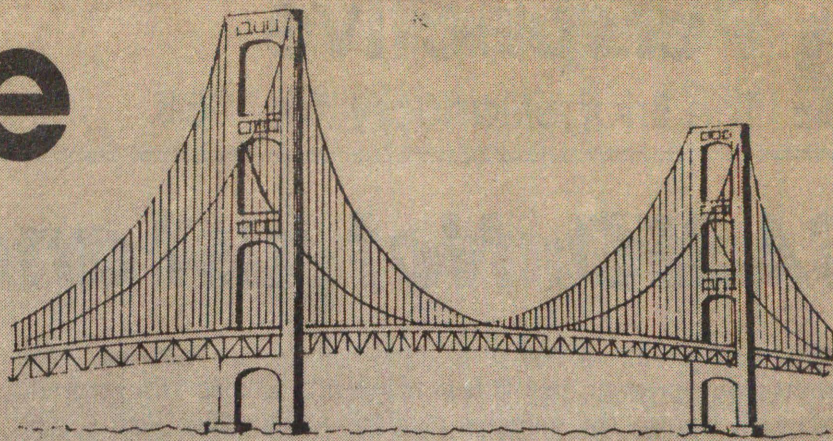


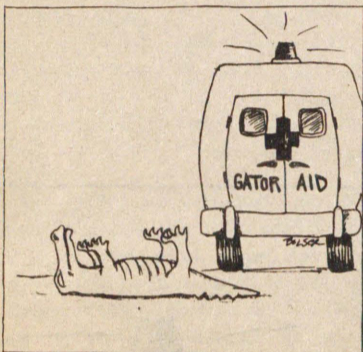
The Bridge

West Chicago Community High School
326 Joliet St. West Chicago, IL. 60185
Volume 17, Number 5
January 15, 1988



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An important program, called SASED, has been started in the West Chicago/Winfield area to help trainable mental handicapped high school students. The main purpose of the program is to teach them basic, necessary skills to get them through everyday life. For more information on the program see the Perspective page.

Jimi Hendrix

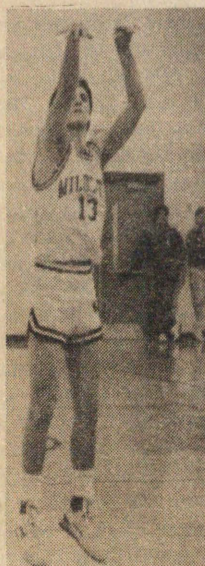


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Gallagher in Sports



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New exchange opens doors to French experience

by Dana Netzel

A memorandum regarding Overseas student exchange programs was issued December 2, 1987. The exchange program is sponsored by The Council on International Educational Exchange (CIEE), or School Partnerships International operated by the National Association of Secondary School Principals (NAASSP).

In the memorandum it stated insurance costs and policies along with a guideline for the program. Currently the program is offered to French and German students. The current cost would be from \$800 to \$1,000. The trip would last from 10 to 30 days with a minimum exchange group of 10 and a maximum of 15.

Students eligible for this program are students between the ages of 15 to 18 who are currently enrolled at sophomore or higher level. They must have a C average or better in every class they are

enrolled in during the program. Students must not have an out-of-school suspension on high school record during the year prior to the trip. A student must have signed parental permission and waiver. A valid passport and a visa may be required.

The group would be led by a certified employee of the high school who has reasonable fluency in the language of the country visited.

The program will not allow a student to miss more than three school days. If school days are missed, students must make up the homework assignments upon their return to school.

Superintendent Richard Kamm said that the memorandum was released to set guidelines for a "safe, well-organized exchange program to protect students and school districts." Kamm felt that terrorism has receded quite a bit and an exchange program would be a reasonable risk.

Student placement acceptance first

by Marya Sosulski

Now is the time when all the seniors of the world are challenged to stand out and be noticed. The college application system has changed—it takes more than good grades and a seat on Student Council to make it into the "college of your choice."

Colleges are looking for "students who will add to the community," says a Georgetown University Admissions Officer. They are looking not just for excellent students, but outstanding students.

The essays for college applications have also changed. "What is your favorite activity?" asks Stanford University, and Notre Dame wants to know, "What work of art, literature, music, or film has influenced you the most?" College professor Mike Sosulski says colleges ask these questions because they want to "produce people who are multi-faceted" and have interests other than "book-learning;" colleges are consequently choosing students who already have talents and interests that can be developed.

No longer can a student enter college with a clear, simple career goal; this is the attitude of most colleges and universities now. "The successful person of the future, they believe, is multitiered, multi-faceted, and a well-rounded human being."

The first step for the student is to market himself and be accepted into college. The only way to do this says Sosulski, is to "blow your own horn because nobody else will."

Winter Fun in snowland



Father and son go sledding

(Photo taken by Ismael Rios)



Holiday snow and freezing weather don't keep all inside.

Ink Spots

EXAM SCHEDULE

January 19 -	Seventh hour begins at 2:00 p.m
January 20 -	8:00 - 9:30 1st hour exam
	9:45 - 11:15 2nd hour exam
	1:15 BUSES DEPART
January 21 -	8:00 - 9:30 3rd hour exam
	9:45 - 11:15 4th hour exam
	11:30 - 1:00 6th hour exam
	1:15 BUSES DEPART



Dichtl finally graduates

We-go biology teacher Joe Dichtl will take early retirement at the completion of the 87/88 school year. Dichtl, a 26-year veteran of teaching, said, "I'm looking forward to it. I'm going to go fishing, traveling...do some gardening. After 26 years of teaching high school, it's time for me to graduate."

Dancing in Heaven

The 1987-88 Dance Production will be performing their show "Dancing in Heaven" January 21 and 23. Both shows will start at 7:30 p.m. and there will be a discount price at the door for all high school students. The show features dances performed to "Rebel Yell" by Billy Idol, and "Oh Yeah" by Yello.

U.S.A.F. scholarships

The U.S. Air Force is now taking applications for four-year college scholarships which will pay full tuition and most textbooks, laboratory and incidental fees. The application deadline is February 15. For more information call (312) 782-8515 or (815) 424-2641 or contact your local Air Force recruiter.

The Bridge wins again

by Jeri Pashkus

The Bridge recently received a 1st place award from The Columbia Scholastic Press Association. They received this award for being evaluated in the five categories: Coverage, Writing and Editing, Design, Hands on Production and Business.

The paper was evaluated by advisors of other student newspapers who were chosen as the CSPSA's board of judges. It was then evaluated by one judge using a set criteria.

The Bridge scored highest on Sports

for coverage with 48 out of 50 points. For Writing and Editing, Features was the highest scored with 22 out of 25 points. The Bridge received 50 out of 50 points when evaluated on Business. This area included sub topics such as Budget Analysis, and Circulation.

The Bridge received 886 out of 1000 points and placed All Columbian in Business. The All Columbian Honors is only given when the publication has placed in the 95 percentile or higher in each of the five categories.

SASED: Not just another acronym

The **Bridge** editors feel it is important to call attention to a commendable program that is held in our high school. This program deals with helping the trainable mentally handicapped high school students in the West Chicago/Winfield area and therefore provides a wonderful service to our community.

The name of this program is SASED, or School for Special Education in DuPage County. SASED involves 28 school districts in DuPage County and is community-based. Here at West Chicago, SASED rents a room from the school and uses our facilities.

SASED hired the teacher, Chris Pickens, and her assistant, Patricia Hogan, to help maintain the academic skills the students already have. But the main purpose of this program is to teach them basic vocational and life skills taken for granted by most people.

There are seven students presently in the class ranging in age from 15 to 21. Skills are taught to help make these handicapped students more independent in the home, at their jobs, and in the community. Some of the necessary skills taught include how to tell time, counting money, learning how to use the bank, personal grooming habits, comparing prices at the store, and planning their free time. Tasks we

perform without even thinking are being taught to these students, allowing them to better function in society.

One of the activities done frequently is called "van time." Pickens will drive her students to a local store and they will plan a menu and buy the required food. Then they will go to a teacher's house and learn to cook it. Other places visited by the class are the laundromat and the bank.

One of the most beneficial things about the program is that each student has a real job and is earning his own money. Some places where they work include a doughnut shop, a grocery store, and a beauty salon. This is a wonderful situation for these students because they are working where many other high school students work and are learning to be independent.

West Chicago is lucky to have SASED working at our school. They are providing a service to these handicapped students and to our community. The **Bridge** editors applaud the administration for allowing this program to take place at our school and we hope it continues to improve our school and community with other worthwhile programs such as this one.

Let yourself out

by Jerry Madsen

It seems to me that a lot of worry about the bad things no where near us and only look at the good things around us. Why not, we really can't do to much about things far from West Chicago. What is it going to hurt? Yet, when we could do some good around ourselves, and change the bad things, we all seem to hide in the crowd, unnoticed. It is if we are afraid to be ourselves.

It is so easy to cut someone down in the hallways. I know, I have gotten a kick out of it before. Everybody does it from time to time. But why be like everybody else? All we are doing is making somebody feel like trash and that isn't something I would exactly run home to tell mom about. When we cut people down, all we are doing is conforming to our peers. That, a lot of the time, isn't a good thing. Ralph Waldo Emerson once wrote, "Who so would be a man, must be a nonconformist." In simpler terms, we shouldn't let our school mates mold us into the person we don't want to be. If we feel sorry for someone who might be in the "in crowd," don't cut him down!

Instead, let's try to hand out a few compliments and encouragements. Not only does it make us feel good but it shows that we aren't afraid to be who we want to be.

One of the reasons, I believe, there is such a big drug and alcohol problem among high schoolers today is the fact that there is so much peer pressure to get stoned or drunk. When it comes right down to it, all we'd be doing is ruining our health because our buddies told us to do so. That is conformity in the worst form. We wouldn't be doing what we want to do but rather what our friends want us to do. When something like that happens, we might as well put a big sign around our necks saying, "Hi, I'm a push over!"

When someone asks us to go get wasted with them, we should try to talk him/her out of it. We would be doing them a favor as well as ourselves. And if they should call you a wimp (or worse), the truth of the matter is, they are the wimps, and you are the one with the guts.

None of this is easy, but then again, nothing great comes easy.

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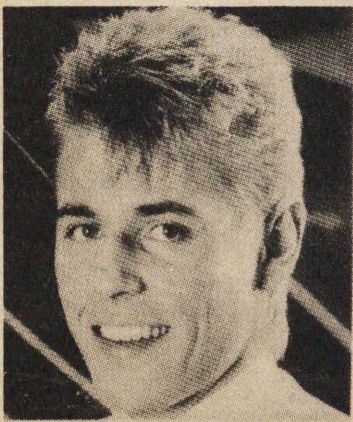
Adviser..... Tim Courtney

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

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

Unsigned editorials appearing in the newspaper are the opinions of the majority of The Bridge editorial board. Content and editorial policy are determined by the editors with concurrence of The Bridge editorial board. The advisor acts in the capacity of a professional consultant. The opinions expressed in the newspaper are not necessarily those of the majority of the student body or the high school.

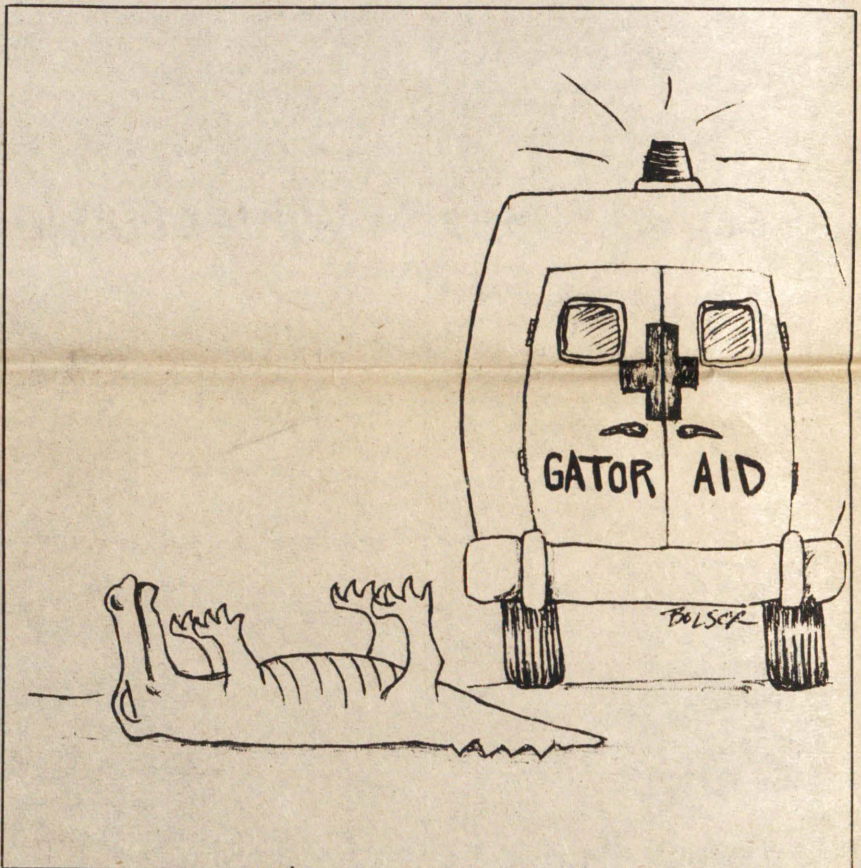
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Robin's neighborhood



Trainers wanted at We-go

by Kurt Duvall



In all sports, there is the possibility of getting injured. From tennis to football, you can always sprain an ankle or pull a muscle. What does our school offer us in the way of treatment?

Well, there are student trainers who go to all of the football games. The other sports do not fare as well though. Athletes in other sports must rely on the coach or a friend to get taped or bandaged. You can get access to the trainers' room from your coach, and, usually, supplies of tape are there. The thing we could use is a more professional wrap.

However, taping is not the only thing we need. We could use an adult trainer who is qualified to assist you at the time you are injured. This person or persons could spend time with each sport to help everyone. The athletes might feel that they are getting better treatment if a person was around whose only job was to help them. When I was taped for soccer, the coach did it. He didn't bungle it or

anything, it just didn't do me a lot of good. I saw people get hurt, and there wasn't much we could do for them except put ice on it and tape it up. I certainly would have felt better if they received proper care.

It is not the trainers' fault that they cannot do any more for athletes. They are not professionals, only students who study how to handle some injuries. Their help is appreciated as they do a great job taping players. Rory Gallagher, football and basketball player, says that they do an exceptional job tending to his injuries before a game. For basketball, Coach Lee Maciejewski does the taping in the same professional manner that the trainers do. It isn't the fault of anyone in particular that they cannot do enough for our players. We just need someone qualified to handle the more serious cases and spend time with each sport. Luckily for football, there is a doctor who watches over our games and helps injured players. If it weren't for him, we might be in trouble. We need someone to be our all-time trainer. Other schools have them so why can't we?

For all of you who are unExperienced...

by Matt Szesny

I sat there, not believing what I was hearing. Two kids, about twelve years old, were debating who was the greatest rock guitarist ever. Since I didn't go to Burger King to listen to other peoples conversations, I tried to tune them out. But they kept talking, and the names they came up with didn't make me think any better of them. One kid lobbied for Richie Sambora of Bon Jovi, while the other threw french fries and voted for Eddie Van Halen. The french fry kid came up with the brilliant quote of the year: "I guess Jimmy Page was okay." Finally, one of them said, "What about Jimi Hendrix?" What the french fry kid said normally would have demanded his execution on the floor of Burger King with a drinking straw. His answer was "Who's that?"

The most innovative, wonderfully creative guitarist in rock 'n' roll's short history was born James Marshall Hendrix in Seattle, Washington on November 2, 1942. He started playing on a second-hand guitar bought for him when he was twelve. By the time Jimi was twenty, he was playing solid if unspectacular rhythm guitar for Little Richard and Curtis Knight.

Jimi moved to New York in 1966, where he played the Greenwich Village folk clubs where Bob Dylan and Pete Seeger had begun their careers. Jimi was a Dylan fanatic, dismantling his songs piece by piece to attempt to extract whatever it was that made them so wonderful. The Greenwich Village club circuit didn't exactly appreciate Jimi's feedback-laced electric treatment of the blues. He was often heckled for his outlandish clothes and, more than anything, for being black.

Fortunately, Jimi found a way out of New York in Chas Chandler, former bass player in the Animals. Chandler convinced him that England would be far more receptive to his music, and promised him a chance to meet some of his heroes. Jimi accepted and flew to London with Chandler. Upon arrival, a trio was formed, consisting of Hendrix and two of Chandler's friends, Mitch Mitchell on drums and Noel Redding on bass. The group was dubbed the Jimi Hendrix Experience, and was quickly booked for a gig in Paris opening for French pop singer Johnny Halliday. Jimi was on a very quick climb to the top.

When he returned to London, Jimi became a sensation on the club scene, drawing rave reviews from such rock luminaries as Eric Clapton, Jeff Beck, and Pete Townshend. He became the darling of the Fleet Street press, who dubbed him "the wild man of pop" and a "Mau Mau". Jimi blew people away with his lightning-fast fingers and his pyrotechnic guitar displays. He utilized all manner of feedback and guitar effects in launching his frontal assault on the earlobes of the rock world, using his patented Stratocaster as a phallic symbol and his amp stacks as the receivers. He played a right-handed guitar upside-down to suit his left-handed playing. Jimi played behind his back, with his teeth, between his legs, through somersaults and on his back. Jimi was the essence of psychedelia.

By summer of 1967, Chandler figured America was ready for the Experience. A perfect opportunity was seized at the Monterey Pop Festival near San Francisco, the first "rock festival" and a celebration of the Summer of Love proclaimed by the hip and happening in California. The

Festival was a pastiche of colors, swirling in one giant acid trip. The setting was positively idyllic when the Who went on at dusk for their first major American performance. They tore through a set which left Jerry Garcia, who followed with the Grateful Dead, speechless. The Dead did their set and made way for the Experience. No one expected anything

a black artist in a white rock world flies from *Manic Depression*, and *I Don't Live Today*. Jimi did it all: some of the first heavy metal on *Purple Haze*, a spacey ballad, *The Wind Cries Mary*, funk on *Foxy Lady*, and the great march-time acid head freakout, *Are You Experienced?*

The album was a huge hit, but more than that, it completely changed the way

piece of work, but the best was yet to come.

Jimi had complete control for his next project. For the first time, he would produce and mix his own work. This was to be Jimi's ultimate artistic vision, a work that would encompass everything he had done before, then break down more musical barriers. In mid-1968, Jimi settled back in New York's Record Plant with the Experience, and musicians from all over the world. The result, released in fall of 1968, was one of the greatest rock 'n' roll recordings ever.

Electric Ladyland was the name of the double album. It culled all of Hendrix' diverse influences, and made them one aural statement. There was the most spectacular cover of a Dylan song in *All Along the Watchtower*. There was a cut of Delta blues, Earl King's *Come On*, and of unbridled punk-hippie energy, *Crosstown Traffic*. The album was the biggest success yet for Hendrix, and made him be appreciated as an artist on the level of Lennon and McCartney. Sadly, **Electric Ladyland** would be the last project Jimi would finish in his lifetime.

Jimi was spreading his wings in 1969, and part of his musical included dropping the Experience and experimenting with other musicians. Appropriately, the last live performance of the Experience ended in total chaos when the crowd at Mile High Stadium rushed the stage after being tear gassed by riot police. Shortly thereafter, Jimi was arrested in Toronto for possession of narcotics. While waiting to come on trial, Jimi formed a new, black band of two of his friends from the army, Billy Cox and Buddy Miles. Jimi also released a greatest hits compilation called **Smash Hits**, which only contained two songs not previously available in the U.S. He played exclusively rock festivals in 1969, averaging two a month during the summer. The crowning glory of all the concerts that Hendrix played that summer was the Woodstock Music and Art Fair, the most famous concert of all time. Jimi was booked to come on last to try to get patrons to hang around for the final day of the festival. By the time he came on stage, it was the Monday after the weekend during which the concert had taken place, and the majority of the incredible crowds that had attended had already left for home. At Woodstock's height, there were more than 400,000 people; by the time Jimi came on, there were about 15,000 left.

Jimi confessed in his trial on drug charges to using drugs in the past, and was found not guilty. Elated, Jimi grouped with Miles and Cox, and, under the name Band of Gypsies, gave a New Year's Eve concert in New York. The concert was recorded for release the next year as the live album **Band of Gypsies**.

In 1970, Jimi recorded with dozens of different musicians, producing dozens of unfinished projects. He continued to tour the festival circuit, and re-enlisted Mitch Mitchell as his drummer, ending the Band of Gypsies. After appearing at the Isle of Wight Pop Festival in England, Jimi decided to take some time to complete what he called his "musical autobiography" and explore the field of jazz-fusion music. He never had the chance.

On September 18, 1970, Jimi Hendrix died in his London apartment. Official cause of death was listed as "inhalation of vomit due to barbiturate intoxication." If he had been placed in an upright position by his girlfriend, he would have lived. She didn't, and, as a result, the musical world lost one of its true geniuses.

There is no way to describe the feeling listening to a Jimi Hendrix record gives the listener, and I'm not even going to try it. Just don't think of the music as being technically dated or "old". Go into it with an open mind, and I'm sure you'll find yourself enraptured with the incredible talents of rock's greatest guitarist and one of the greatest musicians of the Twentieth Century. There may yet be hope for the french fry kid.



Jimi shows his true musical gift in one of his legendary performances.

rivaling the intensity of the Who's set, but Jimi blew them away. Ripping through *Wild Thing* and Dylan's *Like a Rolling Stone* Hendrix flattened the audience. For a finale, and perhaps to show up the Who's destruction of their equipment on stage, Jimi set his guitar on fire, urging it on like some demented witch doctor, and finally smashing it and throwing it into the stunned audience. They had been Experienced.

The debut album was **Are You Experienced?**, and it spread the genius of Jimi Hendrix across mainstream America. It was a daring album, using the revolutionary wah-wah effect and waves of feedback to take the listener on Jimi's wild psychedelic roller coaster through the future. On the surface, the album was enjoyable enough, but lurking below were songs of confusion, danger, depression, and being outcast. His torment over being

the guitar was played. Jimi was like nothing else that had ever happened before, and from the release of his first record, he was the standard by which all other guitarists are judged.

By early 1968, Jimi Hendrix was the hottest performer around. He moved into a house once owned by classical composer Handel, where he would write for his new album. He had just come off a tour of the U.S. with, of all people, the Monkees, proving that he was even better live than on record. His follow-up **Axis: Bold As Love**, was not the great success that his debut was, but it showed Jimi's maturation as a songwriter, and a growing confidence in his voice. Indeed, Hendrix was branching out into new and strange areas of music. He played jazz on *Up From the Skies*, and what can now be called punk on his statement of defiance, *If 6 Was 9*. This was an undeniably great




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Ups and downs of '87

by Ed Coronel

Just to get 1988 on the right foot, let's take a quick jog through memory lane of 1987 and look at these dubious events that affected our lives.

Unforgettably, President Ronald Reagan and Soviet head of State Mikhail Gorbachev signed a treaty to ban medium and shorter-range nuclear missiles from Europe and Asia.

There were other endless numbers of great feats and miracles such as the 200 anniversary of the birth (as well as evolution) of the United States Constitution, and 18-month-old Jessica McClure held for two and a half days until rescuers succeeded in freeing her from a well in Midland, Texas. And four-year-old Cecilia Cichan was the only one out of 154 passengers and crew members that survived a Northwest Airline crash during takeoff in Detroit.

Just to name more feats of fortune **The Wheel of Fortune** became the most popular game show while **Moonlighting** became the top rating and favorite show (according to a recent Nielsen ratings), and finally, U2's sixth album **The Joshua Tree** hit number one in April.

1987 presented us with downfalls as well. First of all the Dow Jones Industrial Average dropped a record 508 points (that's \$500 billion, equivalent to all the gold held by all the governments and their banks). Needless to say there was the downfall of PTL members Jim and Tammy Faye Bakker, as well as the Democratic candidate Gary Hart (who later in the year announced he is still going to run several months after declining).

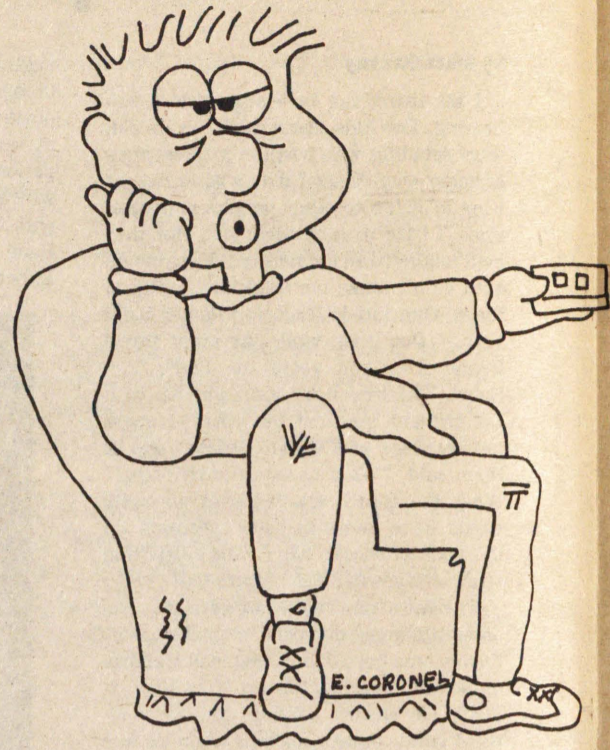
Many others took a dive such as Supreme Court nominee Robert Bork, who was rejected by Joe Biden and 57 other senators; Joe Biden, the second Democrat candidate to drop out of the campaign; and finally Douglas Ginsburg, Supreme Court "contestant" number two who admitted to the use of marijuana and then after 15 minutes of fame, his nomination went up in smoke.

Grim realities of yester-year cast shadows over this new year as well. For instance child abuse is still an on-going problem. Six year old Lisa Steinberg was abused and killed by her father Joel Steinberg (a criminal lawyer) and his companion Nussbaum (a writer of children's books). According to TIME magazine child abuse and deaths caused by parents increase 38 percent every year.

Other serious problems include the crisis in the Persian Gulf and the Iran-contra scandal which still overlaps into the 1988 year, as well as the AIDS epidemic.

Though 1987 presented downfalls, successes, and grim realities, it is best to take time out and give thought to those who we left behind in that year. Of those who passed away were people such as Andy Warhol, Jackie (How sweet it is) Gleason, Clara (Where's the beef?) Peller, William Casey, and not forgetting Harold Washington, Liberace, Fred Astaire, Missy McAllister, and Sharon Bokker.

Taking a forward march into 1988 may bring scary thoughts of what could occur in the future—good or bad. But there is always hope to rely on.



Battery opera

by Julie Pollastrini

Buying just the right gift for someone other than yourself isn't easy. This is why so many gifts are returned or exchanged, especially around Christmas. This is the time when everyone receives a gift or two. The most famous return day of the year is December 26th, the day after Christmas. Many sales begin on this day. Stores are mobbed with people. The longer you wait to return or exchange a gift, the greater the risk you run of the item being sold out or possibly discontinued.

Christmas is the time of year for the children. Christmas is always associated with children, and children are associated with ...of course TOYS. The toy stores get hit the hardest at this time of year. Toys R Us is the number one leading toy store in the nation. They are usually busy all year round. The second leading toy store in the nation is Child World. Not too many people know this. Business generally is steady all year round, with the exception of November through January. This is when most of the profits are raked in. With every miracle comes a consequence. The day after Christmas nobody is satisfied, and massive groups of people seek revenge on stores.

All kinds of people return all different kinds of items, from \$1.99 matchbox cars to \$199.99 train sets. Some people return up to \$250 dollars worth of small items. Customers come pouring in with bags of merchandise to be exchanged every day at this time of year. Whether you paid by check or cash, have

Holiday snack countdown

by Yvonne Schlotzer

The holidays are often characterized by the foods that they come with. Over the years, Christmas break has come to symbolize a time for snacking. Snacking to fight off boredom, snacking at parties, snacking in front of the T.V... the list goes on and on. What were this season's most popular snack foods? Well...

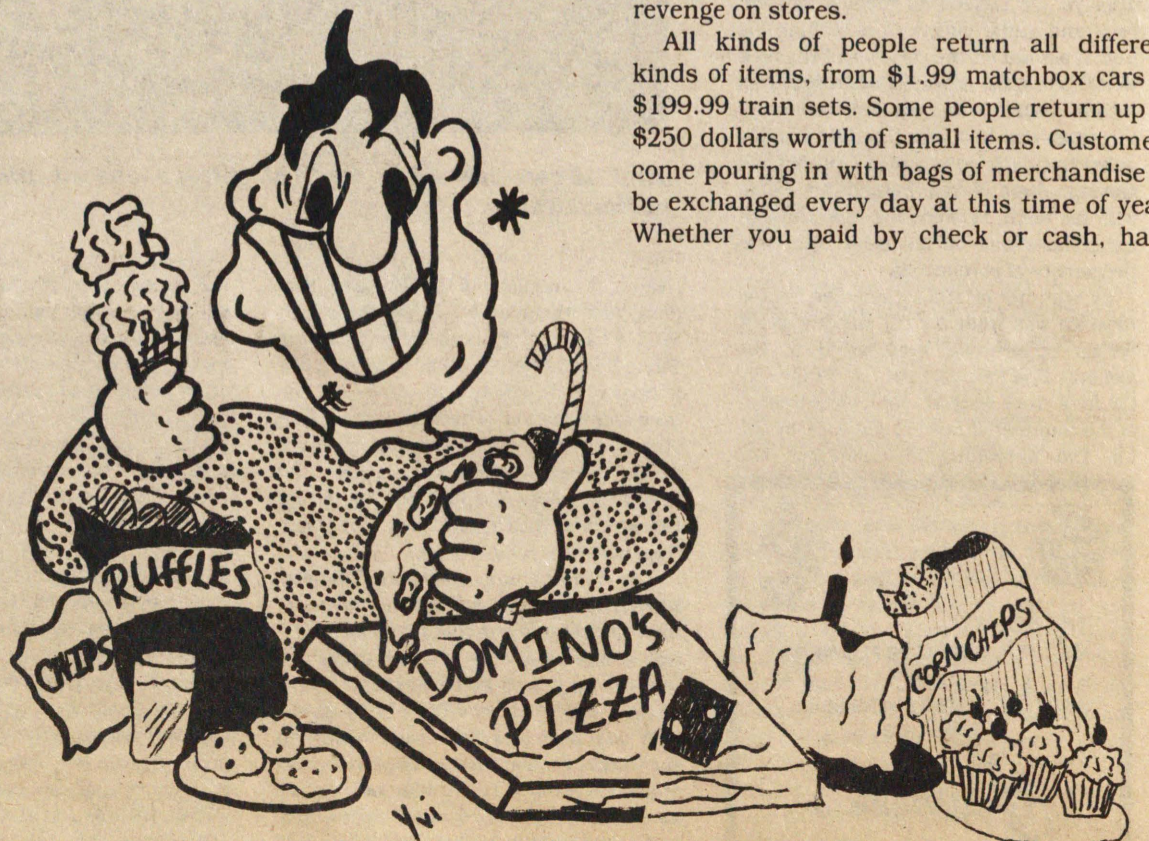
Number one is most definitely Christmas cookies, for obvious reasons. It seems that they were the most accessible of all the snack possibilities. Christmas cookies in any shape and form were present in the households of most West Chicago students this year. Junior Jeff York sums it up "whenever I passed the cookie jar, I just grabbed some..."

Candy was number two on the list. Whether it be chocolate, Hershey's Kisses or the ever popular M&M's, most of the people indicated that they had some form of candy during break, even if it was not their number one choice.

Surprisingly, number three turned out to be pizza. The people who got together for parties on New Year's Eve emphasized that a lot of pizza was ordered.

Potato chips came in as a close number four, probably because they fit right in alongside the pizza on New Year's Eve. When asked what kind of chips she preferred, sophomore Randa Bascharon replied, "Cheez-its, I was getting tired of Frito Lay."

The most intriguing response given as to a favorite snack food over the holidays was a response given by junior, Jenny Powers, proud owner of a new set of braces, Powers exclaimed, "mashed potatoes!!"



Keeping an eye on T.V.

by Kelli Meza

Television is one of our most popular sources of entertainment. During the holidays especially, we may be inclined to watch more television than ever. However, we don't only watch television for entertainment. When there is nothing to do we watch television. To some, television is a pleasant alternative to reading.

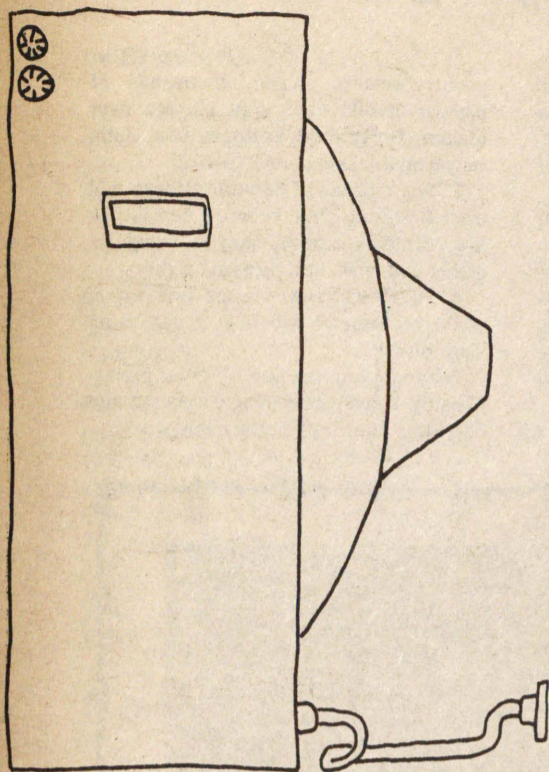
When asking students about their television-watching habits, I found some interesting information. On the average, the students I questioned watched about nine and one-half hours of television per week. The time when most kids watch television is on weekday evenings, watching popular sitcoms. The most popular of these evening programs are the comedies, "Family Ties," "Growing Pains" and the ever desirable "Who's the Boss?" Of course the football games are taking no backseats to these programs. I found that the Bears' games and Monday Night Football are just as popular, among both guys and girls.

Although most teenagers enjoy spending an hour or two in front of the family set, we seldom think of the damage it may be doing to our eyes. Watching just one hour of television puts as much strain on our eyes as watching a two to a two and one-half hour movie in a theater. This is because more thought to imagery, color, and the sharpness

of the picture goes into the making of a movie. Extensive television viewing fatigues our eyes to the point that our vision may begin to blur and over years may hasten the loss of vision.

When watching TV there are some guidelines to follow that will help to decrease the amount of strain on our eyes. The fact that many of our television programs are on at night may mean that we are watching television in the dark. This should definitely be avoided. Keep at least one light on, even if it is only in an adjacent room. This reduces the amount of strain that is put on the eyes to make out the picture. Where you sit is also important. You should be at least six feet away from the television when viewing, eight being the ideal. This is because some sets, particularly color ones, give off low-level radiation which may be damaging to the eyes. Lastly, try to limit your television viewing to during the day as much as possible, and view no more than one hour at a time. If you watch television early and in controlled amounts the strain on your eyes is lessened considerably.

With these things kept in mind when watching television, we can still watch our favorite programs and not have to worry about our eyesight. Television may be one of our major sources of entertainment, but let's not compromise our eyesight in the bargain.



erated returns

your receipt or not, the two weeks after Christmas you can return the item(s) for a full refund at Child World.

Last year lines of people could be found running outside the doors of the Child World in Bloomingdale. This year the lines were still here, but not nearly as long as last year.

Why aren't people exchanging gifts this year? What caused this sudden downfall in returns? Employees who work at this store felt that the customers were simply better prepared this year. Many bought toys, took them home and made sure they worked. When they realized the toy was defective, they exchanged it. Others returned items because they had better communication with family members. Once they realized that "Grandma bought the same toy for Joey" they exchanged the toy for something else. Returns really began this year for Child World approximately the first week of December this year.

Don't get the wrong idea. There were plenty of disappointed children Christmas morning. Hundreds of remote control cars and talking dolls brought sadness instead of joy to many young faces. Not every customer was able to anticipate every possible problem. Some toys simply have a history of not doing what they are supposed to do. Basically, any toy with the exception of the ones whose only function is to be loved by a child, will run the risk of "malfunction" any time of the year.

Inexpensive cure for post X-mas boredom

by Yvonne Schlotzer

With the holidays behind us, many of us are now feeling the effects of the spending that we did over break. Many people have a few less coins jingling in their pockets these days. Less money can often mean less opportunities to go out and have fun. Fortunately, there are a few places that offer different forms of entertainment for less money.

A lot of people have been rediscovering the game of bowling. Bowling Green, located on Roosevelt Rd. charges \$1.75 per person per

game. There is also a 75¢ charge for shoe rental, but each additional game that you play does not require the shoe rental charge. Bowling Green offers a special deal on Saturdays. From 1-3pm, two hours of bowling time for an unlimited number of people costs \$12. Gala Lanes located on North Avenue charges \$1.90 per game and an additional 75¢ for shoe rental.

If skiings your thing, why not try Herrick lake's inexpensive cross country ski rental. Two hours of skiing costs \$6. Herrick lake is on Butterfield Rd. next to the Arrowhead Country Club.

Villa Olivia offers ten hours of downhill skiing on weekends for \$17.50. The hill opens at 9a.m. and there is night skiing until 11p.m.

Instead of paying the outrageous price of \$5.50 to see a movie at the mall, why not try seeing it at Ogden 6 on Ogden Rd. in Naperville. The price is \$1.25 for all features at all times.

So you don't have to be a couch potato just because you don't have a lot of money. A night of bowling or a couple of hours skiing can be inexpensive, and fun, they can also add life to the dull winter days to come.

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Psychics foretell all for 1988

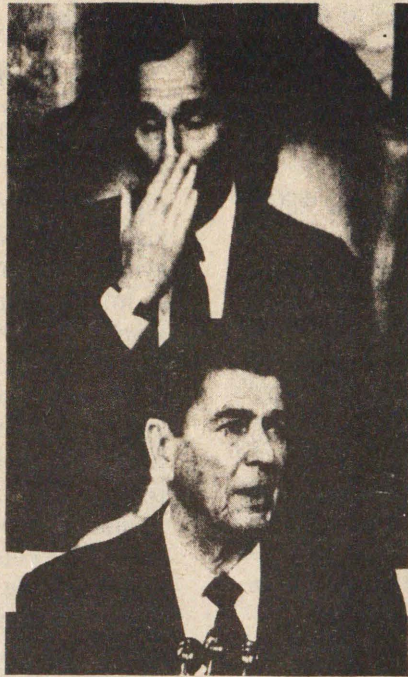
by Andy Behrens

As most wealthy, highly-influential papers do, the **Bridge** has its own panel of psychics who get together, smoke some cigars, and predict the future. These are some of the predictions that they guarantee for 1988. They say that they're "just really, really, sure about these. No doubt. It's all very cosmic. Trust us." Well that was good enough for everyone. Here are the predictions that they're so proud of:

1. It will become very fashionable among bald, American men to spread Chia seeds on their heads, water them, and grow green afros.



2. Due to an embarrassing typing error, President Reagan's image is ruined during the final weeks of his administration when a headline in **USA Today** reads "Reagan Gives Aids to Contras."



Bad year for Mr. Excitement?

3. Thousands of fat people all over Europe and the U.S. will lose great deals of weight on the Ozzy Osbourne diet, consisting mostly of cats and other small animals.

4. Sylvester Stallone will spend much of the year recovering from a sex change operation in the Bahamas with his love-slave, Danny Devito.

5. Tennessee Tuxedo and his walrus pal Chumley will quickly rise through the ranks of the World Wrestling Federation to win the tag-team championship.

6. Because their first love was always

country/western music, thousands of popular music stars will change over making **Hollywood Squares** host John Davidson the king of rock 'n' roll.

7. The citizens of **Sesame Street** will evict Bert and Ernie because Bert is yellow, Ernie is orange, they're living together and, well, that just isn't right.

8. Mr. T will stop scaring hell out of white people and will host a gardening show on PBS.

For some fun, try posting these predictions up on your refrigerator at home and checking them off as they happen.



Eric Roberg and Lisa Chung walk down the isle at the mock wedding.



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Secret of wrestling revealed

by Brenda Shockey

Do wrestling matches scare you with all those strange moves, the wrestlers' look of pain, and the mysterious appearance of points on the scoreboard? Where do they come from? I too, found the matches intimidating. The rules and scoring can be rather confusing to new fans. Seeking assistance from the wrestlers themselves, I have begun to unravel the mystery.

For a varsity dual meet (two schools), each school has one wrestler per weight class (98, 105, 112, 119, 126, 138, 145, 155, 167, 185 lbs. & heavyweight). Each wrestler's match consists of three two-minute periods. The first period begins in the neutral position; the wrestlers stand

facing each other. The second period, however, begins with a predetermined wrestler choosing to be up, down, in neutral position, or he may defer to his opponent who must then choose. The third no deferring. In the up and down positions; the bottom wrestler is on his hands and knees, while the top wrestler may not touch him until the referee signals him on.

During the periods, wrestlers take-down, escape, reverse, come close to pinning and sometimes pin. A *takedown* is when one wrestler takes his opponent from standing to the mat, gaining complete control of him. This move scores two points. For an *escape*, the bottom wrestler must get out of the top wrestler's control when wrestling on the mat. An

escape earns one point, while a reversal is awarded two. A *reversal* occurs when the bottom wrestler manages to gain control of the top wrestler if they are both on the mat. To score a *near fall*, one wrestler holds one of the opponent's shoulders or scapulae (shoulder blades) to the mat and the other shoulder or scapula less than a 45 degree angle from the mat. There are two ways to win a match before the end of the third period. A *pin* is awarded if the top wrestler successfully holds both his opponents shoulders or scapulae to the mat for two seconds. A pin terminates the match regardless of score or time. The second way to win a match early is when a wrestler has gained a 15 point advantage over his opponent. This is called a *technical fall*.

The school accumulating the most points wins. These points are also added in a variety of ways. If the six minute match ends in a tie, two points are awarded to each team. Three points are awarded for a decision (1-7 point match advantage), four points for a major decision (8-11 point match advantage), and five points for a superior decision (12-14 point match advantage). A pin, technical fall, or a forfeit each score six points.

Now, hopefully there will be no problems finding your way to Bishop Gymnasium tonight at 6:30 to watch the Wildcats wrestle the Glenbard North Panthers and put this newly acquired knowledge to use.

Good attitude in wrestlers

by Betty Nordengren

This year's Wildcat wrestling team has had its share of difficulties but the wrestlers still maintain a good attitude.

According to Coach Hein, "The basic problem this year is that the varsity is

Hein.

The team practices every weeknight where they drill and work on wrestling techniques. Two days a week wrestlers get a chance to challenge varsity members for a spot in the varsity line up.

With a current record of 3-10 overall,

"When we go into a meet, we know we're a young team, but we feel we can win, and we still wrestle to win."

Oscar Marmalejo

made up mostly of sophomores. We need more of a junior/senior combination. It makes it awfully tough, because there weren't a lot of seniors that came out, and many quit. It doesn't leave us much experience and leadership."

A pleasant surprise this year was sophomore John Jakowbowski. With a 19-4 record, he's become a strength for the team. Dan Peterson is another varsity newcomer, who's record has contributed to the Wildcat effort. Returning lettermen, Hector Gomez, Rich Bosh, Joe Oliver, and co-captains, Oscar Marmalejo and Dave Andrews continue to provide exciting matches as well as Alec Yepiz and Bill

the team keeps a good attitude. Oscar Marmalejo commented, "When we go into a meet, we know we're a young team, but we feel we can win, and we still wrestle to win."

The team will be wrestling against Glenbard North, Friday in the Bishop Gym at 6:30, and also at home against Naperville North at 1:30 p.m. on Saturday.

Fun is the name of the game

by Sharon Volenec

"I guess the whole idea is to just have fun and enjoy yourself," said Dave Worthy, a 1985 graduate of West Chicago Community High School.

When Worthy was at WCCHS he played baseball, golf, and wrestled. Worthy is attending Eastern Illinois University. Although he is already a junior at Eastern, Worthy has never tried out for any of the teams there. He is, however, participating in wrestling and softball as part of an intramural sports program.

"I have been to a few wrestling meets at West Chicago this season," Worthy said, "and I feel as none of the wrestlers have had enough conditioning." Worthy says that for all sports there should be

some kind of plan so that the athletes can all be in good shape.

Worthy also said that maybe the coaches should set up some kind of weight-training plan for the athletes in the off season. "That way, the athletes will be built up for whatever sport they may decide to try out for," said Worthy.

"...for all sports there should be some kind of plan so that the athletes can all be in good shape."

Off-season competition is also another factor that Worthy says can help an athlete. "You can have a lot of fun," Worthy said, "but also be ready for when you have to compete for the real thing."

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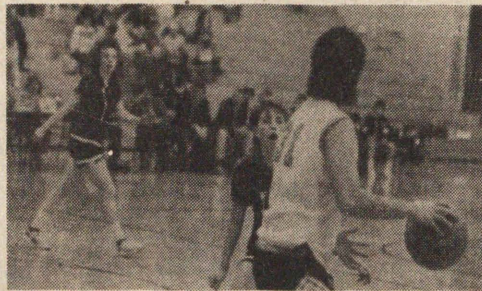
(Photo taken by Ismael Rios)

Teresa Berry and Michelle Lubinski fight for the offensive rebound in the Lady Wildcat championship game against Romeoville.

Pack the place

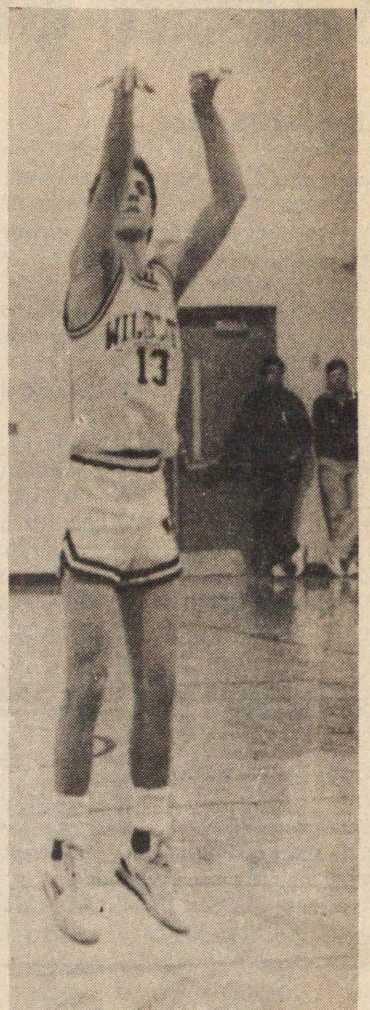
by Brenda Shockey

Ever wondered how many people it would take to fill the bleachers of Bishop Gym? "Pack the Place" nights are being sponsored by the Illinois High School Association to promote winter sports programs. The IHSA is asking fans to pack Thursday, January 14, for the Lady Wildcat basketball game against Wheaton North and Friday, January 29, for the West Chicago boys basketball game also against Wheaton North. A letterman of any sport will be admitted free with evidence of the letter. Members of junior high basketball teams will be admitted free as well. Their guests will be admitted for half price.



Michelle Burandt and Teresa Berry apply pressure on Romeoville's guard."

Rory Gallagher shows the finesse of free throw shooting. (above right)



(Photo taken by Ismael Rios)

IMAGES



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Jock Shorts Fitness Facts

by Brenda Shockey

Student-athletes tend to have higher grades and better attendance than non-athletes according to the Minnesota State High School League. (This was determined from a survey involving over 300 schools in the state of Minnesota.) On a 4.0 scale, the average student had a grade point average of 2.68, while the student-athletes' average was 2.84.

How did you do on your physical fitness tests? Our youth are not very fit from the results of a nationwide survey conducted by the Institute for Social Research at the University of Michigan. It was discovered that...

...forty percent of all boys ages 6-12 and 70 percent of all girls tested could not do more than one pull-up.

...girls in their early teens were significantly slower in the 50-yard dash than girls of that age were in 1975.

...an alarming 50 percent of girls 6-17 and 30 percent of boys ages 6-12 could not run a mile in less than 10 minutes.

We-go grad only a pitcher

by Lisa Gorvett

"It's a step up. The people are good at it and that's why they're out there playing," explains former West Chicago student Al Steuer about the difference between college and high school sports.

Steuer, a 1986 graduate, is currently a sophomore at Knox College in Galesburg, Illinois, where he is involved in both football and baseball.

Playing inside linebacker for the college, Steuer helped the team to a 6-3 season this year leaving Steuer feeling that they will be able to go much farther next year. He feels that playing a game against a college team instead of high school is much different because not only is the team "bigger and stronger they're cut out to play and they're serious about

it."

Steuer is "only a pitcher" on the college baseball team yet he's already looking forward to the upcoming season which will start practice within the next six weeks. Steuer says the coach is "easier on us, we don't do a lot of running and everyone gets to participate. But their effort pays off and last season they finished second in conference and now Steuer feels they can easily win conference in the upcoming season.

Baseball players in college "hit better and are more confident" according to Steuer.

Steuer played football, basketball, and baseball when he attended WCCHS, but now he thinks it's much more "real and serious" in college.

Wildcat sports schedule

Girls' Basketball

January

16	Sat	Glenbard South	JV/V	A	1:30
21	Thu	Glenbard East	JV/V	H	6:30
23	Sat	Wheaton Central	JV/V	A	1:30
28	Thu	Glenbard North	JV/V	H	6
30	Sat	Naperville Central	JV/V		1:30

February

4	Thu	Naperville North	JV/V	A	6
8	Mon	Regional Tournament-starts	TBA	TBA	
11	Thu	Regional Tournament-ends	TBA	TBA	

Boys' Swimming

January

21	Thu	Elgin	JV/V	H	5
26	Tue	ILL Math & Science; West Aurora	JV/V	A	5
30	Sat	Naperville Central INV at NN (Diving)	V	A	9:30
30	Sat	Naperville Central INV at NN (Swimming)	V	A	1

February

2	Tue	Larkin	JV/V	H	5
5		Waubonsie Valley INV (Diving)	V	A	5
6		Waubonsie Valley INV (Swimming)	V	A	1
9	Tue	Streamwood	JV/V	A	5
11	Thu	Benet	JV/V	H	5

Boys' Basketball

January

15	Fri	Glenbard North	JV	A	6
15	Fri	Glenbard North	V	A	7:30
22	Fri	Naperville Central	JV	H	6
22	Fri	Naperville Central	V	H	7:30
29	Fri	Wheaton North	JV	H	6
29	Fri	Wheaton North	V	H	7:30
30	Sat	Naperville North	JV	A	6
30	Sat	Naperville North	V	A	7:30

February

5	Fri	Glenbard South	JV	A	6
5	Fri	Glenbard South	V	A	7:30
6	Sat	Glenbard East	JV	A	6
6	Sat	Glenbard East	V	A	7:30

Wrestling

January

15	Fri.	Glenbard North	V/JV	H	6:30
16	Sat.	Naperville North	V/VJ	H	1:30
16	Sat.	Hinsdale South Tourn.	JV	A	9 a.m.
22	Fri.	Naperville Central	V/JV	A	6:30
23	Sat.	Romeoville	V	A	TBA
23	Sat.	DVC Invit.	JV	H	9:30
29	Fri.	DVC Varsity Tourn.	V	A	6:30
30	Sat.	DVC Varsity Tourn.	V	A	12:30