

The Bridge

West Chicago

Community High School

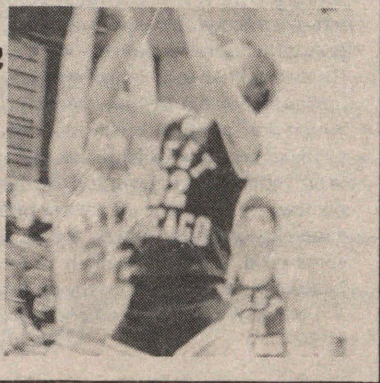
326 Joliet St.

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Truancy-a problem

by Michele Rittorno

"Ditching is not the major problem of truancy," said WCCHS Dean John Highland. The problem involves the number of excused absences. Highland says that they try to encourage students to come to school. But they have no control over the excused absences.

Truancy is involved with students who were absent from school without valid cause for 10 percent or more of the last 180 school attendance days. For the 1987-88 school year, the truancy rate was 127.

Truancy is made up of many cases. It is caused by students who ditch, are sick, hospitalized, dropped out, visitations of relatives during the school year. WCCHS Superintendent Dr. Richard Kamm responds to the reason of the high rate on the school's report card being unknown. Kamm replied, "I honestly can't tell you why."

According to Kamm, he discourages absences because the students have diffi-

culty learning and don't progress in their courses. WCCHS teachers Gail Arnoff and Maria Luisa Domingues have programs that involves students who are having trouble with their classes and school.

Arnoff is involved with a tutorial program. The program provides tutorial help everyday for an hour. Kamm states, "There is statistical evidence that students improve." This program won't help a student who doesn't ask for it.

Domingues encourages "risk" students to become involved with school. And to help them with wanting to go to school. Letting them understand that they will not progress without an education. Domingues assists the student to find various interesting subjects to make school exciting.

Whether it is an excused absence or unexcused, it still is damaging your education. Highland says, the bottom line is they are both missing classes which involves both of them letting their grades suffer.

SASED teaches social life

by Jennie McCann

"We have an isolated class out here" says Chris Pickens, advisor of the SASED group at WCCHS. SASED, a special education group, is a cooperative system made up of about 27 districts.

It is a class where the students are taught the social aspects of life. They learn exactly what is appropriate behavior in public, how to introduce themselves, and how to carry on a conversation. The kids

in the class do everything from bowling and ordering a lunch at a restaurant, to having their own bank accounts. Each of them has a job, and they handle their own money matters.

They were brought into the high school not just to expose themselves to society, but to also expose other kids to them. The teachers said that they've adapted pretty well to each other. But because none of her pupils go to other classes in the school they're hardly seen by others.

No smoking at We-go

by De Duvall, Todd Evans, Sheila Hutchins, Tyrone Parks, Art Ramirez

Should smoking be allowed in school? In the past, students couldn't smoke during school. But now more schools are allowing a smoking section for both teachers and students for various reasons.

Hinsdale South has had a smoking section for more than ten years. Three to four percent of the students smoke and, of these, only juniors and seniors can use the section for smoking with their ID stamped "smoking section." Students have to get their parents' permission to use the smoking section.

"Girls are the worst," says Naperville North Dean Leon Busboom after being asked which sex smokes more. Naperville North has had a smoking section for about six or seven years. Students, also, must have a stamped ID verified by a letter from their parents. "Both the administration and the community are in favor of this smoking section," said Busboom.

Wheaton Central has had a smoking section for about 10 years. However, Dean Nella Hauser says, "We're looking to do away with it (smoking section) because of community pressure."

On the other hand, Glenbard North does not have a smoking section on campus. Dean Douglas Clark says that some of the students wanted a smoking section, but that the administration firmly believes in not allowing students to smoke.

John Highland, assistant principal of WCCHS says, "Smoking is a filthy, disgusting habit, and it is bad for your health." Highland thinks that the state should prevent people from smoking in our society.

The amount of cases Highland has monthly from students that are caught smoking is about 15 to 20 students. "Smoking is on a decrease because students don't want to take a chance of getting caught." Highland was also aware that smoking in the girl's washroom is more of a problem than the boy's washroom. Highland believes that the Board of Education is "taking a strong stand against smoking."

'Smoking is a filthy, disgusting habit, and it is bad for your health.'

Both assistant principals think alike. The other West Chicago assistant principal Richard Waterhouse says, "We shouldn't have one (smoking section)." Waterhouse stated that the issue of a smoking section has been discussed every year. Waterhouse says that smoking is against the law for high school students, but that it's not enforced; it is also hazardous to your health. Waterhouse also mentions that nine out of 93 teachers smoke.

A parapro at West Chicago was asked if there should be a smoking section for stu-

dents at this school. The reply was, "No! I'm anti-smoking and I believe it's illegal. Besides, it's a proven health hazard." when the source catches a student smoker, the smoker doesn't argue. "Usually they know what they've done wrong and know they are going to get in trouble."

The parapro says that smoking pollutes the bathrooms and believes that when teachers smoke, and come to their classes smelling bad, it makes the kids begin to think it's okay to smoke. "The School Board should pass a law to make smoking illegal on campus for everyone," the parapro said.

Stephen Kimery, Assistant Dean at WCCHS inferred that there shouldn't be a section for smoking in school. He stated that it is against the law for minors to both smoke and purchase cigarettes. "In addition, it is difficult to justify providing an area on campus because it would be encouraging."

According to Kimery, the first time caught smoking on campus is two detentions along with a report on the dangers of smoking. The second time is a parent conference, third, in-school suspension, and fourth, out-of-school suspension. "There is no way the School Board could stop smoking in school; there are no real solutions," Kimery believes.

Member of the American Lung Association, Tad Schlake doesn't agree with having smoking sections for kids in school. completely smoke-free. Teachers should set

an example for the students."

According to Schlake, a disadvantage of a smoking section would be that it allows kids to smoke at school, which he feels shouldn't be encouraged. An advantage would be that it keeps all the smoke in one area which would keep it away from the non-smokers. "Lots of kids have lung problems and it's not good for them to inhale this smoke." He doesn't think a smoking section would prevent truancy, though, because kids just use the excuse to smoke to ditch classes.

Schlake doesn't believe that smoking teachers would encourage a smoking section for students because "teachers that smoke would quit if they could and they know that there could be side effects from a smoking section for students." He supposes that a smoking section would prevent washrooms from being polluted, but that it depended on how strong the administration follows their rules.

When asked if there would be community problems around a school with a smoking section, he replied that it depends on how the smoking section is presented. However, he says, "There is more support for eliminating smoke in school."

Schlake sums it up by saying firmly, "Schools are our leaders for the next generation, and they're there to encourage kids in a positive way."

"Personally, as a member of the ALA, I don't like smoking so I think schools should be

Inkspots

Baker awarded

Senior Stephanie Baker was named the November student of the month. She is currently president of the German Club, and a member in the German National Honor Society, Fox Valley Honors Band, and the National Honor Society. Baker is also an Illinois State Scholar and plans to study biology at the University of Illinois next fall.

Student Council bowls

Student Council is sponsoring the Bowl for Breath to raise money for the Cystic Fibrosis Foundation. The event will be held at Bowling Green on January 15. Anyone participating should get sponsors to pledge at least one cent per pin for three games of bowling. Prizes are based on the money turned in, not pledged, and everyone raising at least \$35 will receive a Bowl for Breath T-shirt. The goal is to raise \$1,500, and help pin down a cure. For more information contact Jane Ebenroth.

Collecting cans

Student Council is collecting aluminum cans by the soft drink dispensers in the commons area all year. Money for the recycled cans will be used for a scholarship.

Winter concert

Choir and Concert Orchestra will be performing their Winter Concert on Sunday February 19 in the Weyrauch Auditorium. The concert will be at 2 p.m.

FBLA sponsors variety show

FBLA along with Brian King, former We-go student, is sponsoring a variety show on March 10. The money raised will go towards the Sharon Bokker Memorial Scholarship Fund. Auditions will take place sometime in January.

Dancing class

WCCHS will be presenting 5,6,7,8...Dance! on Thursday, January 19 at 7:30 and Sunday, January 22 at 2 p.m. This is an annual show developed each year by the Dance Production class led by Helen Zmrhal.

During the first semester of each school year the members of this class develop their dance skills and then choreograph their own dances for the final production. Featured group dances this year will be *We Wear It Well*, *Bizarro Love Triangle*, *The Locomotion* and *Fantasy*. There will be trios, duets, and solos performed throughout the show, which will feature 17 numbers this year.

Exam schedule

Schedule for Tuesday, January 17

8-9:30
9:35-10:25
10:30-11
11:25-11:50
11:55-12:20
12:25-12:50
12:55-1:45
1:50-2:40
2:45-3:30

First Hour Exam
Second hour
Third hour
Lunch A
Lunch B
Lunch C
Fifth hour
Sixth hour
Seventh hour

Schedule for Wednesday, January 18

8-9:30
9:45-11:15
11:30-1

Second Hour Exam
Third Hour Exam
Fourth Hour Exam

Schedule for Thursday, January 19

8-9:30
9:45-11:15
11:30-1

Fifth Hour Exam
Sixth Hour Exam
Seventh Hour Exam

Take pride in yourself

A little while ago, the Booster Club rewarded some of our school's more dedicated athletes. You may have noticed a trend in their reactions after receiving the medals around their necks: they removed them immediately after finishing their handshakes and before they even sat down. We feel that this practice does not show appropriate respect for the Booster Club or for their own accomplishments.

The Booster Club works hard and spends its money to organize assemblies to recognize the school's athletes. They want to give credit where credit is due. The athletes have worked hard and dedicated themselves to a sport for all four years of high school. With school work too, that's quite an accomplishment.

To return the thanks, the athletes should at least wear the medals out of the gymnasium. To take them off before they sit down defeats the purpose of the medals. You shouldn't be embarrassed to be in front of your peers receiving an award. If you get such a medal, you deserve it. Wear it with a little pride. You don't have to let it swell your head or anything, just show some respect for yourself and what you've accomplished.

Take an example from the Olympic athletes. Their medals are probably the greatest thrills of their lives. Obviously, this is not of the same magnitude, but they would never take off their medals. Take pride in yourself and your accomplishments. Next time you get any kind of award, if anyone ever decides that you deserve one again, wear it for a while or carry it around for a bit. Don't boast about it or anything. Just be proud that you worked hard and did something not many other people were able to.

Colorization—the good, the bad, and the ugly

by Peg Osterman



that here."

This was one of the more encouraging responses I received in a telephone quest for information. The common answer was, "What? Um, we don't know much about that." Since these "professionals" didn't know what colorization was, I'm going to assume you don't, either.

Colorization is a technique in which color can be added to black-and-white film. A technician selects a frame, numbers every object and shade within it, and assigns a color to each number. A computer then takes over, coloring the scene and allowing for changes in movement and light.

Many black-and-white films have been colored, and still more are in the process. Classics like *Miracle on 34th Street*, *The Maltese Falcon*, and *It's a Wonderful Life* have all fallen under the computer's palette. This advanced process has been encouraged by magazines like *Popular Science*, but that's about it.

Directors, actors, critics, film buffs, and Joe Average are seething at this "improvement". The Writer's Guild of America calls it "cultural vandalism". "Criminal mutilation," says Woody Allen. It's "artistic desecration," according to the Director's Guild of America. Everyone can be as morally outraged as they want, but unless they buy the film rights or assassinate Ted Turner, nothing can really be done.

Turner bought the MGM/UA movie studios in 1986 with 1.6 billion borrowed dollars, and eventually sold it all back. Except the film library. Currently, he owns 1651 MGM films, (100 of which he intends to colorize) 800 from RKO, 850 by Warner Brothers, and an estimated 6700 short films and cartoons. And the scary part is that he can do whatever his little heart desires with

them.

A big fan of colorization, Turner has stirred considerable controversy with murderous dye jobs of movies like *Casablanca* and *The Maltese Falcon*. "Considerable controversy" is mild. If the average film buff were more daring, Turner's lynched head would be hanging on a wall somewhere. Now, he plans to add *Citizen Kane* to his list of victims, calling it, "One last shot at publicity."

Colorization is far from an improvement for any film. It strangles the director's intent, distracts from the theme, and simply looks bad. Turner argues that most people under 35 haven't seen the film, and color will introduce it to a new audience. He may be right.

Citizen Kane, starring Orson Welles, was shot in 1941, and is probably the most respected film in history. Superior art direction made this classic seep mystique, and used black and white more effectively than any film of its time.

The haunting tale of Charles Foster Kane was the best performance of Welle's career. Welles himself thought color distracted from pure drama, and believed no great performance had, or ever would be given on film. Indeed, colorization would undermine his talents because the central prying question of "Who is Rosebud?" would be replaced by "What color is Rosebud?" Lovely.

However, the only people immensely annoyed by the watercolor version will be those who have seen it in black and white. A new audience will have nothing to compare with. Themes and performances of *Citizen Kane* are strong enough to withstand a slight defacing. Any new viewer who appreciates them will be intelligent enough to seek out the original.

Citizen Kane is a film everyone should see at one time or another. In coloring, Turner found a way to attract attention to it. When it makes its "network" debut, (on TNT or WTBS, no doubt) I'll watch it just to see what Turner did to it. Hopefully, you'll see it to find out what on earth I'm babbling about. And if you can't handle orange neckties on Charlie Kane or a pink mansion, I suggest you go to your set and adjust the color to black and white. Most likely, that's what I'll be doing after the first scene.

1989—One hell of a great acid flashback

by Jim Hurlbert



Now that 1988 is just a hazy memory to most of you, I think it's time to warm up the old crystal ball, turn the dial a bit, and peer into its snowy depths to see if we can uncover what 1989 will hold.

"And what I want for my people is a kinder, gentler America."—George Bush

Hey, seems like we've hooked into George Bush's political future, and things don't seem all that rosy. It appears that the American public has finally woken up after its long, eight year nap to find that the man who they thought was running their country was just as out of it as they were, and now they want Bush to pick up the pieces. It also appears that his flexible freeze program, which was going to keep the economy going, went out and froze to death. So, although he is still sticking to his words, "Read my lips, no new taxes!", all the old ones seem to have gone sky high. Fortunately for us there is some good news. I see Bush in excellent health for the next year, so the nightmare of a "President" Quayle won't come to pass in 1989.

"Glasnost." "God bless you."

Well I think that's enough about Bush. Let's tune in to the Soviet front. It seems that Mikhail Gorbachev is still hard at work in trying to open the Iron Curtain but he is running into a few problems. First of all, is the fact that the people of the U.S.S.R. now expect more from the government and want changes to come faster than possible. Second, the people of the U.S. are taking all this peace talk with a grain of salt. Although the idea of peace is something to be strived for, I think Gorbachev is forgetting that although the cold war may be over, our two countries are just too different at the present to be-

come friends. Perhaps in the near future when we each learn more about each other, this might happen. For the moment, though, the best we can hope for is not to blow ourselves back into the stone age.

"Yes sir, Yasser."

Hmmm? Seems I've picked up on a commercial for beach towels. No, hold it. The picture is clearing up, and it appears to be Yasser Arafat's head. And hey, guess what! There are still terrorists swarming around the globe. They're blowing up tanks, shooting down planes, planting pipe bombs in peoples cars, normal everyday things that crazed murderers like to do. And do you want to know why these things are still going on? Because Arafat does not really control all of those guys. In fact, a lot of these nuts won't blink twice if Arafat drops dead. This is not to say that he has not been the man behind many of these senseless deaths, just that his followers will most likely stop playing follow the leader with Yasser once his goals differ from theirs.

"Hey, John, have you seen my blue suede shoes?"

I think I picked up one of those mindless, beach blanket bingo pictures, but this one looks pretty good. The idea is that Elvis Presley, John Lennon, and Roy Orbison are alive and well in Los Angeles where they own a Pizza Hut right next to the beach and give sage advice to all the local surfboarders. Fact or fiction? I'll let you decide.

"I'm going to Disney Land."

O.K., enough of the small stuff. Let's check out something really important like all of the winning Lotto numbers for 1989. I see a 25, a 17, a 32 and - what?! Come on, don't give up on me now. Just three more numbers, you can do it. All right! Here they come, this is great! Well, I guess I'll be seeing you next month. Goodbye!

"Niners to shuffle over Bengals"

Now that the Bears are out of the playoffs, the only reason many of you will watch the Super Bowl on the January 22nd will be to watch the 3-D halftime show. Show me Sam Kinison's video, "Wild Thing" with a 3-D close up of the new Jessica Hahn and you have a halftime show (2 halves really).

With the spitting, crotch scratching, gum chopping, gum-throwing, Hitler look alike coach Mike Ditka and the Bears eliminated, this paves the way for a showdown between 2 teams that really belong in Super Bowl XXIII, the Cincinnati Bengals and the San Francisco 49ers. O.K., now you're saying, "The Bears had the best record in the NFC, don't they belong?" Not when they compiled that record against patsies like the Lions, Buccaneers, and Packers 6 times a year.

The 49ers and Bengals are the two hottest teams in the league now. Seven years ago these two teams met in Super Bowl XVI which the Niners won 26-21. Since then the Niners have made the playoffs six years (including a Super Bowl victory) while the Bengals haven't made the playoffs once. The Niners are going to be team of the 80's with a win, which will mark the end of an era because coach Bill Walsh will probably retire if they win. The Bengals are still young and improving, but they are unexperienced. The Niners will continue to roll through the playoffs by beating Ickey, Boomer and the rest of the mouseketeers 31-20.

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, as necessary, for length and libelous material.

Unsigned editorials appearing in the newspaper are the opinions 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 by the newspaper are not necessarily those of the majority of the student body or the high school.

"Happy New Year"

Dear BRIDGE Staff,

I'd like to protest your high and mighty aloofity. Quit lording over the rest of humanity and live with the common slob for a while. And while I'm on the subject, stop

running those inane articles all written by the same two or three people in the Features section. Wait... what am I??? oh, forget it. It's been a rough week.

Love,
Matt Szesny

P.S. Happy New Year, I think...



School choirs hit the road!

by Matt Szesny



For all of my many years as a concert aficionado, it has always been a perverse fantasy of mine to go on tour, whether with the Rolling Stones or with, say, the school choir. And, I will admit that this Jagger guy didn't return my calls, so it was the school choir or nothing. Nothing didn't sound too exciting, and they paid me very generously, so I blew off the last day of school to wildly celebrate the holiday season by joining the school choir on their annual Christmas tour of local elementary schools. I tell you...the sacrifices I make for this paper...

Loading on to the "tour bus" after a few dozen gallons of coffee, I came to the hazy realization that there were a lot more choir members than seats, a logistics problem that touched off several nasty brawls and dozens of new, overtly physical relationships. In other words, it was fun. How could it get any more exciting than copping a feel while sitting with five other people in a bus seat designed with third-graders in mind? Well, I was about to find out.

The opening gig of the tour was at Indian Knoll Elementary School, and spirits were high—maybe it was just a couple of the more jolly spirits toward the rear of the vehicle, but a lot of these people have parole officers, and don't need the extra hassle.

After donning their gay apparel, namely blue choir robes made of 100% rayon, or something similarly flammable, as well as my favorites, the busboy-like swing choir costumes, the various choir members filed into the Indian Knoll gym. Shortly after, the kids were led in, single file, and, contrary to

chief scoliosis cause in America today... that, and bean-bag chairs), and the "big kids" got to sit in actual chairs. I knew there was a reason for hating the "big kids".

Moments after the last audience member was uncomfortably seated, a man who I assume was the principal slithered up to the microphone, and did a very un-principal-like thing. He cleared his throat, and *whispered* into the mike, "Look here. Be silent. Be silent," like some kind of subliminal advertising icon. The truly surprising thing was that the kids obeyed almost immediately, as if this guy had been training them in his basement on weekends. It was impressive, but rather frightening. The choir was introduced, and there was polite applause.

For its first number, the choir sang *Good Christian Men, Rejoice*, and the kids were

mimicking, though.

During *Silent Night*, which every kid there was sure they knew all of the words to, there was applause after each stanza, until, by the actual finish of the song, there was no immediate reaction, since they had been tricked twice already by false endings.

Then came *Fruitcake*, that perennial We-go favorite, performed by the strutting and singing swing choir, who absolutely leveled the crowd. A favorite point in the song seemed to be when the "end" of the line described the addition of the rum to the cake, prompting an exclamation of "She's drunk!" from one insightful youngster... they start so early these days. The post-song cheering brought another visit from the guru, who mentioned a "practice" the crowd had apparently been subjected to, causing me to further doubt this man's qualifica-

was fine. I mean, it was... great!" he said. While Ryan critiqued away, I caught a capsule description of *Meatballs 2* by a kid who looked about 19 with a shaved head. But he fell asleep while he was talking, so I resumed my duties as critic.

When the men of the choir stepped forward for a cowboy-attired number called *Santa Claus Is Just a Good Old Boy*, I explained to Ryan that all of the choir men have been in prison, and that singing this song was part of a new state parole program. He believed me. Some dumb girl told him I was only kidding. Damn.

After another sterling performance at Lincoln school (featuring an especially good rendition of the *Rudolph Rap* courtesy of Robin Martin DMC) and a feedback-laced *Frosty the Snowman*, courtesy of a \$25 amp, the tour moved on to its screeching climax at West Chicago Junior High, home of approximately 500 Def Leppard tee-shirts. I'll be perfectly honest, now; the tour had taken its toll, and I passed out during a chemically explainable fruitcake flashback. Fortunately, someone there had enough guts to break my toe to wake me up.

But now came the real fun, right? The "End-of-the-Tour" party, with lots and lots of...um...Kool-Aid? Nope. Not a chance. Everyone was too crabby or strung out on smack (yeah, you know who you are, "Nancy") to do much but bitch at each other on the way back to school. Oh well. So much for the violent romance of the touring life. Guess I'll give Mick another call.

I passed out during a chemically explainable fruitcake flashback

truly attentive, as well as entertained. This really did surprise me, because I know that I was thinking about watching cartoons and eating Cheetos by the bushel, so why weren't these kids? They did do a lot of

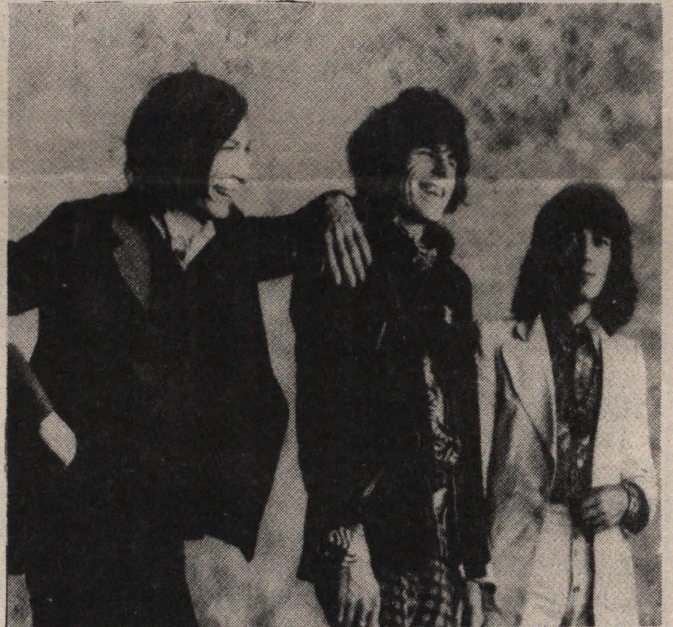
tions as a principal.

Following the Indian Knoll show, the Choir Tour '88 rolled on through Winfield school, where I allowed fourth-grader Ryan Francis to critique the show in my place. "It

I knew there was a reason for hating the 'big kids.'

what I had expected, seemed to be enjoying themselves. Of course, perhaps they were just too young to realize they were being forced to attend this musical extravaganza, but the hopeless romantic in me (it does exist... really) believed that they were enjoying themselves.

There were quite a few things I had forgotten about life in first grade; boys holding hands (not that guys don't do that when they are older—but I think that is a future In-Depth section, so I won't go into detail), sweater vests, and giant polyurethane snow boots. Somehow, it made me both ecstatic to be going to college as soon as I find \$60,000 in cash lying on my front porch, and sad that school couldn't be as much fun for me as it was for these munchkins. The little kids had to sit cross-legged on the floor (probably the



Mick and the Stones, who refused my calls.

Another attempt at de-annexation

by Danielle Caffarello

On Thursday November 10, the Board of Education from District 33 and District 94 met and discussed a second attempt to de-annex 157 homes in the Fox Hollow Subdivision.

The subdivision is located in Warrenville and is currently part of District 33 and 94.

De-annexation is when a certain part of a territory is changed from one district to another. Superintendent Richard Kamm

The first attempt to de-annex the Fox Hollow area was voted five to two for it by the Regional Board of Trustees. But it has been reported that the vote was wrong due to technical errors in the petition.

According to Circuit Court Judge S. Bruce Scidmore "There was a clear benefit to the annexing district that would outweigh the detriment to the detaching district."

In the second de-annexation attempt, the Boards reviewed the reasons why the two districts were against the original de-annexation petition. They came to the conclusion that the reasons are valid, and the de-annexation would have a negative impact on the students and taxpayers of both districts. For these reasons the Board decided to oppose any attempts to de-annex the Fox Hollow property.

'There was a clear benefit to the annexing district.'

stated, "We-go is capable and will provide a good education to the Fox Hollow area."

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Six areas of stress

SYMPTOMS	CAUSES	TREATMENT
Defensiveness Fear Anger Hopelessness	Professional Carelessness Dedication Commitment Disappointment	Evaluations Approval Rewards Compliments
Accidents Hypertension Ulcers Headache Fatigue	Physical Too little sleep Drinking Overwork Physical attack Diet	Get a job Slow down Quit a job Exercise Eat properly
Bored Apathy Inability to think Lack of creativity	Intellectual No challenge Lazy Never thought Never complimented	Get involved Write a book Find challenge Take up a hobby
Loneliness Aggression Withdrawal Suspicious	Social Loss of friends Job change Constant Complainer Loss of friends	Find new ones Entertain Trust more Open up
Depression Anxiety Fear Anger	Emotional Conflict Failure Success Self-esteem	Self-approval Change Discipline Communicate
Despair Guilt Grief	Spiritual Doubts No commitments Weakness	Prayer Friendship Reflection

How to manage your stress

by Kelly Day

Since finals week is just around the corner, we, in the **Bridge In-Depth** office thought it would be a good idea to give you some tips on managing your stress.

Nowadays, the experts say, to avoid stress do not do stressful things. In the '80's we all know that stress is highly impossible to avoid. The other batch of experts say do things that are enjoyable to you, something that you can do for an extended period of time.

Jogging or any other kind of physical sport seem to be the best thing for most people to do, but as said before, do what is best for you.

Here are some of the different things you can do to relieve the stress:

- Reading
- Swimming
- Eating
- Tennis
- Walking
- Cooking
- Cleaning
- Watching T.V.
- Playing with your dog or cat
- Taking a cold shower or a hot bath
- Aerobics
- Football
- Reading poetry
- Listening to music
- Meditation

That last one may seem sort of strange but it can be as simple as taking deep, refreshing breaths in the middle of class. Whatever your choice, make sure it is something that you can do for an extended period of time and something you enjoy more than anything else.



by Trevett Blum

Stress is considered a common health risk. With the **Student Stress Scale** people high school or college aged can test their stress level. If students score higher than a 300, they have a high health risk. With a score of 150-300 the student has a 50 percent chance of a serious health change within two years. Students with a score of 150 or below have a one in three chance of a serious health change. To determine your stress level, add up the number of events you have experienced in the last six months. There may be some things which you have encountered that may not be on the scale so some modifying may have to take place.

1. Death of a close family member 100
2. Death of a close friend 73
3. Divorce between parents 65
4. Jail term 63
5. Major personal illness or injury 63

What i



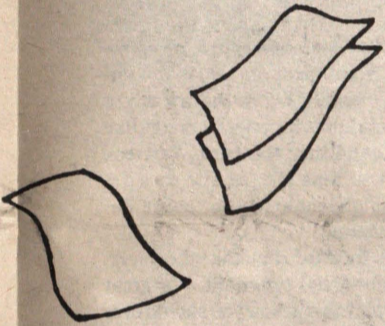
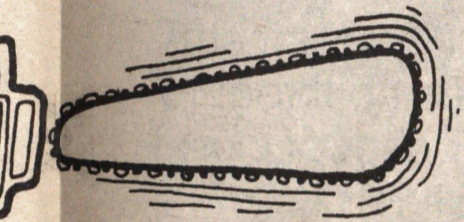
Do you have stress?

6. Marriage 58
7. Fired from a job 50
8. Failed important course 47
9. Change in health of a family member 45
10. Pregnancy 45
11. Sex problems 44
12. Serious argument with close friend 40
13. Change in financial status 39
14. Change of major 39
15. Trouble with parents 39
16. New girl or boy friend 38
17. Increased work load at school 37
18. Outstanding personal achievement 36
19. First quarter semester in college 35
20. Change in living conditions 31
21. Serious argument with instructor 30
22. Lower grades than expected 29
23. Change in sleeping habits 29
24. Change in social activity 29
25. Change in eating habits 28
26. Chronic car trouble 26
27. Change in number of family get togethers 26
28. Too many missed classes 25
29. Change of college 24
30. Drop more than one class 23
31. Minor traffic violations 20

is stress?

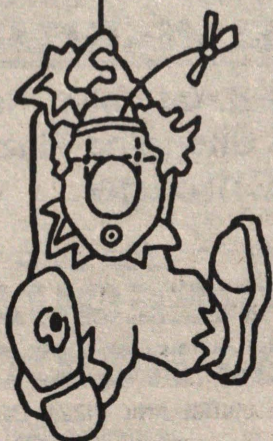
HEE! HEE!

CHKRRRR!



DANCE!

Today, January 13
After the basketball game
In the high school cafeteria
Bring \$2.50 and your I.D.



Cause and effects

by Sheila Hutchins

Are you under too much stress? Some people manage to appear easy going and relaxed no matter what their stresses are. For others, a small problem can become a major disaster. Stress can make changes on your body physically and mentally. The cause and effect relationship of stress is still unclear.

Many things can cause stress. Poor sleeping habits react on the body so if a stressful situation comes up a person may need four to five hours to recuperate. And the average person needs about seven to eight hours of sleep in a twenty four hour period. Sleep requirements differ widely, for example, if you face a long day ahead of you, you may want to get a good night's sleep to prepare yourself for the next day. Insomnia is sometimes a warning of stress. Taking your work to bed with you often disturbs the rest you need.

Social activities can also cause stress. Cramming for school work, having a job, and recreational activities all can make demands on your health. Having little time and some-

times no time for relaxing makes a person rush and often they get a worrisome attitude. Strong emotions can affect the body physically by releasing adrenaline into the bloodstream. Adrenaline increases breathing and heart rates. This can make the stomach queasy and the muscles tense, and also raises the blood pressure. If excessive stress is not reduced, the body's reactions may become harmful.

Physical effects of stress are noticeable. The digestive tract can be aggravated or ulcers can come up. The brain can carry many mental and emotional problems, among them anxiety and depression. Heart disturbances and asthma conditions can often get worse.

Set aside time for things that can cause stress. Making schedules and break time in between can lower pressures made by stress. A regular diet, and a well rested and fit person may help lower the stress level.

While you cannot always avoid stress it is safe to limit yourself and limit the demands made to you every day to cut down on the high levels of stress in your life.

Stress can have ill effects

by David Smith

Maybe you just passed a test that you studied for all last night, or maybe you've just walked a mile, or perhaps your best friend is stopping in for an unexpected dinner. If you have experienced any of the things above mentioned, you have experienced stress. Whether you realized it or not, each of these stresses had an effect on your body.

Stress is defined as the bodily responses that take place when an individual is confronted by environmental or other changes. It affects everyone, but the ways the body reacts are different.

You may be the kind of person who runs around frantically, always having something to do, but not enough time to do it. When it finally comes down to a time to relax, you may feel nonproductive and become emotionally dis-

repairs the damage caused from the stress. However, if for some reason the body can not repair the damage and remains alert for trouble.

Then the third stage, exhaustion, occurs. If this stage occurs too often, or stays too long the diseases of stress have a likelihood of occurring. Continued exposure causes the body to run out of energy and the bodily functions may shut down completely.

These are all what happens usually during stress. However the effect of stress discussed before are usually in seven day reactions to stress are found in several different ways. Sweaty palms, upset stomach, headaches, increased risk for heart attacks, forgetfulness, nail biting, fast breathing, dry mouth, weakness, fever, anger, frustration, shakey hands, tightened muscles, loss of confidence, stuttering, twitching muscles, neckaches, loss of appetite, sleeplessness, and nausea.

'The basic, everyday reactions to stress are shown in several ways.'

tressed from doing nothing. This emotional stress may cause you to become physically sick. These sicknesses may include high blood pressure, ulcers, or maybe even heart disease.

The other type of stress is physical stress. This type of stress may result from overworking or overproductivity. The effects may be fatigue, sore muscles or irritation. When the body experiences stress, it goes to three stages to try to eliminate the stress.

The first stage of stress reaction is alarm. In this stage, the body recognizes the stressor and prepares for a flight or fight. The endocrine glands release hormones into the bloodstream. These hormones can increase heartbeat and respiration, elevation in blood sugar, increase in perspiration, dilated pupils, or even a slow-down in digestion. The body then makes the choice of flight or fight.

The next stage, resistance, is when the body

Teens are one of the largest groups effected by stress. From the ages of thirteen to nineteen the body goes through one stress to another. Puberty, the sudden spurt of height, gain of weight or the crack of a voice can send the mind fluttering. Attraction to the opposite sex, wondering what they think of you can also add stress to the teens life. Along with that comes peer pressure. Finally, a teenagers self-confidence causes a teenager to become more stressed.

The main thing to do with stress when it is experienced is to get rid of it. Some choices are to work it off. And Some examples are to take up a hobby, run or talk it out. Learn to accept the change and use it to your advantage. Avoid treating yourself to sleeping pills, depressants or alcohol. Get sleep and exercise. Keep a balance between your emotions and the things you do physically. And finally, take it one day at a time.

The Replacements battle youth culture

by Andy Behrens

There must have been something terribly improper in the way Disney-faced Dickie Clark counted America, pop-culture, and everything down to the then promissory Eighties way back in the waning seconds of 1979. He seems as believable a culprit as anyone else should it become necessary to point a collective third finger at the supposed source of all the mire and waste of a decade whose only foreseeable legacies will be moonwalking and home-shopping.

Every aspect of our culture has been ravaged by the wrongheaded xenophobia churned out in fast-as-you-can-preach style by all our Geraldo wanna-be's. Solipsism is still in vogue, and one of its loudest voices is in music.

Critic Dave Marsh once observed that "acts of insurrection keep rock alive," but such acts have been widely forsaken in the Eighties. Originality and ground-breaking have given way to whatever satisfies thirteen-year-old idealism, with one notable exception: a distant tremor from the twin cities (Minneapolis to be exact) called the Replacements. Having entered the final leg of our decade, they remain the only band who've consistently surprised and genuinely reached out for an audience they didn't go looking for, but one that found them.

Originally dubbed the Impediments, members Paul Westerberg (vocals, lead guitar), Tommy Stinson (bass), Bob Stinson (guitar), and Chris Mars (drums) first began venue crashing in the darkest Minnesota corners not too long after the *Bandstand* / \$100,000,000 Pyramid host threw himself and all the rest of us flat on our faces into the Reagan Era. The dizzying wall of sound they erected nightly soon made them the subterranean band of choice in the land of ice fishing and impeccable airports. After developing a loyal following among those deafened early on by their often furious audio assaults, they made their way into the studio as the Replacements.

Their self-titled debut showed them to be no demonic heavy metal hackband, and

their subsequent semi-classic *Stink* established them as... something. It was unsure at the time just what, because no one had done such boundry pushing since a snarling quartet of anarchists called the Sex Pistols self-destructed in late '78. Although a raging, vertiginous effort throughout, *Stink*'s clear highlight is a blistering paean called *Kids Don't Follow*, introduction courtesy of a neighborhood Officer Friendly recorded unwittingly at the scene of a social gathering: "Okay, this is the Minneapolis police. The party is over... if you'd all just get your stuff and leave there won't be a hassle... and nobody goes to jail."

Post-*Stink*, the Replacements were still a fairly unknown band of cultural outlaws, and have remained so after occasionally nerve-bruising endeavors like *Sorry Ma, Forgot To Take Out The Trash* and *Pleased To Meet Me*. The latter includes glimpses of greatness on *The Ledge* and a *Red Red Wine* that would send UB40 into unconscious fits, smashing the tame copies of their 45 on their pseudo-reggae-filled honkey heads.

Then and now, the Replacements posed no threat to the bands of closet capitalists who feed off distorted Sixties anachronisms. Alfred E. Bono and the rest of his Gaelic U2 money-grubbers can spend all the

time they want on silver-screen histrionics (i.e. their finest idiocy to date, *Ramble And Bumble*), because all they've shown an affinity for since *War* is the All-American answer to Irish Green. Using social disorder as a marketing technique is no new trick, but it still fools an audience. Even R.E.M., although infinitely more interesting than U2, was still singing about Lenny Bruce as of *Document*.

Westerberg, Mars, and the Stinson boys are the only people to excite rock in years, a feat comparable to kicking a corpse to life. They do this at their finest on 1984's *Let It Be* and 1985's *Tim*, albums my awkward head couldn't have conceived without taking acid tablets like they were Milk Duds for a month. Although much of it continues in their fine tradition of savagery, *Let It Be*'s triumph is a thrillingly original hermaphroditic ballad called *Androgynous*. First use of that word in a song? I think perhaps so.



The Sex Pistols, the Replacements ancestors, scream and yelp at their last concert in 1978

The Replacements posed no threat to the bands of closet capitalists

What stands out most on *Tim* is the undercurrent of meaning below the raw mix of glorified mundanities it projects. Songs like *Left Of The Dial*, *Little Mascara*, *Waitress In The Sky* and *Kiss Me On The Bus* (released as a single) make it the classic Replacements album.

These steps forward they take, however, are their commercial downfall. It's great music for people in a rut, so if you should ever decide to... what's the word? Think? Ahhh jamnitall, I don't care if it's wierd, I like it.

Education for Hispanic adults

by Karen Getlinger

"People take it to become successful in society—a very important thing to do," says Dr. Richard Kamm, superintendent of WCCHS.

Adult Hispanic Education is available at WCCHS from 7-9 p.m. on Mondays and Wednesdays. The program is run by Don Zabelin, Director of Adult Education. The program is designed for adults who never learned English or never completed high school. It gives a chance to people over 21 (who cannot return to high school) to get a diploma.

but mainly covers the English language. The Civics classes help the student meet requirements to gain citizenship.

By regularly attending classes a person can complete the program. If the student successfully completes the program he obtains a GED certificate. The GED certificate is equivalent to a high school diploma.

A person must be over sixteen and out of high school and cannot take the basic test until his class has graduated. However, anyone can enroll in classes. "It is not a system for kids to drop out of high school and into the program," said Kamm.

"The program provides a great opportunity to learn a very, very important language. I am pleased that we are able to provide it," said Kamm.

The whole program is fully paid for and no fee is required

Adult Hispanic Education is funded through grants by the federal and state governments. Therefore, the whole program is fully paid for and no fee is required for any participant.

The program includes two General Education Development Classes (GED), five English as a Second Language Classes (ESL), and two Civics classes. The GED and ESL classes are taught to prepare attendants for a basic skills test. This test covers information in history, science and math,

We-go reflects drug problem

by Julie Mastro

Does West Chicago Community High School have a drug problem?

According to the Illinois Department of Transportation one out of every 16 high school seniors drink alcohol on a daily basis. Does this statistic also apply at We-go? According to Principal Alan Jones, "We just reflect what's going on in the outside world and consumption is a problem."

Although We-go may have a drug or alcohol problem we are not alone. Jones says, "Our whole society has a drug problem and we reflect that." It is true that without the cooperation of the teenagers and their families nothing can be done to solve the increasing drug problem.

"It's a social problem and schools only have a limited ability to change that," Jones explains. The school can only supervise a

student to a certain point, and after that they have no control over what the teenager does outside of school. Jones feels that, "there's a lot of free time today" and that "lack of supervision and boredom" are the main reasons why students begin to drink, along with pressures at school, home or at a job.

If a student is caught drinking or abusing drugs at school or a school function they will be given a 10 day suspension. The suspension can be reduced if the student attends a drug clinic with their parent, which 90 percent of the kids choose to do.

There is only so much the school can do to help a student cope with a drug problem. In a society where drinking is considered socially acceptable it's hard to be a teenager and understand that it's not acceptable to drink. Many teenagers seem to forget that it's nobody's choice but your own.

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A form of perfection

by Kelly Lee

Weight lifting and body building is more than just training for strength. Weight lifting is a sport in and of itself. Competitions are held in three areas: body building, power lifting and Olympic lifting.

These competitions are arranged by age groups. Power lifting and Olympic lifting competitions are structure by weight classes. This will provide everyone with an equal opportunity to experience success.

The sport of body building is designed for individuals who are interested in toning and sculpturing their muscles. A body builder must work to increase muscular size while retaining as much definition as possible in each and every muscle. A body builders balance is a very important concept. Each and every muscle group must be developed

to its fullest capability rather than just developing certain favorite muscle groups.

Power lifting contests require the competitor to participate in three lifts: the squat, the bench press and the dead lift. Each lifter is given three opportunities for each of these lifts and the heaviest lift for each exercise is counted towards a competitors total. The sport of power lifting is a test of an individuals raw strength. The lifts are slow and controlled as opposed to the Olympic lifts, which require a combination of strength, speed, momentum and coordination.

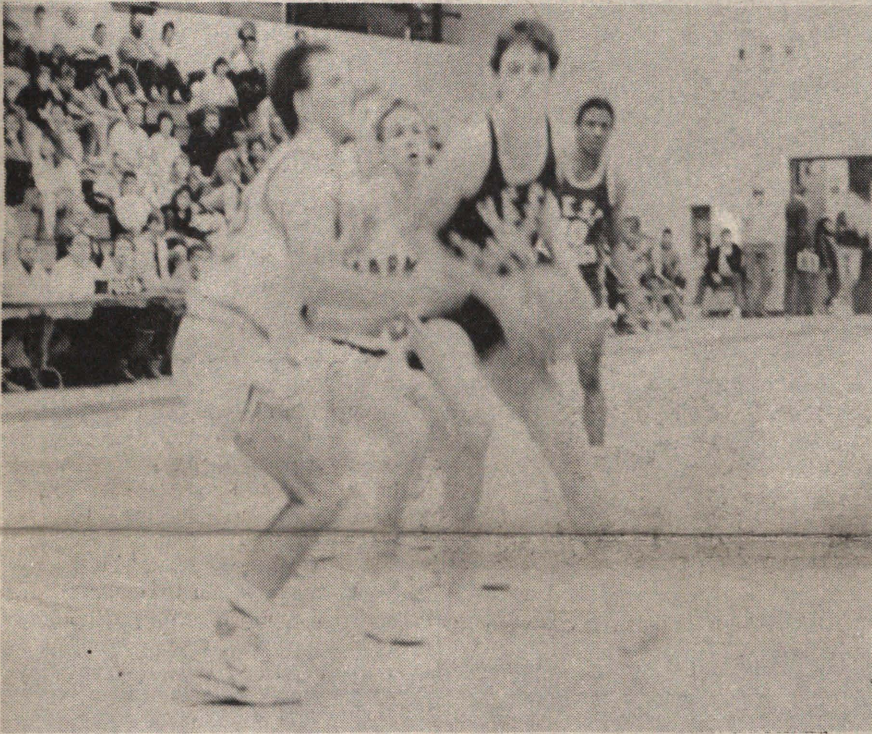
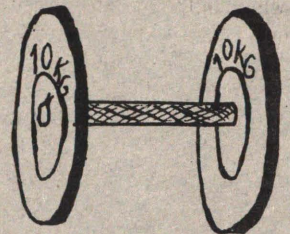
Things to remember when lifting is do not bounce but more slowly and under control, keep back straight and your head up throughout movements. Also, make sure you always have a spotter.

Olympic lifting consists of two lifts: the snatch and the clean and jerk. Olympic lifting requires strength, as well as a tremendous amount of skill, coordination, quickness, speed and balance. These all play important roles in a lifters strength and flexibility this should be developed for several months before he or she attempts to perform them with weights.

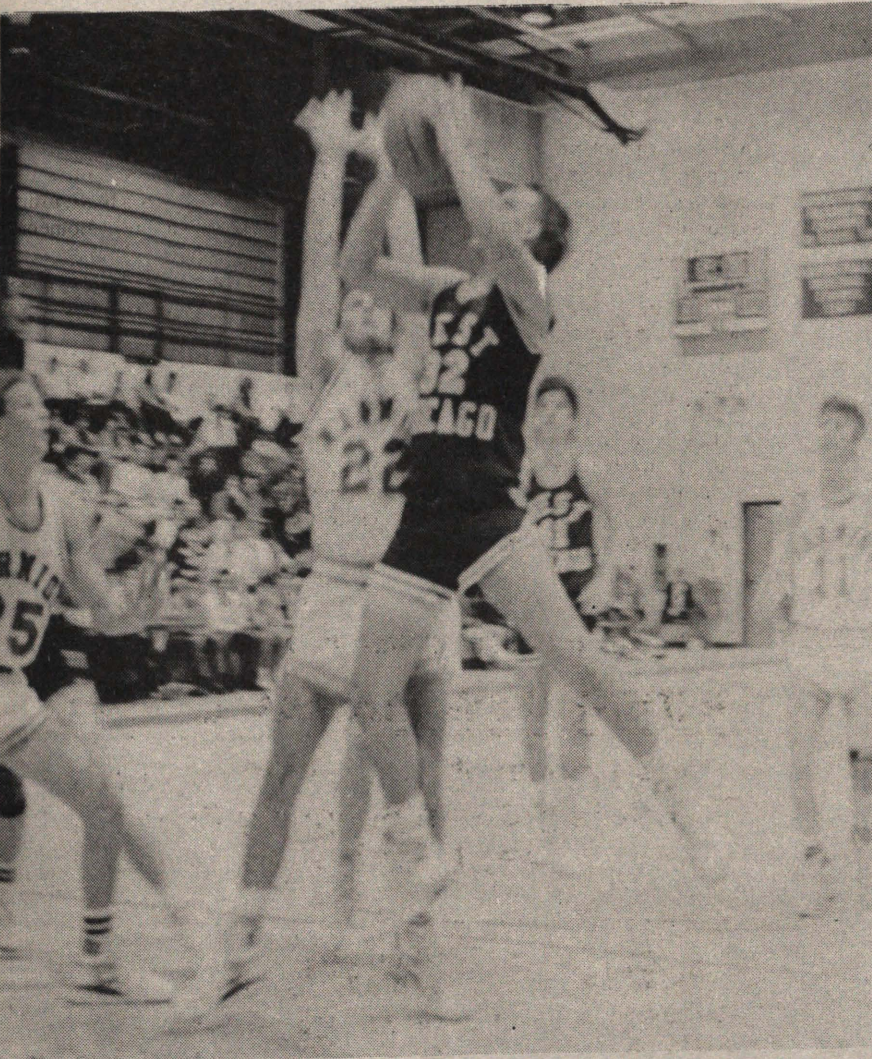
A body builder requires energy the body builder creates this energy from the foods that he eats. The foods needed to be successful in body building are carbohydrates, fats, protein, vitamins, minerals and water. The body builder should make sure he eats a well balanced diet. In order for a body builder to gain weight is to ingest 2500 calories more than you expend during normal daily activities. Protein is used to repair and build tissue which is often thought to be critical if a body builder wants to increase the tissue size of his or her muscle.

A successful body builder must remember to eat foods which he or she enjoys, maintain

a balance between carbohydrates (60-70 percent) fats (15-20 percent) protein (10-15 percent). Eat three scheduled meals and set realistic weight gain goals, preferably one pound a week.



Senior Mark Hall uses his ball-handling skills to fight off his Marmion opponent during the Waubonsie Valley Tournament. The Cats suffered a loss with a final score of 60-56. (photo by Ismael Rios)



Junior John Winterhaider battles for the shot against a Marmion opponent in the battle for third place during the Waubonsie Valley Tournament that took place on December 27, 28, and 29. (photo by Ismael Rios)

Keeping up with the rest

by Kelly Lee

Keeping up with a 3.3 grade average and a high school rank of 30 at West Chicago Community High School Mark Hall still finds time to be in extra school activities.

Hall a senior at We-go has participated in baseball four years and has been on varsity two years. Also, basketball which he has been on four years and two years on varsity.

"Not play scared and play to ability and beat Saint Francis," stated Hall when asked what his biggest goal for basketball is for the 1989 season. Hall's batting average this past spring was .287 and his summer batting average was .443. His biggest goal for baseball is to improve on hitting and beat Naperville North.

Hall participated at WCCHS summer league only for varsity players. "I feel that We-go basketball teams are contending teams for the Dupage Valley Conference," stated Hall.

Hall started playing basketball in fourth grade, also played for Winfield Junior High school team, high school, summer leagues, and camps.

In baseball he started in fourth grade and played T-ball also played every year for the Winfield park district till he entered high school. Hall's accomplishments are academic all-conference for both basketball and baseball. On the four year honor roll student list, WCCHS summer leagues for basketball and they took second out of eight teams which Hall participated in.

"I grew up with basketball, it is hard work and takes lots of time, intelligence and is not a boring sport," replied Hall. In baseball he likes mostly that it is an individual sport and it is fair. Hall said, "Boys high school basketball practices consist of very intense drills, team cooperation, ball handling drills and shooting drills."

When asked Hall what does he do to prepare himself for a game he said he listens to music by himself and eats before the game to relax himself. Hall also enjoys fall season weight training.

Do you need help with your homework?

by Dana Billick

The West Chicago tutoring program accommodates any athletes who may be having trouble with their schoolwork. There are approximately 35 students in the program right now who actively participate in sports and who agree the program has helped them greatly.

The regular program consists of students who have previously failed classes, transferred from another high school, have been recently released from the hospital, etc. Many times students enter the program for a short time to help them raise their grades, or to get help with something that they just don't understand. After grades are raised to a C average, the students are released.

Many athletes are unaware that the program exists. As of yet, many of these students have only become aware of it because their coaches make suggestions for them to perhaps become involved with the program. Athletic Director Ron Hansen has made it known to all coaches that the program is available to for any athletes having academic problems.

All referrals are made through Assistant Principal Richard Waterhouse who also receives feedback from the participants on how they liked the program. During the past school years, there have been morning sessions for students in need of help. The head of the tutoring program, Gail Arnoff, is available this year for morning and afternoon sessions also. She arrives at school at 7:30 a.m. and usually remains until 4:30p.m. She is also available fourth hour if students make arrangements with her.

The method of helping the students to learn and understand is to walk them

through their own work and set up examples and explanations for them to follow. Though the students are not given the answers straight out, they learn from the experience and gain additional knowledge to raise their grades.

The program is available to anyone who feels they need the extra help with understanding any of their classes, and has been successful for all who have participated in it.

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Not all fun and games

by Randa Bascharon

Are you still recuperating from New Years Eve? Remember how you felt about two hours after the clock struck 12:00? Your eyes were heavy and you felt like going to sleep and never waking up again. That is the very same feeling many athletes have every night after practice. But wait! They still have 4 hours of homework left to do; now isn't that an uplifting feeling!? Yeh right!

Many don't realize how much time and effort in a sport takes. As Senior Jill Swan put it "When you are in a sport you spend lots of nights up late, feeling cranky and tired, and you're in a bad mood and then it starts all over the next day." How do athletes maintain a good grade point average and keep up with sports? There is no secret to it just one magic word-dedication.

Dedication has a chain of words which follow it, words such as reliable, conscientious, responsible, and mature. The

athletes that can maintain their grades and also play sports are very unique. This is because for many the burden is too much. The time needed for homework becomes too much to handle at one time. Either the grades suffer or playing does. Many times it's the grades that suffer because high school students find it a lot easier to concentrate on sports than on homework. However, those that do well in school discipline themselves and set goals so they accomplish all that they want to do. Even though those goals may not be so evident to that person, he or she achieves at certain levels because of these goals. This sets a persons priorities and gives them things to aim for and focus on.

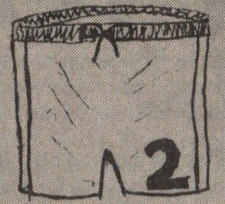
Shooting to do well in something and actually doing it are two different things. Getting good grades and being in a sport takes plenty of time and hard work. It also

means sacrificing time for enjoyment as relaxation. Even more so an extra effort is needed not only to do your work but do it at an "A" or "B" level. One junior stated "there are lots of times where I feel like throwing my books out the window, but I keep on concentrating on my work because I want to keep up my grades."

Countless nights after practice, many athletes feel like crawling into bed, but because of their dedication they their homework. It gets very hectic, yet those that can endure and tough it out are stronger individuals in the end.

So next time you feel that you can't keep your eyes open and you're falling asleep on your books, remember the athletes who are just coming home from practice and haven't even begun their work yet. Remember them and use them as an example to follow for the next year.

Jock shorts



Boys' basketball

West Chicago placed fourth out of eight teams at the Waubonsie Valley Tournament over Christmas break. They beat Batavia and lost to St. Francis and Marmion.

Girls' basketball

At the Ladycat Classic, West Chicago placed fourth out of eight teams. They lost to Plainfield and to Proviso West.

Do you know how to swim?

by Christopher Nippert



Do you know how to swim? Do you feel confident that if you had to swim for your life you could? If your answer to these questions are no then don't miss out on the opportunity that We-go gives all of us.

As freshmen, you are required to take a unit on basic swim technique and as a sophomore, you must take life saving. This is a great chance for those of you who are veteran swimmers to improve your form and for those that do not to learn. Many lessons taught during these units are invaluable. We all may not realize the importance of knowing how to swim until it is too late. Yet, even when I think how

knowing how to swim could save my life I can't believe people who insist on blowing off the course. Well, to those of you who think that are acting "cool" by by doing this you are wrong, dead wrong. All I have to say is that if you are put in the situation where your life is on the line then you are going to wish you participated in class while you are busy dying. What a waste of a life! The choice, of course, is yours.

You may never be put in a life or death situation in the water, but are you willing to take that chance? It is like Russian Roulette, and I don't think you would play that game. Besides, there is a lot that you are missing out on in the water, water polo, volley ball, relaxing on a hot day, and the list goes on and on. Make the right choice - participate in swimming class - it may just save your life or that of something dear to you.



Varsity player Missy Vega fights for position for the rebound in the Lady Wildcat Tournament that took place on December 27, 28, and 29. The varsity team suffered a loss against the Plainfield Wildcats in the consolation game. (photo by Ismael Rios)

Varsity Sports Schedule

Girls' Basketball

Jan. 14	Glenbard South	H	1:30 p.m.
Jan. 19	Glenbard East	A	6 p.m.
Jan. 21	Wheaton Central	H	1:30 p.m.
Jan. 26	Glenbard North	A	6 p.m.
Jan. 28	Naperville Central	H	1:30 p.m.
Feb. 2	Naperville North	A	6 p.m.
Feb. 6	Regionals Begin	TBA	TBA

Jan. 13	Glenbard North	A	10 a.m.
Jan. 14	Naperville North	A	1:30p.m.
Jan. 20	Naperville Central	H	6:30p.m.
Jan. 27	DVC Tournament(Glen.N)	A	6:30 p.m.
Jan. 28	DVC Tournament(Glen.N)	A	12:30 p.m.
Feb. 3	Regionals Begin	TBA	TBA
Feb. 7	Team Sectionals	TBA	TBA

Boys' Basketball

Jan. 13	Glenbard North	H	7:30 p.m.
Jan. 20	Naperville Central	A	7:30 p.m.
Jan. 21	Naperville North	H	7:30 p.m.
Jan. 27	Wheaton North	A	7:30 p.m.
Feb. 3	Glenbard South	H	7:30 p.m.
Feb. 4	Glenbard East	A	7:30 p.m.

Boys' Swimming

Jan. 17	Elgin	A	5 p.m.
Jan. 24	West Aurora;IMSA	H	5 p.m.
Jan. 31	Crystal Lake South	H	5p.m.
Feb. 3	Waubonsie Valley Invtl	A	5p.m.
Feb. 4	Waubonsie Valley Invtl	A	TBA
Feb. 7	Streamwood	H	5 p.m.

Cycling knee pain away

by Kerri Spoden

Do you suffer from the pain of knee injury? If so, you, like so many others, are probably searching for a way to ease or decrease those levels of pain. There are many ways to do so, and one that is becoming more popular is cycling.

"Cycling strengthens, tightens and bulks out the quadricep muscles which surround the patella (kneecap)," says John Schubert, author of *Cycling for Fitness*. "As a person tightens and strengthens these muscles, they hold the kneecap in place more firmly and improve the way it glides over the distal femur."

Now you're probably saying "the weather just isn't ideal for cycling." There are alternatives such as a stationary bicycle. This is

a device with one wheel that can be ridden in the home, at a gym, or even at school.

Before starting a program like this, there are some simple steps you must go through. The first is to consult a physician or trainer to discuss what you want to achieve and how. Also, you want to make sure that this is the right thing for you to do. Next set a schedule for yourself. This should include how often you will cycle, the length of time, the distance you will start with and how often and by how much you will increase the distance. Finally, begin your program. Remember to pay close attention to your injuries. If ever during your workout you experience pain or discomfort, consult your physician.

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