfare. The team was developed before the 1984 Olympics in case of any terrorist activities aimed to disrupt or prevent games. To prevent embassies and barracks from being bombed the government has installed concrete barriers around the buildings. On October 19, 1984 President Reagan enacted the Act to Combat International Terrorism. The act provides authorization for two things; one, payment of rewards to those with information concerning terrorist acts. Two, $\$ 356$ million for security and enhancements of U.S. missions abroad. Another way the U.S. Movernment could prevent terrorism is to destroy terrorist safe houses and training camps U.S int llisence has a traning camps. U.S. Intellgence has a list of more than 100 of these facimes located in Cuba, Iran, Lebanon, Libya, Nicaragua, and Syria. Reagan says that he will not negotiate with or give into terrorists.
Fifty people were polled in a recent survey on terrorism, taken at We-go. In response to question one; Do you support Reagan's actions of capturing the terrorists?, $80 \%$ approved of it, $4 \%$ disapproved of it, and $16 \%$ were undecided. In response to question 2; What do you think should be donewith captured terrorists?, $20 \%$ said execution without trial, $64 \%$ said due process of law. $12 \%$ other. Guestion 3, Do you think terrorism is preventable? Results are represented on the graph. Would you feel safe traveling overseas? Fifty-four percent said yes, thirty percent said no, and sixteen percent said don't know.
Information obtained from Newsweek, Time, USA Today, US News and World
More in store for 'Equation'

## by Kelly Fox

Jewelry and merchandise sales is a new experience for DAVEA.
Added to DAVEA's Marketing Program this year is learning to sell and display such items as rings, bracelets, watches, and necklaces. Students are also learning techniques to sell these products.
The Marketing Program has a retail store, 'The Equation'. It is run by the students of the program and they're responsible for buying, pricing, merchandising, inventory buying, pricing, merchandising,
The jewelry collection is provided by ESK Gold Connection. Other products are school supplies, gifts, handcraft items, and accessories
'The Equation' is adjacent to the Marketing Program area at the DAVEA Center, 301 S. Swift rd., Addison. Hours are 9-10:15 a.m. and 12:30-2 p.m. on Mondays and Wednesdays through Friday when school is in session.
Call 620-8770 for more informationaboul the DAVEA Center.
ey, Bridge adviser room 216

## Pregnancy biggest cause of female drop-outs <br> gara them as the flu. <br> Of most teens who drop out, only 20 per-

by Deanna Pattengale
Every year one million girls between the ages of 15 and 19 become pregnant. The vast majority of these pregnancies are unplanned and unwanted.
Most of the kids who are sexually active don't use contraceptives. This is due to either ignorance of how they are used or they think "It only happens to others." or "It could iever happen to me."
Som girls who become pregnant don't even kn w it, or they refuse to acknowledge the symptoms they have. Some even disre-

When a medical test is finally obtained and the pregnancy confirmed, the first reaction is usually shock and disbelief she's pregnant, the girl has three choices: 1. She can keep her baby.
2. She can give it up for adoption. 3. She has an abortion.

Though most girls decide to go through with the pregnancy, teens contribute to on third the total number of abortions yearly. The single biggest cause of dropping out of high school among women is pregnancy.
cent of them ever graduate. The stress of being à parent and schoolwork is sually too much. Some also drop out to get married or to get a job to support themselves.
Those that go through with the pregnancy go through a great emotional struggle as to keep the baby or give it up for adoption. Some girls, though, are happy and some feel despair. After the initial shock of finding out Arlene Kramer Richards says in her book, Under 18 and Pregnant that on one side they love their baby very much and couldn't
imagine living without it. On the other side they know someone else could provide bet ter than they could for the baby
A girl can also go to a family planning center or a Planned Parenthood center There they can get information on adoption abortion and prenatal care.
Information obtained from: Under 18 and Pregnant, by Arlene Kramer Richards and Irene Willis, Coping With School Age Mo therhood, by Nancy Walsworth and Patri cla Bradley. Not My Daughter, by Katherine B. Oettinger.

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## Proposal crushes elective classes

A proposal was made by the English department to add a required junior English course to the curriculum and at the last Board of Education meeting this proposal was adopted.

The Bridge supports this change in the curriculum, understanding the importance of communication in todays society. A required English course for juniors will allow for a structured English schedule, enforcing the basics of literature, written and spoken communications.
However, the Bridge questions the reality of the program. If the third year English eliminates semester elective courses of Science Fiction, Practical English, American Literature, and Expository Writing, will it be effective?
With the knowledge that components of these courses will be incorporated into the new course, the Bridge wonders if it will be as effective as those classes were on their own. As students that were once or are presently enrolled in those elective courses, we question whether the English department can effectively merge those semester elective courses into a year course when it seems that each elective course could possibily expand into a full year class.
Also, the elective courses that will be eliminated are primarily attended by ollege bound students. Will the new class be able to suppliment for the loss of those classes. Current data shows that college bound students have not read half of the works that most colleges consider average as college freshmen. Will the elimination of American literature classes lower that half to even less?

A possible solution would be to enhance the present freshman and sophomore English courses instead of restricting the electives offered to those heading for a higher education.

## Letter to the Editor

## There's more to the play

Dear Editor:
A letter which recently appeared in the Bridge, entitled "Mornings at Seven - Who makes it work?" made me very angry and I'd like to explain why.
I believe the article quoted Mary Ha fertepe as having said "Some other people are working their butts off too. Well the other people she most likely meant (if she actually said that, and I've heard she said no such thing to begin with) would be the crews who worked on the play
The actors are always being paid attention to, I know, so how could these other people be any body but the crews? Nobody thinks of actors as the "other" Nobole on the play ever. They always com people on the play ever. They always come first.
So not only did the letter grossly misenterpret what was said it went on to twist this around only to Wistion to around only to give more at the crews was used as an excuse to in

I know that technical crews (and other crews) can't expect much credit to begin. crews) can texpect much credit to begin. ut with what litle we receive, I reel some was being denied us in the letter, though the way Hafertepe's statement was misnderstood
The play would have been pretty erummy with people wearing street clothes on the set, but costumes saw that it did not. Publicity saw that people knew of the mere fact that the play existed. Construction made two fine houses and trees. They worked right up to the night of the first performance. Decorators finished it up nicely
Makeup did a fine job making the actors look aged.
Technical crews helped with all the lighting, sound effects and videotaping. This is not an attack on the actors, because they did a fine job also. But it is an attack on the ignorance of people who an attack on the gnorance or people who working their butt off" There peop

Jeff Samec ' 88

Looking towards to future

## by Wilbert Waters

Are you preparing yourselves to work side by side with the men of tomorrow? Will you be intimidated by their presence? What are your goals in life?
Do you realize that in only a few short years you will be adults, who, in order to succeed, will have tremendous responsibilities thrust upon your shoulders? I have noticed in the two years I have worked at this school that many young ladies are not his school that many young ladies are not is a man's world" is believed by your parents, but today's youth surely must parents, but today's youth surely must know that orld."
Are you aware of the many ways girls can obtain a scholarship? Are you aware of the value of a scholarship? If a female is an athlete she should be same
awarded the same kind of privilege that I do hope the attitudes toward tean young men have but she should be as sports will change. Learning how to accept dedicated to the task at hand. You must defeat with integrity, winning with a sense be willing to make sacrifices in order to of pride and learning how to compete are achieve excellence. A person coaching a few of the many things I hope you will emales would hope that the athletes accomplish throughout your high school would be as punctual, dedicated and career.
punctuality, teamwork and tenacity
responsible and have goals of their own just as boys do.

Young men down through the ages have prepared themselves for life's many difficulties by their early training in sports. Their lessons learned have led to their many successes - lessons of endurance.
"... defeat with integrity, winning with a sense of pride


 house? Have you had to sit by the kitchen despite reservations made well in advance? Many teenagers would answer yes to these
questions.
In a poll taken of 112 high school juniors and seniors the questions of whether or not they felt they had been discriminated against in a restaurant because of their age, the results were: 40 students - yes; 8 -weren't sure; 64 -no.
The people who answered "yes" generally felt that immediately upon seeing them, the maitre'd or waiter who seated them was "looking down" at them. One St. Charles studen said that he was turned away for the Mill Race Inn for not being properly attired. He was wearing a polo-type shirt, jeans, and running shoes. He also said that on other occasions he had been there, he'd seen many adults dressed in the same type of clothes he had worn when he was turned away. Most of the others said that they felt their waiter or waitrress was rude and unpleasant to them for no particular reason, except maybe that they had to serve these kids. Many of these kids named the Wag's restaurants in St. Charles and Caro stream as places where they felt they had been discriminated against. The eight who said hey "weren't sure" said that it may have been just chance that they were mistreated, and not just because they were teenagers.
When asked if her restaurant had any policles concerning teenagers, Jeannie Fortune manager of the Mill Race Inn, answered, "No, as long as the customer is properly dressed hey will be served at the Inn." Both managers of the two Wag's restaurants said that the had no rules concerning teenagers. However, all three of the managers agreed that although their employes are supposed to treat everyone equally, they could agred that, hey individually treated each mes. This is mes. This is why the managers encourage customers to speak up if they feel misteated. Tenners forer foregoing table antics til lunchtime in the cafeteria.


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## Is there life without Christmas?

## by Laura Novak

It is Christmas Eve. The house is de corated and the tree is up. Cookies have been made. Now all that is left is going to been made. Now all that is left is going to
sleepuntil December 25 . Somefamiliesgoto sleepuntil December 25 . Some familiesgoto
church on Christmas Eve. Others wait until church on Christmas Eve. Others wait until Christmas day. Many Americans celebrate
Christmas with friends and relatives. Have Christmas with friends and relatives. Have
you ever thought of what you would do on you ever thought of what you would do on
December 25 if you didn't celebrate ChristDecember 25 if you didn't celebrate Christ-
mas? There are cultures that don't celemas? There are cultures that don't celebrate this holiday.
The Chinese don't celebrate the Christmas holiday, but they do celebrate
other holidays of their own. The anniversary of the death of Yat-Sen is celebrated on March 12. Yat-Sen was China's best-known revolutionary leader and the first president of the Chinese Republic. There are memorial services throughout the republic on this day.
As the Americans do, the Chinese also celebrate New Year. The Chinese celebrate the New Year for five days. The first day of the New Year is for the family. On this day an offering is made to the heaven and the earth. Candles are lighted and incense burned before ancestorial tablets and household gods. Businesses are closed on this day and swearing or "rough language"
is not allowed. The Chinese wear their best clothes and eat a meatless dish. On the second day the custom of not eating meat on New Years is broken
The second day of the new year is spent with friends and relatives. Hosts offer their guests tea, sweets, melonseeds, and manderine oranges. Children give mandarin oranges to the older people "for good luck".
On the third and fourth days, the festivities continue. The older Chinese give red cards with good wishes with the givers name on them, to friends and relatives. Red is the color of joy in China and many other countries.


On the fifth, and last, day of the New Year celebration women sweep their houses for the first time in the new year In certain parts of China, they throw the sweepings into a stream to "preserve the family luck".
People of the Jewish faith do not celebrate Christmas. Their celebration of Hanukkah is celebrated in the month of December, about the time of our Christ mas. The Hebrew word, hanukkah, means dedication. Hanukkah is celebrated on the eve of the 25th day of the Hebrew month of Kislev, and lasts eight days. During Hanukkah, gifts are exchanged and contributions are made to the poor. Each night one candle is lit on a platter. By the last night, eight lighted candles stand together. This lighting of candles is called the "Festival of Lights."
the "Festival of Lights. Christmas is the Hindus. The Hindu New Christmas is the Hindus. The Hindu New Year is celebrated by bathing in holy water. Also on this day, they visit the temples, where, at evening services, the calendar of the New Year is read. The day is also spent feasting and having a good time. Nice clothes are also worn on this day. Gifts are exchanged to the family gods.
"Feast of the Dead" is another Hindu festival. On this day the Hindu honor their dead, whose spirits are said to return at this season.
As you will notice, there is no Santa Claus or reindeer in these three cultures. However, there are some similarities such as the Chinese card giving tradition. In all
three cultures gifts are exchanged.
emergency landing at a Russian military air base in Siberia.
Although now an American citizen, Kolya is informed that because he defected he is onsidered a criminal in Russia. Raymond Greenwood (Gregory Hines) is also in Si beria, a black American veteran who several beria, a black American veteran who severa years earlier elected to live in the U.S.S.R. as a moral protest against America's involvement in Vietnam. Raymond is a dancer too, a tap-dancer; he is married to Darya (Isabella Rossellini), a Russian interpreter. No longer of use to the authorities, Raymond is reduced to performing in a Siberian state theater.

Kolya's sudden arrival on Russian soil gives Chaiko (a KGB agent), a special reason to talk to Raymond. Chaiko has in mind a deal whereby Raymond and Darya will be reinstated in Moscow in return for

Raymond's help in a propaganda coup persuading Kolya to renounce his defection in Leningrad. Because of his love for Darya, whose life he feels he has diminished by his exile, Raymond consents to Chaiko's plan.

At a rehearsal room in Leningrad, Kolya is reunited with Galina Ivanova (Helen Mirren). They were lovers as well as fellow principal dnacers when he defected. She is a respected figure at the Kirov again after surviving a period of hardship and disfavor, stemming from Kolya's defection.
The opportunity to help comes at a diplomatic reception, where, under the nose of Chaiko, Galina informs CIA agent Scott of Chaiko, Galina informs CIA agent Scott hat Kolya has recovered and is in Leningrad. Knowing that Kolya is alive,
institutes a plan for his escape - a plan,

# 4 In depth 

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## Frustrations of buying a car

by Michelle Chaudoin

So you say you're interested in getting a car? Just think, if you had your own car you could go places when you wanted; no more asking mom or dad to use the car, or bumming a ride from a friend, right? Read on, there's more to it than you think.

There are a couple questions you should ask yourself before loading up with responsibility. First, do you really need a car? Think about it reasonably. Sure it would be nice to own your own car, but can you borrow the family car for now? Maybe you could carpool. There will come a time when you will probably have to get a car, and you will have to decide when that time will be.

Next think of what you will use it for. At this time how far are you going to go, and is it necessary, or is it just to have fun?
Lastly, can you afford one? Buying the car is only the first step. There are also payments, insurance, registration and maintenance fees. Will the car be worth the expense and trouble now?

Once you have decided you need a car, what
warranty or service department depending on who the seller is, so careful thought should be taken when choosing.
Now you have decided on the car that suits your needs. You must ask yourself: How will I pay for it? There are many options. You can take the money from your account, if you have enough. The bank can also help by providing a loan if you are eligible. Then you decide how often you will pay, and find out what your interest rates will be. If payments aren't made, the bank could take the car.
A down payment is advisable at an average of 25 or 30 percent of the total cost.
Finally, you could borrow from a close friend or relative and with little or no interest, but if payments aren't made, there could be hard feelings.
Now the payment arrangements have been made and you can start driving, right? Well, there is also the insurance that is mandatory If you hit someone and injure them, it is your responsibility to pay for it! Let's say it's the other way around and you end up in the

"There will come a time when you will probably have to get a car, and you will have to decide when that time will be."
kind of car do you really want? Be practical and get what is best for you now. Is it a new or used car you need?

A new car, of course, will initially cost more, but in the end it could be worth it because you will know what you are getting. It is important to pick a trust-worthy new-car dealer. Friends or relatives can sometimes recommend a dealer which can help you choose your car.

Picking a dealer closer to home is more convenient and will pay off in time of emergency. Inspect the car, but don't stop here, shop and compare prices elsewhere to find the best buy possible.

Check the car out and ask the dealer for a test drive. If he refuses, walk away from the deal; the dealer is obviously hiding something about the car. Go over the warranty and check out the service department where the car can be serviced.
Maybe you don't have the money for a new car, so you must settle for a used one. A used car may be purchased from a used-car dealer, or a private owner. An important factor is to be humble, for no car is perfect. Bring a friend and inspect the car together. Ask the owner for a test drive. There may or may not be a
hospital bed, the other person must pay, but what if he or she has no insurance? This is the time for liability insurance.
There are other types of insurance that help you, for instance if there is a theft, or a window broken in your car. (This does not include maintenance flaws.) This along with other types of insurance should be discussed with a local insurance agent.
The younger and more inexperienced you are when you get insurance, the more you will pay on insurance premiums. Other factors such as where you live contribute to premium costs. Living in the city for example, there are more chances of being in an accident.
By now thousands of dollars may have been paid for the car, and hundreds more for insurance. The final purchasing fee is the registration. It is against the law to drive an unregistered car. Each state varies in registration fees. If you car is new, the dealer will take care of arrangements, otherwise you will. Check with the nearest motor vehicle office. You will then receive a Certificate of Title.
After all of this frustration, owning a car may be more of a bother than a convenience. Using your parents car might not be so bad after all.


## ${ }_{15}$



Brian Blakmore and Dave Vanderpool on the "Green Jean Machine"

## Americas car love affair

by Brendan Lambert
They are not strangers, in fact they've known each other for 77 years. During this time their love has grown stronger, they are also one of the most celebrated couples in the world. No, they are not two people, but the automobile and the citizens of the United States.
America has been hooked on the automobile since 1908 when the first Model-T ford rolled off the assembly line. Ever since then the automobile has grown in it's popularity. It is stated that there is one car for every 2.5 people in the United States.
Although cars were around as early as the late nineteenth century, cars were not popular until Henry Ford revolutionized the automobile industry. Ford introduced the assembly line, which was a means of manufacturing that decreased the cost of the automobile from an average of $\$ 2500$ to a low $\$ 800$. Ford sold more than 15 million Model-T's between 1908 and 1927. Soon almost everyone had a car.

The first automobile was designed by Car Benz of Mannheim, Germany in 1885. It was a three wheeled crank start car. Benz rode it around in his yard, but crashed before he could go very far. Although it may have been a flop it marked the beginning of new era.

When cars were first built in the first half of the 20th century, they were built to last. But in the mid-sixties automobile manufacturers realized that consumers would buy a new car every few years if they could. The manufacturers, started to make cars that would fall apart after a few years of use. This is called planned obsolescence.
During the 60's and 70's cars grew larger and more extravagant. People were buying cars for their power and size not necessarily quality. When the gas crunch of 1973 came along Americans realized that they would have to change the way they drove, not to mention the style of car they bought.
From the gas crunches came the economy car. More and more automobile manufacturers designed smaller and more fuel efficient cars. In 1977, General Motors started to down size their cars, making them lighter and more fuel efficient. Over the past eight years all of the major car manufacturers have down sized their cars. American cars are no longer lumbering tanks, but they are sleek and sporty.
Most Americans love their cars, be they an old clunker or a brand new model. There is something about having the freedom to drive wherever you want that will make the automobile an American favorite for years to come.

photo by Scott Lockert

## 6 <br> Features

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## A brownnoser tells how it'sdone

by Brendan Lambert
Have you ever brown nosed a teacher? Many people don't even know what a brown noser is. The definition of a brown noser is: a person who thinks good grades can be achieved by charm, grace, and kissing up to the teacher. Many students feel that this is easier than studying. This may explain why brown nosing is so popular.
One method of brown nosing is the ever popular complimenting the teacher. This method consists of repeatedly telling your teachers that he or she looks nice, speaks well, has a healthy complexion, makes class interesting, and contributes to your life in other significant ways. In other words, tell your teachers that they are perfect. Ken DiBiase, senior, stated "Compliment them on their looks and apparel." Continual use of this method may not insure you a good grade, but there
are always other methods you can try. Do you know all of your teachers by sight, sound and smell? If not, you better learn them quick. "Be able to recognize them on sight," commented one student Teachers like to be acknowledged, so when you see one of them in the hall when to "hi" Mr or form listing imrs. So and So. This wil form a lasting impression in the teacher' mind, and, if you're lucky, it will be a good one. Develop your sense of hearing as well as smelling so that you will know if one of your teachers is coming down the hall. This will give you time to think of a snappy salutation.
If you bring a teacher a gift, chances are that the teacher will hold you in high regard. The apple has been a popular gift for the teacher and almost never fails as an attention getter. Of course if your teacher has a sweet tooth, glazed doughnuts might be a better choice.

Another popular gift for the teacher is personalized stationery. Make sure that you spell the teacher's name correctly, also be sure to put "from" and your name Don't be sure to put from and your name. Don't forget to sent them Christmas cards and all other major holdays. If you are really in trouble, be sure to remember Arbor Day and Flag Day. This will really impress your teachers

There are a few rules to basic classroom conduct for the average brown noser. 1. Always come to class prepared. 2. Always do your homework. 3. Be sure to make suggestions that will benefit the class discussion at hand.
Following these few rules will also help your chances of a better grade. Rocky Pisto suggests, "Answer all, all of the questions raised with a smile on your face." Dave Neuhoff advocates doing all of your homework on a computer. "It really blows them away."

Another popular method is that of "doing everything for nothing." In other words ask your teachers if you can wash their car, clean their house, watch their kids, pound their erasers, or simply be their unpaid slave. According to some students. bringing the teacher the morning newspaper is more than adequate.
Humoring the teacher can be very beneficial to your grade point average. This can be accomplished by laughing at their jokes even if they are stupid, and pretending you haven't heard the story they are telling for the thousandth time. Also you should show a general interest in the teacher's facts and quotations that they tend to spurt out at irregular intervals during class.
By following these six simple methods, you can become an expert brown noser. You may even discover some methods of your very own which will benefit you in your strife to become a better brown noser.

## New group at We-go starts to snowball

by Kateri Weibler
Operation Snowball has been at We-Go for about three years now, and according to adviser Lisa York, the school psychologist, it is "slowly growing ... as it grows, people can benefit."
Snowball is a peer leadership group which gives teens a choice other than drugs and alcohol. According to York one drugs and alcohel. Acortives is to increase lea dership skills.
and not worry that it will be spread around."
Although the group spends a lot of time in discussion, York says the group also plans "anything that is a fun activity so teens don't feel pressure." Some of the activities include parties, field trips, and nowball Weekends. One of York's goals is to have at least one of these activities month for the group.

The group, which meets at different The group, which meets at different hours durip, whe and to a great extent, and, according to Missy
Halfpenny, a leader for Snowball, there is Halfpenny, a leader for Snowball, there is Halfpenny, a junior, says that she feels "like a family member. You can say things

Right now, the group consists mainly of aid that the group will soon be talking to freshmen classes to try to set them interested in Snowball. Since get them inYork, wants to "promote the group, said substance abuse by younger kevention of also be sending representatives to talk to
junior high students.
Another leader, Stella Alcazar, a junior says about Snowball, "I love it! It's great You don't have to put up a front ... you don't have to be afraid to be yourself." This is important because Snowball has "representatives from the whole school," said York; there are people from all different groups and niches, "Everyone fits if they're interested," said York
So far, York has heard "only positive things from the faculty. They're real supportive." Many of the students are often referred to Snowball by faculty members, according to York. Although they are supportive, York said that she would like to get more faculty involvement, more people who are sponsors.

The long-range goal for the group is to develop a community of large people and not be involved with drugs and alcohol. The group is a community of caring," said York.
If you wish to become a member of Snowball, you may contact York in the guidance office, or one of the group leaders. The leaders are Alcazar, Halfpenny, Dawn Stewart, Jon Guenther Amy penny, Dawn Stewls, Terina Shadle, and Bob Croyl. York wants the group to "continue to grow this year." Although the group is still in the beginning stage, Halfpenny says that peo ple will "really hear about us if we get things going the way we want."


## When did you stop

## believing in

Santa Claus?


Carrie Runyan: "in third grade."


Joel Mains: "In first grade when I pulled off his beard in Macy's."


Ron Benner: "When I was seven and Santa's tracks on the roof were the same as my father's."

# Coaching an extension of teaching for Kanold 

by Greg Brown
"What I like the most about coaching is the interaction with the kids, the leadership that I provide, and the fact that I love the game," says girls' basketball coach, Tim Kanold.
"When you (athletes) go through a season, you learn about dedication, loyalty, and hard work. And who's teaching you these things? Well, the coach is, and I like that."
Kanold started his athletic career in high school, where he played basketball, baseball, and ran cross country. In college at Illinois State University, he played baseball.
While in college, Kanold decided that he wanted to become a math teacher and a coach. "I think coaching is just an extencoach. Ithink coaching is just an extenyour good coaches are good teachers," Kayour good
nold said.
nold said.
Kanold has been coaching at the high Kanold has been coaching at the high
school level for 12 years, six of them here school level for 12 years, six of them here
at WCCHS. at WCCHS.
He got his first coaching job at Stillman Valley High School, a small school near Rockford. At Stillman he coached boys' basketball and baseball for 6 years, and girls' volleyball for 2 years. Then, because of time restraints, Kanold narrowed his


Tim Kanold explains the fundamentals of basketball to a newcomer (Photo by Thom King).
coaching down to just one sport: basketball.
"I really love basketball," he said. "I think it's a great game to teach kids, and it's a great coaching game in terms of strategies, and instantly making decisions that effect the flow of the game."

Here at We-go, Kanold coached sophomore boy's basketball for 5 years, and is now in his second year of being the head coach of the girls' varsity basketball team. So what doesn't K anold like about coaching? "The hours. In order to be competitive, you're required to put in long
hours of time." Kanold estimates that io every hour of practice, there are 2 hours every hour of practice, there
outside of practice in planning.
"Our coaches (girls' basketball coaches) already put in close to 40 or 50 hours of planning before the season ever started." But he also said that he feels that planning is necessary. "Any good system is one which is well planned and the goals and philosophies of the program are well organized."
Kanold says that his goals for the future are non-athletic. This is mostly because of his involvement. in mathematics education. "Right now I've been doing a lot of work in terms of math education, and most of my direction in the next 10 years will probably be in that direction."
Yet he says, "Coaching is a tremendous part of what I am, and I love being in the athletic environment." Kanold feels that within the next five years he will step out of coaching to pursue other areas.
"My coaching experience at West Chicago has been unbelievably enjoyable. It's been very easy to coach here in terms of working with athletes. And that's not true at every school." And what does Kanold see in himself?
I'm somebody who does really believe in teaching, not out of fear, but out of love."

## Sports Column: How about those Bears?

by Kevin Smith
"How about those Bears" These are the vords on everyones lips.
The Chicago Bears captured the NFC entral division crown, on November 17 defeating the Dallas Cowboys 44-0, the vorst loss in Dallas' history
The man behind the magic is Bears coach Mike Ditka. Just three years at the coach Mike Ditka. Just three years at the
helm Ditka has brought pride back into the "monsters of the midway."
And then there are the personalities of the players themselves. Perhaps the most noticeable of them is William "The Refrigerator" Perry.
"The fridge" was the Bears number one draft pick this year from Clemson. He has captured the hearts and minds of the Bears fans with his offensive prowess.
His first touchdown came on a run against the Green Bay Packers on October 21. His next victims were the Packers again on November 3, when he scored on a lolly-pop touchdown pass from quarterback, Jim McMahon Yet another terback, Jim McMahon. Yet another ouchst the Atlanta Falcons, when Perry did a sky-dive into the end-zone.
"Fridge-Mania" is all over Chicago. And This fame has spread throughout the naThis fame has spread throughout the nation, including an appearance on NBC's "Late Night with David Letterman" on
November 12. While here in Chicago there November 12. While here in Chicago there
are also two popular songs about the 6 foot are also two popular songs about the 6 foot 2 inch, 307 pound "Refridgerator."
Another motivating factor on the Bears is the quarterback: McMahon. When he's not injured, he's the number one rated quarterback in the NFL.
Who can forget the game on September 19 against the Minnesota Vikings when the injured McMahon came in the third quarter and threw three touchdown passes to lead the Bears to victory?
An often overlooked part of any team is


Ed Cocond
the offensive line. But this year's Bears lineman have made a name for them selves. They are the subject of the popular poster in the Chicagoland area titled: "The Black-N-Blues Brothers."
The poster includes such glants as 6 oot, 4 inch, 267 pound Tom Andrews, 6 foot, 6 inch, 269 pound Mark Bortz, 6 foot, 4 inch, 261 pound Tom Thayer, 6 foot, 7 nch, 290 pound Keith Van Horne, 6 foot, 3 inch, 258 pound Jay Hilgenberg, 6 foot,

5 inch, 267 pound Kurt Becker, 6 foot, 6 inch, 265 pound Andy Frederick, 6 foot, 3 inch, 263 pound Stephen Humphries, and 6 foot, 4 inch, 271 pound, "Big" Jim Covert.
Yet perhaps the greatest running back of all time is on this year's Bear Team That running back is Walter Payton. Payton came to the Bears as a number one draft pick from Jackson State in 1975 and has proved his worth to the Bears

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through the years.
During his career, Payton has set the all time rushing record with over 14000 yards. He also broke the record for the most consecutive 100 yard games this year. He broke the old record of seven which was held by O.J. Simpson and Ear Campbell in the Bears' first loss of the season, after winning 12 straight, on December 2 .
"Sweetness" as he is called, also averages over four yards per carry during his lifetime.
If it is anybody who deserves a Super-Bowl ring this year it is Payton. He has been the constant force during the Bears' lean years and brief glimpses of Bears' lean years and brief
Let us all hope that the Bears will go on to win the Super-Bowl this year, and continue to be a great force in football for a long time to come.

## LEARN ASKIL YOUCATFAL BACKON.

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 like to have a trade or a craft or knowledge or a skill to fall back on. It sure makes taking chances a lot easier. You can get your "fall-back-on" skill in the Army Reserve. Or you may discover it's the career you want. And all along, you'll have the excitement and adventure of learning and applying your skill in the ReserveCall us about the specific opportunities in a Reserve unit near you, plus part-time salary, benefits, training schedules.
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The Bridge/December 13, 1985

## Physical education classes checked by AAHPERD

The American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Fitness Test was taken by PE students on October 15, 16 and 17.
The AAHPERD Fitness Test consists of six tests. The tests were selected to evalusix tests. The tests were selected to evaluate specific aspects of physical status
which give a picture of the students' generwhich give
al fitness.
The tests consist of one minute of sitThe tests consist of one minute of sit-
ups, the shuttle run, a 50 yard dash, a one ups, the shuttle run, a 50 yard dash, a one
and a half mile run/walk, the standing and a half mile run/walk, the standing
long jump, pull-ups (boys), and flexed arm long jump, p
hang (girls).
"The purpose of the test was to check and see how our program was working." said PE Department Head, Lorri Jordan.
"It should tell us what strengths and weaknesses we have," said Athletic Director, Ron Hansen. "We have been talking
about taking the test and this year we got into the American Physical Education Program."
One of the advantages of this test are that it makes students aware of their physical fitness level. "Some students will be motivated and will improve their fitness level," said Jordan.
"It will show us a lot about students' physical abilities that we might not observe otherwise," said PE Teacher, LaVora Singleton. "It showed a lot of individualsthat they weren't as physically fit as they thought they were."
Jordan expressed the disadvantages of the test as being that it takes time to prepare and takes class time to do. One of the other problems that she expressed is that it takes hours to put the information into the computers.
Once they get the results, they will send them home to the parents of the students.

Jordan said that this will make the parents aware of their son's or daughter's fitness level.
"It gave us a sense of accomplishment and pride," said junior Pete Kovac about the test. "I think they should have the test at the beginning and at the end of the year, so that you could see your progress."
Jordan said that the physical fitness test used to take place every year, but the PE department didn't use the information for anything, so they stopped doing it. Now, with the new computer system, she hopes that it will be easier to do.
The PE department is planning on having a follow up test in the spring. Hansen said that he would like to see it done at least once a year.
There will also be awards for students that AAHPERD prepared to motivate the students. The students may receive awards and emblems indicating their per-
formance in the test. There is an award certificate for students who attain the fifteenth precentile on all items in the test. For students who attain the eightieth percentile on all of the tested areas, a gold merit seal is available for this certificate The Presidential Physical Fitness Award The Presidential Physical Fitness Award is the highest award glin for the periorm ance on the AABres finess Test Any student who scores at or above the eighty ifth percentile on all six items of the test is eligible for this award.
There is also a State Champion Award which gives recognition for outstanding school achievement in physical fitness. The award is presented to the three schools in the state which have the largest percentage of students, qualifying for the Presidential Physical Fitness Award.
The winning schools in each state receive a distinctive award plaque and certificate, plus state wide national recognition.

## Lach hopes to qualify for state in backstroke

by Alan Steuer
"I participate in sports for pleasure, but sometimes it doesn't feel like it after a hard practice," says varsity swimmer Mike Lach.
Lach is a senior and has been a varsity swimmer since his freshman year. He started at age nine with swimming lessons at the park. At 11 he joined the Sharks and has been swimming ever since.
Lach swims almost all year long. He swims for the school swim team during the winter season, and then after tennis in spring, he swims for the Sharks during the summer. "The Sharks doesn't involve as much competition and conditioning as does the (high school) swim team," said Lach. "In the Sharks I work more on improving my technique than anything else.
"A swim practice has got to be one of the toughest in all of the sports," says Lach. "I don't know what people do in the other sports, but swimming is a lot of hard work. All we do is conditioning in practice, but I know I have got to do it. Lap after lap gets very tiring, but to be the best I can be at meets I have to do the best I can in practice


Mike Lach a strong swimmer for the boys' swim team (Photo by Thom King).
first," said Lach.
To win, you need a team effort says Lach. Everyone puts in their strengths to
go for a win. Some swimmers are good at backstroke, and others freestyle. Lach
the butterfly. "Backstroke is my best, and I have improved a lot on it since freshman year, but 1 still could be better in butterfly and freestyle and will have to work on them."
Lach has set up a goal for himself in his last year. He hopes he can qualify for state in backstroke. He also has a goal for the team to do well this season. He said that he wanted everyone to do well and to also have a good time.
Lach uses mental preperation before he swims in a meet. "I think about what I'm going to do, and concentrate on visualizing myself succeeding at my task. I try to spread my concentration and emotion to the other swimmers to try and help them o prepare to do good," said Lach.
"There is a different kind of feeling at a swim meet than at a football or basketbal game," says Lach. "To me there is a feeling of summertime at a meet. I just wish more people would come to a meet to cheer us on and experience the feeling of a meet. They can be very interesting."

## Working-out against winter doldrums

## by Jennifer Sheriff

The fitness boom has turned out to be more than just a fad. In the past two decades fitness has become a way of life for many Americans. Being physically fit, which may have been defined thirty years ago as not visiting the doctor except for an annual check-up, has taken on a whole. new meaning. Body tone and strength, psychological well being, and nutrition are all incorporated into the new physically fit American.
When first defining a physically fit human being, most look at the outward appearance; muscle tone, size, and definition, as well as skin tone.
The foundation to all fitness is aerobic training; that is promoting the supply of oxygen to the muscles.
With the pulse rate system of exercise first developed by Dr. Kenneth Cooper, atheletes exercise vigorously and steadily
for a period of 20 to 30 minutes, three to five times a week.
Such a workout demands large amounts of oxygen from the cardiovascular system. If workouts are maintained, the cardiovascular system and muscles will learn to process oxygen effectively.
To find the correct range for your heart rate (heartbeats per minute) during aerobic trainng, subtract your age from 220 , then take 85 percent for your maximum aerobic heart rate, and 70 percent for your minimum.
Some sports are vigorous yet not aerobic; for example the stop and go game of tennis, and touch football. Aerobic workout requires consistent sustained exercise. Some good examples are jogging. swimming, continous rope jumping, cross-country skiing, vigorous walking, and hiking.
In starting an exercise program, there are basic guidelines to follow. First, start
training slowly, don't jump into strenuous workouts, maintain a comfortable level of exercise and listen for body signals of injury or distress, and thirdly incorporate warm-up and warm-down stretching into the fitness program
During the winter it is difficult to get outside and exercise, not only because of the weather, but because lack of motivation. Researchers have found that the winter dull-drums could be cause by lack of sunshine
In June, there is an average of 15 hours of daylight compared to nine hours of daylight in December. Many people suffer from Seasonal Affective Disorder in the winter. Symptoms often include sleeping more than usual, eating more, weight gain, and withdrawl from family and friends. During the winter many people get up when it is dark out and return home after the sun has set, and human beings like plants and animals need sunshine.

Without natural daylight the body produces a hormone known as melatonin which induces sleepiness.
Exercise and outdoor activities will enhance physical appearance, and create confidence in being able to control one's body.
Nutrition is often the overlooked page of physical fitness, yet it is the most important. The old addage, "YOU are what you eat," is true. Today convenience dominates American society; canned food frozen food, fast food, and only a small corner of the supermarket is reserved for fresh produce.
Faddish diets cause controversy. Two nutritionists will argue the importance of protein, or the affect of counting calories Beliefs are many and wide spread on the pic of nutrition what it comes down to creating a balanced diet incoporating carbohydrates, fiber, protein, and water arbohydrales, fiber, protein, and wate into daily meals.

## Sports schedule




|  | Wecencer Wresting |  |
| :---: | :---: | :---: |
|  |  |  |
| Fri. | 13 | Glenbard East |
| Sat. | 14 | East Aurora |
| Thurs. | 19 | Naperville North |
| Fri. | 20 | Batavia - Frosh |
| Fri. | 20 | Hinsdale Central Tournamen |
| Sat. | 21 | Hinsdale Central Tournamen |
|  | Jan | ARY |
| Sat. | 4 | Bolingbrook |
| Fri. | 10 | Naperville Central |


|  |  |
| ---: | ---: |
|  |  |
| H | 6:30 p.m. |
| A | $10 . \mathrm{a} . \mathrm{m}$. |
| A | $6: 30$ p.m. |
| A | 6 p.m. |
| A | 6 p.m. |
| A | $1 \& 6$ p.m. |
| A | 10 a.m. |
| A | $6: 30$ p.m. |


| Boys' basketball |  |  |  |
| :---: | :---: | :---: | :---: |
|  | DECEMBER |  |  |
| Fri. | 13 Glenbard East | A | 6 \& 7:30 p.m. |
| Sat. | 14 Geneva | H | 3:30 \& 7:30 p.m. |
| Fri. | 20 Naperville North | H | 68 87:30 p.m. |
| Sat, | 21 St. Charles | A | 6:15 \& 7:30 p.m. |
|  | 26-28 Waubonsie Valley Tournament | A | TBA |
|  | January |  |  |
| Fri. | 3 Wheaton North | H | 6\& 7 p.m. |
| Girls' basketball |  |  |  |
| DECEMBER |  |  |  |
| Sat. | $\begin{array}{ll}14 & \text { Ceneva } \\ 21 & \text { Streamwood }\end{array}$ | H. | 1:30 \& $\quad 3$ p p.m.m. |
| Th-Sat. | 26-28 Lady Wildcat Classic | H | ${ }_{\text {TBA }}$ |
| January |  |  |  |
| Tues. | 7 Addison Trall | H | 6 \& 7:30 p.m. |

