

The Bridge

West Chicago Community High School
326 Joliet St. West Chicago, IL 60185

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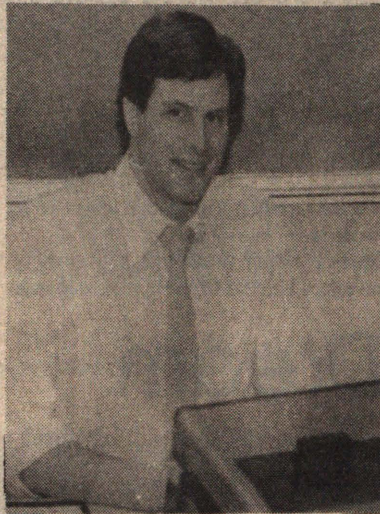
Mathletes make great strides

by Scott Grenke

Like solving problems? Then you're in luck, because in the Math Club you'll have plenty of chances to show off your talent.

This year Math Club has a new advisor, Scott Coffland. Coffland says that he would like to build on the efforts of Timothy Kanoold, Math Club's former advisor. "He really did a nice job over the last few years, and if we get a good carryover from the last few years, we should do as well, if not better," said Coffland. "I've got high hopes."

Coffland said that as of now, the only field trips planned are the two math competitions, one being the DuPage Valley Mathematics Contest and the other being the Illinois Council of Teachers of Mathematics (ICTM) Regional Math Competition. "If we qualify at the ICTM Regional Competition we would have another field trip and that would be to go downstate to the State Championship at ISU," remarked Coffland.



Scott Coffland has high hopes for the Math Club this year (photo by Joe Bicchinella).

Last year Math Club placed fourth in regionals.

In closing, Coffland said, "I'd like to see the Math Club do a lot more, beside the competitions. One of which would be to have the Math Team create, administer, and grade a test for the junior highs, and have a little competition there. This way they would have a chance to see what it's like to write and participate in the contest from that standpoint."

"That would help two ways. I think it would help give them a perspective from a teachers standpoint and furthermore I think it would be good for the junior high kids. It would be kind of a good way to recruit them. By the time they are freshmen, they would already know what the contest is like. A there is an interest in having computer game contests, there are some computer games that award excellence in mathematics and also to provide drill and practice."

Hollywood moves into We-go

by Scott Grenke

If you hear, "Lights, camera, action!", don't be confused. You're not in a Hollywood studio, you're just in West Chicago High School's Television Production Class.

TV Production, taught by Tim Ritchhart, hasn't been taught at We-go for about four years. It was originally offered as an English credit, but now it is an elective. The prerequisites to join the class are that one must be a junior or senior, and one must have taken all your required English courses.

Ritchhart said that the three main objectives of the course are to provide students with a chance to learn planning and organizational skills, to give students an understanding of pictorial continuity, and to give students the opportunity to learn how the equipment operates. The definition of pictorial continuity is the proper development and connection of motion-picture sequences to create a smoothly joined, coherent motion-picture story. Ritchhart said, "The class is important not because it teaches TV per say, but because it gives the student his/her first real chance of planning and organizing something on their own."

Ritchhart believes this class to be of special importance because "it gives a rare opportunity for a high school student to be able to take a television course." One thing

balloons, or myths of making it big."

Ritchhart would like to see this class evolve to the point where the class does its own programming for cable and is very in-



TV Production, a class that hasn't been offered for the last four years at We-go, is now being offered as an elective. Above the Production class learns how to operate the equipment (photo by Joe Bicchinella).

Ritchhart plans to teach students interested in media, is to have a more realistic outlook on the possibilities for a career in those fields. He plans to "burst some of the

involved in other school activities. Most of all, he would like to see the students to continue to work in the media business after they have taken the course.

We-go rocks on to Skylyne

by Brendan Lambert

Attention all students! Coming soon to the WCCHS auditorium a rock concert by the band SKYLYNE.

On Friday, March 14, the band SKYLYNE will be performing for the students here at WCCHS two times. They will perform first at an assembly after school. Then that same night the band will again perform.

Tickets for the concert will go on sale a week before the actual concert. The price for all tickets is \$3. Tickets bought at the door

the night of the concert will be \$4.

SKYLYNE, consists of Marc Pulido, Chris "Bean" Weng, Andrew Boubel, Gary Boba, and Paul Rau. Rau a former graduate of WCCHS is the keyboardist for the band.

The band has won many awards and placed first in the Midwest out of 320 bands in WLUP's (a Chicago radio station) contest in 1983.

The SKYLYNE concert is being sponsored by Future Business Leaders of America (FBLA).

New assistant deans found

by Jim Recchia

Stephen Kimery and Carol Sweder will be replacing Frank Stout as the new assistant deans. Kimery will work hours one to four and Sweder will work in the afternoon.

Stout who will be the dean at Wheaton Central High School resigned just before Christmas. His resignation is not in effect until West Chicago finds a replacement for him.

It has taken a longer time to find a replacement than Stout thought. "I expected at first to be out by the end of the semester, then by the middle of February.

The principal and the vice principal, of Wheaton Central, each shared the responsibilities of student discipline. Now it will be all Stout's job. Stout will be the only dean and he will be in charge of discipline, very similar to what he has done here.

Stout is reluctant about his move to Wheaton. "If it was just a lateral move I would have stayed, but I think that professionally it is a good move for me." He went on to say that the community and the student body are both great and he has worked in West Chicago for about eight years and he will miss it.

No credit for remedial classes

by Scott Grenke

A new math test being taken at West Chicago High is the Illinois University Test of College Preparatory Math.

What the test is, is all of the college professors, basically in the Universities of Illinois, got together and wrote a test that is very similar to the test that freshman will take when they're coming into college.

According to Diane Bathje, the reason they are doing this is "because many freshman are coming into college without enough math skills and they're having to take college courses that they're not getting credit for. They are below college level, but they still have to pay the big bucks for these classes which they're not getting credit for. So the university professors wanted to write a test to give to juniors so that they know now whether or not they have enough skills so that they won't have to take those low level courses in college. If they don't have enough math at this point, they can take it next year as a senior."

Graduation requirements boosted

by Dan Gambino

The WCCHS school board has changed the credit awarded for P.E. classes to one-half credit per semester and the credit requirement for graduation to 20.5, to be gradually phased in from 1987 till 1990.

Teens write for Seventeen

by Dan Gambino

Seventeen Magazine welcomes writing samples from anyone under 21. Seventeen Magazine, publishes the best writing samples they receive. To enter a teenager must write and submit a manuscript, to teen features for Your Words (personal experience), Your Opinion (on a timely debatable topic) and You Said It! (poetry and short prose). For a copy of Teen Features guidelines, send a self addressed stamped envelope to Seventeen/Teen Features, 850 Third Avenue, New York, NY 10022.

Fear prevents progress

by Kelly Fox

"The history of quackery is the history of public advertising," said George J. Annas, professor of health law at Boston University.

An AIDS test in the San Francisco Bay area has many homosexual men avoiding the blood test for antibodies to AIDS. The researchers from the University of California at San Francisco and Berkeley report the reason for the avoidance are the concerns about the reliability and confidentiality of the test and fear of the result.

"Dealing with positive test results is especially difficult at present because the meaning of exposure is still not clear," says James Wiley, assistant director of UC-Berkeley's Survey Research Center.

In Wileys study he asked 692 male homosexuals and bisexuals and 143 male heterosexuals, who agreed to have their blood tested, if they wanted the results of the test. Only 44% said they wanted to know.

In the UCSF survey of 728 homosexual and bisexual men, 69% said in November 1984 they would submit to an AIDS antibody blood test. In May 1985, only 22% of the men said they have been or planned to be tested.

There is concern over the lack of meaning of the test. The test tells only if you've been exposed; if the results are negative, it just means you have no antibodies to the virus, but it's still possible you've been exposed.

Recent news has doctors in Paris announcing a breakthrough. They had given 2 AIDS patients a drug called cyclosporine for up to one week and both showed "dramatic biological results." But it's noted that the drug is highly toxic and can cause liver and kidney damage, as well as lymphoma, a form of cancer.

One finding still holds true: AIDS is apparently not transmitted through casual household contact.

Spring musical spreads sunshine

by Sheri Martins

This year's spring musical is based on the popular 1930's comic strip Little Orphan Annie.

Audition dates for the musical are March

10, 11, and 12, musical direction will be by Ron Benner, and Ralph Zaffino will be directing. The musical will be held on the 15, 16, 17 and 18 of May.

Huck takes a hike in high schools

Although the banning of books from classrooms isn't a big issue at We-Go, it seems to be a problem in other school districts across America. The book in question, *The Adventures of Huckleberry Finn* has been banned and petitioned to be banned in classrooms and libraries throughout the country.

The Adventures of Huckleberry Finn has been banned and criticized for two reasons. The most important reason critics have to ban Huck Finn is Mark Twain's use of racial slurs, in particular, the word "nigger". The other reason for banning the novel is Twain's use of bad grammar.

The *Bridge* believes that *The Adventures of Huckleberry Finn* should not be banned due to its literary value. Although many people believe that *Huckleberry Finn* is morally degrading, the novel is on fact a sarcastic look at white America in the 1800's.

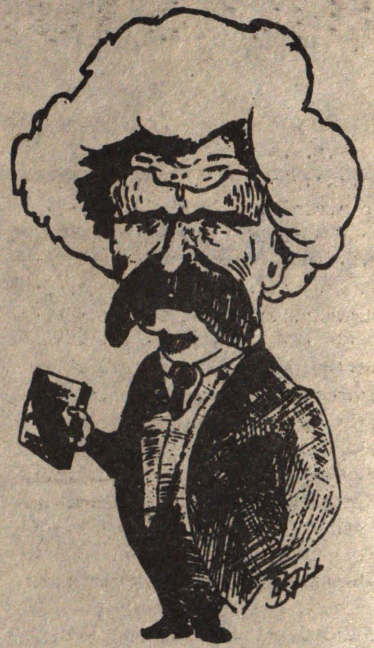
The racial slurs and bad grammar seen present throughout the novel are used as elements of realism. They were used in an attempt to depict life as it actually was at the time the novel took place. Everyday people and everyday life was emphasized in an attempt to look at all aspects of life.

Twain's use of bad grammar pertains to the element of realism which states, everyday people and everyday life are emphasized (in particular, dialect).

English teacher Betty Andrews said that Mark Twain presents the American dialect as an art. "Doan' talk to me 'bout yo' pints. I reckon I knows sence when i sees it; en dey ain' no sence in sich dain's as dat." Although the words in this passage taken from Huck Finn look like a bunch of letters thrown together to form words, it is in fact a verbal portrayal of the dialect spoken in the American South. The use of bad grammar was intended in order to develop an atmosphere of realism.

Many people feel the use of the word nigger as more of a moral degradation than an element of realism. Although the term is negative it also depicts the racists' attitudes of the time period. The word also shows how terrible human beings can treat each other.

The *Bridge* believes that great literary value is being lost when *The Adventures of Huckleberry Finn* is banned in schools. The novel is not attack on blacks but a history lesson from the time period. *The Adventures of Huckleberry Finn* should not be banned in classrooms or libraries.



Realizing the American Dream

by Jennifer Sheriff

The worst never seems to occur within your own life; I believe that very few of us are ever actually touched by tragedy. We may be shocked and horrified by things such as the Vietnam war, Kennedy's assassination, and the terrorist action, but rarely do these things ever affect our own lives.

To many people around the world the explosion involving the space shuttle Challenger was a tragedy. For me it brought the realization of what it meant for my brother to be attending the United States Air Force Academy in hopes of representing our country in space exploration.

The day of the accident I wrote my brother a very emotional letter, asking him what his purpose was in attending the Academy, and requesting that he never endanger his life. His reply follows:

Dear Jennifer,

Your letter was beautiful. I've always felt that words are a terrible injustice to one's feelings, so I won't even attempt to explain

how I felt while reading your letter. I will say that I cried a little.

I can understand your feelings about the seven people who died so horribly in the Challenger — your feelings were shared by an entire country, some more stronger than others. Not since a November day in Dallas when a lunatic fired a rifle from five floors up and killed our country's leader has this nation cried together so resoundingly.

I was touched by your worry of me being in such a position one day, but for me to relish such pity would be selfish. Those people perished and today the anguish is in their memory. I came to this place for many reasons, but one of those reasons has grown more important as my time here passes. I am in the profession of arms and it is my duty to give of myself so that the principles on which this country stands will be strong and grow wide. Whether it's to fly fighter aircraft or the space shuttle, it is my life. When this nation began it was but a dream; and as we grew the dreams of countless people were the nourishment. To stop dreaming, to stop reaching, would mean

the end of what our country stands for — the American Dream. As for why I have to be a part of it — well, I believe in that dream. I have to try.

As Theodore Roosevelt once wrote, "It is not the critic that counts nor the man who points out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly, who errs and comes short again and again, who knows the great enthusiasm, the great devotions, and spends himself in a worthy cause; who, at his best, knows the triumph of high achievement, and who, at his worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat."

To me, although I realize the tragedy behind what happened the morning of January 28, my brother's letter aided me in realizing the courage that each of those individuals displayed, not only on their final mission, but throughout their lives.

You
You dream about being in the popular bunch. Now that your there you have a hunch.
You were better off where you were before, cause you can't be yourself anymore.
Now you pretend you're someone you're not well look at what you've got.
Tons of friends, but are they true? Or are they pretending, just like you?
Author unknown
Submitted by
Teresa Blake

Look east

Dear Editor,

Have you heard all the stories about how bad Chicago is, the problems, the slums, the gangs? Well, being a native Chicagoan I resent the way most people of West Chicago actually look down on Chicago, like West Chicago is the closest thing to heaven as possible.

Well I hate to tell you, but it is not. I'm not saying that there is not crime in Chicago, but there is less in some areas than others. I lived in the Jefferson Park area. This is one of the lowest crime areas in Chicago.

And for some reason everyone thinks that Chicago is full of drug addicts and beer drinkers. Be that as it may, not all people are that way. So get off your pedestal and look at people for what they are and not where they live or what they do.
Jim Brunke

Bones for the dogs

Dear Editor,

Seeing how everyone is so concerned about who has school spirit, I would like to add another reason why school spirit is down: Kevin Smith.

I feel that his latest idea of *The Bonehead* column is another of his attempts to put our athletes down. The underdog image is cute for awhile but it has become boring, trite, and passe'. As a sports editor I would think that Smith would want to use his writing

ability and creativity to be supportive to our sports teams. I'm sure that our athletes don't feel too great knowing that our sports editor is more concerned with their faults than their good points.

Therefore as an avid fan of our Wildcat teams, I cast my vote for the "Bonehead of the issue award" to Kevin Smith, for being shallow, thoughtless, and inconsiderate of the people he is writing about: our WONDERFUL WILDCATS!!!

Linda Solo

The last movement

Dear Editor,

I do not see the need to rudely claim that the Poms, cheerleaders, and players are deprived. My letter was not directed at the few proud, loyal fans, but at the many, uncaring, indifferent hordes of spiritless folks who do not come to the games to see what goes on.

I feel that if one letter of opinion from one simple student could arouse such aggravation, then the ideas expressed must have hit home. It seems I am accused of not knowing the facts. If I may refer to Miss Adam's letter, she claims the band has no obligation to play. On the contrary, the band does have

Each time we taped the music and attended their night practice so as to know what to expect.

The tapes we recorded were generally half of the tempo that the band played at the half time show.

Mistakes are only human. I agree that everyone makes them. But is it not a bit unfair to ruin the Homecoming routine with an overexcited tempo?

And if the uniforms are so impractical, what was the purpose in buying them? The band has their shirts if they feel the uniform or parts of the uniform are uncomfortable.

Since the season is over and for the se-

Letters to the editor

obligations to uphold.

The Pep band is required to play at all of the home conference games and the members are required to attend. In regard to the letter from the Pep band, the claim was made that the Poms did not take the time to record the music and practice to it. We performed to the band at every football game.

niors their performances (for band and Pompons) are over for good, it seems this issue is obsolete. I apologize to anyone I wrongly accused of having "no spirit." Maybe since I did express my opinion, next year the two groups will have no hard feelings and their problems will be resolved.

Shannon Durr

Cracked up

Dear Editor,

In the past issue of the *Bridge*, the article concerning the condition of the auditorium caught my eye, especially Dr. Jones' comment. He said that if the show is good, it will overcome the appearance of the auditorium.

To this I heartily disagree. I have heard comments made on the bad condition of the auditorium from parents and students. People can't help but notice the condition of the auditorium on Parents Night, before concerts, plays, etc.

Perhaps, according to Dr. Jones, we are lucky to have an auditorium. But without maintenance, we will end up losing it.

Linda Hahn

The Bridge

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The *Bridge* is a student newspaper of West Chicago Community High School. Letters to the Editor may be turned into room 216 or to Mr. Courtney's mailbox in the office. All letters must be signed.

Who's running our school?

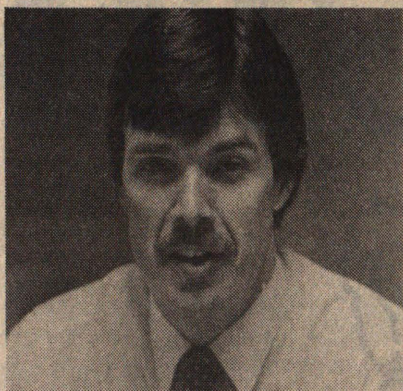
by Laura Novak

What is the administration of a high school? According to the World Book Encyclopedia, the administration directs the operation of the school according to the policies set by the school board. The administration is made up of the superintendent, principal, assistant principal, administrative assistant, the director of business, director of physical education, the dean, the assistant dean, and the athletic director.

The job of the superintendent is to insure effective organization, administration, and supervision for the district's programs, financial operations, and personnel. Dr. Richard Kamm fulfills this job at West Chicago High School.

Dr. Alan Jones, as principal, has overall supervision of the school. This job also includes the evaluation of and observing of the teachers, and being sure that the school is

well organized. This is Jones' first year at West Chicago High School. He feels that the students are very responsible, and should be thought of as equals. Both the person in charge and the student should be on a mutual plain.



Richard Waterhouse is the assistant principal at West Chicago High School. His

job deals with special education, student activities and the use of the building. Waterhouse claims that he has a much better feeling about teenagers today than he did ten years ago. At that time there was a lot of rebellion and rioting.

The administrative assistant's job is to be personnel director in charge of recruiting people for all jobs, teacher attendance, state and federal programs, such as bilingual and public relations.

The director of business is James Mast. He takes care of financial accounting, developing and evaluating the budget, and takes care of the teachers' payroll.

The athletic director is Ronald Hansen. He gram. A lot of time is spent scheduling games with other schools in the conference. He is in charge of the entire physical education and health program. Also, Hansen is in charge of the extracurricular athletics program.

The dean is in charge of all aspects of student behavior over all. The assistant dean's job is to assist the dean. John Highland, one of the deans at West Chicago High,

says that the most common problem students have right now is missing classes and being tardy. Approximately 50 to 60 percent of the call slips relate to this. The new Tardy Policy, however, has changed this somewhat, making it possible for the deans to



deal with serious problems that need more attention.

All of the administrators that were asked feel that every year the students are becoming more and more responsible and are interested in having the students treated fairly.

Persistent effort and diligence critical keys to admissions

by Kateri Weibler

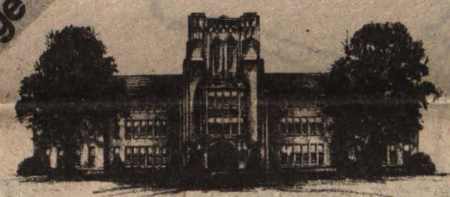
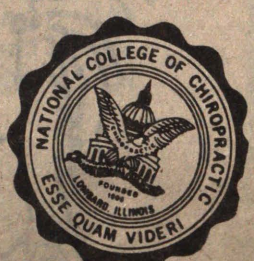
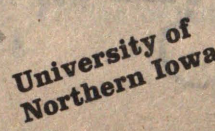
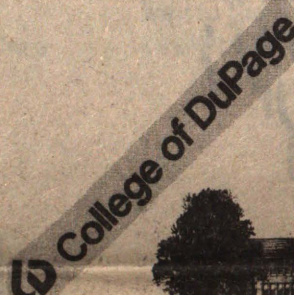
What do college admissions counselors look for in their applicants? According to *Success in College: The Role of Personal Qualities and Academic Ability* by Warren Willingham, the three most important factors are test scores (ACT or SAT), school rank, and productivity.

John DeLap, counselor at We-go, believes that they don't only look at the student's class rank, but also the "pattern of classes." When the counselors take rank and scores into consideration, DeLap says they use them as "predictors of success." Colleges want students who will have a good success rate during college.

Another aspect which is considered, but not necessarily important, are the extra-

curricular activities of the student. Willingham said that if colleges look at extra-curricular activities, they don't always look at quantity, but the quality of performance. Many times, the personal achievements are used as a tie-breaker when two students have a 50/50 chance of being admitted.

According to Willingham, college counselors not only look for statistics, but also the character of the student. Students with "persistent effort, commitment, and diligence" have a better chance for achieving success. In searching for good character, many of the counselors will call the high school counselors for information, said DeLap. According to DeLap, the counselors are always interested in the student's "maturity and contributions... they want a well-rounded person with a background for success."



UNIVERSITY OF EVANSVILLE



ZZ Top burns the charts with "Afterburner"

Record

BY CASSIE STOREY

Review

by Cassie Storey

It has been almost three years since ZZ Top's multi-platinum success *Eliminator*, and the group has recently released a worthy successor, entitled *Afterburner*. It is the tenth album in the 15 year history of the group and destined to be a smash hit.

While *Eliminator* was just a hard rockin', guitar spinning album, *Afterburner* is loaded with all kinds of electronic extras. This album goes from the hard-edged *Can't Stop Rockin'*, to the soulful ballad *Rough Boy*, to the electronic wonders of *Sleeping Bag*, which has already hit top ten on the singles chart.

Other current releases off of this album include: *Stages*, a fast moving cut with an upbeat sound; *Velcro Fly*, a song that exhibits the group's lyrical creativity; and *Rough Boy*, a slow moving, down home ballad reminiscent of rhythm & blues. All of

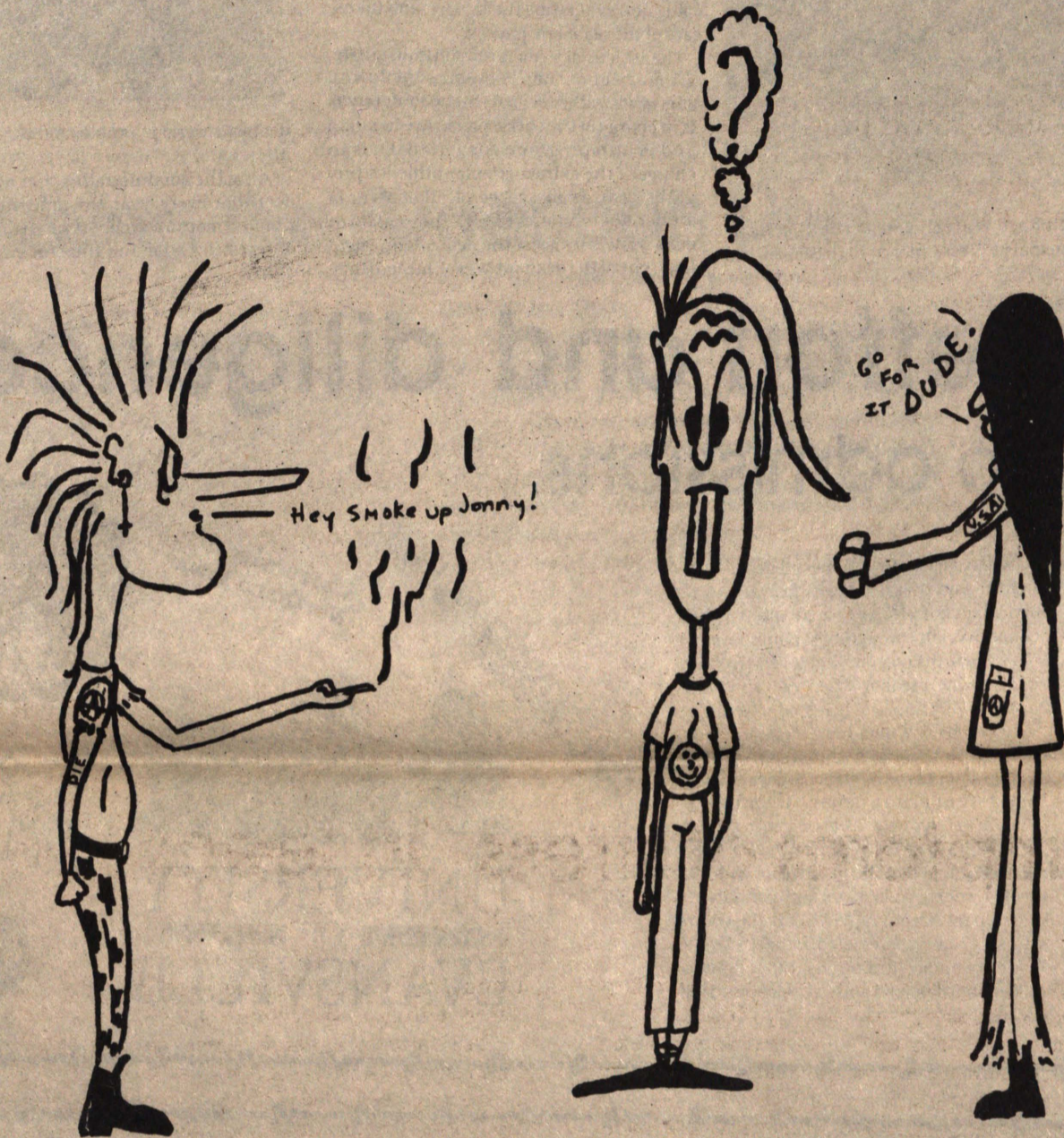
these songs are swiftly moving up the charts, heading for top ten fame. The great variety of music makes this album appealing to a wide range of tastes. This record is an excellent example of a group's versatility and ability to change with the times.

Even though there are a lot of electronics on *Afterburner* there's also plenty of guitar work by Billy Gibbons. His guitar mastery is a trademark that has been one of the reasons for the popularity of their band. The other members of the band contribute equally to the success of the band. Frank Beard, drummer, is one of the best around. And Dusty Hill is not only a superb bassist but also a great songwriter.

Most bands don't last for 15 years, but ZZ Top has proven that they can keep up with the times and increase their appeal. I hope to see more albums of similar quality from this band in the future.

I believe that, in time, *Afterburner* will match and very likely exceed the success of its predecessor.

MENTAL HEALTH



Friends controlling your life

by Brian Kristofek

How much do your friends affect the way you think and do things? People are influenced by their friends and peers starting at a very early age. This peer pressure continues throughout a person's life.

According to psychologist Richard Kirkwood, the adolescent stage in a person's life is one of the most crucial stages before becoming an adult, and a time when you're most susceptible to fall prey to peer pressure.

There are two things on which people base their behavior: their personal beliefs — what they think is good or bad, and what other people think — how they react to something you do or how you act. Ultimately, people should make their own decisions based on what they personally think. Unfortunately, that isn't the case; most decisions are based on how other people react to things you do. This isn't so bad as long as all of your decisions aren't based on "what other people think."

As you mature and grow older, it is normal to grow less dependent on others' opinions, but this is not always the case. Psychology teacher

Steve Arnold says, "I've seen 30-year-olds influenced by their peers as much as my 6-year-old daughter."

In high school, the peer pressure seems to be more intense because of the pressure to become involved in drugs and alcohol and joining a particular group. In junior high, youths are also faced with these decisions, but they are not as afraid to walk away and say "no." In high school, you think of yourself as older, and you have a tendency to experiment and "have a good time," so you are more tempted to give in to peer pressure. It appears that knowing who you are and learning more about yourself helps against peer pressure. This way you feel more sure of yourself and start trusting your own judgement.

Obviously, your peers and friends play an enormous role in the way you behave and think. If you think you're free from outside influences or peer pressure, think of how you would behave and think and dress without any friends or social contacts at all. If you were secluded from society altogether, you would be a totally different person, better or worse, who knows? But just think about that question, and realize how much your peers actually affect you.

by Kelly Lva
Society

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by Melanie I

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Teen mental health affected by society

elby Lvaric

Society is a major influence on all of today's teens. Causing many of the problems, the major one being peer pressure. Sociologists believe that today's youth base their decisions on peer pressure. Instead of turning to mom and dad they turn to their friends for advice. Unstable relationships for many teens with their parents causes many of today's big problems, such as drinking, drugs, and the tremendous pressure to compete and be on top. Teens' drinking and use of stimulants is a major problem all over the nation. But has increased greatly over the last 50 years. Sociologists say this is because of the increase in pressure put on teens to succeed. The adult pressures teens too much to strive for goals that could possibly be unattainable.

"Teens are generally emotionally immature," says Ms. Ravitz WCHS social worker. "They are just learning to use their emotions and are generally governed by them. Many of the things thrown at today's teens, they are emotionally unable to cope with. So, in turn, some teens turn to the use of stimulants, giving them the temporary feeling of stability. Or turning to their peer groups for emotional stability."

Stability is a major need for most teens and adults alike. Each searches for stability in his or her own way. Some find it in a bottle, others in pills, or sports, or work; some turn to their friends. Because teens are at this point governed by emotions they search for this stable environment. Once they find it they cling to it.

Research has found that teens in looking for a

stable environment do not turn to their parents. Instead they look to their peers. Parent-child relationships are going out of style. Instead, it's more important for the parents to be at work or more involved with something else. Researchers do say, though, this fad will not last long. Generations to come are moving to more traditional ideas and so then parenting will be back in style.

Teens problems are common ones most teens will face at one point or another. Drugs, pressure, and the rising divorce rate all affect teens in different ways. Society being the major cause of many of these problems. All teens are really looking for is a stable environment and an easy way to grow up. Striving for independence yet afraid to grow up.

Causes and symptoms of stress in teens

elanie Mitz

Teenagers take stress in many different ways. Some take stressful situations very seriously and turn them into challenges, and others take it in moderation with little effect on their lives. Many take stress and pressure with difficulty, and it has ill-effects on their lives. It is common for stress to cause physical changes in people.

Many of the physical signs of stress are palpitations (rapid or abnormal heart beats), dizziness, blushing, painfully cold hands or feet, numbness in the arms and legs, shallow or fast breathing, nail-biting, restless body or legs, indigestion, ripples in the stomach, insomnia, and chronic fatigue. Most common, though, are headaches and an upset stomach (a.k.a. nerves in the stomach). Frequent nightmares may also be a sign of stress.

The causes of teen stress vary greatly, but

many of the most common causes are failing grades, fighting in the family, illness in the family, and break-ups with either a boyfriend or girlfriend. Many not-so-physical signs of stress are crying spells or the feeling that you are going to break out in tears at any moment, excessive worrying, feelings of anxiety, edginess and impatience, dwelling on minor problems, trouble with homework, boredom, and excessive fighting with parents, siblings, friends, teachers, etc.

Often teenagers bring stress upon themselves. They may purposely pick fights so they can end up feeling sorry for themselves. They may also try to constantly compete with their brothers and sisters in grades, sports, and friendships, and they might always have a desire to fight to do better than their sibling, even when they don't have the ability. Peer pressure is also a major cause of stress, but according to experts on stress from Vanderbilt University,

teenagers are learning to say "no" to peer pressures of drugs and alcohol.

Parents can also cause stress in teens' lives. In a recent study on teen stress by Vanderbilt University, teens said fighting between parents was more stressful than fighting with parents. This may go hand in hand with a fear of divorce in children. But often troubles with parents did rank in the top five stress-causing elements. Teens were asked if their parents always criticized them and 74 percent of them said yes. Often when parents give advice or constructive criticism, many teenagers take it as personal insults on the way they act and look.

A good way to fight stress is to learn how to adapt to life's trials. Decide if you are overreacting to problems, and try to think of solutions to the problems. Talk to people you trust about your problems; this may help also. Try also to think of the good aspects of your life, and put emphasis on them.



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Exchange student ideas

by Mary Ingram

Exchange students can add different ideas and cultures to West Chicago. One student doing that this year is Michelle Connell from Seymour Australia. She is one of the exchange students spending the year in West Chicago.

She says she wanted to become an exchange student after her family hosted a student from Japan, and one of her teachers said that it would be a good experience if she

came to the States.

Connell says, "Everybody thinks that Australia is so much like the United States but it's not. America's more compact. It's so much closer together." Australia is more rural, "more like southern Illinois."

Connell has had many new experiences while she has been here, for instance she "had never seen snow and it was a real big shock." She also saw squirrels and chip-

munks for the first time.

She noticed many differences in our school systems. Connell says the schools here are "more rigid" because in Australia they have different classes every day and their rules about things like tardiness are more lenient. Also, there are more extra curricular activities here, and more school spirit. Another difference is the size of the school, ours are much bigger than hers,

which has forty students in the senior class.

The only major thing she dislikes about the United States is the weather. In Australia it only gets to 38°F in the winter, and in the summer it is usually about 100°F. The other thing that bothers her is that we call Koalas bears. When asked what she would like students here to know about Australia she said to tell them that "Koalas are not bears. I hate that!"

Winning is a feeling you never lose

by Brian Kristofek

Kevin Bacon traded in his three-piece suit for a ten speed and the streets in "Quicksilver", the contemporary action-drama released by Columbia Pictures. "Quicksilver", starring Bacon as a young options trader named Jack Casey who loses everything and enters the gritty world of urban bicycle messenger, opened February 14 at most Plitt Theatres.

Jack Casey was a lucky man, knowing only success in the highly volatile world of options trading. He was cocky and invulnerable.

Suddenly, his luck runs out. Not only is he wiped out, but the money he's invested for his parents is gone too.

His confidence shattered, he opts for a lifestyle which he believes will afford him the freedom to be responsible for no one else but himself. His experience as a bike messenger teaches that daily survival counts for everything. The ultimate test of his courage is to rebuild his life.

This is a nice movie to see, not a box office blockbuster, but definitely a quality 1986 movie. The high-tech camera work in this movie was phenomenal, using a camera mounted on a bike while weaving through traffic really captured the experience. The bike stunts performed by some of the



world's top artistic riders, including four-time world champion Franz Krotchvil were breath-taking and a terrific way to lighten

up the intensity of the film. This movie deserves a lot of credit, it's action packed, yet it has a well-structured story and has a lot of

meaning. So if you're looking for something to do this weekend, I recommend "Quicksilver".

Shyness: a disability or... just a little shy

by Kim Mauk

"You wanna meet people, but you can't get the courage to talk to them."

This is how Marya Sosulski, a sophomore, feels about her shyness, and she's not alone. In an April 1984 issue of *Teen Magazine*, Aurora Mackly reported that over 84 million Americans consider themselves shy.

Philip Zimbardo, a psychologist at Stanford University in Palo Alto, California interviewed 5,000 people and found that over eighty percent felt that they were shy in some point in their lives. Forty-two percent felt that they were shy at that time.

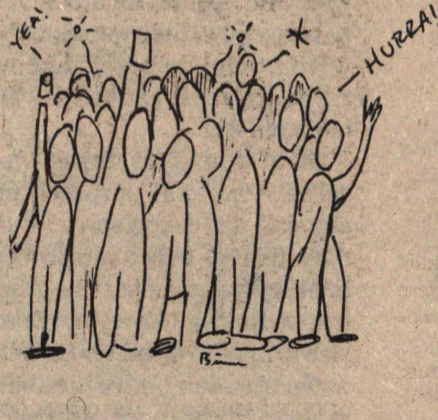
What are some of the symptoms of shyness? When a person keeps to himself, rarely speaks up, blushes easily, and is afraid of social situations, he or she is considered "shy." However, most shy people aren't shy all of the time. For example, Sosulski says that she is "shy", but her friend, Mandy Shipp, says that she's "kinda hyper" sometimes.

Teresa Yunker, sophomore, Jenny Mies, junior, Bill Stelle, junior, and Roger Anderson, senior all said that the extent of their bashfulness depends on the people that they are with. When they are with people they don't know, they become shy and unsure of what to say. However, when they are with their friends, their bashfulness disappears.

There are many causes of shyness. Gerald Stein, a psychologist in Oakbrook says that shyness comes from a lack of self-esteem or self confidence. He said that it's common in many teens because of the rapid change of feelings going on during adolescence. Stein went on to say that many teens feel a need to be perfect and are afraid to take risks and reach out to people because they may be rejected.

Edward Martin, a psychologist, said that the way to overcome shyness is to stop worrying about how people see you. Instead, he said, try to focus on what they are interested in. His other tips include admitting that you are shy, accepting it, and letting the mistakes you make pass. Martin said another thing to do is to think about the last time you acted bashful, and then change those actions. Steele added that it helps to be friendly and open to people.

Although, as Joyce Coyne Dyer writes in *Seventeen*, shy people are sometimes thought of as "unfriendly and snobbish" or even having a "disability", there are still over 84 million that understand that shy people are just...a little shy!



Key notes on choir's success

by Alice Pegel

This year's Concert Choir is going places — literally. They have been selected as one of only eight Illinois high school choirs to participate in the University of Illinois Music Consortium.

In this consortium, each selected choir performs a 20 minute repertoire. This is followed by ten minutes' work onstage with a clinician, and 45 minutes in an offstage clinic.

To do this, the choir will leave We-go at 5:30 a.m. on a Saturday. That takes dedication, something this choir has a lot of. Not

only are they preparing for the consortium, but they are also involved in rehearsals for their future performances. A record number of the members will be participating in the Illinois High School Association (IHSA) Solo and Ensemble Contest on March first, to be followed by an organizational contest April 19. Less than a week later, on April 27 and 28, selected members will perform in the Fox Valley Music Festival.

Interspersed with this flurry of activity are the choir's two remaining concerts, March 6 and June 3.

Most of these events have traditionally been a part of Concert Choir's season, but

this year has also brought a few surprises, such as the consortium, and an invitation to perform at the Palmer House in December. Also, T.J. Express, which is made up of Concert Choir members, has performed in over a dozen places outside of We-go.

The secret to the overwhelming success of this year's concert choir is balance, says their director Ron Benner. All of the sections have equal vocal representation. Further, each section has strong talent.

And, of course, there is the effort put out by the students themselves. "The kids are real hard workers," says Benner. "They want to excel."

It's been a long time coming for girls' sports

George explains the growth of women in athletics

by Doug Dirr

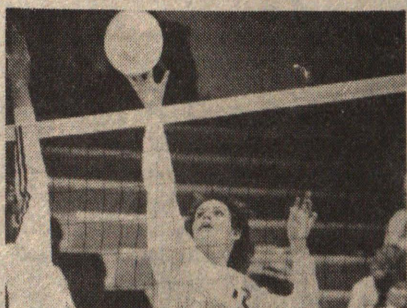
"Explosive," is how Gail George, assistant athletic director, describes the growth of girls' sports at We-go.

In the early 1960's the girls sports program was part of the Girls Athletic Association (GAA). The GAA was an intramural athletic program, which meant the girls of We-go had to play among themselves. Under the GAA there was one day a month where groups of girls from different schools would compete against one another. This was called a "Play Day", according to George. "Play Day was played much like a basketball tournament, where the teams would receive trophies for coming in first, second, or third place," George continued.

In 1968 the state of Illinois made it legal for girls to have teams, and compete regularly against other schools, according to George.

The first three sports for girls were bowling, archery, and gymnastics. All three no longer exist, however they have been replaced by more than ten different sports.

"Sports are important for girls," said George. "sports give girls a chance to be a part of something, a group effort. Sports



Four of the more than ten different sports available to girls today. From top left, volleyball, track, softball, and swimming. (photos by Becky Thuer, volleyball courtesy West Chicago Press)

prepare girls for the challenges of life. George believes "they help build team effort, something a person can use if they work in

an office or at home." "About 30 percent of the girls who play a sport in high school continue to play it in

college," according to George. One of the reasons George accounts for the low percentage is, "after college there isn't much in professional sports for girls. There is golf, and tennis, but the other girls have to go into the Olympics, and amateur sports which are non-paying sports," she said. "The reason girls join sports in the first place is to develop their talents and have fun in the meantime."

"Over the years of girls in sports at We-go," according to George, "The thing which has grown the most is respect." "The female athlete is no longer mocked; she is respected by the male counterpart, and looked upon as a fellow athlete," said George. "It is twice as tough for the female athlete than it is for the male," believes George. "A female athlete has to compete to her best abilities, and still in today's society, act feminine."

"Even with all that's happened there are still some things yet to happen for women in sports," said George. "The TV and newspapers have recognized women athletes but that's not enough. There will be more professional sports for women," George believes, "sometime in the future. Take the Harlem Globetrotters for example, they just signed a woman to play for them."

Mega-bucks: The price behind high school athletics

by Sheryl Wilmer

How much money does it take to maintain a program? According to Alan Jones, "the ability to maintain the sports program at WCCHS and to issue uniforms is not cheap." "WCCHS is well equipped and every year we improve in the type of equipment that is purchased," said Richard Waterhouse.

Another type of equipment Waterhouse would like to have for the program is new lights for the football field to also light the track around the field. That would take thousands of dollars in the future.

Jones said that he is very happy with the

amount of participation from so many students getting involved in an interscholastic sport. On the other hand, Waterhouse said, "There are few kids in the program and some of the kids that should be in a sport are not. Either because of being afraid of a new school and kids or having a low self esteem of being good in a sport."

A student has to keep up a grade of a C average and be involved in four classes other than PE to be involved in a sport. Waterhouse feels that the student athlete needs to remember that sports is not everything and

the only thing that will help them get through life is a good education. Some of the student athletes forget about their school work "and need to rethink why they are here."

Lori Jordon feels that it is important and should be improved in the sports program is: being able to keep a consistent amount of coaches but, a few of the sports coaches are from different schools." Jones said, "Coaches are teachers since they teach the importance of a good attitude and physical exercise." Jordon also says that the coaches

teach "skills in participation in that sport during practice and give the athletes the experience they need in the sport, plus a positive attitude that produces winners," said Jordon. Jones and Waterhouse both agreed that they do "like winning," but Jones commented, "Most of the time you were beat by a team you should have been because they have more talent than you do."

Most of the spring sports only get ten to twelve percent of the school spirit since they are not spectator sports, according to Waterhouse.

Johnson tells of his motivation behind coaching

by Sandy Greenberg

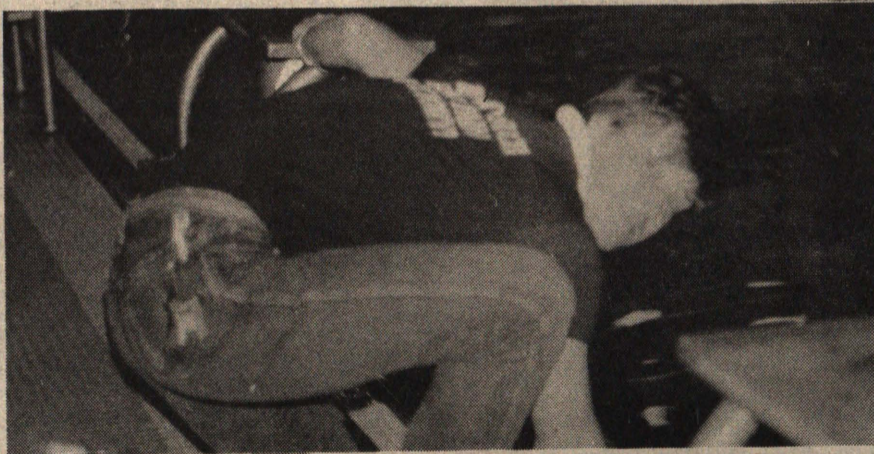
Who is the man behind We-go's boys' swimming team? The answer to that question is Coach Dan Johnson.

Johnson started swimming when he was eight years old and swam competitively through college. He went to Cedar Falls High School in Cedar Falls, IA. While Johnson was in high school he realized that he wanted to be a coach. After high school he went to Northern Iowa University where he had worked with the swimming coach since the age of 14.

Johnson says it is "fascinating" working with people and that the team is a "close family." He says he "really enjoys the atmosphere of the team and the pool."

"The team is a bunch of nice guys who are very enthusiastic," Johnson said that he wishes the team could increase its numbers to 40 or 45 but he knows it is a "very demanding sport."

In college Johnson said that he never had the ambition to teach in a classroom.



Dan Johnson, boys' swimming coach tests the water. (photo by Teresa Yunker)

Therefore the only alternative was to teach P.E. courses. It would also give him a chance to teach P.E. aquatics.

Before coming to West Chicago, Johnson

taught for three years at Boone High in IA. He has taught for the past eight years. He has also coached the summer Sharks Swim Team for the West Chicago Park District.

When the pool was built and the WCCHS swim team was born, he also took up coaching the boys and girls teams. Two years ago, with the addition of the Winter Sharks, Johnson found himself putting in over 80 hours a week at the pool. That year he resigned as the head coach of the girls team to give him more time away from the pool.

The effort has not been in vain. Last year Johnson coached the team to a record number of wins.

We-go drops two to Wheaton

by Marla Jemsek

Both West Chicago basketball teams recently played Wheaton North. The teams tried to run patient offenses. Neither of the teams won their games, but they caused some problems for Wheaton North.

The boys lost a basketball game to Wheaton North 40-42. West Chicago tried to slow the game down in the first quarter. However, four Wildcat turnovers turned into four Wheaton North baskets. Lee Maciejewski's reason for the slow game was that he wanted to take some of the fire out of Wheaton North and make them do what he wanted.

The girls' basketball team also had a game with Wheaton North. The Lady Cats ran a patient offense, holding Wheaton North to 33 points while they scored 16. Some of the Wheaton North fans asked athletic director Ron Hansen what the game they were watching was called? he told them it was basketball. Some of the crowd asked for their money back.

Spring sports are on the way, just in time

by Teddi Stasiak

West Chicago Community High School has a variety of Spring sports for both boys and girls to participate and compete in. There are six different sports evenly divided among both the girls and the boys.

For boys who are interested in baseball, practice begins March 3, and the season ends in May. The first game is on March 15. Ron Hansen will coach varsity baseball.

If you enjoy running, the sport for you may be Track. Even though practice started January 15, it is still not too late to join. Track season ends in May. It is divided into two levels of competition; the varsity and

freshman-sophomore teams. Events include sprinting, hurdling, middle distance, long-distance, high jump, long jump, triple jump, pole vaulting, shot-put, and discus.

Tennis is another Spring sport offered to boys. Practice begins March 3, and lasts until May. The team is divided into two levels, varsity and freshman-sophomore. Seven players compete in each dual meet and there are approximately twenty matches. Robert Owens will coach Tennis.

Softball practice for the girls begins March 3 and lasts until May. Competition exists on two levels, the varsity and junior-varsity teams, each with about twenty-two

games per season. The varsity squad also competes in the State Series at the end of the season. The coach is Lee Maciejewski.

Sixteen different track and field events are offered in girls' track. Practice also began on January 15, but it is still possible to join. Some events offered are the long-jump, shot-put, long jump, triple jump, long distance running, and sprinting. The coach is Wilbert Walters.

Badminton is the last of the Spring sports offered. Practice begins March 3 and lasts until May. It is offered at the varsity and junior-varsity levels.

Things you can do during "Winter Limbo"

by Kevin Smith

This can be one of the worst times of the year for a sports fan. It's time again for what I call "Winter Limbo," the time of year between football and baseball seasons when the only sport on television to watch is the Professional Bowlers Tour.

This is the one time of year, more than any other when a fan can really get "cabin fever." There are only so many odd Super Bowl statistics that one can take. For instance, there's a statistic for "the most players on one team wearing the same size shoes." Of course, everybody knows that one!

Now I know that it is during this trying time, and I've decided to compile a list of things to do during this dead time of year. This isn't just any "Ways to Keep in During the Winter" article, it's something that has activities that have been overlooked by the general public for no special reason.

The first activity is a sport which requires

The Bonehead

agility and grace. The first thing you need is a plane ticket. Once in Libya, you have to escape from the country without being caught by the U.S. government or Libyan terrorists.

The next four things to do all involve mental concentration and patience. They are things which will exercise your mind more than your body.

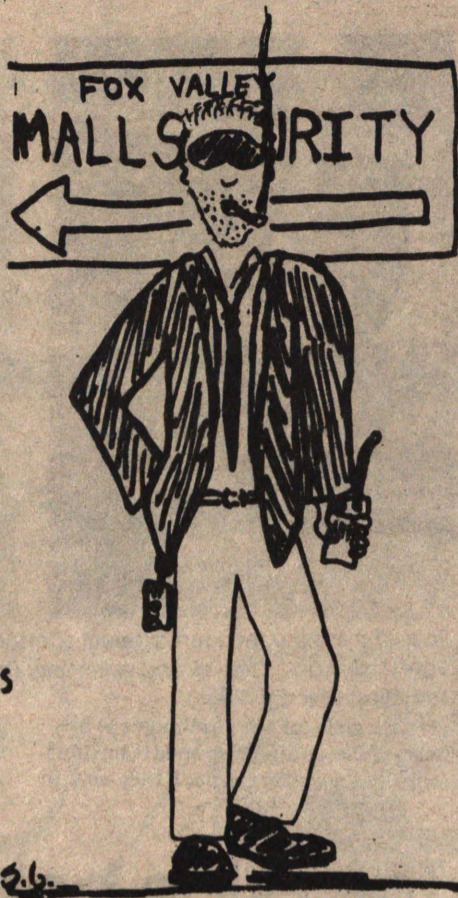
First, you can try to make a mathematical equation for cheesecake. This is often tried when the cake is too far gone to be recognized by human means, having sat on the bottom shelf of the refrigerator for a month or two.

Your next choice may be counting all of

OK, Nobody move or the Cabbage Patch Kid gets it!



the votes of the recently held Presidential elections in the Phillipines. Perhaps you too



S.B.

doing. First you lie down in a restful position and lift one of your legs to your face. Then you simply count the hairs on it. Then you go onto the other kneecap, only this time you count backwards. You can also choose to have an opponent, the winner being the last one to fall into the arms of the Sandman. (That's sleep if you're not quite sure.)

The next group of activities are things to do in your local shopping mall. You can do any number of these things in a one day trip to the mall.

The first is shopping cart racing. Teams of two compete against each other, one being in the cart and the other pushing in a race through the parking lot or down the hallway of the mall. This may turn into another race as you might have to run from members of the mall vice squad, the force of men and women who patrol the area in brown suits, looking for "trouble-makers."

Another thing to do with the added risk of mall vice squad is answering the courtesy phones in stores and answering them in a strange language, as another store, or by making breathing sounds.

And then there's seeing who can get the most people to look at them by going into the middle of a crowded mall and screaming at the top of your lungs, "I'm exploding!" or other strange phrases.

And finally, there's a more elaborate trick which involves getting an old baby doll, wrapping it in a towel, and filling the head with catsup. Then simply drop it into any mall dining area and scream, "My baby! My baby!"

Well, that's it for this time, and remember, there's not too much longer before baseball starts, and this winter limbo will end all of these limbotime activities.

Oh, by the way, where are all my votes for the Bonehead of the Issue Award? I'm serious, I really want you to fill out "The Form Below" and hand it in to me or Tim Courtney's mailbox ... this is not a scam.

may declare a winner.

This next activity is an attempt to solve one question that has been bothering human beings for years. You can try to find out just how many licks it does take to get to the Tootsie Roll center of a Tootsie Roll Pop.

This last of the intellectual activities is one which insomniacs find themselves

The Form Below

Your Name: _____ Explanation: _____

Name of Bonehead: _____

How important is practice for the success of sports? Coaches define the key elements behind training

by Marla Jemsek

"Practice should reflect game performance expectations," said Tim Kanold girls basketball coach.

Wilbert Walters believes that you should schedule practice to meet the needs of the athletes and so that they get the maximum benefits out of practice.

Kanold says for every hour of practice an hour of planning is necessary. There are three parts of practice. First there is the drills that develop the players fundamental skills. Second the learning and teaching instruction take place, and third the scrimmage situations which are based around your game plan. Even though those things are important Kanold believes that quality is always better than quantity.

When asked how they thought about the statement "You play as hard as you practice," Walters agreed with the statement he said, "If you don't push yourself in practice, you will find out in competition that you can't do what you want because you aren't prepared." Kanold doesn't agree with the statement because you have some players that play better in games and others who play better in practice. Kanold thinks

that a better way to say it is, "You play like you practice."

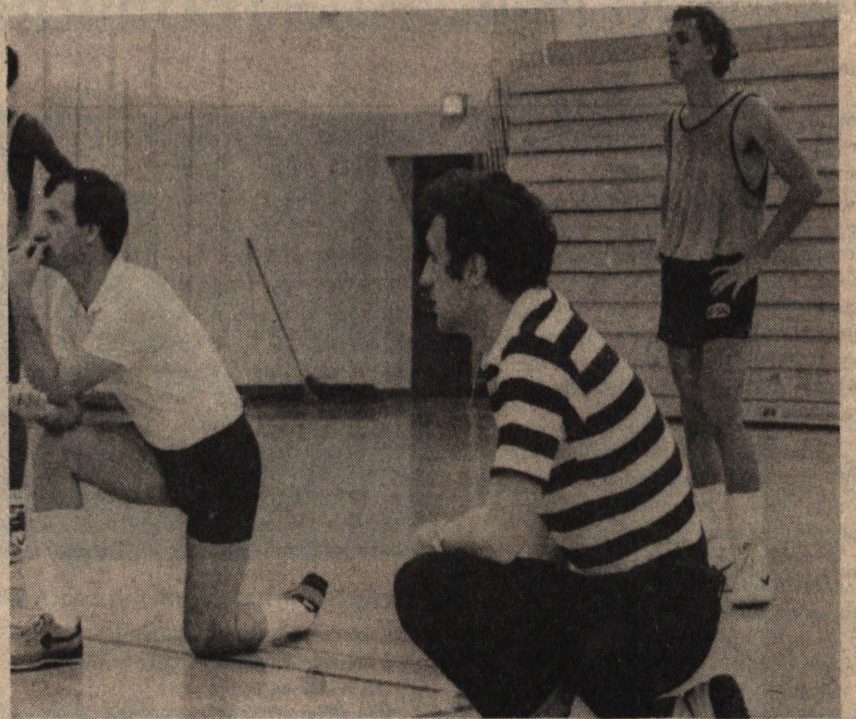
"Practices are hard sometimes but we need them to get ready for our games. Practice makes us better today than we were yesterday," said Rebecca Rivan. Carrie Runyan feels practice is necessary to reach your goals and for further improvement.

"Athletes have to push themselves past the pain threshold and go beyond what's expected of them," said Walters. If they do they will find success.

Walters thinks that the athletes who have been in the program and know what it takes to win, are willing to give a lot more of themselves to the program. He said you can't allow an athlete to sluff off or do as little as possible.

When Kanold was an athlete he couldn't wait till practice. He said, "I just loved to play, and practice was playing." Kanold believes that some athletes feel the same way he did, but they all know it is good for them. If an athlete doesn't like practice he/she will eventually lose interest in the sport.

"...when you finish a good workout, you don't simply feel better. You feel better about yourself," said George Allen ex-coach of Washington Redskins.



Coaches Stout and Maciejewski watch boys' basketball practice. (photo by Joe Bicchinella)

We-go sports schedule and scoreboard

BOYS TRACK				BOYS BASKETBALL			
Sat. Mar. 15	DVC Indoor Meet at Glenbard S.	A	6 p.m.	Fri. Feb. 7	Naperville North	61	We-go 47
Sat. Mar. 22	Wauwatosa	H	1 p.m.	Fri. Feb. 14	Naperville Central	47	We-go 60
GIRLS TRACK				Sat. Feb. 15	Glenbard North	47	We-go 46
Thur. Mar. 20	Larkin	H	4:30 p.m.	Fri. Feb. 21	Wheaton Central	49	We-go 40
Thur. Mar. 27	Fenton Invitational	A	4:30 p.m.	GIRLS BASKETBALL			
BADMINTON				Sat. Feb. 8	Glenbard East	27	We-go 47
Mon. Mar. 17	Elgin	H	4:30 p.m.	Thurs. Feb. 13	Naperville North	36	We-go 30
Wed. Mar. 19	Larkin	A	4:30 p.m.	Sat. Feb. 15	Naperville Central	39	We-go 41
Fri. Mar. 21	East Aurora	A	4:30 p.m.	Thurs. Feb. 20	Glenbard North	42	We-go 48
Mon. Mar. 24	Downers Grove S.	A	4:30 p.m.	Sat. Feb. 22	Wheaton Central	39	We-go 50
Wed. Mar. 26	Glenbard E.	H	4:30 p.m.				



Marla Jemsek models her Bermuda shorts during basketball practice. (photo by Joe Bicchinella)