

# The Bridge

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

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## Following through on promises made in '81

by Jennifer Sheriff

On January 20, 1981, the very day that Ronald Reagan became president, the hostages were freed from Iran.

At this point Reagan said that he would not tolerate terrorism, "our policy will be one of swift and effective retribution."

On Monday, April 15, 1986, President Reagan followed through on this statement and allowed the execution of a United States air strike against targets in Libya, which is the address many of the recent terrorist attacks have been traced to.

In Reagan's address to the nation he stated, "Today we have done what we had to do. If necessary, we shall do it again."

The targets of the air strike were terrorist related. Spots chosen were utilized to minimize any collateral damage from civilian or other facilities nearby. The targets also had to be "good night targets," according to Defense Secretary Caspar Weinberger, meaning that the outlines of the targets had to be clear on radar so they would not be mistaken with other objects.

U.S. Air Force F-111 bombers equipped with 500 and 2000 pound laser-guided bombs which were based in Britain and on Navy carriers in the Mediterranean were used in the surprise attack against Libya. One F-111 remains unaccounted for. In planning the attack the safety of the pilots was a main concern according to Weinberger.

Fifteen carrier based A-6 and A-7 Navy aircraft were used to strike an eastern part of North Africa to dissipate counterstrikes by command barracks and an airfield located there.

The length of the trip from North Atlantic Treaty Organization bases in Britain required in-air refueling before the force reached its destination, approximately 2800 miles from takeoff. The route included a detour from France's airspace, and avoided Soviet air reconnaissance which could have tipped the attack off to the Libyan forces.

The F-111's were supported by radar jamming planes such as the EC-2 Hawkeye.

## A 'subtle prejudice' exists at We-go

by Doug Dirr

Bigotry at We-go was the topic of two letters recently sent anonymously to the student council. One letter, that was signed the "silent visitor", was sent by a foreign exchange student, who believes, "The students of We-go stereotype people too much. Another problem the silent visitor sees is, 'Nobody tries to stop people who are stereotyping others or making fun of others.'"

The other letter was written by a We-go student who wishes to be called a "concerned friend". In this letter the fact that, "There aren't many colored people, meaning of all races, on the student council. The most of the 'white' percentage only laugh with the others mocking the 'colored' people. When was the last time someone called a colored person 'chink', 'spick', or another awful name?," wrote the concerned friend. The letter contains no solutions to the problem, except that if students were aware of bigotry and saw it, they might try to stop it, according to the concerned friend. "It's a small problem you just

can't shrug off, you must deal with it but it will take more than just the student council, it will take the help of the whole school," said the concerned friend.

"There is a subtle prejudice at We-go," said paraprop Wilbert Walters. "There isn't really a racial discrimination problem or many bigots, just a very subtle prejudice," said Walters. Walters believes, "It's hard to say a student is being picked on because of their color. Kids are kids and they will try to bully around others not necessarily because of color," said Walters. "Not everybody likes everybody sometimes it's just difference in personality," according to Walters. "There are the usual racial comments from some students but none of them have any deep meaning," said Walters. "The 'problem' at We-go is not as bad as it is at other schools closer to Chicago where the percentage of students of color is greater." Walters feels the few students of color here at We-go do a good job dealing with the problems by getting involved in school activities and making friends.

## Changes and more changes

by Carol Juarez

"I felt I had a very good year," said Principal Alan Jones. It was, at times, frustrating, he didn't have enough time to devote his time in

### SADD says goodbye

by Steve Benson

Students Against Driving Drunk (SADD) is planning a slide presentation at the Senior breakfast Saturday, June 7. Pictures of seniors are being collected now. "We hope the presentation will evoke fond memories of high school," said Scott Grenke, spokesman for SADD. Grenke added, "It's a SADD farewell to the seniors, kind of a graduation present."

### Trip changed to 24th

by Carol Juarez

The Bilingual club's trip to Great America has been changed from May 17 to May 24. The cost is \$10.50 per person. The Bilingual Club will leave West Chicago at 8 a.m. and will be back between 10:30 and 11 p.m. See Jeanette Dailey for more information.

areas he wanted. Such as: 1) He didn't achieve the goals he wanted in the curriculum, 2) or do more in the service workshops, 3) also he didn't teach classes, he taught a few but not as much as he wanted, too.

On the other hand, Jones did achieve goals he had intended on: 1) a change in some of the ways Senior-Parents Night was held. 2) He also changed Freshmen registration. Parents of the students came along with their children, to register them instead of Freshman registering alone.

Jones also had new programs developed this past school year. To name one would be,

## FBLA awarded Gold Seal

by Jim Recchia

During spring break at the State Leadership Conference in Springfield, Steve Groenier won first place as Mr. FBLA. Rebecca Rivian took second place in Business Math and Scott Anderson took second place in Business Law.

Groenier will compete in Washington D.C. this summer at the National Leadership Conference. He is the first We-Go student to

## Where to workout

by Marla Jemsek

Look in the mirror. Are you fat or out of shape? Well if so, maybe this article can help you choose a health club that's right for you.

You could join the Master's Health Club in Wheaton for \$199 a year for the first year, with a renewal of \$140.

The Masters offers a trial workout for the first time you come but after that you will have to be a member. This way you can find out if you like the club before you join.

DuPage Health and Fitness said they make sure they pick instructors who enjoy their work. That way they can serve their

customers plus make them feel at home. When you walk in to the club there is someone to help you start an exercise program. Memberships are \$125 a year or \$175 a year with a \$75 renewal.

Chicago Health and Racquet Club has instructors available to work with you. The Chicago Health and Racquet Club wouldn't give out their rates. They said that they change too often.

Nautilus Conditioning Center in Naperville specializes in Nautilus and has 42 Nautilus machines available. Memberships are \$199 a year, but aerobic classes are extra.

Health clubs in the Chicagoland area and the facilities available at them.	massage	free weights	nautilus	whirlpool	pool	aerobics	sauna	tanning salon	racquetball
Chicago Health and Racquet Club		✓	✓	✓		✓			✓
Nautilus Conditioning Center		✓	✓			✓	✓	✓	
Master's Health Club	✓	✓	✓	✓	✓	✓	✓	✓	
DuPage Health Club		✓				✓	✓	✓	

## Jame's math background proves useful

by Kateri Weibler

He's done it again! For the third consecutive year, Jeff James has won the American High School Mathematics Exam (AHSME).

The AHSME is a 90 minute exam in which the student has 30 questions to answer. According to James, it is the first of three

tests, which get increasingly more difficult. It is a qualifying exam for the American Invitational Mathematics Exam, which gives three hours for 15 problems. Although this may seem like a long time, James said, "The time is well used." Top qualifiers in the AIME are invited to the USA Mathematical Olympiad, something which James is hoping to do this year.

Although James said that he never actually thought about winning, he said, "I'd have to say it gives me a sense of satisfaction." He appreciates the fact that he is able to apply his "strong math background" well.

James said that he did not expect to win the AHSME his sophomore year, but "when I did, I realized that I had a knack for solving problems." He added that over the past two years, his talent for solving these types of problems has matured with his calculus and college math courses.

James, who is planning to major in engineering when he goes to college, feels that the "knowledge and experience necessary for the test" will be applied there, if not in his career.

## Reception to honor Knoper

To all former Winfield Elementary School District students: Alice Knoper, teacher of Language Arts, is retiring after many years of service to the Winfield School District. A reception will be held in her honor on May 29, 1986 at 6:30 p.m.

## Self-Help sparks questions

by Kelly Fox

SELF-HELP. It's the one "award" listed on student's college financial aid award letter that sparks the most questions.

Built into each student's Award Letter is an amount indicated by the words SELF-HELP. This means that the institution recognizes that it is your responsibility, by federal law, to come up with some money for your education.

This can be accomplished by holding a

summer job, on-campus college work-study, or off campus student position. Some schools also allow students to try for an Illinois Guaranteed Student Loan for the amount. This can be helpful to students by gaining experience for their resumes and so they won't be in debt when they graduate.

SELF-HELP is the amount of money you are expected to raise. If you have any questions ask your financial aid administrator.

## Board adopts plan for P.E. exemptions

by Dan Gambino

The Board of Education has adopted a plan to exempt some students from participating in Physical Education, beginning in the 1986-1987 school year.

Some of the exemptions, include, if a student is participating in interscholastic athletics, he or she may be exempt from participating. A student will also be exempt from P.E. if he/she must complete a specific

college-prep course.

Finally a student will be exempt if he/she passes a specific course in order to meet a state or local graduation requirement.

These three exemptions are based on a written student request signed by a parent or guardian, with each request verified for eligibility. Forms for requesting such exemptions will be available to all eleventh and twelfth grade students. Students must have a full academic schedule to participate.

## Thumbs up I support Reagan because ...

by Jennifer Sheriff



President Reagan made a promise five years ago, "our policy (concerning terrorism) will be one of swift and effective retribution." On Monday, April 14, 1986,

during his address to the nation Reagan said, "Today we have done what we had to do. If necessary, we shall do it again."

I believe, as a United States citizen, that we should stand behind the decisions made by Reagan. He has more insight and information available to him about the Libyan situation than many Americans will ever have, and with that insight I put my trust and fate in his decisions.

The topic of Libya has been discussed in many of the classes that I attend. Many students seem to feel that it was a stupid move, and there had to be a more effective manner of stopping terrorism other than bombing Libya.

Reagan would not issue the execution of such an air attack without considering the consequences and other solutions available. He has surrounded himself with cabinet members who have the experience and knowledge to help him make these types of decisions.

The locations chosen for attack were affiliated with terrorist activity. Once again I quote the President from his address, "the United States launched a series of strikes against the headquarters, terrorist facilities and military assets that support Moammar Khadafy's subversive activities." He continued on to say that the locations were also chosen in hopes of minimizing civilian casualties among the Libyan people.

In the latter part of his address to the nation Reagan said, "Self defense is not only our right, it is our duty." Unless we show some military prowess, we will continue to be victimized by terrorism. I have noticed that Russia has come through this mess relatively unscathed because, I believe no nation wants to mess with a super power who utilizes its military resources.

## Genuine caring

Dear Editor,

Cheerleaders are often viewed as not caring for the team or the sport they cheer for. This is often true about the squad in general, but is not always true about the individual cheerleaders.

The squad may come across as uncaring for several reasons. For instance, if the sponsor does not show up for the games and the practices, she won't know what the squad is doing for the games and towards the promotion of school spirit (if anything).

Cheerleaders need a good coach, like any other sport, for discipline and coaching. If a good coach is not available, the things that need to be done don't get done and the members of the squad can get away with doing anything that they please.

Secondly, the captains may cause the squad to come across as uncaring. The captains need to be organized for practices and they need to take some authority over the rest of the squad. If the captains do not do these things, again nothing can be effectively accomplished.

On the other hand, the individual cheerleader may disapprove of what the coach and the captains are doing. Since only a few cheerleaders out of a squad may feel this way, often their opinions do not matter, and therefore do not get recognized. These are also the few cheerleaders who care about the team and the sport they cheer for.

So basically this letter is for the few



## Listening in on what's not being heard

by Jim Recchia



The first five minutes of second hour are meant for the students to be "informed" by the student announcements. However, it just seems to be another chance for us to sleep or socialize.

Out of 100 people polled 65 percent said that they never pay attention to the announcements. The other 35 percent of the students say that they do listen to them. I talked to some morning DAVEA students and students who have P.E. second hour and the majority of them said that they don't really care that they miss the announcements. Some of the P.E. students told me that they read the announcements that are posted in the locker room.

The announcements should be

## Not much to do

by Jeff Samec

I think it is no big surprise that I discovered something about West Chicago not long ago, that many other teenagers have also encountered. That is the realization that We-go has got to be the most boring town in the Northern hemisphere.

I mean there's just nothing to do in this town. The only thrill you can really get is to either go to Bowling Green and play video games or sit by the train tracks and crush pennies under trains. What fun!! There's really nothing youth can do to keep busy here.

You could go swimming at either pool, but they are closed much of the time. You could get involved with a park district program, yet the age limit on many of them is 14 years of age.

So what is there to do for thrills here? Not very much. But I would not have written this article without suggestions to the problem. To begin, West Chicago is a pillow community, meaning most of the people that live here work someplace other than in town. They also shop someplace else — the malls. This results in money being spent outside the community rather than at local businesses.

So if the town isn't swimming in money, then what kind of youth activity could we support? Maybe a youth center or boys' club would be unrealistic, but what about attracting a little movie house? Or church youth groups could be supported and stimulated by city council to start programs on Friday and Saturday nights.

cheerleaders who do care and is to help make the students understand why some of the cheerleading squads are uncaring. But please remember, some of the members are proud to be cheering for the sport and the team, just like anyone else who is proud to participate in any other activity.

Margie Baum

### The Bridge

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## Thumbs down I don't support Reagan because ...

by Kevin Smith



My God! What have we done? Are we blind?

Blind faith is leading us into a global conflict. You all seem to trust President Ronald Reagan and his attack on

Libya. Do you have any idea of what this means?

The U.S. has never had a very good reputation among many nations of the world. In the middle east, we have always been viewed as the rich, bad guys from the west. In attacking Libya on April 14, 1986, we may have signed our own death warrant.

Moammar Khadafy has never been a loved man in the world, but many are now refusing to stand behind Reagan's latest effort of "Rambo Diplomacy."

The once divided Arab nations, who have never been able to agree upon anything, have united in denouncing Reagan's attack. And if all you flagwavers out there think, "Oh what do we have to worry about what some camel jockeys think?" you're dead wrong.

Even many of our own allies have not supported the decision of the president. In West Germany, Chancellor Helmut Cole said in front of his parliament that they had clear evidence of Khadafy's involvement in the bombing of the West Berlin discotheque that killed an American serviceman, but he refused to support Reagan's actions.

Throughout that country, over a dozen anti-American rallies took place on April 16, with the biggest in West Berlin where rock-throwing riots broke out.

In Spain, foreign minister Francisco Ordonez felt concern over terrorism and supported the diplomatic sanctions taken by the European community, but refused to support the U.S.

In Italy, it was said that the Italians reacted with extreme alarm, being the closest European nation to Libya, and were always opposed to military action.

Although in Great Britain where Prime Minister Margaret Thatcher and her party, the Conservatives, have supported Reagan, the rest of the parliament denounced his actions. And throughout Britain, there have been several large demonstrations against the U.S.

And in the Soviet Union, Mikhail Gorbachev not only blasted Reagan, but he suspended plans for future summit meetings.

Flagwavers may now be thinking "If we do what others want, it will just be being weak. We cannot listen to others."

Like it or not, we live on the planet Earth. And that means that we must cooperate with Libya, France, Italy, Iran, the Soviet Union, and all of the other nations of the Earth in order for us to exist here.

These are our own allies opposing us as well as our greatest enemies. We cannot stand alone. We have to stop thinking as pompous fools.

You say we have to end terrorism? You say we have to make the world a safe place?

Why do we fight terrorism by killing hundreds of innocent Libyans? Believe it or not, not all Libyans are terrorists, just as all Americans are not rich.

Khadafy had now become a martyr for others who have never liked the United States. These people will most likely retaliate for now they have been attacked.

In the **Chicago Tribune** on April 16, in an article by Uli Schmetzer, he explained how many Libyans hated the U.S. he wrote, "A Libyan named Ahmed Ali screamed at foreign newsmen, 'You American bastards, you have killed my brother.'" The article also wrote of a young Libyan girl. About her it said, "In a blood soaked bed, a small girl, no more than 3 years old, was whimpering as doctors bandaged the empty socket in her face. She had lost her left eye."

## In passing

*A needle's eye is wide enough for two friends; the world is too narrow for two enemies.*

Persain Proverb

*Altruism is the art of using others with the air of loving them.*

Rene Dudreuil

*Good manners are made up of petty sacrifices.*

Ralph Waldo Emerson

*Generosity gives assistance rather than advice.*

Vauvenargues

*Gossip is when you hear something you like about someone you don't.*

Earl Wilson

*Human history is the sad result of each one looking out for himself.*

Julio Cortazar

*There's nothing in Christianity or Buddhism that quite matches the sympathetic unselfishness of an oyster.*

H.H. Munvo

# Is bigger better in colleges?

by Kim Mauk

Is bigger better?

When students begin to decide which college they should go to, size is one of the considerations.

Ester Nelson, a counselor at West Chicago, said that the difference between a large college and a small college is comparable to the "difference between living in a small town or a big town or a big city." She said that it all depends on the "temperament and personality of a person." Out of the 87 students of last year's graduating class who went to a four-year college, 41 attended a large college, and 46 attended a small college.

John Delap, also a counselor at We-go, and Nelson both consider a school to be small if it has about 2,000 students or less. Delap said

that the difference between large and small colleges is "quite evident"; small schools have a more personal touch. Students who attend there tend to have a closer relationship with many more of the teachers and the students.

Nelson said that professors in small schools don't have as many students as those in larger schools have, so they can spend more time teaching their students. Nelson went on to explain that larger schools have assistant teachers, or "TA's" who teach another grade class. She said that there is both a positive and a negative side to these "TA's." One the negative side, the "TA's" are not as qualified as the professors. However, sometimes students find "TA's" more advantageous because they are closer to the students' age, and they are usually "very dynamic and personable."

Delap said that the students in a large school don't have as much control in what goes on in the school than students do in smaller schools. This is because, as Nelson said, small schools try to promote leadership and responsibility. They also stress "loyalty to the school" but strongly encouraging students to participate in extra-curricular activities.

Size includes the physical layout of the school. Large schools, according to Nelson, are usually about three to five miles long. Small schools usually are a mile long or less.

When considering whether to attend a large or small school, "pressure has something to do with it," said Delap. He said that a student should be confident and able to handle his or her own situations because there is more competition in large schools and less teachers and counselors available

for each individual student as Delap says, "personal attention is their (small schools) big calling card."

As Edward B. Tiske writes in his *Selective Guide to Colleges*, those students unsure about attending a small college because they feel "it might limit their college experience," should be alert to the fact that many of these schools have banded together to offer unusual programs that none of them could support on their own. For example, Nelson said that many small schools focus on arts and communication.

So, is bigger better? That depends on what you want in a school. As Delap said, "the strength of small schools is the weakness of the large, and the strength of the large school is the weakness of the small." Of course, as Nelson said, "There is excellent instruction at both levels."

# Modeling; the glamorous life?

by Melanie Mitz

"Anybody can be a model," says Marie Anderson, agent at the Elite Agency in Chicago, but if you think that glamour comes instantly, you might be sadly mistaken.

My interview with Anderson was a learning experience, but walking into the agency was an experience that I will never forget. There were some very good looking people around and the atmosphere was businesslike, yet it was relaxed.

When I asked Anderson what the qualifications were for being a model, she told me that anybody can be a model. "Modeling is sales, you sell yourself," Anderson emphasized that different people sell different things. Not everyone has to like Christie Brinkley. It all matters what you are out to sell. A certain type, of model may be in demand for some ads. This model might work more often than others.

If you do want to become a model, there are some steps you may want to follow. Get yourself in front of an agent. Call different modeling agencies and make appointments

for interviews. You may want to send pictures in advance so that the agency knows what to expect. If an agency does like you, they probably will have you get pictures taken called test shots. The purpose of these photos is to see how photogenic you are. Then, if you have the potential, you will need more pictures taken to put together a portfolio. This could cost up to \$700.

There were some physical attributes that Anderson pointed out. To come into an agency with two-tone hair is not advisable. Look natural; if an agency wants to sign you they will decide what they want you to look

like. It's not good to have a tan either, because summer ads are shot in the winter, and winter ads are shot in the summer. Girls no longer need to look anorexic, the so called "Twiggy" look is out and a more natural looking weight is in.

Modeling is a good business, and people get into it because they think it's easy. It's quick money and an ego booster. A model in Chicago can make \$85 to \$135 an hour. Anderson stated, "you are the only person who can tell if you have the potential, drive, and desire to become a model."

Well do you?

# Illinois state high schools set to reform

Recent studies have shown that many of our nations' students are graduating without the basic skills necessary to succeed in either college or the labor force.

This has led many businesses to believe that people coming from school cannot read, write, communicate or accept responsibility. Some even think graduating students cannot meet entry-level job requirements. The report says that high

school vocational education programs are not helping either students or future employers.

The study also said that 23 million adults were functionally illiterate and another 46 million were marginally literate, while a fourth of the students in this country never even finished school. Many reform ideas were recommended. Schools need to develop a basic core curriculum of English, mathematics, science, and literature.

Schools should also test students regularly to make sure they are getting the understanding of the subjects.

Both the Illinois House and Senate are calling for proficiency exams to be given at certain grade levels. Students who cannot pass or who score low would have to make up that year or go to summer school. They are also pushing longer school years, longer school days and even more homework.

President Reagan has taken a strong

stand on educational reforms. He stated in a press conference in 1985 that teachers need to take more control in the classroom, by giving more tests and by collecting homework every time it is due. "Good order and old-fashioned discipline are what is needed now," he says. According to a Chicago Tribune article he was quoted as saying, "teachers lack authority to make students take tests, hand in homework, or even quiet down a class."

# Losing weight; an American obsession

by Jennifer Sheriff

One out of every 250 teenage girls in the United States have anorexia nervosa. Thirty percent of all college females intentionally starve themselves. A decade ago it was recognized as the upper middle class eating disorder, yet within the past five years it has expanded to all socioeconomic levels in North America, Western Europe, and Australia.

Dieting is widely practiced in our society. As teenage girls grow, it is not uncommon for them to compare their bodies to peers and models. Yet when weight control becomes so consuming that it occupies an individual's thoughts a majority of the time, eating behavior disorders may result, such as anorexia.

According to Stephan Levenkron, psychotherapist and author of *The Best Little*

*Girl in the World*, symptoms of anorexia include a phobia of a change in bodily appearance, obsessional thinking about food and the amount intaken, as well as obsessive-compulsive rituals which dominate much of the anorexic's day. Other symptoms encompass the anorexic's feelings of inferiority, passive-aggressive behavior, disinterest in sexual behavior, delusional thinking develops regarding the body, depression, anxiety, and denial of food and social contacts. These are symptoms that involve the behavior and emotions of the anorexic. The criteria for clinical diagnosis include such physical changes as loss of 20 percent of body weight, loss of menstrual period, thinning hair, flaky, scaly skin, constipation, the growth of a short layer of hair on the body (noticeably on the lower back), and low blood pressure, body

temperature, and pulse rate.

In reading case studies of anorexic patients, it seems obvious that the girl's were reverting back to childhood. As a woman matures there are certain areas of the body, such as the hips, bust, and thighs, at which point a woman adds a layer of fat. The girls in which this disease affects most, ages 13 to 22 years of age, are going through these physical changes, and because of the social pressure that they create on themselves to be ultra-thin, they hate these extra layers. So they attempt to control their weight through an unhealthy manner. The eating disorder becomes a disease when psychopathology becomes physiopathology - that is when the problems of the mind create problems for the body.

There are three categories of eating disorders. Intake limiting, or starvation is the first. It involves extremely low daily calorie intake, from 300 to 600, whereas the average intake for a 17 year old who is moderately active runs around 1500 calories daily. The second disorder is Anorexia/bulimia. This form of eating disorder is characterized by alternating bouts of starving and over-eating. The individual will starve themselves for long periods, only

to go on bingeing sprees, which leads to the need to rid the system of the full feeling, thus vomiting or some other form of purging is induced. The third method is Bulimia. This term is used to describe patients who consume large quantities of high-sugar/calorie foods, and then induce vomiting or improper use of laxative to purge the body of the full feeling.

The anorexic does not like to be seen eating, or for that matter not eating. Because of this, it is often difficult to see that they are starving themselves until the physical symptoms become apparent. With bulimia the individual may not show any outward physical changes, many of the effects of bulimia are within, mostly irreversible organ damage if the disorder is prolonged.

There are diets that will produce an ideal weight. The key to dieting is realizing what an ideal weight is, then utilizing proper eating habits for the rest of life. Exercise and nutrition are a part of 90 percent of the diets that keep the weight off for two or more years. Learning to eat right and avoid junk food may be difficult, but it is worthwhile, not just in short term effects but in living a long, healthy life.

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Most Special Occasion  
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Come to REFLECTIONS  
From May 17 - 24, 1986  
And Get \$5 Off Of Any Hairstyle  
With This Ad.

Prosecs Florists  
Will be discounting  
\$2 off of Corsages  
and \$1 off of Boutonnieres  
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## Tips from the nurse

by Darlene Pagan

Fad diets, grapefruits, Herbalife, pills, liquid diets; there is no telling what they will think of next.

According to *Seventeen* magazine, people (women in particular) are more conscious about their weight and figures now than they ever have been in the past. People are pressured everywhere and told that thin is in. But many are doing it in the wrong way.

Then what is the right way? Or is there a right way? According to Linda Pagan, R.N., the only correct way to lose weight is to change your eating habits, have some form of exercise, and you must also have a "positive mind." That will "keep you motivated and prevent 'backsliding,'" she says. Fad diets make you lose weight, but once it's lost, it is gained right back if eating habits aren't changed. Besides that, "the body's chemistry is thrown off" or "it is depleted of necessary

nutrients," Pagan says.

She also feels that one has to be "goal-oriented." If you go on a diet, you can't say you'll eat small portions of "good food," exercise and lose 10 pounds in one week. It doesn't work. And, although it isn't the easiest diet, it does take time. A big problem, especially with teens is that they feel they are fat when they are not. This is psychological. That is why many teens try fad diets instead of healthy ones. If you have a weight problem, then different eating patterns along with exercise and motivation will work. Keep in mind that if over 10 to 15 pounds needs to be lost, consult a doctor. It is suggested that anyone who seriously wants to diet see a doctor, whether they plan on losing five or 10 pounds, because each person's body is different, and everyone has his/her own ideal weight. Even though being "heavy" is not in style any more, it is also not in style to be "paper thin."

## The fat is in your family

(YNS) — Heredity rather than family environment plays the greatest, if not only role in determining whether a person will be fat or thin, according to a major study published in the *New England Journal of Medicine* late last month.

Family environment alone had "no apparent effect" on overweight in the adults surveyed, the study found. Adults were most like their natural parents in degree of overweight, even if they had been raised by others. The strongest link was found between a mother's weight and that of her biological daughters.

Dr. Albert J. Stunkard, psychiatrist and obesity specialist at the University of Pennsylvania, headed the study research team. Dr. Stunkard stressed that people should not as-

sume from the study that if they are overweight there is nothing they can do about it. Instead, he said, the results suggested that special efforts can and should be made to prevent and control obesity in those whose parents are overweight.

The study was based on 540 adults in Denmark who had been adopted. In that country complete records are kept on all adopted children and their biological parents.

The study is the first large-scale project to investigate weight relationships between people who have been adopted and their biological parents, as well as the parents who adopted and raised them. Its conclusions have been challenged by other studies that suggest home environment plays a greater role than genetics in determining weight.

## From the horses mouth

by Angela Brunsen  
Steve McCormick  
Kathy Murnane  
Janet Olsen

When's the hardest time to diet? "During spring break...along with Christmas," comments Angela Brunsen. Brunsen, Steve McCormick, Kathy Murnane, and Janet Olsen were four people who volunteered themselves as guinea pigs to go on a diet of their choice for a three to five day period.

During spring break, the four of us went on a Natural foods diet. "Natural foods are foods with no preservatives, no artificial coloring, and no sugar," McCormick explains. Sound hard? It doesn't seem like there's much food around that doesn't have preservatives in it. However, if you're creative, you can find all sorts of natural foods at home or in the store that taste good. "This diet was easy to follow and I didn't have to spend extra money on specialized foods," says Brunsen.

Fruits and vegetables were a big part of the diet. Other main ingredients were granola, peanut butter, yogurts, rice, and for dinner, lo-cal meals with nothing extra.

Besides just eating all natural foods, Olsen said that she also took half of what she usually ate. Brunsen said that she only ate twice a day, usually at breakfast and lunch, whereas Murnane said, "I didn't eat all day til dinner, which was the wrong way to go about it."

Murnane commented that by the end of the day she was exhausted from not eating right, and although she felt thinner, she maintained her weight of 125 throughout the week. "I went back on the diet for three days after break, and I ate meals consistently through the day, and I lost three pounds. I think the main difference was that when you're at

school, you're not as hungry and you don't have time to eat as much."

Olsen went on the diet for five days. She still ate three smaller meals, and then, if she needed something to tide her over, she snacked on fruit or a granola bar. She lost five pounds and presently weights 125 pounds. Olsen comments, "I'm usually not too good at keeping on diets, but since it was for a class, I kept to it."

"I went on the diet for four days. During that time, four pounds were lost, just because of the diet and daily exercise. Before the diet, I weighed 188 pounds; afterwards I weighed 184 pounds," says McCormick. However, five pounds were gained back in two weeks.

"When I started out, I weighed 135 at 5'8". Over a five day period, I lost seven pounds, weighing 128," says Brunsen. She also noticed, "When I didn't weigh myself down with food, I didn't feel so tired."

All participants did some daily exercise. Olsen and Murnane were both in Florida, so they swam in the ocean and jogged on the beach. McCormick did a daily routine involving jogging, sit-ups, and weight lifting. Brunsen did routine exercises as well.

If you're really determined and strict with your eating habits, you might be able to lose up to a pound a day for a few weeks (until you start to lose water weight) on this all natural foods diet. You may want to incorporate some type of daily exercise to help it along. If you want to keep off the weight, it is also suggested that you try it for a longer period than three to five days. Whether or not you lose just water, or actual fat depends on the person, since everyone is different. Who knows? You may see some results! Now's the time to trim up for summer, so give it a try and "Good luck!"

di-et/'di-et/: to eat



Wrestlers and

by Kathy Murnane

Have you ever wondered how wrestlers cut their weight so fast? Diet pills may be a thought. However some strong reactions prove otherwise. "No way" and disgusted expressions get the point across. Coach Robert Hein discourages the use of diet pills and considers them a drug that is harmful to the body. Many of his wrestlers strongly agree.

"I try to stress to them the importance of eating three meals a day from the four groups," Hein says that if they avoid the high calorie junk food and work out hard in practice they can still lose the weight. "They shouldn't have to starve themselves," comments Hein.

"You have to know what to eat and eat less of it," says Tony Oliver. Other comments such as you "sweat it off" by wearing extra clothing in practice and working out hard should show how hard the wrestlers train for competition.

Why do they have to lose weight in the first place? There are certain weight classes the wrestlers have to fit in so they can make the team. It also depends on where each person can do their best. "Some kids do better in competition if they're a little trimmer and have less body fat," says Hein. It is also a matter of what spots are open and where they can wrestle their best.

Most wrestlers have had some experience in cutting weight. Rich Votava says that he usu-

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## d their figures

ally does not have to cut more than eight pounds in five days. Hein says that most wrestlers have not had to lose more than 10 pounds at one time. Most of the wrestlers gain all of their weight right back, but Oliver says that as it gradually comes off during the season, it stays off.

Most wrestlers agree that although dieting may make you feel weaker from lack of energy, but once you are in a match your adrenaline comes back. Hein comments that cutting weight makes you look, feel, and compete better while others do better at their normal weight.

Votava says, "You can tell by looking at my body ... my muscles are more defined." He believes that you lose more than just water.

Hein believes that there is no problem of drug abuse among his wrestlers, and that none of them have had any major health problems due to dieting. The one thing other schools have had problems with is the use of rubber suits to help lose weight, but according to new state regulations the use of the suits disqualifies the wrestler from competition.

Although none of the wrestlers at We-Go have experienced major health problems, Andre Houle says that sometimes you get run down and can catch colds easier. There is also the possibility of dehydration since you try to drink the least amount possible. Hein says that would not happen if you do it right.

# Fad diets and your health

by Stacey Cejrowski

"Lose 30 pounds in three weeks!" Sound good? Sure it does, but what they don't tell you is that losing weight like that can be very hazardous to your health, sometimes even fatal.

Many store-bought diets may seem to do the trick, but just how good or harmful are they for your health?

Commercially sold diet plans sound so promising to everyone because they are all so very low in calories, 800 or less. They promise the user will lose as much weight as possible in the shortest amount of time without feeling hungry, but continuing to maintain good health. The plans are very easy to follow, which makes them even more inviting.

These diets do more bad for you than good by making "empty promises." They claim to be able to control your appetite while you are on a diet, saying there is "some sort of hunger-controlling switch that can be turned on and off." There is no such thing.

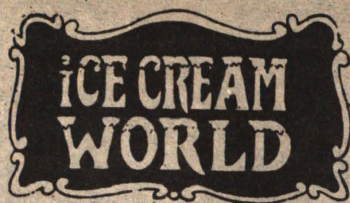
Commercial diet plans all claim they can quickly melt away fat and allow you to keep off the weight. This is true; on some diet plans people can lose up to 10 pounds in one week, while other diets only let you lose three pounds in a week. While you are melting away the fat, you are also losing a great deal of muscle tissue and water, which can be bad for your health.

These diets also claim to be safe and medi-

cally proven. This claim is both questionable and misleading. Depending on the person, the diet will either work fine or possibly cause serious problems. They aren't necessarily safe for everyone. As for being medically proven, diets are usually doctors' own inventions used to boost their income, so why wouldn't they approve of them?

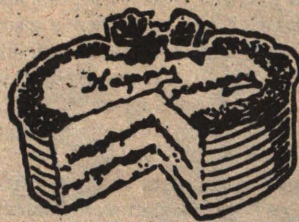
Over-the-counter diets lack in supervision, and because they are accessible without a prescription they can prove to be fatal. Sudden death is a high risk to take to become thin, but some people are willing to take that chance. It has been proven that 138 people became ill, and six people died while using the Cambridge Diet plan. The body needs protein, and when it isn't getting a steady supply of it, the body begins to take the protein from organs and muscles which results in a reduction of body protein. This reduction can weaken the heart and lead to heart failure. These diets lack minerals and vitamins which are also hazardous to your health. Dehydration and low blood pressure are two more long-term affects that may results.

Some short-term affects of commercial diets are nausea, fatigue, loss of hair, and an intolerance to colds. So, the next time someone finds himself reaching for a commercial diet off the shelf, maybe he will think twice before buying it, and ask himself, "Do I really want to risk my life on this?" He just might turn around and walk away.



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# Students move in the fast lane

by Laura Novak

There's no doubt about it, some teenage lives are so busy that one gets tired just listening to their hectic schedules.

Besides going to school some lives consists of sports, jobs, and AP (advanced placement) courses. Sports can take up a lot of free time, if not all of it. Between games and practices there is usually little spare time. Cristy Dillon, a sophomore, is in sports, and although she's not sorry she's in sports, she did reply, "We don't have time, really, to do anything else." On the other hand, another

student claims it isn't any harder for him. "It depends on the person," says Shelly Fairbanks, a junior. Fairbanks works at a grocery store which is open until midnight. When asked how working affects her grades she answered, "a lot!"

Trevor Barski, a junior, who plays football and ice hockey, and works at Campagna's Pizza in West Chicago, says he gets his homework done at school. Barski feels that it's good for people to be involved in other activities besides school because then "they aren't dull."

Julie Preuss works at the Limited in

Stratford Square, and although she really enjoys her job, she did add that at times, "I feel like I don't get any sleep." Preuss finds some time to do her homework before work but does tend to stay up late after work doing it also. Preuss recommends having a job and being involved in school events, "If they can handle it."

Jeanine Detente, a cheerleader for the We-go Wildcats, says that cheerleading has given her more self-discipline.

One junior is involved in soccer, works, and has AP courses of English, French, and math. Although this may be an unthinkable

schedule for some, this student says, "It's not harder."

Sandy Greenberg a student who has AP courses says, "good attendance is a must." When asked when he has spare time Greenberg said with a smile, "I make spare time."

It may be nice to keep busy, however, at times one may need to take a breather to relax. As Dr. Spencer Johnson, the author of the book "One Minute for Myself," puts it, "The most important relationship you will ever have is the one you have now with yourself."



## "Quiet Earth" has a lot to say

by Scott Grenke

One day you wake up, get yourself ready for work, and go out to find that you are the only person left on Earth.

That may sound a little far out, but that's what happens in *The Quiet Earth*, a film showing only at the Biograph theater in Chicago.

After this one character discovers the disappearance of the rest of the human race, he starts searching for other possible survivors of a scientific experiment gone awry. He moves into a lavish home, takes a carefree trip to a shopping mall, and has all

the worldly possessions he could ever want. But he starts talking to himself, wearing women's underwear, and declares himself God. His sanity returns to him after the discovery of two other survivors. Just as life begins to be pleasurable to him again, he discovers that the universe is very unstable and he and his companions fight the clock to stop the destruction of what's left in the world.

The actors in the film were enjoyable enough; they're not up there with Dustin Hoffman, but they're not down there with Bo

Derek. The beginning of the film is kind of drab and has scenes that some people might consider radical and unpleasant. The film really picks up in the middle when he meets the other survivors and has some interesting and enjoyable scenes. The ending leaves you wondering about a lot of things and is somewhat mysterious.

If you are interested in different, weird, and radical films, this is the one to see. The Biograph Theater is on Lincoln at Fullerton in Chicago. For more information call 348-4123.

# What to do when the sun is sizzling

by Cassie Storey

"What do you want to do?"

"I don't know, what do you want to do?"

Does this sound familiar? Most everyone has been involved in a conversation just like this, and with summer coming what to do is a big question in everyone's mind.

Great America, located in Gurnee, is a popular amusement park and a great idea for an all day getaway. Another all day activity is a trip to the Dunes, either Michigan or Indiana. Swimming, frisbee, barbecuing, and windsurfing are just a few of the things to do at the Dunes.

If you're into swimming, there is the Reed-Kepler Park pool located in West Chicago, the Northside Park pool located in Wheaton, and for those who like beaches, Centennial beach is located in Naperville and Lake Wauconda in Wauconda, Illinois has two beaches. Along with swimming at

Centennial beach paddle boats can be rented and the River Walk is a popular spot for cool summer evenings. There's also a wave pool in Bolingbrook that has life-like simulated waves. Two area waterslides are Ebenezer's Flop and Slopers located off Roosevelt Road and Racing Rapids in Dundee next to Santa's Village.

For those of you into the nightlife, McGreevey's Teen Entertainment Center in Glenview has two dance rooms and a juice bar. Another popular nightclub is Medusa's in Chicago where they have teen night on Saturdays.

Lombard Sports Center has batting cages, a miniature golf course, a driving range (golf), and a roller rink. Funway in Batavia is another popular roller rink.

Then, there's always movies and parties to go to. Hopefully this has been helpful in creating ideas to relieve summer boredom. Have a fun summer.



Shopping: Another fun thing to do when the sun sizzles

The musical *Annie* will be held in the Weyrauch Auditorium May 15-17 at 8 p.m., and May 18 at 3 p.m.

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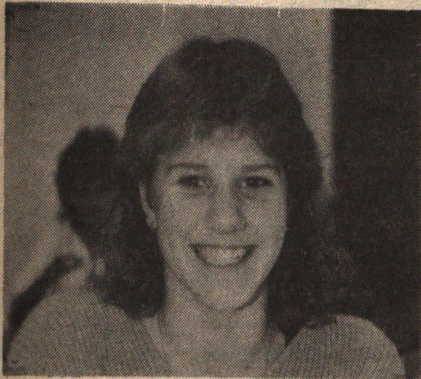
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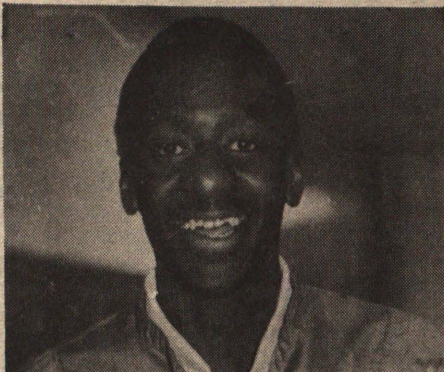
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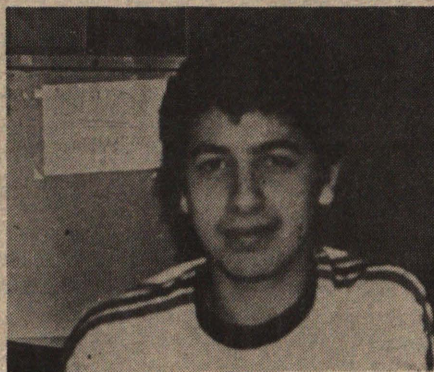
Who is your favorite athlete?



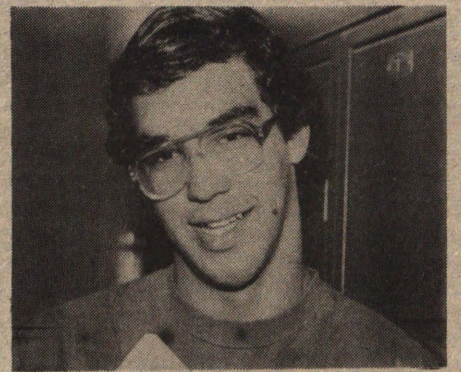
Carrie Runyan — "Mary Lou Retton. She's an awesome gymnast."



Treble Flucas — "Michael Jordan because he's the greatest athlete of all time."



Raul Cantu — "Lyle Alzado because he whips the quarterbacks around."



Adam Odell — "Walter Payton because he's a real good all around athlete. He also keeps God number one in his life."



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**Jock Shorts**  
Seniors lose

by Marla Jemsek

The teachers met the challenge from the seniors with a 68-67 win.

Scott Coffland led the teachers with 14 points, Pat Welch and John Highland each scored 12, Joe Ebonroth led the seniors with 14, Treble Flucas scored 12, followed by David Sostak who scored 11.

The last time the seniors played the faculty was in 1982. This year's seniors did better than the 1982 seniors, who lost 57-77. There has been a total of 20 senior-faculty games, the faculty has won all but two.

Hockey

by Karin Friedrich

Outside of the traditional football and baseball games organized by students in the past, in which they compete against schools, is the sport of hockey.

Students here at We-go have recently been scheduling hockey games against Wheaton Central, St. Francis, and Wheaton North, at the Carol Stream Ice Rink, or at All Seasons Ice Arena.

The game times are usually in the evening anywhere between 10 and 11:30 p.m. The games also last for about one hour.

We-go has had many fans come out to cheer them on in the past, and future games will be announced through fliers.

**Olympics**  
in the Prairie

by Marla Jemsek

The Prairie State Games is an annual state wide amateur sports festival, which was patterned after the Olympic Games.

Events include wheelchair basketball, doubles and singles tennis, a 10-kilometer road race, archery, basketball, boxing, diving, fencing, gymnastics, judo, shooting sports, soccer, swimming, tennis, track and field, volleyball, weight lifting and wrestling.

The purpose of the Prairie State Games is to encourage wholesome athletic competition among residents of the state of Illinois, and for incentive for the improvement of athletic sports in the state of Illinois.

Athletes will compete in scholastic and open divisions. The scholastic division is for athletes in grades 12 and under. The open division is for athletes above grade 12.

The Pioneer Region is the one West Chicago students would tryout for. Last year, the Pioneer Region finished second to the two-time champion North Shore Region.

Preliminary competition or tryouts will be held in each of the eight regions of the state of Illinois during the spring and early summer. Finalists will be brought to Champaign-Urbana to represent their region in the finals. Uniforms, transportation, food and lodging for all finalists will be provided.

The final competition at the University of Illinois will be held from July 16-20. Gold, silver and bronze medals will be awarded to the winners.

Applications and more information is available by calling toll-free 1-800-THE-GAME.

# We-go sports schedule and scoreboard

## Boys' Baseball

May			
Tues. 6	Glenbard South	A	4:30 p.m.
Thurs. 8	Naperville North	A	4:30 p.m.
Fri. 9	Naperville North	H	4:15 p.m.
Mon. 12	Wheaton North	H	4:15 p.m.
Tues. 13	Wheaton North	A	4:30 p.m.
Thurs. 15	Naperville Central	H	4:15 p.m.
Fri. 16	Naperville Central	A	4:15 p.m.
20-27	Regionals	TBA	TBA

## Boys' Tennis

Tues. 6	Glenbard East	A	4 p.m.
Sat. 10	DVC Varsity Meet at Naperville Central	A	8 p.m.
Mon. 12	St. Francis	H	4 p.m.
16, 17	Sectional Meet	TBA	TBA

## Boys' Track

Fri. 9	DVC Outdoor Meet at Wheaton Central	A	TBA
16, 17	Sectional Meet	TBA	TBA

## Girls' Track

9	IHSA Sectional Meet	TBA	TBA
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or 10

16	IHSA State Meet	TBA	TBA
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or 17

Girls' Softball			
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Wed. 7	Naperville Central	H	4:15 p.m.
Fri. 9	Glenbard North	H	4:15 p.m.
Mon. 12	Glenbard East	A	4:30 p.m.
Wed. 14	Glenbard South	H	4:15 p.m.
Fri. 16	Batavia	H	4:30 p.m.
Tues. 20	Regionals	TBA	TBA

## Boys' Baseball

Fri. April 18	Naperville North	6 We-go 2
Mon. April 21	Wheaton North	1 We-go 3
Tues. April 22	Naperville Central	5 We-go 2
Thurs. April 24	Glenbard North	5 We-go 2
Fri. April 25	Glenbard North	xx We-go xx
Mon. April 28	Glenbard East	10 We-go 7
Tues. April 29	Glenbard East	0 We-go 5
Thurs. May 1	Wheaton Central	3 We-go 2
Fri. May 2	Wheaton Central	4 We-go 5
Mon. May 5	Glenbard South	8 We-go 5

## Boys' Tennis

Sat. April 19	Addison Trail Inv. We-go placed 3 of 8 teams.	
Tues. April 22	Naperville North	5 We-go 0
Thurs. April 24	Naperville Central	4 We-go 1
Sat. April 26	Quad meet at We-go We-go placed 2 of the four teams.	
Tues. April 29	Wheaton North	3 We-go 2
Thurs. May 1	Wheaton Central	7 We-go 4

## Boys' Track

Sat. April 19	Peterson Prep Meet at Kaneland We-go finished 9 of 22 teams.	
Tues. April 22	Nap. Central; Wheaton North We-go finished 3	
Tues. April 29	Nap. North; Glenbard East We-go finished 2	

Fri. May 2 DuPage County Meet at Wheaton North We-go finished 9 of 9 teams.

## Girls' Track

Tues. April 22	Wheaton North; Nap. Central We-go finished 2 with 46 points.	
Sat. April 26	West Chicago Invit. We-go finished 1 of 5 teams.	
Tues. April 29	Glenbard East; Nap. North We-go finished 2 with 50 points.	
Sat. May 3	DVC Conference Meet at Glenbard North We-go placed 7 of eight teams.	

## Girls' Softball

Fri. April 18	Wheaton Central	9 We-go 2
Mon. April 21	Nap. Central	11 We-go 4
Wed. April 23	Glenbard North	10 We-go 9
Fri. April 25	Glenbard East	6 We-go 1
Mon. April 28	Glenbard South	4 We-go 3
Wed. April 30	Naperville North	xx We-go xx

## Girls' Badminton

Tues. April 22	Wheaton North	5 We-go 2
Sat. April 26	DVC Meet at Naperville North We-go finished 8 of eight teams.	

# IHSA through the ages of high school sports

by Jim Recchia

The IHSA (Illinois High School Association) is a non-profit, voluntary organization composed of Illinois high schools and are represented by their principals in providing supervision, control and regulation of interscholastic activities in which the state schools participate in.

Now in its 88th year, membership for the IHSA is open to all high schools recognized by the Illinois State Board of Education.

Beginning in 1982-83 school year schools which had enrollments of 750 or less were considered in Class A and schools with

enrollment higher than 750 were classified as Class AA.

Like many other organizations the IHSA has its own set of laws and rules which should be followed. The IHSA's constitution and by-laws were first written in 1915. Officers were then elected to the Athletic Association. In 1922 the Association had its first full time director who was Charles W. Whitten. Since then only four men have served as full time director. The member schools can review or recode the constitution or by-laws if these schools feel that

certain activities are not being done in a fair and equitable manner.

The first change was made in 1940 to expand the association to include activities as well as athletics. In November of 1974, the Board of Directors initiated a second change. This second change was designed to bring up to date the organizational structure and re-evaluate the rules and regulations. This new document was reviewed and approved and submitted to the full membership and ratified on May 7, 1976.

In governing and administering the activities the IHSA is broken down into several committees and services.

Board of Directors - Consists of principals elected to three year terms from the state's seven geographic divisions. They determine the IHSA policy and interpret the rules.

Legislative Division - A 21 member body which consists of principals who are elected to three year terms and function as the IHSA's screening committee. This group considers all proposed changes in the constitution and by-laws.

Advisory Committee - This committee plays an important role in all the development of the athletic and the activity programs. Coaches and officials meet yearly with this staff to make recommendations for change and improvement for the activities.

Boys' Athletics - Offers 11 statewide championship series. Six of the 11 series, competitions is conducted in both Class A and Class AA format. A seventh, football is conducted in six classes.

Girls' Athletics - Also offers 11 statewide championship series with four of the 11 in Class A and AA.

Eligibility Rules - These are created by the schools themselves. Every by-law and every provision of the constitution was voted into effect by IHSA school members.

Illinois is a member in the National Federation of State High School Associations. The federation, which includes membership of all 50 states, is an organization whose purpose is to coordinate the development of standard and guidelines for competition.

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## More than just little league

by Dan Gambino

Ski trips, softball, baseball and swimming are all but a few of the activities available to West Chicago residents.

The West Chicago Park District was founded in May of 1972 by a committee of 25 to 35 citizens, who organized and prepared a park district for vote on a referendum. The park district receives its money for land and equipment and wages from roll-over bonds which are non-referendum bonds sold each year. This year \$350,000 worth were sold.

The leadership of the Park District consists of board members who are elected to a six year term, which overlap. They in turn hire Dave Thomas, park district director. Thomas hires all other superintendents, maintenance and recreational advisers.

The park district provides recreational programs for our community, some of these include league organized baseball, softball, and also individualized sports or recreational programs for our community, including aerobics, and a swimming program.

Dave Thomas says that high school age in the park district hasn't been overwhelming. Thomas also states that the park district is open to any suggestions.

## Booster club and their support

by Dan Gambino

The West Chicago Booster Club is a non-profit organization set up to promote extra-curricular activities.

The Booster Club evolved from the quarterback club, which was formed about 16 years ago and today is headed by Vicky French who has been president for the last nine years. The Booster Club has 80 paid members.

Some of the Booster Club's contributions to our school include weight equipment, a portion of the school scoreboard, a wind screen for the tennis courts, a tennis machine and the new sign.

The Booster Club also sponsors events such as cheerleader camp, overnight trips, the All Sports Book, Run-a-thon, the Lift-a-thon and the Senior Breakfast, also the Booster Club sponsored the Chicago Bears/Faculty dinner.

The Booster Club also awards academic and athletic achievements by giving scholarships, three for academic achievements and one for the Don Lockert Scholarship, which awards an outstanding athlete.

The Booster Club's goal for the next few years is to keep on giving We-go extra-curricular activities their undivided support and effort.