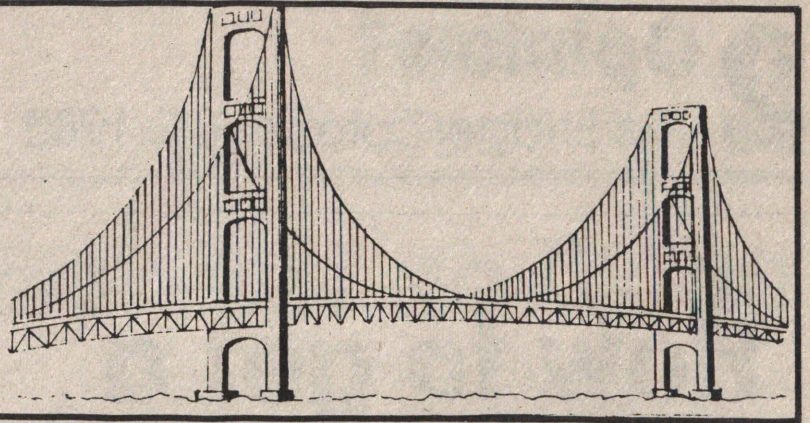


The Bridge

West Chicago Community High School
326 Joliet St. West Chicago, IL. 60185
Volume 18 Number 3
October 31, 1988



Accident claims life of WCCHS student

by Dana Netzel

WCCHS senior Corey Malcolm recently died in a motorcycle accident. The driver of the motorcycle, WCCHS senior Erik Roberg suffered leg injuries and was charged with driving under the influence.

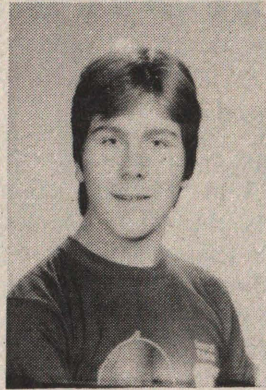
According to reports, the motorcycle was travelling northbound on Indian Knoll Road just south of Hawthorne Lane, when Roberg lost control on a left hand bend in the road and hit a tree at 1N611 Indian Knoll Road.

The accident occurred at 11:13 p.m. on Sunday, November 9. Malcolm suffered massive head and internal injuries and

was pronounced dead at the scene according to a press release from the DuPage County Sheriff's office. Roberg was taken to Central DuPage Hospital and listed in fair condition.

'...everybody liked him'

Malcolm was born February 2, 1971 in St. Charles, and lived in West Chicago all of his life. He participated in baseball his freshman year, and was recently employed as a porter at Crossroads Chevrolet Buick in West Chicago. Andy Smith, a co-worker and friend said, "He was a good worker and everybody like him and got



Corey Malcolm picture from 1986 yearbook.

along with him." Smith also said that Malcolm was attending construction trades at DAVEA.

WCCHS developed a "crisis intervention team" last year. The team consists of two teachers, a counselor, a social worker and the principal. The team met and discussed the accident and decided to send a letter to the teachers informing them of Malcolm's death. The team also met with the teachers to give them suggestions on how to cope with the loss of a student.

According to the Sheriff's office, an investigation of the accident is still in process, and additional charges may be filed. A court date is set for November 16.

Hearing and visually impaired share WCCHS facility

by Lori Schuermann

This year the Board of Education has approved the Philip J. Rock Center and School for the Hearing and Visually Impaired to lease a room from WCCHS for the 1988-89 school year.

Jan Mulgueney is in charge of this program which will enable the students to survive in a normal environment and help them lead a productive life. The students are located down the Industrial Arts Hall. Currently there are approximately five to six students, two teachers and two aides.

When asked what is hoped to be accomplished, Superintendent, Richard Kamm replied, "I feel strongly that this is an obligation to do our part to help out the handicapped but also all students who will be affected by this. This is a contribution to the handicapped and all those who work here will benefit in the long run. This is one of many ways to progress in the attitude towards the handicapped." He said that he's very confident that the students at WCCHS will deal with these new people in a very positive manner and that the students now are more under-

standing and considerate.

The deaf and blind have the opportunity to be in a normal high school environment, get out into the community and deal with people who don't have such problems, and enable them to be in the stores. The students at WCCHS will be exposed to other people unlike them and will be aware that there are people out there with handicaps.

It is not known at this point whether or not this will continue. All depends on how things go this year and whether or not there is room.

WCCHS increases scores

by Michelle Rittorno

The ACT test consists of testing separately on four specific subjects. WCCHS students averaged 21.1 for math; 19.3 for English; 20.1 for social studies; and 23.4 for science. The females in WCCHS scored higher in English where as the males have a higher composite average. The results show that the males have a composite of 19.6 to the females of an average of 19.0.

District 94's Superintendent Richard Kamm mentioned one reason that has

helped the improvement. "Students are taking more math, science, and English courses."

West Chicago Community High School's average ACT scores have increased steadily for the past five years. In 1987-88 fewer students took the ACT test but received two points higher than national and state averages.

The average of WCCHS in 1987-88 was a composite score of 21.1. Increasing .2 from the previous year. WCCHS was higher than state and national but slightly lower than the Wheaton schools. Wheaton Central High School last year had a composite of 22.3 along with Wheaton North High School having a composite of 21.9.

Students cast ballots

by Jane Ebenroth and Ann Burke

Did you know that 80% of all eligible voters under 30 did not vote in the last election? And did you know that the last two presidents were elected by only 25% and 26% respectively of all eligible voters? As a matter of fact, the United States has the lowest voter turnout of any nation in the world.

For this reason Student Council is holding a mock election (for all high school students) on November 2 during all lunches in the commons area. An I.D. is required to vote. This is the largest voter education project ever, sponsored by the National Student/Parent Mock Election.

The purpose of the election is to encourage greater interest and involvement in the political process and to heighten civic responsibility. On November 3 election results from the mock elections across the 50 states will be broadcasted live by satellite on C-SPAN, the National Cable Network.

Suspense in fall play

Agatha Christie's *Ten Little Indians* will be performed in the WCCHS Weyrauch auditorium November 3, 4 and 5. Tickets cost \$3 for adults and \$2 for students.

Diane Madden, one of ten characters in the play said, "The play is a murder mystery full of suspense which takes place on Indian Island all over one weekend."

Members of the cast are: Gregg Lemkau as Judge Lawrence Wargrave; Lisa Childs as Vera Claythorne; Steve Yuroff as Philip Lombard; Andrea Miller as Wilhemina Blore; Peggy Osterman as Dr. Armstrong; Diane Madden as Emily Brent; Chris Seper as General McKenzie; Matt Moran as Anthony Marston; Andy Runyan as Mr. Rogers; Janelle Austen as Mrs. Rogers; and Jeff Manning as Fred Narracott.

Fall sports award night scheduled

The fall sports award night will be held November 8 at 7:30 p.m. At this program certain athletes will be recognized and all the athletes will receive their letter awards.

Inkspots

Craft show comes to We-go

West Chicago, Winfield, Wildcat Booster Club is sponsoring a holiday arts and crafts show. It will be at WCCHS from 9 a.m. to 4 p.m. on Saturday, November 5.

Bridge rates highest

The **Bridge** has earned national recognition for its journalistic excellence. The Columbia Scholastic Press Association (CSPA) recently awarded the WCCHS student newspaper a Medalist award, the highest rating possible.

The **Bridge**, a four-time Medalist winner, was also given All-Columbian honors for special merit in writing, editing, and business practices. CSPA evaluates publications from throughout the nation.

The judges commented, "The **Bridge** prints stories that are important to the students of WCCHS. The entire school community is considered. The **Bridge** is bright, perky, and lively. The reader wants to open its pages and see what is inside."

Schub performs at Fermilab

Martin Schub, a pianist, will be performing live at Fermilab Auditorium on Friday, November 4 at 8 p.m. Schub will be performing as an accompanist to **Safety Last**, Harold Lloyd's 1923 silent film. Admission will be \$2 for adults and 50 cents for children. For further information call 840-3353.

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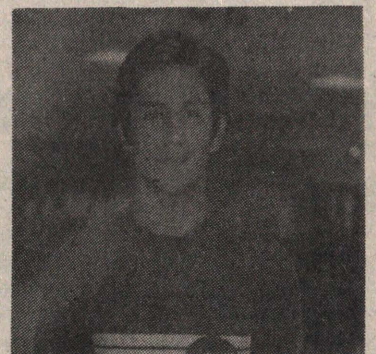


Photo-opinion

Sports p. 8

How to get a parking sticker

Recently, we, the editors of the **Bridge**, received a letter from some rather irate juniors complaining that the distribution of parking stickers was not handled fairly this year. The letter, printed below, states that they were told that no stickers would be issued to any juniors, but later found out that certain juniors got stickers. We feel that this has been a subject of much controversy and the facts need to be revealed.

There are certainly more than just these five juniors that are confused by the situation regarding parking stickers. We would like to clear up a few misconceptions that the writers of the letter, and probably others as well, have had. Stickers are available, by school policy stated clearly in the student handbook, to students on a need priority basis. The first people considered are the students in the work-study program. They all get their stickers automatically. Some of them are juniors as well as seniors. Second considered are the seniors with off-campus privileges. Lastly are the students with special needs which are determined by Steven Kimery, Dean of Students. There are approximately 130 parking places for students to use. About 127 stickers have been given out, but that doesn't mean you can't still get one.

Some students are just now applying for stickers. Whether they are late or just forgot, they now need stickers to avoid getting into trouble with the office. They can get application sheets from Mr. Kimery before or after school in his office. They will be put on a secondary permit list, and some of them will be given stickers after the number of spaces usually left empty by absent students is assessed. There are almost always people who either can't drive a certain day or are sick. Kimery says that, "The intent of this method of distribution of stickers is to make it so all of the spaces are being used, but everyone who has a sticker has a place to park."

Don't drink and drive

Any unnecessary death of a young person reminds us of our frail balance of life and death. The recent loss of one of our Seniors struck the hearts of both students and faculty. Once again a life was cut short due to the improper use of alcohol.

Injury from alcohol-caused crashes is teenagers number one health problem today. Often young people who drink and drive cause the death themselves and others. Frequently enough the intoxicated driver of a vehicle survives the incident but must live with the murder of another human being the rest of his or her life. These are just a few reasons why Students Against Drunk Drivers was organ-

ized. SADD suggests that high school students everywhere can take the leadership role of their own alcohol-related deaths and injuries from drinking and driving if they are given the necessary information, inspiration and leadership.

There is no doubt in anyone's mind that the death and injury of the two youths in question could have been prevented. Being responsible and remembering to get a designated driver if you are going to drink are just a few important remedies to stay alive and well. It's not just your life that you destroy when alcohol takes control, everyone around must suffer after you are gone. Don't drink and drive.

Concerned SADD Students

Juniors want action

Dear Editors:

We would like to know why certain privileged juniors were allowed to receive parking permits, while it was made clear at the start of the year that stickers would not be available to juniors. On several occasions afterward, we approached members of the staff for parking permits and received the same answer. As of now, there are several available parking places in the back lots. However, they remain unused because we were told

disciplinary action would be taken if we were to park in those spaces. As a result, we must fight for spaces on the street, which are usually taken before 7:30. We believe the distribution of these permits was handled unfairly, and we would appreciate a positive response.

Sincerely,
Permitless Juniors:
David Smith, Julie McDole,
Diane Madden, Sara Rupp,
Peter Fikis

Reacting to Corey

All the statistics about young people who die in alcohol-related accidents reflect what happens in other schools in different cities. When it's a person from your P.E. class, however, or someone you walked past in the hall every day, he isn't a percentage of a percentage any more. Most of us are conditioned to hearing about that fraction of people our age who die drunk every year, so I'm not going to write in decimals. Regardless of how well you knew him, Corey Malcolm was a real person who died a very real, very tragic death.

He wasn't any further from or closer to perfection than the rest of us, so it isn't our place to judge his mistakes. If we can learn something, though, and take something positive away from an undeniably horrible situation, we should.

It doesn't take a great deal of time to understand how this could've happened. Even the strongest and the holliest people rarely go through life without drinking something reason tells them not to. Nobody's going to stop because they heard about two kids who were

"Corey Malcom was a real person who died a very real, very tragic death."

hurt by alcohol. Most people won't even think twice. If we're going to be kids who drink, however, let's at least be adults who don't then go out and drive. I don't plan on spending my life as a Puritan, but I also don't plan on being an idiot who risks his own life and the lives of others to get home a few hours earlier. Don't worry about being grounded this time; the alternatives can be slightly more permanent.

Suddenly it's a pretty confusing situation. Even when you're being irresponsible and immoral, you have to be responsible and practical. No one said you had to like it, but for your own sake, not just Corey's, learn to live with it.

Voter apathy ruins democracy

by Jim Hurlbert



As the political campaign comes to a close, the nation will once again have to face the problem of voter apathy. During the last presidential election, it was estimated that only 51 percent of the population over 18 had registered to vote. Out of this figure, only 98 percent did vote.

So it doesn't take any high level mathematics to see that this means that less than half the voting public was responsible for putting the leader of the free world into office. We like to think that we live in a country with a democratic form of government, but can you tell me how we can have a democracy in which the minority rules over the majority? The very definition of a democracy is a form of government in which the supreme power is vested by all of the people.

The way I see it, the only way we can hope to change this percentage is through

educating the public, and I think the best place to start is with the youth of America. They must be told that the real power behind the government is the people who support it, and the only way to support it is to vote for it. Maybe this year, things will be different and the public will wake up and begin to take an active role in our government, and maybe Gary Hart will become a priest. Yet if we are going to have the greatest good for the greatest number of people, the only way to do this is by having each person getting involved with the system.

The first step we should all try and take is to develop an interest in politics, to read the newspapers and follow up on what's happening in our own state and the national government. This is important in that the only way for people to make wise choices is if they stay well informed. Then, after you have made your choice, follow through on it. If you're old enough to vote, do so. If you're not, help support your decision by campaigning for it or by dropping a letter in the mailbox to let your choice know that you are standing behind them.

THE BRIDGE

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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.

Bravo for Concert Choir, but no Dylan

by Matt Szesny



After writing a review of a fairly obscure concert in Chicago in the last issue of the **Bridge**, I felt it my duty to narrow the focus a little bit, and attempt to absorb a little of the musical entertainment our very school has to

offer. It also wasn't going to cost anywhere near \$18.50 which was a great relief to my tortured wallet.

So imagine my joy when I was informed of our school's first musical event of the year, "A Fall Concert," featuring the String Orchestra, directed by Terence Ferro, Sophomore and Concert Choirs, Swing Choir, and Madrigals, all directed by Ronald Benner, and a "Soprano Solo," by Roxane Rose. Okay, so the title "A Fall Concert" won't move anyone to tears with its beauty, but it's practical and dispels a lot of confusion as to what season it is. If they really wanted to be zany, as I know all choir members are, they could throw the audience into true confusion by calling every performance this year "A Fall Concert." Anyway, onto the show.

Feeling very out of place, seated among a horde of barbarous parents, I settled into my luxurious Weyrauch Auditorium seat, very disappointed, incidentally, that Mrs. Sweder was not selling Chuckles or Goobers in the lobby. Soon, however, my attention was turned to the aisles, where the String Orchestra was parading in playing Beethoven's *Moonlight Sonata* and looking generally peeved at having to march through the auditorium.

The Strings marched up to the stage and took their seats, beginning the stationary portion of their performance with a scene straight out of the movie **Deliverance**, except of instead of *Dueling Banjos*, there were *Feudin' Fiddles*. I would have enjoyed *Battlin' Bassoons* or *Stompin' Sousaphones* more, but maybe that's just a personal preference. All in all, a good old foot-stomping, chaw-spitting time.

Concertmistress Andrea Miller then took center stage for Bela's *Son of the Plains*, and played excellently. Bravo. She then rejoined the Orchestra for a *Mexican Medley*, an odd choice for violin, but pleasant nonetheless.

'It's been a long time since I've seen a jaw drop as far as Miller's did.'

Miller took front and center again for *Mazurka*, conducting the piece while Director Terry Ferro played in her place. The Strings turned in an entertaining interpretation of a widely known piece of music, ending with Ferro dropping Miller's violin on the stage while getting up to conduct the final piece. It's been a long time since I've seen a jaw drop as far as Miller's did, and pained would be the only word to describe the expression on her face. But, hell, it makes for great theater.

For its last number, the Orchestra played Brahms' *Hungarian Dance No. 5*, finishing on a very definite high note for the evening.

After the Strings, no one knew quite what to expect, so I started the standard concert rumor that Bob Dylan was going to appear for the encore, sing a Marvin Hamlisch song, and leave. It seemed to alleviate a little of the tense anticipation in the crowd.

The Swing Choir performed next, singing and dancing and, oh, you know, just flat out boogying. No, seriously, they sang and strutted and generally looked an aw-

ful lot like Up With People. The Swingers sang a tune called *Showtime*, and sang it in what inexplicably sounded like a collective whisper. A tuneful whisper to be sure, but still. I also have no idea why all of the guys, though talented performers in their own right, looked suspiciously like valets. Maybe that's just the height of hip Swing Choir apparel in Paris or Milan this year, but if I were out there singing and dancing my ass off in front of not only my peers but also my peers' parents, I wouldn't want to have somebody ask me if I'd park their Town Car for five bucks.

After a long delay, the Sophomore Choir took the stage, and gave a very good rendition of *Dreams* by Spiveck; truly a good thing. What followed, though, rated even higher in my book, because, as I said before, I attended to be entertained, and the Sophomore Choir graciously obliged me with their second and final number, a truly bizarre, bebop-

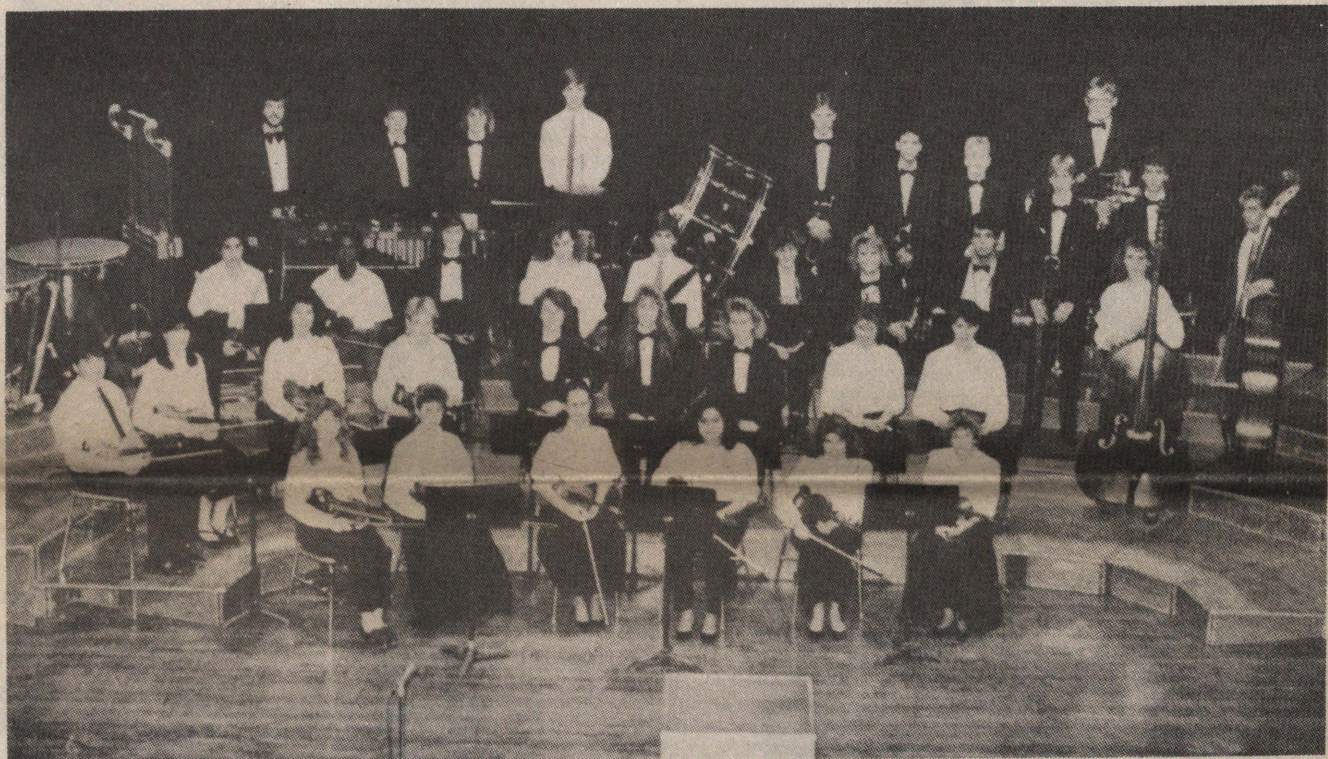
perfectly into the scheme of the choir show, which in the past has leaned more toward hymns and traditional arrangements, and to hear it sung so professionally. Another bravo.

guitar to create the night's best overall performance. It was good. Really good. Actually good enough to pay the two bucks just to see it.

The Sophomore Choir obliged with a truly bizarre version of that grade school favorite, *This Old Man*.

To wind up the show, the Concert Choir entered, and used all 57 of its lilting voices to put on a great finale. After two impressive hymns—*O Thou to Whose All Searching Sight* and *Blessed Be God*—the

So, no matter what your friends tell you about these musical events our alma mater stages, go to see the next one. It's at least as worthy of your cash as a home football game, and about twice as warm. I



Last year's Orchestra looking fine, but not quite as fine as the tremendously superior orchestra of this year.

neo-Andrews Sisters version of that grade-school favorite, *This Old Man*. Yeah, yeah, the one with "knick knack paddywack" and all that other stuff—that very song. Don't misunderstand me—the Choir's harmonies were impeccable, and they expertly sang a very difficult arrangement, but the choice of material was more than a little strange, and the arrangement sounded like a Mel Torme parody for groups. What's next? A punk *John Jacob Jingleheimer Schmidt*? A dance remix of *Puff the Magic Dragon*? I hope so, because I found this tune by far the evenings most entertaining performance. My opinion was supported by noted opera critic and We-Go senior Jeff York, who called *This Old Man* "stirring" and commented, "It made me dance. It was better than *Cats*," certainly no faint praise.

Next up in this vocal potpourri were the Madrigals. With their heads inexplicably bobbing and weaving like a sedated Michael Spinks, they sang a beautiful version of *All Ye Who Love Music*. It was very definitely a recital to be proud of.

Choir director Ronald Benner took the stage following Madrigals, sending a buzz through the crowd that perhaps he would do his sublime Slappy White impersonation, but no such luck. Benner had only come on to give the audience a little background on soloist Roxane Rose's choice of material, and alluded to a future performance that may feature synthesizers. In other words, We-Go taking a huge step into the present.

Rose then delivered a superb *Wishing You Were Somehow Here Again* from the current Andrew Lloyd Webber hit musical **Phantom of the Opera**. It was refreshing to hear a piece of modern music that fit

choir chose another piece from **Phantom of the Opera**, this time the title song, as its closing number. Robin Martin joined piano accompanist Debbie Paulsen on

was only really ticked about one thing, but I guess no matter how long I sat in the auditorium with my lighter raised, Dylan just wasn't going to come out. Oh well.

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The high price of being thin

by Shelia Hutchins

An abnormal lack of appetite where a person has constant loss of excessive weight. Anorexia nervosa, a refusal to eat that not only leads to extreme weight loss but hormonal disturbances, and even death. The illness affects mostly adolescent girls. It is generally treated as a disease but is a symptom of psychological problems closely related with the obsession of being thin. The symptoms, the treatment and long term prospects are misunderstood.

The illness usually starts with normal dieting to lose weight, the girl eats less and less each day. She gives different unsecure reasons for doing so. For example, her legs or arms seem too fat to her. The less she eats, the better she believes the outcome will be and the less she wants. Sometimes binges may come. She eats a large amount of food and then she vomits. In front of family, she may take the food and to throw it away claiming that she's eaten it. If her weight drops about 12 kilograms below normal that is a positive danger sign of anorexia nervosa. Amazingly, a girl who has anorexia nervosa is often abnormally energetic. She will always insist she feels fine but her skin may begin to look shallow and thin. She will eventually become obviously ill.

Anorexia nervosa fortunately is a rare disease. Many teenage girls go through dieting strictly but only a minority develops anorexia nervosa. Those who do, up to 15 percent die of starvation, or from infections caused by undernourishment. Or, dehydration caused by excessive use of laxatives which increases weight loss. The last alternative is suicide because of depression.

The only treatment is immediate hospitalization or effective counseling. A doctor can discuss the sickness with the patient and parent(s). Then, a suitable weight can be decided upon. The patient also can be given psychotherapy that will help the psychotherapist to get to the root of the problem.

For a year or two, after a girl who has had anorexia nervosa should visit her physician periodically. This is because many girls who seem to have recovered from the disease have further problems. The girl may seem embarrassed and ashamed of what she's done. Or, may develop anorexia nervosa once again. Although many parents assume that this disorder is a phase of adolescence, it should never be ignored and if symptoms become noticeable immediate actions should be taken.

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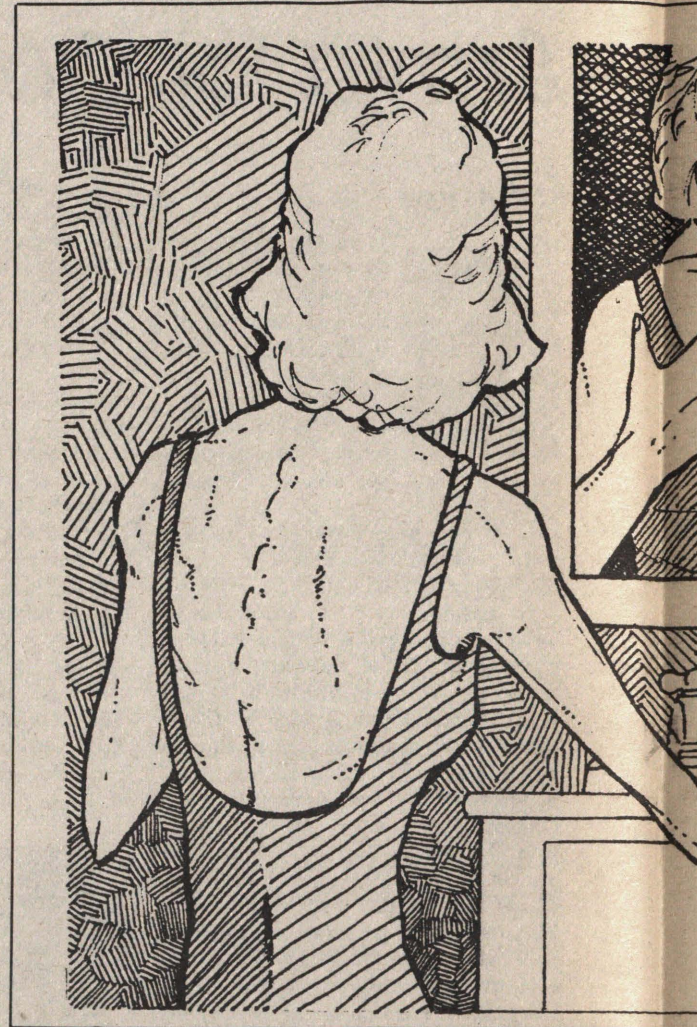
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The physical side of

by Teri Blum

The Mental side of anorexia is one aspect but the physical effects can and do a great amount of damage to the body. The skin, hair, teeth, and other areas show signs and symptoms of anorexia nervosa. Not all victims show signs but some may be more apparent than others.

The victim starts out wanting to lose a couple pounds than it becomes somewhat of an obsession, the refusal to eat may start the disease. The anorexic has a distorted view of their body image, they see themselves as fat even though they are actually very thin. Binge eating and induced vomiting may occur to hide their anorexia. When the victim does eat it may just be in very small portions to give the appearance that they are okay. When they do eat they believe that they will gain an excessive amount of weight because of it. The victim may also overuse laxatives to get the food out of their system faster.

The anorexic will go through a denial period where they deny themselves of food, and they convince themselves that they cannot be hungry. They will also abuse diet pills to sustain the energy that they are not

It can happen to

by David Smith

Some people go through great extremes to achieve physical beauty. Make-up, hairspray, exercise work-outs, weight lifting, and dieting are all used to improve ones outward appearance. But what if these attempts all fail? How far are people willing to go? When it comes to people with Anorexia, Nervosa, Bulimia, and other eating disorders, it has reached the extremes.

Effecting mostly the middle class, western, well fed parts of the world, these eating disorders are increasing at an alarming rate. Mainly, these diseases have been considered



D I S O R D E R S

of eating disorders

getting from food.

The victim of anorexia may also go through severe depression because they do not have a good self image. They have told themselves that they are overweight so often then they go through denial so they do not have to admit to themselves that they are an anorexic.

Some places greatly affected by anorexia are the body and the mouth and abdominal region. As a result of frequent vomiting the mouth may become very sore and swollen. The teeth are also affected because the enamel is taken away. Teeth are also affected by getting cavities easier and eventually the teeth erode away. Abdominal pain and constipation are also common symptoms. The inability to take in or hold fluids is the cause of constipation. Often abdominal pain is caused by hunger pains, normally the feeling of fullness is physical but with the anorexic the feeling is purely emotional, in turn that causes abdominal pain.

In the woman the absence of a menstrual cycle may result because of a lack of body fat, emotional or physical distress and a lack of physical exercise in which the body is unable to produce the proper hormones.

men with eating disorders may seem low, but this can be deceiving. It is believed many more are afflicted but do not admit it, and come forward. So, the true number of men with these diseases is virtually unknown.

The people Anorexia and Bulimia usually effect are those dissatisfied with their outward appearance. Bulimia is a disease where a person will eat food, then induce vomiting to relieve the food from their system. Anorexia is a more severe form of bulimia. People will usually go on food binges, eating everything in sight, feel guilty, then go induce vomiting. The number of deaths associated with these diseases is very high. As a

Bulimia

by Kelly Day

Bulimia is quickly becoming one of the highest rated eating disorders in America. It is defined as a series of binge (rapid consumption of large amounts of food in a discrete period of time) purge (to rid the body of self-induced vomiting or large doses of laxatives) cycles. The American Psychiatric Association's **Manual of Mental Disorders** lists an outline for the criteria of a bulimic patient:

- A. Recurrent episodes of binge eating.
- B. At least three of the following:
 - 1. Consumption of high caloric, easily digested food.
 - Inconspicuous eating during a binge.
 - Termination of such binges because of abdominal pain, sleep or self induced vomiting.
 - Repeated attempts to lose weight by severely restrictive diets or self-induced vomiting.
 - Frequently fluctuating weight greater than ten pounds.
- C. Awareness that the eating pattern is abnormal and fear of not being able to stop it voluntarily.
- D. Depressed mood and self-deprecating thoughts after such binges.
- E. The bulimic episodes are not due to anorexia nervosa or any known physical disorders.

Bulimia can be highly dangerous to it's victims health. It can cause psychological damage, yet it can also harbor many physical side effects, such as damage from self-induced vomiting, the use of laxatives and/or water pills and damage from the binge/purge cycle itself. If you or anyone you know exhibits the signs of bulimia, contact a physician or a local treatment center immediately.

Lifetime Prevalence of Other Psychiatric Disorders in 73 Bulimic Patients

Disorder	Number of cases	Percent
Anorexia Nervosa	25	34
Major Depression	49	66
Bipolar Disorder	10	14
Alcohol Abuse	20	27
Panic Disorder	30	41
Agoraphobia	11	15
Obsessive-Compulsive Disorder	23	31
Kleptomania	23	31
All Other Forms of Drug Abuse	10	14
Personality Disorders of All Types	11	15
Schizophrenia	0	0

to anyone and guys aren't immune

a female disease, mostly effecting the age of 22.4 years of age.

Even though anorexia and bulimia effects about 90% women, men are not immune to these diseases. Most men commonly effected are athletic types, such as weight lifters, and marathon runners. However anorexia and bulimia tend to be different in men. Instead of vomiting, men tend to use laxatives to relieve the food faster from their bodies.

Men too are beginning to become infatuated with good looks. One only needs to look at male fashion stores, or even grooming aids by Clinique, and other cosmetic companies to see this. However, the number of

result of the induced vomiting, peoples digestive systems never have a chance to digest the food, depriving the body of much needed nutrients, which causes a loss of energy, and eventually death. The most common symptoms with these diseases are phobias concerning bodily appearance, obsessional thinking about food and liquid intake, obsessive-compulsive rituals, feelings of inferiority, depression, anxiety and denial.

Eating disorders are becoming more common. It seems that people are becoming more obsessed with their appearance. Unfortunately, as explained, the techniques used for achieving beauty are not always positive.

6 Features

The Bridge/October 31, 1988

Brian wishes you Happy Stieglitz Day

by Brian Stieglitz



"Trick or treat, smell my feet, gimme somthin' good to eat!" Yes, it's that time of year again, the one day of the year when kids get to run around, beg for something, and get it (most of the time).

Halloween is here, which means snot-nosed kids pounding on your door, your mother hanging up those ten year old decorations, and, as an added bonus this year, **Halloween 4**.

But you can have some fun this Halloween, and I don't mean driving around looking to run over freshmen. Why not try going over to your local grocery store and buy a few apples and some razor blades? I guarantee you'll grab the attention of the other people in line. Or you could do the ever-popular pumpkin smash, but that is starting to get kind of old.

'Until age eight, Halloween was just my birthday.'

Halloween has always been a little bit different for me, since it is also my birthday. No, my middle name isn't Damian, and my favorite number isn't 666, but until I was about eight years old, I thought that Halloween was just a part of my birthday. My parents probably could have saved money on presents by just sending me out around the neighborhood with a bag. Heck, I wouldn't have known the difference. And when I saw that other kids got candy, it kind of made me open my eyes. Remember those Halloween parties in grade school? You know, the ones where some kid's mother brought in Rice Krispie treats and the bowl full of dry Rice. Until I was in second grade, I thought those were for me.

Why was it that as soon as you had come home from trick-or-treating that your Mom had to check your bag for unwrapped candy? It was like everyone out there was a psycho who had somehow poisoned or stuck needles in your Tootsie Rolls. And then after her inspection, she said something like, "Well, it looks alright. But don't eat it all tonight, or you'll end up throwing up later." This never stopped you though, because you had just spent two hours running around town, and weren't going to be told what to do with your candy.

Anyway, those are some of my thoughts and memories of Halloween. So you freshmen had better start making those ghost costumes (if Mom will let you use the scissors), or maybe a few dozen of you could pitch in on one of those Freddy Krueger masks and just share it. But remember one thing - look both ways before crossing, because some of us seniors might not see you.



Brian Stieglitz struts his stuff on a past Halloween, waiting to put razors in apples.

The First Annual Features Poll

by Matt Szesny

Bombarded by polls and surveys for the past two weeks, whether from college boards anxiously awaiting my attendance or from the In-depth editors asking how many children I'll have, it has become obvious to me that the time is now for a Feature Page poll. Other surveys have attempted to take a more serious attitude, but is this method really getting to the hearts and minds of the West Chicago student body? I think not. Hence - the First Annual Features Page 6 of the Bridge Poll, taken to see just what goes on in the minds of We-Go students. Since, after all, this is Features, this poll's theme will be entertainment.

Movies and TV

Best show on TV -
Worst show on TV -
Most annoying child actor on TV -
Show you'd most like to see return -
Most appropriate torture to be applied to Bill Cosby -
Best movie of 1988 -
Worst movie of 1988 -
Most pretentious movie critic -
Movie with best nude scene of 1988 -
Favorite theater snack -

Radio

Best radio station -
Worst radio station -
Best radio personality -
Radio personality you'd like to see have their fingernails extracted -
Most obnoxious morning show -

Best traffic reporter (if there is such an animal) -

Live Entertainment

Best concert of 1988 -
Worst concert of 1988 -
Loudest concert of 1988 -
Favorite concert beverage -

Music

Best album of 1988 -
Worst album of 1988 -
Best song of 1988 -
Worst song of 1988 -
Most unwelcome comeback of an artist in 1988 -
Next Michael Jackson career move -
Worst hair on any major performer -
One performer you wouldn't mind seeing attacked by horny wombats -
Best bass player in a group - Just kidding.

Just fill in the blanks and clip that baby out of the paper. Then give it as soon as possible to one of the trusty **Bridge** editors, or bring it in to Room 216 where the lovely Tim Courtney will collect the responses. If enough people fill these out, it... well, it makes for an easy follow-up story with lots of really neat graphs. If you find the space provided too confining, feel free to respond on a piece of notebook paper. It's that simple! True, it won't grow hair on your chest, but if you fill out enough of these, you may actually have next issue's readers believing that the best movie of 1988 was **Caddyshack III!**

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Eating before a game: Is it important?

by Randa Bascharon

You are slouched in your chair, eyes glued to the television screen when all of a sudden you find yourself watching a commercial. You begin to rise to get a snack before the program returns when you see Walter Payton promoting a breakfast cereal. You plop yourself back down as you listen to the jingle of the Wheaties commercial. You shrug and say "Nah, that stuff never helps athletes out." ... Or does it?

Don't you think it is a bit ironic that athletes spend so much time lifting weights and working out and yet they constantly stuff themselves with junk food? If you're in a sport, it's obvious that it will require a lot of energy. Energy requires nutrients which come from food.

Pretty simple, right? Wrong! Most teenagers do not eat correctly and it more than often hinders their performance. Test yourself to see how much you know about nutrition.

- What do you eat before a game?
 a) bread, cereal, pasta, and/or crackers?
 b) fruits and vegetables?
 c) cookies, candy bars, and/or pop?

d) hamburger, fries and a coke from McDonalds?

The body uses three nutrients for energy: carbohydrates, protein and fat. But, some of these aren't necessarily the right things to eat before a game.

The bell rings. It is 3:30 p.m. and you have time to spare before your game. Your stomach growls and your mind wanders, thinking of something to eat. Carbohydrates are very high in nutrients. Good sources of these include breads, pasta, cereals, fruits, and vegetables and whole grains. How much of this should you be eating? Athletic teens should eat approximately fifty-five to sixty-five percent carbohydrates in their diet.

Most athletes in shorter duration and high intensity sports like football, baseball, or wrestling fall at the lower end of this percentile range. On the other hand athletes involved in endurance sports like long distance running, swimming or soccer need a slightly higher carbohydrate intake than the others. All of this means that you should be eating lots of foods in the fruit and vegetable group and the grains group before your game, to

get the most nutrients you can. Junior Chris Jeppsen claims "I eat bananas before a game so I can get my needed potassium intake."

Okay, 50 of you figure you'll eat some fruit and some slices of bread; anything that has carbohydrates in it? Then you drop 45 cents into the pop machine and guzzle down a soda. Literally you are still sticking to carbohydrates but how you have entered the category of Simple Carbohydrates in other words Sweets! These include goodies like candy, cookies, cakes, and soft drinks. When Dollie Blacklidge was asked what she eats before a game she replied, "I don't eat candy because it gives me a sugar high and then a sugar low." Besides being very low in nutrients, simple carbohydrates give you a burst of energy and then because it takes a lot of energy to digest it and your left with what is called a sugar low.

Senior Rich Bosh said, "I eat Burger King and a super sized coke before my games!" This leads us into proteins and fat. Typically most American teens consume enough protein, a crucial nutrient needed for growth, and building and

maintaining muscle tissue. However, protein provides little in the way of ready energy. Teens also eat a lot of fat. Fat is found in hamburgers and fries, pizzas and cheese, to name the least.

And what about those that don't eat anything before their game? Junior Chad Landis said "What do I eat before a game? Nothing." When asked why he replied, "Because I don't have time." According to Kelloggs' High Performance Nutrition guidelines on pre-competition meals are

-Eat three hours before any sports event to allow time for food to be digested. (So it really won't hurt if you don't eat anything although it will help.)

-Make the meal light approximately 400 to 600 calories.

-Eat complex carbohydrate rich foods.
 -Avoid high-fat, high-protein foods which are slow to digest.

Next time you have a game take into consideration what your going to eat. Just remember that finishing a game at peak levels or pushing hard through the end of a race demands a high performance diet.

Just around the corner

by Kelly Lee

Many high school students like to be involved in sports, but sometimes work and busy schedules keep them from joining an interscholastic team. High school teams take a great deal of mandatory practice and time that some high schoolers don't have.

Starting the first week of November continuing through February, on Tuesday and Thursday evenings intramurals will be held. Such sports as basketball, indoor soccer, volleyball will be played. These sports will take place in the field house or Bishop Gym, from 7pm-9pm.

"This is an opportunity to get involved

in an activity and get to meet people and be with your friends," replied History teacher David Sayner.

All rules will be in affect during games except no referees will be there. The games are going to be co-ed having no limitations such in grades or mandatory practices. If you are in a sport and want to play that sport in intramural, that is not allowed while participating in an interscholastic sport is going on. Last year's team of teachers included Sharon Kennedy, Sayner, Ron Dowel, Kim Wallner, Steve Kimery, Tim Courtney, and Terry Zimmerman.

Anyone can join male or female, freshman through senior.

Athletic shoes: in stride with the new styles

by Carrie Ryan

With the winter sports season approaching rapidly, many of us may be considering buying new shoes. Right now seems to be a great time to buy shoes, almost every store is having a sale.

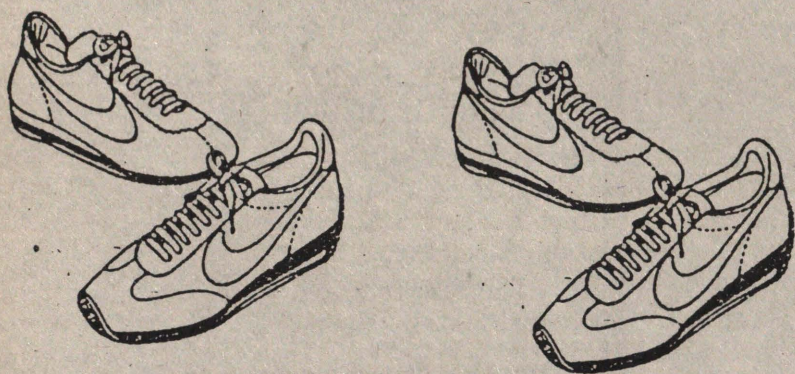
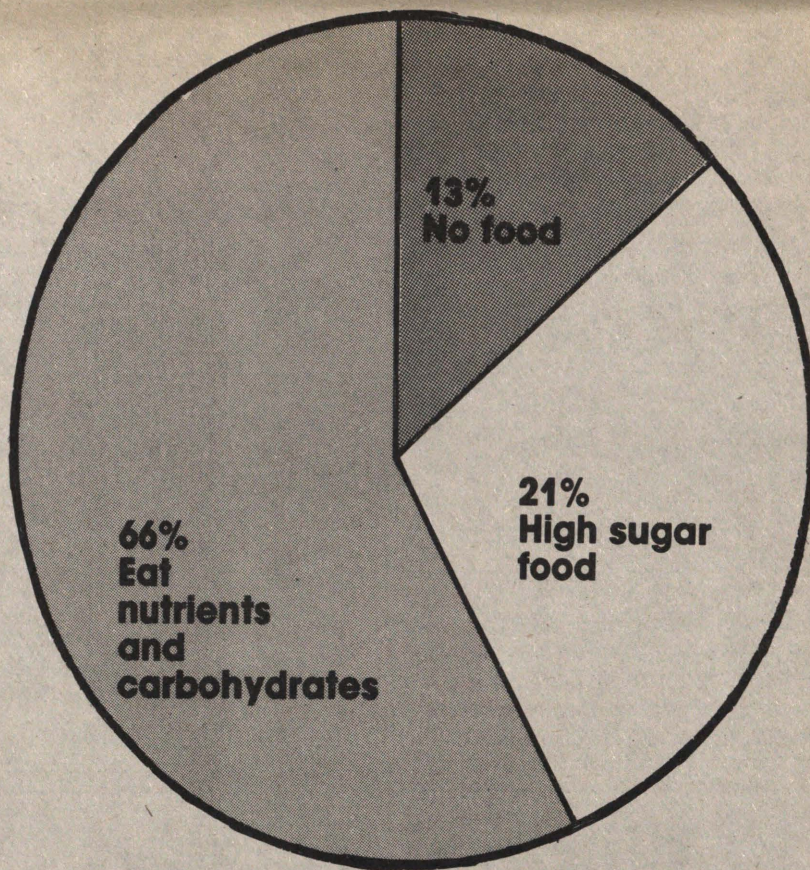
Hermans has a wide variety of shoes. On sale, were men's basketball shoes with prices ranging from \$39.99 to \$79.99. The store manager said the best buy would be the Avia 850's. These shoes have great support around the ankles, a high arch built in to condition the foot and extra traction on heel and toe to avoid slipping. Other new arrivals for the season are Reebok 500, Avia 816 low, Nike Air Force III, and Nike Men's Air

Delta Force Hi. For wrestling, Hermans carries Tigers at a price of \$36.99 and Browns Sporting Goods carries Tiger and Nike with prices of \$34.99 to \$60.00.

For women, Hermans carries New Balance, Nike Air and Reebok RPW, all for basketball. The Reebok RPW's have a extra rubber piece on the side of the toe to help prevent twisting ankles. Lady Foot Locker carries shoes for all types of running. For long distance, Nike Air Stab, for short term running, the Avia 960, and the Nike Air Wind Runner. For basketball the Lady Footlocker has Avia 822, Nike Air Delta Force, Nike Mega Force and New Balance all ranging between fifty to sixty dollars.

Are we eating right?

When asked 100 students that participate in athletics in West Chicago what they eat before a game there responses varied.



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Do you have what it takes?

by Christopher Nippert



Is there a specific formula to winning? No, everyone has their own way, but some traits are common to people who are successful.

I have been around sports long enough to know what it takes to win. It is a gut feeling you must have inside. Not everyone possesses such a feeling but those who do know what I am talking about. Whether in sports, academics, or just life in general, people who are successful always try to keep an edge on their competition. A runner may run that extra mile, a straight A student may stay up that extra hour to finish his or her homework, a business executive may work an extra hour after everyone else has gone home. No matter what your specialty is, this edge or gut instinct makes losers into winners, winners into champions. You don't have to be an all-American ball player or a person with a 150 IQ to be a winner at life. This is a common way people (especially teenagers) think. All you have to do is believe in yourself and give life as much as you

can give day in and day out. If you consistently do so I promise you'll be a winner.

Yet, self-confidence is not the only thing a winner must possess. One must also have support. I have yet to see an Olympic athlete who did it all on his own, no coaching, no cheering section, etc., it just can't be done. This is the problem at our school. We have no pride in what we do, and this is ridiculous. Sure we can listen to everyone and agree that our school is too small to be in the conference we are in or we can get our act together and show those people from Naperville that we are sick and tired of taking a backseat to them. It is time to start a new tradition at West Chicago — WINNING. But we all must be a part of the effort. I challenge everyone reading this to go to a game instead of going out and getting drunk this weekend or try out for that team or club you always wanted to.

What does it take to be a winner? I don't think anyone really knows what the answer to this question. But I know one thing for sure, winning is one of the greatest feelings you can experience in life. We all are winners we just have to believe in ourselves and the others around us.

DVC expansion questioned

by Kelly Amour

The DuPage Valley Conference is made up of eight schools; West Chicago, Wheaton North and Central, Naperville North and Central, and Glenbard East, North and South. There is talk that the DVC would like to expand to twelve schools and then separate into two divisions each containing six schools.

"For the last two years we have been discussing concept...modify the conference...to make more competitive."

"For the last two years we have been discussing this concept. We are looking for ways to modify the conference to make it more competitive and making the chance of success greater," commented Principal Alan Jones. The perception is that the larger the student body of a school is the better that school's team is going to be. This is not always true. The team's success is based on more than just the school size.

According to Athletic Director Ronald Hansen, "The principals will be meeting sometime in November and be voting on the concept of whether to expand the conference or not. If they decide that they do want to expand the conference they will then have to pursue the different avenues and prospects. They will have to find out how many schools would be involved and what schools would be interested in joining the conference. The number twelve is being thrown around because it is a flexible and worthwhile number. Nothing is definite at this time."

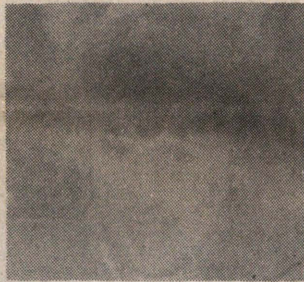
Jones also believes that another major factor in changing the conference will be the growth of the schools already in the conference due to the increase of population in their districts. "The advantages to the expansion would be smaller competition because there would be more schools with the same abilities and capabilities," stated Jones. Hanson agreed adding that "it equalizes the sizes of the schools in the conference."

With so much in the air at this time, it is difficult to figure out what the outcome will be. Hopefully after the November meeting many of the unanswered questions will be answered.

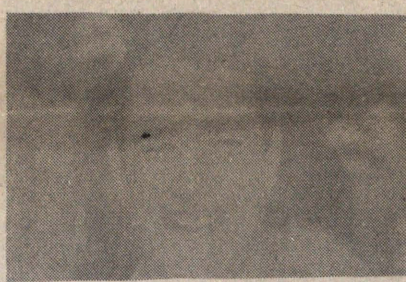
What's more challenging for you?



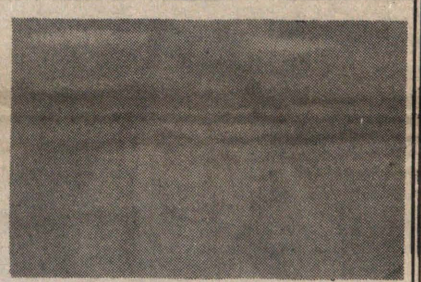
Michele Wasner 90 - "Trying to keep your smile especially when you get the feeling that the school does care about the teams or what we are trying to do — promote spirit."



Carrie Ryan 89 - "Staying healthy during the season and maintaining your ability to stay on top."



Jeff Spurney 89 - "Trying to win a starting position to prove to coach that you can play to your potential." HJ



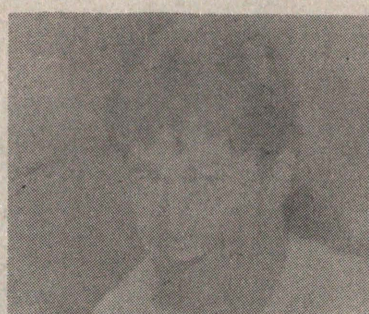
Kerry Matthews 89 - "To keep your composure when under high pressure on the court during a game."



Baldo Cortez 89 - "Being on the field and going against an appointment who has been an all starter for three or four years and you (a non all starter) would have to guard him on the field and you just have to show and think your better than he is and to prove your skills you challenge your appointment on the field."



Jeff Showatter 90 - "When the goalie from the other team punts real high and you have to head it straight forward to the offenders, usually it flies straight up or shuts off to the side somewhere."



Jason Slusser 89 - "Getting undressed after a game, because you get so banged up in a game that your sore."



Rick Montavlo 91 - "To keep working hard every day and keep in shape or you will fall behind and the components are very tough."

Wildcat Varsity Sports Schedule

Cross Country			Nov. 4	State Finals	TBA
Oct. 29	Sectionals	TBA	Nov. 5	State Finals	TBA
Nov. 5	State Finals	TBA	Girls' Swimming		
Football			Nov. 1	Rosary	A 6:30 p.m.
Nov. 2	First Round of Playoffs	TBA	Nov. 12	Sectionals at We-go	TBA
Nov. 5	Second Round of Playoffs	TBA	Nov. 18	State Finals	TBA
Nov. 12	Quarter Finals	TBA	Nov. 19	State Finals	TBA
Nov. 19	Semi Finals	TBA	Volleyball		
Nov. 25	State Finals	TBA	Nov. 1	Sectionals	TBA
Nov. 26	State Finals	TBA	Nov. 3	Sectionals	TBA
Boys' Soccer			Nov. 5	Super Sectionals	TBA
Oct. 29	Sectionals	TBA	Nov. 10	State Finals	TBA
Nov. 1	Sectionals	TBA	Nov. 11	State Finals	TBA
			Nov. 12	State Finals	TBA

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