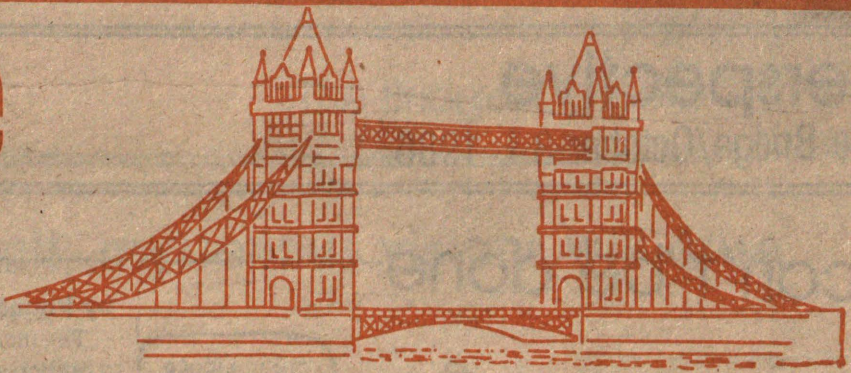


The Bridge

326 Joliet St. West Chicago, IL 60185

West Chicago Community High School

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October 31, 1986



LONDON'S FAMOUS TOWER BRIDGE
ON THE THAMES RIVER

Settlement strikes We-go

On October 29 the school board ratified the new teacher contract.

In the next few Paragraphs are the events leading up to the settlement.

Negotiations are still going on between the teachers and the board members. There has been considerable progress in their talks, and there has been delays also. According to La Vora Singleton, there was "a lot of movement on both sides" on Friday, October 17. The meeting on October 17 lasted until 3 a.m. the next morning.

Since the meeting had a lot of progress, Beverly Gossen, chief negotiator for the teachers, asked the Board for all of that night's talks to be put into contractual language. The reason for that was for the teachers to know exactly what they were being offered. Gossen said that she did not receive the proposals in contractual language on the Saturday following the meeting. Instead, she received a listing of the Board's proposals. However, Dick Sackett, chief negotiator for the Board, says, "She didn't ask for it." According to Sackett, all she asked for was what was the last position of the Board at the meeting, there was no mention of contractual language of that statement.

Conflicting statements arise over the next

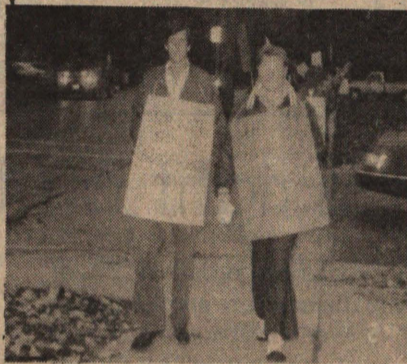
issue. This issue is over a packet supposedly handed out to the teachers and not the negotiators. This packet allegedly had material in it that had yet to be seen by the teacher's negotiating team. Gossen says, "They were asked to prepare in contractual language their last proposal. Instead, they spent their day writing a statement to the members." Sackett disagrees with Gossen's statement. He says that the packet given to the teachers had nothing in it that the negotiators did not already have.

The Teacher's Association says that the Board has enough money to give the teachers what they were asking. On the other hand, the Board says that they are giving the teachers comparable salaries to other schools. The difference of where is the money for the salaries are in dispute. Gossen says that there was \$400,000 worth of interest built up in the teacher's salary fund that was transferred to the building and maintenance fund. Richard Kamm, superintendent, and Sackett say that the \$400,000 that was transferred was done so because that fund was lacking money. The building and maintenance fund is also the fund that pays the janitors. Most schools use their teacher's salary fund to pay them. Gossen says, "Right now, in the budget, they can afford the salaries that the teachers are asking." Sac-

kett says that they have given them the salaries comparable to other school districts.

Still another issue, is the unfair treatment clause. The teachers want it to remain unchanged and the Board wants to change it. Sackett says that they "arrived at a compromise". Gossen states that they have not reached a compromise. The teachers do not want it to change.

The teachers and the Board still have issues to settle, and the old ones are still there. They can strike at any time. However, both parties agreed that the meeting on October 17 went well.



Jeffrey Ainsworth and Patrick Welch picketing.

Inkspots

FBLA dances away

FBLA and SADD are sponsoring a dance soon to raise money. This dance will be different from other dances because it will have special contests. FBLA will also hold Career Day in the first two weeks of December. Career Day is a day in which people from different occupations come to our school to talk to us about how to get into that particular field.

Booster Club gets crafty

A craft show will be held by the Booster Club on November 8. This will take place at the high school, from 9 a.m. to 4 p.m. There will be 100 tables set up and food will be served. There will also be Pumpkin Patch Raffle.



Get ready cause heeere's college

by Jim Rowley

If you're planning to go to college after High School, counselor John DeLap, suggests you start preparing now.

DeLap suggests you "browse" through the pamphlets in the Guidance Center. There is also a Computer in Guidance that will list colleges and career choices. Counselors will also help you out if you have a problem. DeLap also suggests you pick up *The College Planning Guide* which will take you step-by-step.

The counselor advises you talk to your family about the college you plan to attend or where you want to attend. Size, public/private, distance from home, and price are all factors which will help narrow down

your decision.

Representatives from colleges will be visiting We-Go during the fall, for a schedule drop by Guidance to pick it up. There is going to be another College Fair in the Spring if you missed the October 23 fair. In spring Juniors should also be thinking about taking the ACT and SAT. DeLap says these are the tests to take if you are planning to attend a college.

If you have already filled out an application and have not gotten your transcripts go in to Guidance for help suggests DeLap. "It is never too early to go in and see about colleges or even to start thinking about what school you want to attend." DeLap continued to say "Even if you haven't done so hot in school go in and see your counselor about attending college."

The following report indicates the plans of the 1986 senior class. The report was compiled and edited by Guidance Services.

	Sub-total	No. of Students	Male	Female	Percent
Attending Illinois four year college		63	32	31	22.8%
Out of state four year college		40	24	16	14.5%
Planning on attending college-already accepted	103-37.3%	103	56	47	37.3%
Community Colleges		63	26	37	22.8%
Technical Colleges		10	10		3.6%
Beauty Schools		2		2	.7%
Business/Secretarial Schools		2	1	1	.7%
	180-65.2%	77	37	40	27.8%
Armed Services		14	14		5.1%
Employed - already employed full time		34	16	18	12.3%
Moving - summer 1986		2		2	.7%
Undecided - seek employment, continue education, join military, etc.		46	31	15	16.7%
	276-100%	96	61	35	34.8%
TOTAL		276	154	122	

Ticking off the minutes

by Doug Dirr

On October 15, the Student Council reviewed Homecoming and picked out the good and bad points, making a list of do's and don'ts for the '87-'88 Student Council.

The Council also reviewed its current and future projects for the '86-'87 school year. The projects include a video yearbook, and a possible event night much like the one during Homecoming, and class competitions for each week of the remaining school year, and other events designed to raise school spirit.

A cafeteria committee was set up. This group will meet with the cafeteria workers in an effort to find out what We-go students would like on the menu and other information. Randa Bacheron, freshman class president, is the head of that committee.

Finally a parliamentary system was reviewed by the council and the council decided it would take this system of government into effect for its next two meetings. Then the council will vote whether or not to adopt this form. The new form of council will begin at its meeting on Tuesday, October 28.

Student Council wants participation

by Jean Volpe

"These were your student announcements," said a voice. "Now for a word from the president of Student Council..." "Hi!" greeted the same person. "I'm here to tell you about a few real exciting activities we have going on."

Is the president of our Student Council a schizo? "Maybe," joked president Joel Mains, but Mains is just ready to do "almost anything" to raise school spirit. Aside from promoting pep, the Student Council has other goals they have set for the 86-87 school year.

Basically the Council has three major purposes to fulfill. One is to organize student activities, the next is to serve the school community and finally, they negotiate with the faculty and administration over student concerns. An additional job the Student Council performs is to oversee extra curricular activities that are student directed.

So far, most of the Council's energies have

been poured into Homecoming. "People just don't realize all that has to be done," explains Mains. With all of this years new activities, the Council has put in overtime. A new parade route had to be made due to bridge construction. Event Night was organized and all its activities had to be approved by the administration. Tee-shirts were printed and sold, and the T.P. competition was scheduled, although it never got off the ground.

But the council's efforts haven't gone unrewarded. Junior, Mary Weibler remarked "It was a fun homecoming week, there was always something going on." Peter Kovac, senior agreed, "The new ideas made homecoming more memorable."

The Student Council is still looking ahead. Due to Event Night's success, the council has decided to feature it periodically throughout the school year.

Like always, the council is open for ideas. "We are your representatives," said Mains. "It's your school, so take part in it."

Inside

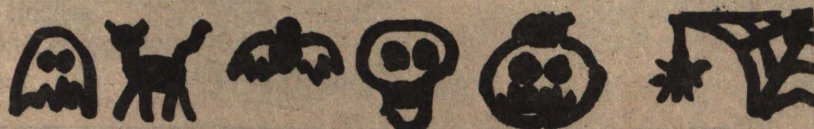
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Overtraining
cause of sports
injury

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Homework that
can't be done

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As you gaze into the crystal ball, mysterious visions will arise.

by Ed Coronel

To conjure up the Halloween spirits in our souls, The Bridge sent an investigative reporter to a fortune teller.

"Come one, come all! I do know all!" a gypsy lady crackled at the entrance. "Hello. My name is Tituba, your fortune teller for tonight!" she said as she welcomed me.

She led me to her enigmatic room. The entire room was covered with oriental rugs, from the ceiling to the floor. A round table sat in the middle with a colorful cover on it. There was some paraphernalia of the fortune teller's: a crystal ball and a pack of cards.

"Sit down! Sit down!" she insisted. She had a distinguishable Italian accent. "Would you like to see your fortune in the crystal ball?" she asked. I nodded.

She started chanting some sort of gibberish and waving her hands in the air. "The crystal ball," she exclaimed, "she doesn't work!"

Then she stuck out her hand and demanded money. I handed it to her. "Ah," she said as she began her act again. "It is working now."

Although there was nothing changing or appearing in the crystal ball, questions flooded my mind. Will I get a BMW? Am I going to become a doctor? Who am I going to marry?

"You will have a wonderful life. You will feel that you have accomplished all of your goals. You will have a beautiful family, and you will become closer to an old friend but lose another," Tituba predicted. Then she said, "Thank you for coming, and have a nice day." That was it? As a writer, I tried to question her more about fortune telling, but

she kicked me out.

This description of fortune telling is what many people think of as a typical carnival fortune teller — one who is a phony. Tituba was a carnival fortune teller. However, there are other fortune tellers who make a living off of their talents.

Melanie Miller, a senior at We-go went to one of these fortune tellers in Michigan. "She wasn't made up like a gypsy, she was just a simple old lady in a plain, ordinary house," Miller said.

"She didn't have a crystal ball or tarot

cards. She said she felt vibrations in the air

This fortune teller was about 60 years old, and she had been telling fortunes for almost 20 years. She told Miller that she would break up with her boyfriend, which eventually did happen. She also predicted that her mother would break up with her boyfriend, but that hasn't happened yet.

Since all of this took place about two years ago, Miller said that she couldn't remember much, "but it was still an interesting experience."

Fortune telling provides hours of fasci-

nation and amusement for many people. There are many ways of reading character, casting horoscopes, and predicting the future. Tarot card reading, tea leaf reading, and palm reading are some examples of this.

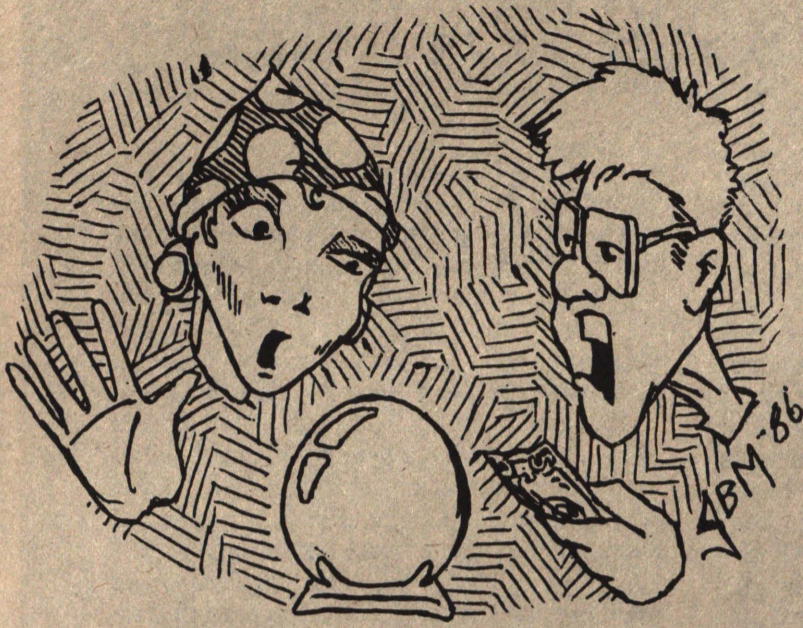
Tarot cards represent life's journey. Each card illustrates a critical stage on the path of human development. The card ranges from the "fool", an impulsive and immature stage, to the "magician", a stage where one has transcended self-centeredness and is skillful in all things. The tarot card reader recognizes the stages and interprets them.

One tarot reader, who is a junior at We-go, says, "It helps the person become more aware of themselves. If that person believes in the cards, they will try to better themselves if there is a bad outlook. It really depends on the type of person you are."

"For me," she added, "reading the tarot cards are only for fun. It was my mother and aunt who got me into this. You could say they are fanatics."

She felt that "some people make fortunes up, and several fools believe in that person. Although people go to fortune tellers for their own reasons, some of the fortune tellers are full of bologna. They profit from others who believe in them."

Many people have different opinions about fortune tellers. Some have gone to them and had many of their predictions come true, and others have found the tellers they went to to be phonies. Still others have never been to a fortune teller, either because they don't believe in them, haven't had the opportunity, or are afraid to find out what lies ahead in their future.



Your future is written in the stars — or is it?

by Chris Bren

How many times have you found yourself picking up a newspaper just to read your horoscope?

Many people read them, but very few take them seriously. However, when horoscopes foretell something good, most people want to believe them. As Chris Schwab, a senior, said, "If it's a good one I take it seriously, but

if it's bad I get scared." Like Schwab, many people tend to ignore their horoscopes when they are bad.

Horoscopes, or birth charts, are what astrologers use to foretell a person's future. The chart shows the position of the planets in relation to the earth and stars on a person's birthday. Astrologers believe that

acter or future.

these patterns reveal the person's char-

When asked the question how often their horoscopes came true, 40 percent of We-go students said they did, but they felt that it was just a coincidence.

About 30 percent said that they read their horoscopes on special occasions to see what

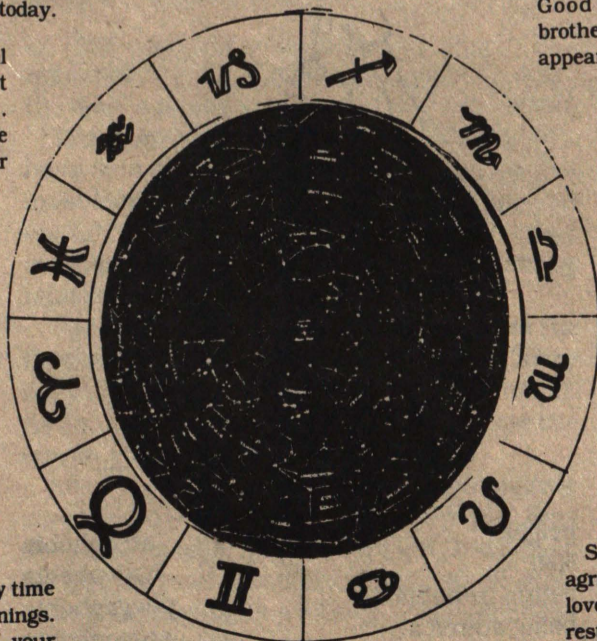
might happen. With the exception of one or two people surveyed, all of the students do read their horoscopes whenever possible.

These results show that most people read their horoscopes at least once in awhile. Some take their horoscope seriously, but since horoscopes are not scientifically proven, most people usually just read them for fun.

HOROSCOPES

compiled by Kim Mauk

The following horoscopes were derived from Zodiac, an astrology computer. To find the daily horoscope, Zodiac computes the relative positions of the planets and the Moon. The interpretations are based on these relationships among the planets and the Moon.



Capricorn (Dec. 22 to Jan. 20) Take care of details. Clear up bills and personal matters. Beware of minor mishaps. Romance may let you down. Show understanding. Consolidate your gains today. Avoid quarrels and bickering today.

Aquarius (Jan. 21 to Feb. 19) Pace will pick up. Arrange to meet with friends. Don't be disorganized. Avoid hectic action. Prosperity and good fortune now if you are considerate of others. Beware of minor accidents.

Pisces (Feb. 20 to Mar. 20) Check new opportunity, buy something new, phone a friend, check new ideas. Work on self-improvement. Be sentimental today. Don't be dazzled. Happiness lies in affectionate speech. Day will end well. Work and pleasure conflict.

Aries (Mar. 21 to Apr. 19) Extend horizons, look ahead, worthwhile things are happening in love. Beware of disappointments, loss, or bad news. Avoid errors, watch temper. Act on ideas to increase income. To accomplish something today, first get out of bed.

Taurus (Apr. 20 to May 20) A busy time with unusual and unexpected happenings. Extreme caution advisable. Watch your emotions. Stress talent and training. A good time for you. Get a firm grip on yourself.

Gemini (May 21 to June 21) Buy a gift, visit a friend, show kindness and affection. Avoid complaints, sweeping statements, frustration. Complete important tasks. Accept help. Avoid impatience, be tolerant.

Sagittarius (Nov. 22 to Dec. 21) Events are favorable for major changes. Proceed with care and much thought. Personal popularity high. Give advice where needed. A possible disappointment today.

Cancer (June 22 to July 21) Your thoughts soar, actions are fruitful, career blossoms. Try to halt spending on expensive luxuries. Good day for romance, redecorating, brothers and sisters, home. Check your appearance and clothes.

Leo (July 22 to Aug. 21) Reason will bring profit. Take care of money matters. Beware of rash actions and upheaval of emotions. Be practical. Watch for big profits. Unusual demands on your time and effort. You are gloomy about borrowing and lending.

Virgo (Aug. 22 to Sept. 22) Messages await for you. Attend a social or sporting event. Extra work ahead. Business opportunity, keep alert. Interesting invitation. Guard against hasty decisions now.

Libra (Sept. 23 to Oct. 22) A vivid time, expect exciting coincidences. Don't be restless, or a perfectionist. Look for affection. A change of pace will be beneficial. Sober mood today. Keep close watch on events.

Scorpio (Oct. 23 to Nov. 21) Initiative and aggression rule. Make decision about your love life. Finances cramped. Mend things, restore order. Serene time with family and friends. Telephone, write letters. Don't experiment now.



"Mom! There's a monster in my closet!"

Childhood fears and how they're outgrown

by Laura Barajas

"Men fear death as children fear to go in the dark; and as that natural fear in children is increased with tales, so is the other."

Francis Bacon

Darkness, monsters, spiders, snakes, and storms may be a few of the many fears children have. Do you remember crawling into bed with your parents in the middle of the night because there was a monster in the closet, or spiders on the ceiling, not to mention the growling noises coming from under your brother or sister's bed?

Well back then, these things seemed very real. Your parents tried to comfort you, but still you couldn't understand why they didn't see these things.

Some childhood phobias can lead to very serious problems. They can prevent people from living a normal life. For example, the following is a true story to illustrate this. The name has been changed.

Sandra came from a family that had a lot of tension, and her parents had many quarrels. When Sandra was about three or four, she saw her mother grab a knife during an argument with her father and threaten to kill him. The memory of her mother attacking her father was so intolerable that it had to be repressed. Sandra placed her fear onto the knife: She felt that is what represented danger, not her mother.

The first sign of her developing a knife phobia was trouble learning to cut her food. Her mother would cut all her meat and vegetables for her. Sandra avoided knives for as long as she could remember, even though she could not recall the exact incident with the knife.

Later her fears went on to scissors, broken glass, and anything with sharp edges. That wasn't all, soon after that she developed a fear of windows, mirrors, and anything that had a reflecting surface. This phobia almost made her

seem retarded in some ways.

Sandra's parents took her to a therapist. By making her remember the past and slowly having her actually handle such objects as a knife or scissors, the therapist was able to help her outgrow most of this phobia. Sandra still fears some sharp objects, but now this is a normal fear anyone would have of these things.

Most childhood fears are not as serious as Sandra's. We manage to outgrow almost all of our phobias without any problems. "When I was little," said senior Charles Black, "I was afraid of being in the house alone, but now it's great!"

A lot of childhood fears may develop from weird uncles who tried to scare you every time

Adults still have phobias that stick with them from childhood, but they're now mature enough to handle them.

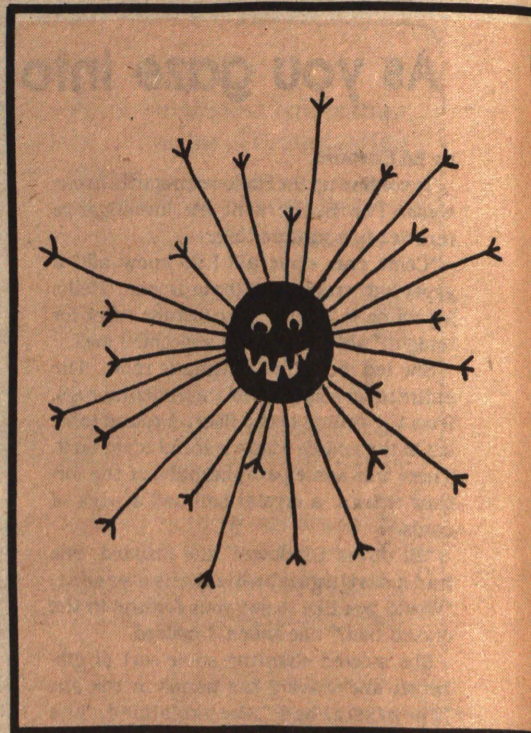
you turned around, or those "late night monster movies" you just had to watch.

"When I was little," said junior Elma Cruz, "I was afraid to sleep in the dark alone, because I used to watch scary movies. I remember how I used to get up in the middle of the night and turn on just about every light in the house, then I went back to bed."

Adults still have phobias that stick with them from childhood, but they're now mature enough to handle them. "The thought of devils and demons and creepy things like that still scares me," Cruz said, "but I can handle it now."

Some phobias are just there and probably always will be. "I know it sounds a little funny," said Black, "but I'm still afraid of spiders."

Just remember on Halloween to be careful of what you do around children. Some things can affect them for life.



People are really afraid of that?!?

by Laura Barajas

Phobias can be funny, a little crazy, silly, and unreal. But to people who have a phobia, it can be a real problem. Here are just a few of the thousands of phobias discovered.

Fear of:

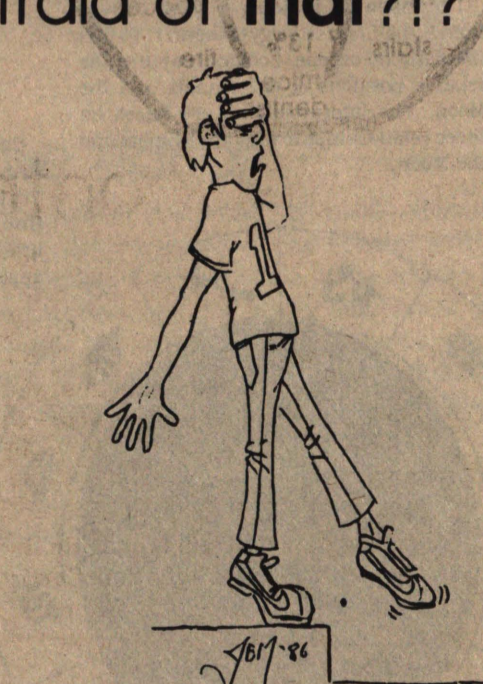
being afraid
old age
airplanes
being alone

phobophobia
erontophobia
pterygophobia
eremiophobia



insects
jealousy
nudity
outer space
people

entomophobia
zelophobia
gymnophobia
astrophobia
anthrophobia

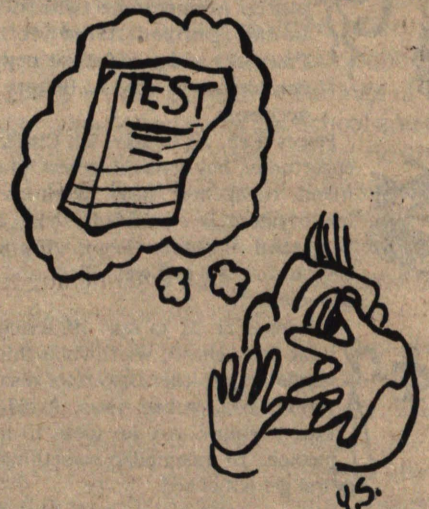


heights
Hell
eating in public
being stared at
baldness
blood
being buried alive
cats
change taking place
closed spaces
corpses

acrophobia
hadephobia
phagophobia
scopophobia
peladophobia
homophobia
taphephobia
ailurophobia
metathesiophobia
claustrophobia
necrophobia

pins/needles
frogs
germs
ghosts
God
cows
the devil
dogs
dolls

belonephobia
batrachophobia
mysophobia
phasmophobia
theophobia
boustrophobia
demophobia
cynophobia
pediophobia



school
twins
ugliness

epistemiophobia
didymophobia
cacophobia

There may be phobias you have never heard of. You may know that some of these phobias affect yourself. Most people actually have polypophobia, which means they have some fear of several things. There is nothing wrong with this, phobias are normal.

Fears and phobias

Are fears and phobias one in the same?

by Ed Coronel

What is the difference between a fear and a phobia? They seem to be similar in some aspects, yet they really aren't alike.

Fear is a feeling of anxiety, uneasiness, and concern. Fear can be described as a state of alarm or dread. It usually prepares a person for the three F's: Flee, Fight, or Freeze.

According to the book **Stop Running Scared** by Herbert Fensterheim, Ph.D., there are many categories of the word fear.

Normal fear can serve as a useful emotion. If a person is faced with physical danger, their fear may cause them to react in a positive way. Faced with psychological rather than physical danger, one also takes protective measures. It sharpens senses, perceptions, and reflexes.

Irrational fear is felt when minimal or no danger exists. One acts as though there really is great danger. For example, a person fears dogs, and sees one. That person is likely to overreact because they have an irrational fear the dog will attack them.

A phobia is an irrational, excessive, and persistent fear of some particular thing or situation.

A phobia can cause people to make illogical

decisions that get in the way of normal life. For example, a person may choose to walk up ten flights of stairs simply because they have a phobia of elevators.

Your imagination can be what causes a normal fear to become a phobia. If you see a snake while you're out in the garden, fear is a normal reaction. When you avoid going through the grass or in the garden because you're afraid you might see a snake, that shows your fear is excessive. You probably have a phobia of snakes.

Phobias can be taught to children by adults or acquired through a bad experience. They may also be based on natural instinct, such as fear of the dark or fear of falling.

After getting a basic idea of what a fear and

Your imagination can be what causes a normal fear to become a phobia.

a phobia are, here is a derived example that shows how they are different.

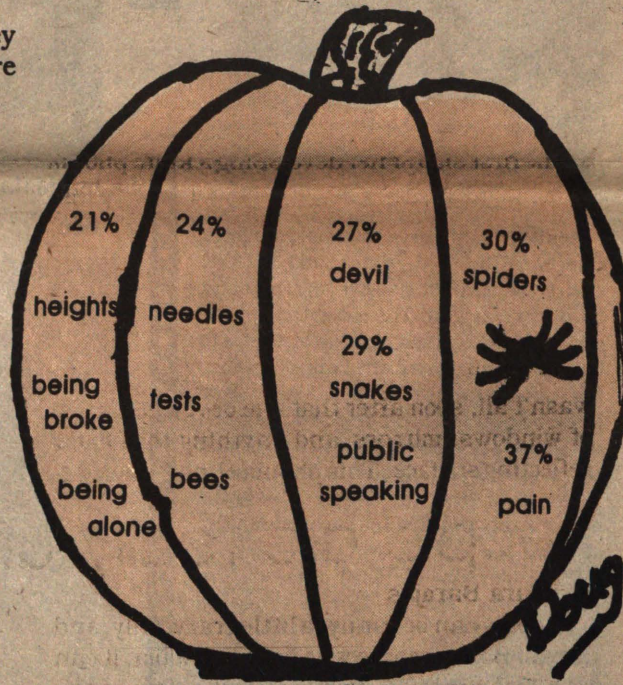
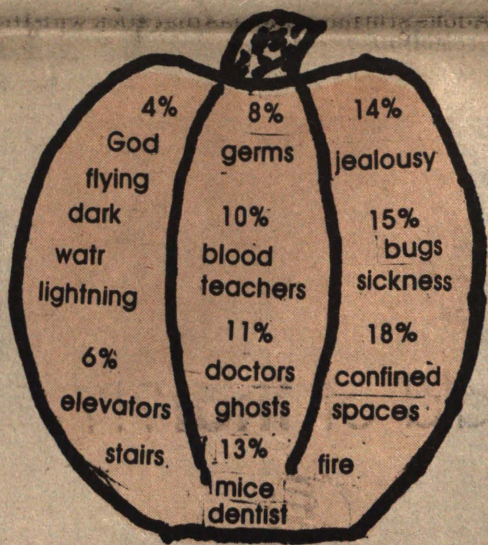
Since very few people like being sick, it is natural to have a fear of germs. This is realistic, but when you wear a surgical mask in public and carry a can of disinfectant wherever you go, it shows you are phobic.



We-go students admit fears

by Melanie Miller

Which things do you fear most? In a survey taken by 200 West Chicago students, these are the results:



Keeping your fears under control

by Kim Mauk

According to the authors of **Fear: Learning to cope**, we live in a "community of fellow phobics". Everyone is afraid of something. This is because fears and phobias all have a general nature. They are related to experiences that all humans share: trauma (often as a child), survival, and the want to avoid common dangers. These human experiences are not in themselves dangerous, until they get out of control.

The first step is to recognize and admit your specific fear. The next step is to learn about it. By doing this you diminish the anxiety of your "mysterious fear".

You learn many of your fears by "classical conditioning". This teaches you to fear a specific thing (such as a chair that gives you an electric shock when you sit on it). Normally, you wouldn't generalize that fear by fearing all chairs. This fear naturally goes away if it doesn't happen repeatedly.

Once you understand more about your fears, you can take steps to change your response to fear by learning new behavior. Most people try to avoid their fears. This can be accomplished by physical distance (staying away from the situation), temporal distance (procrastination),

or emotional distance (rationalization). This may lead to a temporary reduction of fear, but the fearful situation cannot always be avoided.

The most productive way to deal with your fears is to meet them head on. To do this, you must learn new behaviors to replace your old fearful responses. You can learn to control your emotions, reactions, and nervous system by relaxation.

Once you have learned to relax, imagine the most fearful scene in a fearful situation. Carry out the whole scene, and imagine every detail. As you do this, imagine that you overcome the fearful situation.

After you imagine the situation, start setting realistic goals for yourself. Make sure that they are small enough to be carried out. If they are too big, you won't be able to meet them. You will soon get discouraged, and as a result, your fear will become larger.

For example, if you are afraid of getting on a bus, your first goal wouldn't be to ride a crowded bus for an hour. Instead, you would need to achieve simpler goals, which would increase your self confidence. It will also make your goals easier to meet if you familiarize yourself with the situations. You could, for example, know

when a certain bus that you intend on riding departs and returns. It is best to try to achieve your goals during the best conditions possible (when the bus is least crowded, etc.). As you accomplish one goal, move gradually to the next one.

Another kind of fear are obsessive fears. These occur when a person cannot stop thinking about a particular thing. To get rid of these thoughts, you must first be aware that they are present. Whenever you start thinking obsessively, direct your attention to something else. By doing this, you can control your mind to stop this thinking.

If you are superstitious, the problem is not the superstition itself, but the "rituals" you go through to ward it off. As you do this, you verify the worth of your actions. A simple way to overcome this is to stop your "ritual" and see if anything bad happens. Chances are that it won't.

This system of overcoming your fears is called "systematic desensitization". With it you can overcome any fear you may have — even the ghosts and ghouls and goblins that may haunt you tonight!

Happiness is owning a pet

by Kim Giller

A dog is often quoted as being man's best friend. However, not only is a dog man's best friend, but so are almost all pets. A pet is someone who will always listen, and never judge. It's someone who will be there for you whenever you need him/her. It's someone that will love you no matter what the circumstances.

A pet does not always have to be a dog, or cat. Many people have very different kinds of pets. For example Chuck Black, a senior at We-Go, has a pet tarantula. Curtiss Giller, a veterinarian in West Chicago, has treated many unusual pets, anywhere from a Boa constrictor to a swan. Guinea pigs, hamsters and gerbil are also very popular pets, despite the fact that they're all rodents.



Chuck Black with his pet tarantula

Pets do need at least a minimal amount of care, such as food, water, and a clean environment in which to live. Most pets also need some exercise. The easiest pet to take care of would be a fish. All that is needed to be done is to clean out the tank every once in a while, and make sure that they get some food once every two days or so. A dog is much harder to take care of. They need food and water daily, and they must be taken out for walks, or at least put outside, unless the owner wants to spend his days cleaning up after his pet.

When choosing the kind of pet to buy, certain things must be taken into consideration. Will the pet which is chosen have enough room to walk or swim about comfortably? Will someone be home all day to take care of it, or will it be left alone during the day? Are the food and medical care which goes along with the pet too expensive? Things like this really need to be considered because if someone bought a pet, like a horse, and then realized that the only place they had to keep him was their bedroom, they wouldn't be too happy with their purchase.

Pets serve many different purposes. Some people will buy a pet to put it in shows. Other people buy pets just to have someone around whenever they need someone there. And then other people buy pets for useful purposes, like hunting mice. So pets are always going to be around, if not for one thing, for another, and they'll always be enjoyed by the human race.

Big sis, middle kid, or baby bro?

by Barb Enos

Are you the first born, the middle child, or the "baby" of the family? In many of these cases, there are many things that you should know.

How do you like being the oldest child? Senior Rhonda Dispensa replied, "There are times when I like being the oldest because I am the first to get most things (like a car). I don't like being the oldest though, because it's like being a lab experiment. You break the ice for your younger brothers and sisters. Therefore, they have a tendency to get away with a lot more than I ever would."

Ryan Elliott, writer for "Accent on Living" for the West Chicago Press, says, "Oldest children usually act very responsibly, actually over-responsibly, in order to keep parents' favor."

Oldest children find themselves in a unique situation in which they get all of their parents' attention, until a younger brother or sister is born. "Parents very often

expect their first born to set the example for younger siblings" says Elliott.

"Being in the middle is a totally different story" says Mike Wheeland, a former graduate of We-go. "The parents always compare you to your older brother or sister. And besides, you always have to wear hand-me-downs!"

Middle children sometimes develop the "Avis Complex." This is the compulsion to try harder. Elliott says that "Middles are deprived the privileges of the oldest and the leeway granted to the youngest."

Junior Brian King says, "Sometimes it's like I'm not even there." Elliott says, "middles' feelings are more easily hurt than others and they are also more sensitive."

What about being the baby? Do they really get pampered as much as everyone says? Senior Cheryl Bestler says, "I like being the baby because if I have a problem I know that I can always go to one of my older sisters for help. Since they have been

through it already, it makes it easier." When she was asked if she got treated any different she replied, "No, in fact, I get treated about the same if not worse than my older sisters."

"The youngest is often the most charming, happy, and fun-loving member of the family," says Elliott. "If the older siblings challenge them though, they may become discouraged."

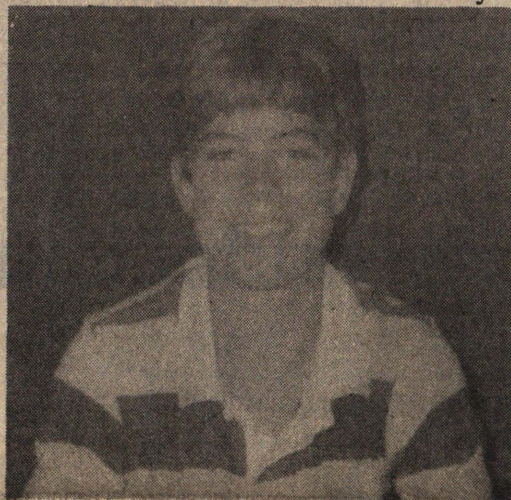
What about birth order and love? Is it better to fall in love with someone of the same birth order? "In love relationships, matching birth order is desirable," says Elliott. Matching a middle to a middle is the most common because they both communicate well together. "Matching the oldest with the youngest is undesirable because the 'baby' still expects to be pampered and the oldest wants to be in charge," says Elliott.

So when you're out on a date and have nothing else to talk about, a good thing to bring up might be birth order. After all, it just may lead to a great future!

What was your favorite Halloween costume?

by Becky Ahlstrom

Photo



Jeff Malay (freshman) — "a bee, a bumble bee"



Jane Ebenroth (sophomore) — "My favorite was what I wore last year, it was a can-can outfit."



Dave Barrett (junior) — "I was Batman in first grade."



Tina Castellano (senior) — "I was Holly Hobbie when I was five."

opinion

CORRECTION

In the last issue of The Bridge, two by-lines were omitted. One belonged to the story titled "Forming close friends or cliques?", which was written by Doug Dirr. The other story was titled "Fighting crime positively," which was written by Milan Hinich.



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Doug

Overtraining cause of sports injury

by Teddi Stasiak

"In young people, the most common cause of sports injuries is over training. It occurs when they have been inactive for a period of time. Then, they start an aggressive training program, and an injury usually occurs within two weeks," says Dr. Norburt W. Sanders, an internist and director of the Preventive & Sports Medicine Center.

Some of the most common sports injuries are runners knee, tendonitis, strains, sprains, shin splints, tennis elbow and heat stroke.

Runners knee results when pressure on the knee cap and the structure that supports it causes the knee to slip out of the groove in which it sits. Although it usually affects runners, it sometimes affects cyclists, skiers and volleyball players.

Tendonitis is an inflammation of the tendon which connects the muscle to the bone. Tendonitis usually happens when you strain a muscle beyond what it can take. The most vulnerable spots are your

achilles tendon, knee and elbow.

Strains and sprains are the result of stretching the muscle, and they vary in severity. A strain is a small stretch or tear, that affects the muscle-tendon. A sprain is a minor ligament tear.

Shin splints are a strain or irritation of the inner part of the skin usually due to abnormal pressure on the muscle that runs along the inside of the leg. This injury often occurs during the first week of running, hiking and race walking. Resulting from over use, coming down on hard surfaces or flat feet. Continuing to run could result in a stress fracture, or a small hairline crack in the bone which could take three or four months to recover from.

Tennis elbow is an inflammation of the tendons on the outside of your forearm and could occur in any racket sport. It is usually caused by an improper backhand stroke of too much tension in the strings of the racket.

Heat prostration and heat stroke happens

when an athlete gets overheated by working out on a humid day without drinking enough water. Heat prostration is recognized by dizziness, nausea and weakness. If ignored it can lead to heat stroke, a serious condition in which you stop sweating, the skin gets cold and clammy and you may pass out.

To help you get back on your feet you should follow these tips. 1) Follow the athletes motto: rest, ice, compression and elevation, for minor injuries. Most should disappear within a week. 2) Don't work out until you are completely healed. 3) Work out at a cooler time of day, and drink plenty of water. 4) Have a doctor examine you to see if you are fit enough to work out. 5) Warm up and cool down to prevent strains and sprains. 6) Use common sense. If pain persists or reoccurs see a doctor. 7) Find another sport to work at until your injury heals. Maintain your fitness level so you can get back to your sport sooner.

At the West Chicago High School the most

common sports injuries are sprains such as sprained arms, knees and ankles says Pat Welch, Physical Education teacher. They mostly occur because of awkward positions they are bent into. Heavily taping a sprain or wearing a brace on the injured area could help support and protect the injury.

Brian King one of the student trainers sees a lot of sprains, a few broken bones and dislocated fingers. He says football players and volleyball players have the most injuries. In football when the ball is on the line of scrimmage and the players have to get down, all of their weight is on their ankles, and sometime causes ankle injuries. In volleyball sometimes when they dive for the ball they'll jam their knee or sprain their ankles.

Try to be in good condition before you enter in some kind of sport and gradually build up your training program instead of having a strenuous program in the beginning. When you start to hurt stop and get it checked out, or serious injury could occur.

Volleyball team has the threat to upset

by Teresa Berry

"The girls have learned to work as a team and have reached individual goals which have been to the teams advantage," said Gail George, girls' volleyball coach. "They have also established themselves as a threat to team leaders of the conference," added George.

The Lady Cats have finished their conference season with a record of 8-6, which puts them in 4th place in the DuPage Valley conference.

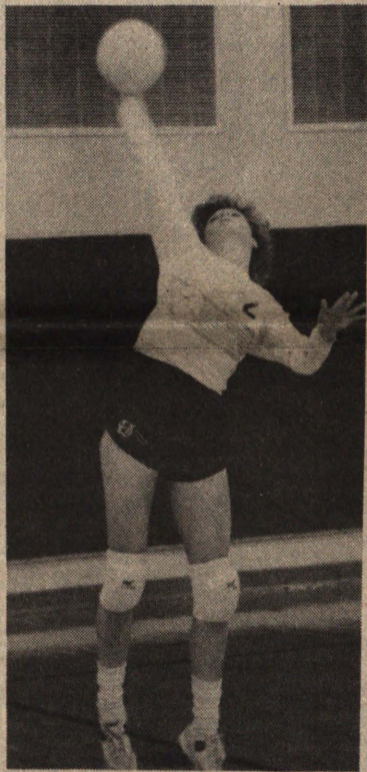
In the regional the Lady Cats played Wheaton North in the first round. The winner of that game played St. Francis, yesterday. West Chicago was ranked second out of the four teams, with St. Francis first. Upsetting a leading team is a strong part of the Lady Cats. "This year's team is strong at the net and the girls are very talented," said George.

There seem to be no particular "best" players. "Everybody is into their own best thing that they do," said George.

On defense the strong players are Carrie Runyan, Michele Burandt, Cristy Dillon, and Janet Muller.

Strong hitters are Cheryl Bestler, Karla Van Kampen, Chris Schwab, Rebecca Rivan, and Kathy Beedle.

Blockers at the net are VanKampen, Bestler, Rivan, and Beedle. The setting is taken care of by Bestler, Van Kampen,



Cheryl Bestler serves an ace in the volleyball game against Glenbard North.

Runyan, and Dawn Herold. "Everyone on the team is an ace server," said George.

Senior outside hitter and setter, Van Kampen is new to the team this year, she is a transfer student from Wheaton Christian High School. Van Kampen said her goals for the season are, "To be all conference and most valuable player." Van Kampen is a strong hitter and a consistent server. She thinks, "My back row defense is one of my weaknesses."

Van Kampen seems to be happy with her performance this season. "I perform better this year because of a better team supporting me."

College is definitely in the picture for VanKampen, although there is still a question as to where she will go.

Senior outside hitter and setter, Bestler's goals for this year are to have the team look up to her as a captian, make all conference and perhaps be most valuable player. Bestler has been happy with her performance. "I feel that I've been giving all I can to the game and the team," said Bestler.

Bestler's performance consists of being a strong player at the net hitting and blocking. Setting is the weakest part of her game. Bestler is not sure if she would like to play volleyball in college. "It depends on schools and what coaches notice me as a strong player," added Bestler.

Jock shorts Price enters Hall of Fame

Bob Price, former athletic director at West Chicago Community high school from 1950 to 1977, was inducted into the Northern Illinois University Hall of Fame on Friday, Oct. 24.

Price, who played football, basketball and baseball for NIU for four years, received 11 letters. He was one of 11 players chosen to enter the Hall of Fame this year.

Price was the head basketball coach, assistant football coach and assistant track coach at West Chicago. He also taught general science, physical education and industrial arts.

Winter sports

Tryouts for Wrestling and Boys Basketball will start on November 10. The Girls' Basketball Team will have a meeting after school on November 7 with practice starting on the November 10. The Boys' Swimming team will start practice on November 24. For more information you should talk to the coaches of the respective sports. Wrestling: Bob Hien, Girls' Basketball: Kim Wallner, Boys' Basketball Lee Maciejewski, Boys' Swimming Dan Johnson.

In order to practice with the team you must have had a Physical Exam within one year.

Niketopoulos shoots 78

by Jeremy Wittman

Tom Niketopoulos finished third and earned all conference honors in the DuPage Valley Conference tournament at Spring Brook, on October 6. Niketopoulos' 78 was four shots behind the first place finisher Matt Troxel, from Wheaton North. The 78 was good enough to lead West Chicago's golf team, in fact Niketopoulos' score was the best score in three years by a West Chicago golf team member.

Niketopoulos finished the season with the best average on the team, and he figures to be a favorite for Most Valuable Player honors. Most Valuable Player is decided by which player counts in the most matches during the season. Niketopoulos shot an 85 in the Naperville Central Regional, but it wasn't good enough to advance to the sectional meet.

Another key player on the team is Marla Jemsek. Jemsek shot an 85 to finish second in the Somonauk Regional, two shots behind Debbie Burnel of St. Charles high school. In the sectional she shot a 96, three shots behind the last state qualifier.



Tom Niketopoulos make all-conference, by shooting a 78 in the conference meet. Niketopoulos score was the best score in at least three years shot by a West Chicago golfer.

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Are the West Chicago trainers forgotten?

by Gary Saccomanno

Trainers do a lot for the athletes but never seem to get the athletes recognition they deserve. "After a person injures himself/herself then the job of the trainer is to take care of that specific injured area and show that person how to take care of the injury so it doesn't reoccur," says Brian King, student trainer.

The main difference between what King does and what a professional trainer does is that the professional trainer has a college background. King has attended workshops at Northern Illinois University, and received

basic fundamental training in how to handle injuries, tape, jobs, first aid and CPR.

King first became interested in training because he liked medicine. He got to see a little about what training was like because his brother, Chris King was last year's student trainer.

Other activities that a trainer does is support the team members and give them confidence to get back onto the field. The assistant trainer helps out a great deal also and is usually given the work the head trainer has limited time for, such as helping

out the managers.

Currently, King is a trainer for all sports for the 1986-87 school year and says, "Football and wrestling are the most demanding sports that require a trainer while the other sports have a lesser injury rate and require less attention."

Usually King will put in three to four hours a day and have to attend all of the team's practices. King also added, "More injuries occur during practices than in games since the practice facilities are poorer than the game fields.

So far King has been lucky and hasn't had

to treat a serious injury. The most serious being dislocated fingers, sprains, muscle pulls, concussions etc ... King said, "It is nice being able to know how to treat injuries, but I hope I don't have to treat too many people because then your team might be in real trouble."

After treating an injury the feeling King gets is good because he is helping that person get better and get back into the game faster. King is still unsure about his future as a professional trainer, but nevertheless he is getting good experience that he can use if he decides to become a trainer.



Test your sports knowledge

by Marla Jemsek

1. On the give-and-go play in basketball does the giver get the ball back?
2. What baseball player walked the most times?
3. What Olympic track star was nicknamed the **Ebony Express**?
4. What is the only host country not to win a gold medal at the Summer Olympics?
5. What golfers were once known as the **Big Three**?
6. What is the theme song of the Harlem Globetrotters?
7. What was the first major league to feature wild-card playoff teams?
8. Who was the first person inducted into the United States Swimming Hall of Fame?
9. What color is the danger flag in auto racing?
10. What is the height of a basketball hoop?
11. What golf tournament's winner needs to know his jacket size?
12. Who hit a three-run homerun in Yankee Stadium's first opening-day game?
13. How high is a soccer goal?
14. How many consecutive misses eliminates a high jumper?
15. Who is the only tennis player to win the U.S. Open on three different surfaces?

16. What trophy goes to the outstanding U.S. college football player of the year?
17. Who hit three homeruns in the final game of the 1977 World Series?
18. How many referees work a soccer game?
19. What baseball team was formerly called the Bronx Bombers?
20. Who was known as the Voice of the Yankees?
21. What was Hoyt Wilhelm's pet pitch?
22. What does the red flag mean in auto racing?
23. What is the weight classification of a 159 pound boxer?
24. What zone varies from batter to batter in baseball?
25. What woman holds the record for most Wimbledon tennis championships?

Answers

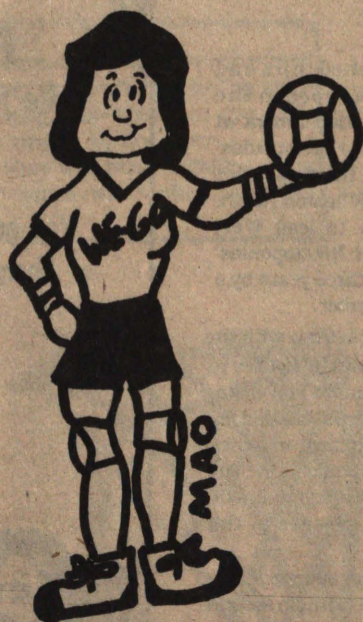
1) yes 2) Babe Ruth 3) Jesse Owens 4) Canada 5) Jack Nicklaus, Arnold Palmer and Gary Player 6) Sweet Georgia Brown 7) The National Football League 8) Johnny Weissmuller 9) yellow 10) 10 feet 11) The Masters 12) Babe Ruth 13) eight feet 14) three 15) Jimmy Connors 16) Heisman Trophy 17) Reggie Jackson 18) one 19) the New York Yankees 20) Mel Allen 21) knuckleball 22) stop 23) Middle Weight 24) the strike zone 25) Billie Jean King



Pedro Mendoza kicks the soccer ball during a recent varsity game. The soccer team has a record of 13-3-2 which puts them in 2nd place in the DuPage Valley Conference.

Upcoming Wildcat sporting events

Football			
Fri. Oct. 31	Nap. Central	A	5:30 & 7:30
Soccer			
Thurs. Oct. 30	Regionals	TBA	
Sat. Nov. 1	Sectionals	TBA	
Tues. Nov. 4	Sectionals	TBA	
Fri. Nov. 7	State Finals	TBA	
Sat. Nov. 8	State Finals		
Volleyball			
Tues. Nov. 4	Sectional	TBA	
Wed. Nov. 5	Sectional	TBA	
Thurs. Nov. 6	Sectional	TBA	
Sat. Nov. 8	Super Sectional	TBA	
Thurs. Nov. 13	State Finals	TBA	
Fri. Nov. 14	State Finals	TBA	
Girls Swimming			
Tues. Nov. 4	Rosary (at Marmion)	A	6:30 p.m.
Sat. Nov. 15	Sectional	TBA	
Fri. Nov. 21	State Finals	TBA	
Cross Country			
Sat. Nov. 1	Sectional	TBA	
Sat. Nov. 8	State Finals	TBA	
Girls Basketball			
Mon. Nov. 24	Bolingbrook Tour.	A	6:30 p.m.



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