'Students responded well to ACT clinic,' Renner says

by Erin Schaben

What could students have done to help themselves get into any college of their choice? They could have attended the ACT clinic every Saturday since March 9 through April 13 from 8:30-11 a.m.

This is the first year of the ACT clinic. The purpose was to go over the material on the ACT test. The students that participated took each section of the test four times, and the full test twice. The clinic was to "make them test wise," stated Principal William Renner. "There has been a difference from the first test," said Holly Ravitz, the guidance counselor involved in the clinic. There is "improvement in all."

The clinic concentrated on the basics. They reviewed how to eliminate bad choices, how to go about the math and English, etc. It gave students experience in the testing and familiarized them with the format. There were three faculty members involved with the clinic: Renner, Ravitz and Tim Kanold, for math.

"The students are responding well," said Renner, of the ACT clinic. "Anywhere from 40 to 50 students each week in the LRC," confirmed Ravitz, who was in charge of organizing the clinic. "The vast majority that took part in the clinic are juniors," Renner said.

The initial idea came from Marvin Beckman, a board member, last spring. Letters were then sent home to prospective juniors about the clinic. There was also an article printed in the West Chicago Press for anyone interested in participation in the clinic.

"There will hopefully be a program for the PSAT and SAT in the fall," said Ravitz, "for students who know they will be taking the ACT, they can look for announcements in the spring next year."

For the students who attended, their "reward is close at hand," when they take the test. They are "motivated, and know how important their score is," Renner commented.

The Bridge

West Chicago Community High School
Volume 14 Number 10 April 26, 1985

INSIDE: Eating Disorders p. 4 & 5

DAVEA 'A-Team' honored

Top grades and other accomplishemtns have earned 17 West Chicago DAVEA Center students a spot on DAVEA's first-semester "A-Team."

The A-Team is comprised of student who receive a final grade of "A" at the conclusion of the 18-week semester grading period. "The skills and attitudes exhibited by A-Team members," said DAVEA director Bruce Anderson, "will help to insure that they are productive, competent employees. These students will be the kind of workers that every business venture must have to be successful."

Those West Chicago students named to DAVEA Center's first semester A-Team are:

Alma Garcia
Accounting/Finance & Credit
Mark Enders
Auto Body Program
Fred Wilcox
Auto Mechanics Technology
John Dusza
Construction Trades
Andy O'Connor
Construction Trades
John Csukor
Food Service
Suzanne Manchester
Information Processing
Tammy Echevarria
Cosmetology
Alicia Riske
Cosmetology
Sara Santiago
Cosmetology
Dawn Schroeder
Cosmetology
Jennifer Zietlow
Cosmetology
Ann Beatty
Nurse Assistant
Rich Burkhart
Welding
Mike Covarrubias
Welding
Bryan Dalzell
Diesel Mechanics
Dan Gilman
Diesel Mechanics

This is the front and back view of the new blue and white band uniforms. Eighty uniforms were ordered from Fechheimer Brothers Company at a cost of $20,000.

700 to attend music festival

The West Chicago High School Concert Choir, Concert Band, and Orchestra will perform in the Fox Valley Music Festival, being held here in the Bishop gymnasium, on Monday, April 29 at 8 p.m.

The Festival consists of 22 area high schools' bands, orchestras and choirs getting toether on Sunday and Monday, April 28 and 29 to practice certain numbers.

The choirs are performing six numbers, the orchestras and bands, three numbers each.

There will be three guest directors for each ensemble.

For the finale, all three ensembles will get together and perform "Onward, Ye Peoples!" by Jean Sibelius.

All students performing in the festival have auditioned to be able to perform.

Dismissal will be at 1 p.m. on Monday, April 29, to allow for rehearsal.

Nursery school at We-go

The child development classes' nursery school will be in session May 14 to 31 from 9 a.m. to 12 noon. Anyone to enroll a child ages 3 to 5 should contact Patti Kozlowski, Home Economics Department Chairman, at 231-0880 ext. 235.

Blood drive

There will be a blood drive on April 30 sponsored by the Student Council with the help of the Aurora Blood Bank. It will be held 9:30 a.m. to 1:30 p.m. in the trimnastics room next to the small gym. The goal is 60 pints of blood, so anyone 17 and older who weighs over 110 pounds and has not been taking medication is asked to participate.

'85-'86 cheerleaders

Varsity	Fresh/Soph
FOOTBALL	**FOOTBALL**
Carrie Brennan	Miriam Hernandez
Soni Cruz	Katie Kalloway
Amy Enos	Missy McCallister
Barb Enos	Kara Nelson
Julie Genovesi	Roxanne Rose
Elanor Horsley	Stephanie Santiago
Carol Koenig	Nicki Turner
Deanna Riegart	Patty Wilmer
Cathy Reif	**SOCCER**
Jeni Zietlow	Alma Cruz
SOCCER	Sharon Volenec
Margie Baum	**WRESTLING**
Jeanine Detente	Tammy Beardsley
Lisa Harvey	Miriam Hernandez
Janet Miller	Leah Mosier
Alaine Smith	Sharon Volenec
Rayann Stewart	**BASKETBALL**
Irene Volenec	Katie Kalloway
WRESTLING	Missy McCallister
Soni Cruz	Kara Nelson
Julie Genovesi	Mandy Newlon
Pam Santiago	Roxanne Rose
Rayann Stewart	Stephanie Santiago
Irene Volenec	Nicki Turner
BASKETBALL	Patty Wilmer
Margie Baum	
Carrie Brennan	
Amy Enos	
Barb Enos	
Lisa Harvey	
Elanor Horsley	
Carol Koenig	
Cathy Reif	
Deanna Riegart	
Jeni Zietlow	

Graduation ceremony plans set

After meeting with groups of seniors and the entire senior class, Principal William Renner has announced the plans for the 1985 commencement.

The graduation ceremony will be held at 2 p.m. on Sunday, June 9, 1985 in Bishop Gymnasium. Graduation practice will be at 8:30 a.m., Saturday morning, in Bishop Gymnasium. The practice is mandatory for all seniors participating in the commencement, except for the few seniors taking the ACT test that morning. Honors Night will be held Thursday, June 6, at 8 p.m. in Weyrauch Auditorium.

In May, parents will be mailed two tickets and an invitation to the graduation ceremony. Those needing additional tickets may obtain them in person from the Community High School office. A maximum of six tickets per graduate will be available. Tickets will not be available at the door.

Once again the women of the Senior Class have voted to wear white robes in the ceremony. Rental robes will be used and returned immediately following the ceremony.

Dr. Thomas Fischer, chairman of the English department, has been selected to deliver the commencement address.

Lectures at CDH, COD, & Fermilab

Paul Teodo of the Central DuPage Hospital Life Enrichment Center will discuss teen alcoholism and drug abuse on May 5, from 7 to 9 p.m. at St. Mary's Chapel. This meeting is open to all teens and parents.

Burton White, a psychologist specializing in early child development, will be at the College of DuPage, SRC, room 1024 to discuss the critical nature of a child's early physical, intellectual, and emotional development.

The talk will be held on Tuesday, April 30 at 7:30 p.m. For further information, call Student Activities 858-2800, ext. 2243.

Professor Stephen Gould, Discover magazine's 1982 Scientist of the Year will be a part of Fermilab's Distinguished Speaker Series when he lectures on "Darwin: The Science of History." The talk will be held in Ramsey Auditorium on Friday, May 3, at 8 p.m.

FBLA excels at state competition

by Melanie Mitz

The West Chicago chapter of Future Business Leaders of America (FBLA) competed in Springfield, Illinois on March 29 and 30. The honor of being named Adviser of the Year was bestowed on Don Zabelin, a teacher at We-go, and adviser of FBLA.

Lisa Siedlecki received a $1000 scholarship for Robert Morris College.

The following three students received first place awards and will compete in the FBLA National Competition: Steve Groenier, Entrepreneurship II; Raelyna Steele, Business Law; and Kim Coyne, Word Processing. The competition will be held July 1-4 in Houston, Texas.

Other award winners include: Lisa Siedlecki, third place, Advisory Council Project; Dara Haverty, fourth place, Business Math; Steve Groenier, Joy McPheters, and Kris Sims, fifth place, Entrepreneurship I; Laura Burleigh, seventh place, Impromptu Speaking.

Chapter awards are for: eighth place, Outstanding Chapter; and sixth place, Annual Business Report.

The We-go Chapter of FBLA was also named as a Gold Seal Chapter. This award is given to the nation's best chapters.

18 earn pompons

1985-86 Squad		
Tina Castellano	Leticia Gonzalez	Becky Showalter
Kristi Curby	Maureen Heitzler	Carol Simandl
Rhonda Dispensa	Denys Isebrand	Mandy Zollner
Shannon Durr	Chris Kent	Alternates
Karin Friedrich	Tina Marrello	1st - Kelly Krupa
Dawn Gillentine	Missy Moreton	2nd - Lisa Staser
	Chris Schlenker	

Loan cuts may hurt education

At the end of September many higher education financial aid programs will expire. President Reagan has announced his intentions to eliminate, cut, and limit financial aid programs. **The Bridge** feels that Reagan is unwise for proposing such cuts.

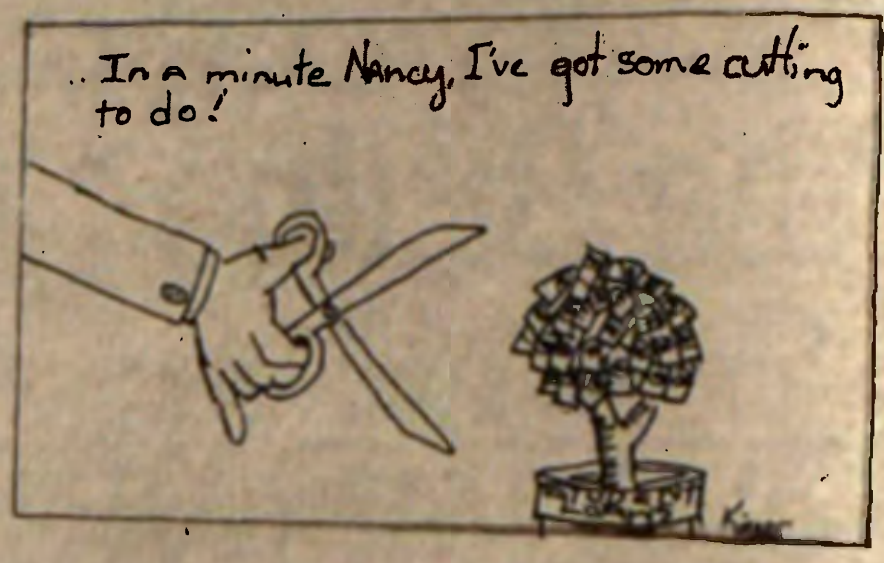
With a combined budget of $79 billion, the current financial aid programs serve approximately five million students. Reagans proposed cuts would drastically reduce this number.

One of Reagans proposed limits states that the total amount of aid awarded to any student would not exceed $4,000. This is a very low amount in terms of the cost of education. This amount wouldn't even pay for a full year at a state university not to mention private colleges.

Another limit the Reagan proposal suggests is that students would only be eligible for Guaranteed Student Loans (G.S.L.) if their family income was less than $32,500, regardless of how many of the families children were in college at the same time. This is very unsound. What if a family earning more than $32,500 has two or three children already attending college?

Secretary of Education William Bennett believes the students should make, "Divestitures of certain sorts, stereo divestitures, automobile divestitures, three-weeks-at-the-beach divestitures." If this is the case, is Bennett telling us we should live our childhoods near poverty in order to finance future education?

Assistant Secretary of Education, Gary Jones believes, "they've always had the money at home. Their parents have chosen to buy a new car or make some other investment." Doesn't Jones know that some families just don't have the money, and need government funded student loans?



The Bridge feels that if Reagan must cut the budget, he should not cut student loans. Reagan should concentrate his budget cuts on things not as important as the future leaders of our country.

Letters to the Editor

Bathrooms closed again

Dear Editor,

I would like to know who is the irresponsible student who wrote on the bathroom walls and stalls in the girls' second floor bathroom. I have been to meetings with the principal about student rights and rules. How can I ask him to open the bathrooms when people write in them? How can I ask for P.E. locks to be changed when students steal from them? Students want to be able to eat in the halls, yet then can't clear their messes from the cafeteria. It is evident that there is not just one person ruining this for all of us. So look around. If you want the rules to be changed, start acting responsible. Right now the students have no right to complain. The bathrooms on the second floor are closed so don't expect any sympathy from the administration. You blew it for yourself and for the school. To the freshmen: you showed that you can write "88" on the walls.

Thank you,
Kathy Jakubowski

Booster Club wants students responses

Dear Student,

The Board of Directors of the Wildcat Booster Club would like you to take a few minutes out of your busy schedules and answer a few questions or give your comments regarding a few ideas we have.

We at the Booster Club devote many hours trying to find different ways to help the youth of our school and community. We sell spirit items (hats, buttons, key chains, etc.) at home athletic events. We sponsor the Lift-A-Thon and for the first time our all School Homecoming Run-A-Thon. These are just a few of our many activities. We are now thinking of selling blue and/or white sweat outfits and we are wondering just how many of you would be interested in these. The cost would be approximately $25.00. We would leave the lettering and logo up to you. Another thing we would like your comments on is the Run-A-Thon. Last year's was a success as far as participation but a failure as far as money being collected. What are your thoughts?

Is there anything you would like to see us do? Give us your thoughts and ideas. Please put responses in our Booster box in office.

Sincerely,
Alan Dieter,
President

Should abortion be excused at We-go?

by Laura Pollastrini

West Chicago Community High School aids young girls who come to them wishing to have abortions. "We don't condone it," commented Richard Waterhouse, Assistant Prinicipal, but if they aid the girls in terminating their pregnancies, that is in a way condoning it.

If we are to deal with the separation of church and state and there is to be no prayer in the school, then why can the school oppose the view of the Catholics and help girls to get abortions? The school should not take a stand, though they say they haven't, and should not be pro choice as they are right now.

As of now, a girl who thinks she is pregnant can go see the school nurse and she will help her to get an appointment for a pregnancy test. This pregnancy test is an excused absence as long as a medical statement is submitted. If the test proves positive and she is pregnant, the nurse will discuss all possible options in depth, being impartial and not pushing any one decision on her. The nurse gives her 24 hours to decide, and will then help her with her decision.

If the girl chooses to have an abortion, the nurse will help her to find a place that is "creditable," yet fits her financial needs, though the girl must make the actual appointment. Again, the absence is excused as long as a medical statement is submitted, in other words, if your car doesn't start or you oversleep it is counted as an unexcused absence, but if you get an abortion it is excused. It doesn't sound fair to me. Some people don't consider an abortion "medical treatment" for the reasons that the girl could live with the "ailment," and because it takes a human life rather than preserves it.

Another problem is that parents don't have to know that their daughter is even pregnant, much less that she had an abortion. The girl is encouraged to tell her parents, but if she chooses, she can get the abortion without their consent or knowledge. Legally, girls 13 and older don't need parental consent to have abortions, and the school nurse is bound by this law of confidence and can be sued if she informs a parent without her patient's consent. The school "acts in the place of parents," so they can help a girl get an abortion, even though they know that the parents are adamantly opposed. I wonder how most parents feel about this?!

What if while the girl was getting a pregnancy test or abortion she got into an accident, and the parents had no previous knowledge that their daughter was going to be off school grounds; wouldn't the school be liable? If everyone else has to have a permission slip signed to go on field trips, then so should pregnant girls. If our school lawyers won't let us have powder puff football because the school would be liable for injuries, then they should be twice as worried about those girls getting injured while they're off school grounds without that parental permission.

I think W.C.C.H.S. should not play any sort of a role with the issue of abortion, for being pro choice offends some people, especially those with strong religious beliefs against it, and can also be a liability in case of injuries. What if that girl should die of complications because of the abortion? Let's see the administration explain that to the parents.

The Bridge Staff
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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 opinion 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 adviser 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.

'Punk' takes on new meanings for nonconformists

by Alice Pegel

"I'll crack the top of your skulls if you punks don't stop when I whistle."

In this line from the musical West Side Story, the word "punk" is used as a synonym for hoodlum. In today's society it is used to represent a music movement and its followers. Unfortunately, the old connotations of the word have followed it into its new role.

"Punk has gotten a lot of bad press — especially on T.V.," says Tim Nevin. He believes that punk has been badly distorted by the media because it has been shown as primarily destructive behavior.

Nevin became a punker last summer after being exposed to the music and the philosophy. "I agreed with a lot of their ideas," he said, "so I decided 'why not be different?' "

This idea of being different is a cornerstone to punk beliefs. "Everyone has basically two ideas of themselves — the way they are and the way society wants them to be," says Nevin. "Punks don't worry about what they're supposed to be; they're just what they are."

Because of their emphasis on individuality, most punkers are working for changes in society. Cheri Herman stated, "I'd like to see a lot of changes, but I'm not sacrificing my success in society for it." She believes that "you have to put up a facade to succeed in society."

Herman knows a lot about putting up a facade. Her job as a bank teller, as well as her good grades and advanced courses, often force her into a more conservative image than she'd like. This keeps her from being what she believes to be "a total punker."

Punkers Derrick Geick and Cheri Herman. (Photo by Becky Thuer).

"Total punkers," according to Herman, are not simply people who dress punk or listen to punk music. "Punk was started to make a statement," she says, "It's a totally different way of communicating." She believes that a real punker is someone who agrees with the punk views and uses music and fashion statements to get a point across.

Marcia Otto also emphasizes getting a point across. She describes punk as "super-energetic" and "a bunch of people getting together, protesting things." Asked specifically what things, Otto cited conformity and being exactly alike.

Conformity is something that Derrick Geick doesn't agree with either. "People are very false — not true to themselves. I don't hide my feelings. I know in my mind what's right and wrong and no one else should run my life," he says. Geick used his philosophy to devise his present image. "I tried a lot of things junior year — none of them fit me perfectly."

Geick carries his stand against conformity event to the point of not calling himself a punker. "I don't like to be categorized," stated Geick, yet his views and many of his fashion statements are consistent with those of the punkers.

Basically, the punk philosophy emphasizes individualism instead of conformity. Through their music and fashion statements, they are trying to get a point across. That point is summarized by Geick as "never be ashamed or let anybody make you feel ashamed of who you are." This hardly seems destructive. Maybe it's time to find a new connotation for the word "punk."

"No, No, Nanette" dances its way to the auditorium stage

by Mary Ingram

"It's going to be really cool ... come see it!" says chorus member Erin Schaben about this year's spring musical, No, No, Nanette.

No, No, Nanette is the story of the relationships between people. One central character is Jimmy, a rich, slightly eccentric character who loves to spend his money to make people happy. He is married to Sue, who hates to spend money and will not let Jimmy spend his money on her. Since Jimmy can't spend his money on Sue, he makes friends with three floozies, Flora, Winnie, and Betty. They treat him like an uncle and do not mind at all if Jimmy spends money on them.

Another main character is Lucille, Sue's best friend, who is married to Billy, Jimmy's lawyer. Tom is Billy's assistant who falls in love with Nanette, Sue's niece

Through a string of several events, all of these people accidently end up in Atlantic City together, and they are all staying at Chickadee Cottage.

Many students in the cast or on crews have been working after school. According to Kathy Jakubowski, practices are "like a big work out." "We have been dancing a lot," Schaben added. Both said they enjoyed learning to tap dance. One famous song which includes some tap dancing is "Tea for Two."

Helen Zmhral demonstrates tap dancing steps, while Linda Choe and other chorus girls follow her instructions. (Photo by Becky Thuer).

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America HEAVILY into b

Bulimia - Throwing pressures away

by Cassie Storey

There are two million people in the United States who suffer from eating disorders. One of those disorders is called bulimia or bulimarxia.

Also referred to as the binge/purge syndrome, its victims are mostly women although some men do binge and purge. Bulimics are characterized as high-energy, successful people, that seek perfection in every aspect of their lives, especially their physical appearance.

The determination to be thin at all cost is the reason 10 women get bulimia to every one man. Men can have a few extra pounds and be considered "husky", while women ideally are supposed to be thin.

Binging and purging usually begins during the teenage years. Bulimia initially solves two problems; it allows the bulimic to eat whatever they want without gaining weight, and feelings of anxiety are released during the eating binges.

The second part of the behavior, purging, can take one or more of several forms. Bulimics are desperate not to gain weight after eating as much as 20,000 calories, (between 8 and 10 thousand is normal daily calorie intake for an adult), they will "get rid" of the food. The two most common ways of doing this include vomiting and abusing laxatives, sometimes as many as 90 doses of laxatives at a time.

Some bulimics also use excessive exercise or long periods of fasting to lose weight. The purging, along with getting rid of large amounts of partly digested food, relieves the bloated feeling.

Once the pattern of bulimia is set, the behavior becomes obsessive and destructive. Soon, the addictive cycle causes an extreme amount of guilt, shame, isolation and fear of getting caught.

While victims of anorexia nervosa can be easily spotted by their extreme thinness, bulimics are usually close to average weight.

The typical bulimic was raised by strict parents with high expectations of what their child should be. From an early age the child is expected to perform, and perform well, and is generally known as the perfect child. As the bulimic grows, they set astronomical expectations for themselves.

Often the bulimic may be a slightly overweight teenager that is prompted by their parents to lose a few pounds. Weight becomes an obsession and dieting to get down to a satisfactory weight and doing anything to stay at that weight is ideal.

Although most bulimia victims are women, men are also able to develop this disease. Wrestlers, boxers, jockeys, and male models are the most prone because of strict weight regulations.

For example, wrestlers are required to weigh in before competition, which may be lower than their normal or healthy weight. Between the weigh-in and the match, the wrestlers eat as much as possible to gain weight before their match. "It's like a roller-coaster," says Harry Gruirtsman, a psychologist at the National Institute of Mental Health. "In another few days, there's another weigh-in, another match. The wrestler must lose the weight he just gained. He doesn't know where to turn, so he takes the easiest way out. Before he knows it, control of weight by binging and vomiting becomes a habit."

Bulimia is similar to alcoholism. Food is to the bulimic what liquor is to the alcoholic. But a person can't go "cold turkey" with food like some can do with liquor. Food addicts have to learn to control their eating so they can eat normally.

Sore throats and infected salivary glands which cause swelling of the face and a puffy, bloated look are some results of purging.

A severe bulimic may often feel the urge to vomit anywhere and anytime. This may leave them smelling like someone who's just vomited.

For help you can contact the ANAD (NATIONAL ASSOCIATION FOR ANOREXIA NERVOSA AND ASSOCIATED DISORDERS), or call (312) 831-3438.

ANAD offers advice to anorexics or bulimics, and helps you to locate a therapist who can understand and treat bulimia and anorexia.

Losing interest in food is thinning

by Kelly Fox

What is anorexia nervosa? Anorexia means a lack of appetite for food and nervosa means having to do with the nerves.

The most common ages for anorexics are between 13 and 22. This disease has been reported in North America, Western Europe, and Australia. A book written by Elaine Landau stated that estimates say this occurs in one out of every 250 adolescent girls.

Anorexia becomes a disease when "problems of the mind become problems for the body."

Some of the symptoms of anorexia are:

1. **Phobias** concerning changes in bodily appearance.
2. **Obsessional thinking** about food and liquid intake.
3. **Obsessive-compulsive rituals** dominating much of their day. Such as cooking for their families and looking at themselves in the mirror.
4. **Feeling of inferiority** about intelligence, personality, and appearance.
5. **Splitting**, or perceiving decisions and consequences in terms of polarities.
6. **Disinterest in sexuality** resulting from:
   a. general immaturity
   b. fear of intimacy, physical or emotional
   c. failure of father or mother to offer affection and compliments.
7. **Delusional thinking** in body size and quantities of food ingested.
8. **Paranoid fears of criticism** from others.
9. **Depression**
10. **Anxiety** is alleviated only by weight loss and fasting.
11. **Denial** is used to keep the anorexic starving, exercising, and away from people and food.

This list is from Steven Levenkron's book **Treating and Overcoming Anorexia Nervosa.**

Anorexia victims are usually young, healthy, attractive girls from middle-class families. The typical victim is a girl between the ages of 13 and 19 who is often considered bright and pretty.

Victims of anorexia gain a sense of vulnerability and competition for thinness. Anorexics are not disgusted by food. Some claim that they enjoy hunger. Others say the feeling of hunger pangs gives them the assurance that they are not gaining weight. Food dominates their minds.

Meal planning becomes a major preoccupation. Some anorexics start cooking for the entire family, and manage everyone's eating in order to have control over her own.

A fear anorexics have is that others will become skinnier than she is, and thus she becomes paranoid.

At the height of anorexia, an anorexic victim's skin becomes dry, her hair will break off, she may suffer from anemia, stop menstruating and weight drops sufficiently low. Also, a layer of soft hair begins to grow on their backs.

In rare instances, anorexia has been found in males. Wrestlers, boxers, and models are most susceptible to the disease because of weight regulations.

If this illness is suspected you can contact a therapist who treats anorexia or call ANAD (ANORECIA NERVOSA AND DISORDERS), (312) 831-3438 for help.

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being HEALTHY

Balanced nutrition for dieters

by Rachel Hadden

Today's view on life is to be thin and beautiful. Most people are concerned with their weight, so they diet. A diet can be hazardous to a person's health if the proper nutrition is not included.

The human body requires nutrients. Water constitutes a nutrient category all by itself. The other 45 nutrients are divided among five more categories, which are cabohydrates, protein, fat, vitamins, and minerals.

A balanced meal is also a main concern of nutrition. The five food groups include dairy, fruits and vegetables, meat and poultry, breads and the fat and oils group. Each group contains certain vitamins and minerals essential for (to) life.

Water is the most important mineral in the human body. Five days is the absolute limit that a human can surive without water. It normally makes up 65 percent of a persons body weight. It is the basic medium that carries all the other nutrients throughout the body. Nothing functions without it.

Carbohydrates are food components that are made up of carbon, oxygen, and hydrogen (hence, the name carb-o-hydrate). More simply put, carbohydrates are sugars. Monosaccharides are single sugars, disacharides are two sugar molecules bonded together, and polysaccharides are found in food chains of hundreds of thousands or even millions of sugar molecules joined together. Carbohydrates are the basic fuel for movement. They are the main source of energy for muscles when people exercise.

Protein is certainly a valuable source of essential nutrients, but it does not live up to some extravagant claims made for it. For instance, it is not a magical muscle-builder. Muscles should be strengthened through exercise, not by overeating protein. If more protein is taken in then needed all it does is make people fatter, not firmer or more muscular.

Fat is also an essential nutrient. Its main use is for the formation of the manufacturing of cell membranes for the cells in the body.

There are 13 vitamins and 21 minerals needed for proper nutrition. Vitamins have many different reactions with the body. Minerals are necessary for everything that goes on in the body because they enable electrical conduction to take place.

Diet could be the key

by Scott Tepe

Research into the area of mental pressure has uncovered a definite link between body chemistry and stress. Doctors looking for ways to counteract stress and mental breakdowns have found increasing numbers of foods and nutrients capable of stopping symptoms and processes of stress.

The first step on the road to combatting stress is to eat nutritional foods. Filling up on high-sugar foods may give a person a quick energy boost, but it leaves them even more tired than before.

Fruit, vegetables, and fruit and vegetable juices will supply people with vitamins A and C. Vitamin C has the added bonus that it will counteract the breakdown of immunities to illnesses which often happen during periods of extended stress. Vitamin A supplies the body with energy.

Milk and dairy products such as cheese and yogurt give the body protein and other essential nutrients such as riboflavin and calcium.

Symptoms that show the presence of extended stress are hypoglycemia, which has to do with high blood sugar and insulin, the breakdown of immunity to diseases, mental and physical fatigue, and increase in protein breakdown.

Are you physically fit?

photo opinion
by Becky Thuer
and Rachel Hadden

Rayann Stewart 87' - "Yes, I have cheerleading practice and I bicycle ride a lot."

Adam Odell 86' - "No, I don't think so."

Linda Choe 85' - "Half the time I think I am and half the time I think I'm not."

Ken Wilde 88' - "Yes, I play sports, baseball, basketball, and football."

Bouncing babies born natural geniuses

by Laura Novak

As Boris Brott was rehearsing a score for a string quartet, he felt that he "knew" the cello part that was in front of him. Brott had never seen or heard the cello part in his life. Curiously, Brott questioned his mother, a professional cellist, about this. After she listened to his story she asked for the names of the musical works. All the parts her son seemed to know before he even saw them were the ones she had been rehearsing when she was pregnant with him.

The ears of a human fetus are functional at about the sixth month of pregnancy. A psychologist by the name of Anthony De Casper has done a series of human experiments. "We are trying to understand how we go from a single cell to one of these," De Casper says, pointing a finger at a picture on his desk of his two daughters, "in 266 days."

The first experiment done was one that showed that babies only 48 hours old would strain to hear their mother's voice. Eight out of ten would rather hear their mother reading a children's story instead of another woman reading the same story. Maybe the new born had quickly learned whom its mother was but it seems more possible that the baby might "know" her voice because he or she heard it so many times from inside the womb.

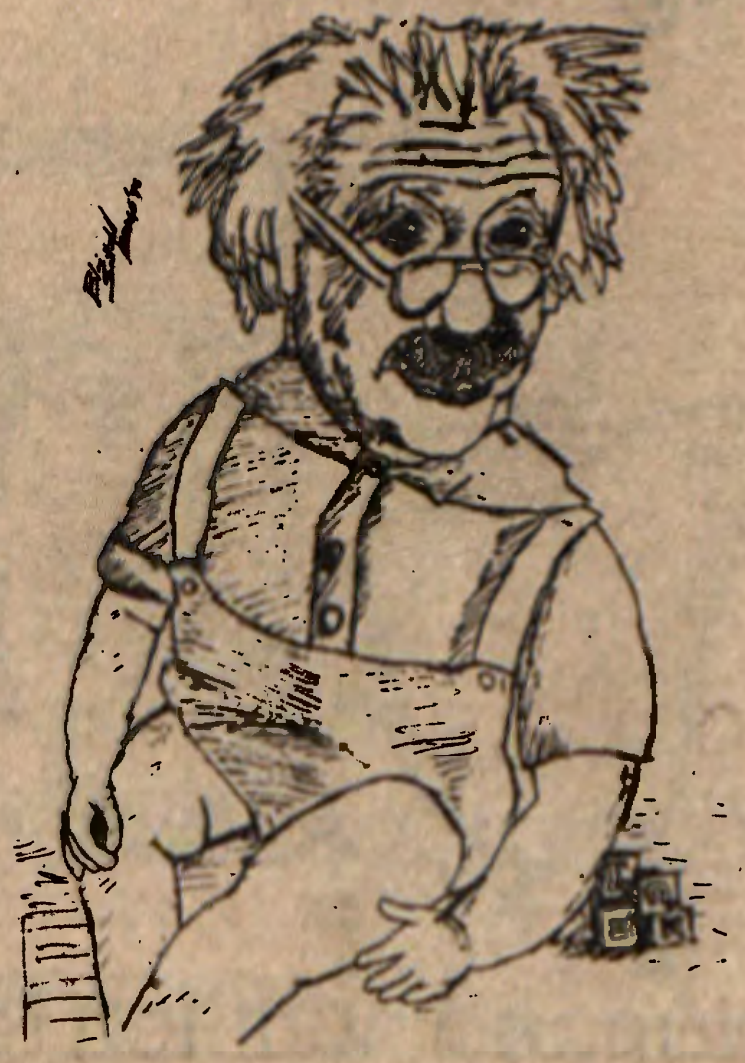
The second experiment was done on 12 expectant mothers. Half of the women read **The Cat in the Hat**, the other half read **The King, the Mice, and the Cheese**. During the last six weeks of their pregnancies, the women read the stories aloud twice a day at a time when they thought their babies were alert. Also, each woman was recorded reading both stories. Soon after the babies were born, the pacifier or tape recorder gave them the choice of two stories. Either the story their mother had read to them when she was pregnant or their mother reading a new story.

Each of the 12 babies would rather have heard the story their mothers had read to them before they were born.

One woman wrote in to De Casper telling him how one evening at dinner the conversation led to a pair of pajamas she had worn when she was pregnant with her daughter Gretchen. Just kidding, she asked her daughter if she could remember the pajamas. "Her answer floored us," the woman wrote in her letter. Finishing her daughter's words: "I couldn't see what you were wearing, I could only hear what you were saying." Gretchen's parents began questioning her. "What was it like?" "Dark and crowded," her daughter answered. "What else?" "Like a big bowl of water." "What did you think when you were born?" "I could stretch. It wasn't crowded anymore," Gretchen replied.

The last test was done on a hospital nursery full of crying babies. A tape was played of a heart beat as heard from inside the mother's womb. The babies soon became silent.

However, seeing inside the womb has far greater worries than quieting crying babies. If babies can learn inside the womb, then does the mother's actions and birth affect their personalities?



Horoscopes help people to be positive

by Kelly Fox

"The zodiac catalogues people and illustrates the principles that motivate them," Carl Payne Tobey, **An Astrology Primer**.

A recent poll taken showed 82 percent of the students surveyed had read their horoscope sometime in their life. No one totally believes horoscopes, but 24 percent of the students read them regularly. Jennifer Merle said that she reads her horoscope "for the fun of it." The only time she believes in them is when it has said something that she'd love to come true.

A few students said that they think horoscopes give people the courage or a positive attitude, which makes what it has predicted come true.

These are a few quotes from some horoscopes that might give a person courage: "Be direct. Strive to get to heart of matters." "Follow through on hunch." "If persistent, you discover hidden resources." "Get job done. Contact those who express desire to cooperate."

A person may receive a positive attitude from things like these: "Optimism will replace gloom." "You'll have an exciting weekend." "Saturday will be your best day."

Other students gave these reasons for reading their horoscopes: "For the fun of it." "For a good laugh." "To see what it has to say." "To see if anything will come true." and, "I don't really know why I read it."

Most of the students polled said something from their horoscope had come true at least once. Merle said, "A few family and financial matters had come true." Another said that she and her friend were lost and stopped at a house for directions. The house happened to be her new boyfriend's home. When she went home she read her horoscope and it said, "You'll find your love." Melanie Mitz said that once last year she thought she was failing a class and found out she wasn't. When she read her horoscope it said, "You will not fail in your endeavors."

One student said, "I think you can learn a lot about yourself and others from the zodiac and horoscopes." In his book, Tobey stated, "All children born on a certain day, month, and year will have a similar pattern to their lives, but many things will be different, also. Every few minutes changes something, and the place of birth will make a difference. Heredity will also make a very great difference."

"To be a true type of any sign, a person would have to be born at sunrise when all the planets were in the same sign as the sun. This has never happened, as far as anyone knows. This explains why we won't find many people who are pure types, although some are very one-sided," Tobey, **An Astrology Primer**.

"Perhaps it is not the moment of birth that selects the future, but rather the future that selects the moment of birth .,. ," a British reviewer of the Eysenck-Nais book.

Cancer (June 22-July 22)
Gemini (May 20-June 21)
Taurus (April 20-May 19)
Aries (March 21-April 19)
Pisces (February 19-March 20)
Aquarius (January 20-February 18)
Leo (July 23-August 23-September 22)
Virgo (August 23-September 22)
Libra (September 23-October 22)
Scorpio (October 23-November 21)
Sagittarius (November 22-December 21)
Capricorn (December 22-January 19)

Museums provide variety

by Melanie Mitz

Looking for something to do this spring and summer? How about spending a day in Chicago checking out the major museums?

The major museums aren't just the Field Museum or the Museum of Science and Industry. There's also the Adler Planetarium, the John G. Shedd Aquarium, and the Museum of Natural History.

There are many different things to see at these museums, from mummies of life-sized dinosaur skeletons at the Field Museum, and a tour through a W.W. II submarine at the Museum of Science and Industry, to man-eating sharks at the Shedd Aquarium.

The Museum of Science and Industry has two exhibits going on this spring and summer. One is a Contemporary Greek exhibit running from April 4 to June 9. The other is an exhibit on India, running June 6 through September.

The John G. Shedd Aquarium is a great way to see the under-the-sea-life. The aquarium is open every day from 10 to 5 p.m. Charge is $2 for adults, $1 for kids between the ages of 6 and 17, 50¢ for senior citizens, and free for children under 6. There are free films shown at the Aquarium on weekends. The aquarium is located at 1200 S. Lake Shore Drive across from the Field Museum.

Get a taste of space at the Adler Planetarium. The Planetarium is giving a special sky-show on May 2 entitled 'Mysteries of Space and Time.' The Planetarium is also open every day from 10 to 5 p.m. They also hold sky shows at 11 a.m. and 1, 2, 4, and 5 p.m. On Fridays the Planetarium is open until 9 p.m. because on that day there is also a sky show at 8 p.m. On July 20 there will be a space day event with an astronaut speaking.

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New Coaches take charge at We-go!

by Alan Steuer

Several new coaches have been added to the West Chicago coaching staff this year.

Lee Maciejewski has filled the head coach position in both boys' basketball and girls' softball. Last year he was the boys' JV basketball coach. Maciejewski has coached boys' basketball for 14 years, football for 11 years, girls' softball for six years, and three years of boys' baseball.

He graduated from a high school in Milwaukee. There he played football, basketball, and baseball. After high school, Maciejewski attended the University of Wisconsin, in Madison. Right now he teaches P.E. at Glenside Junior High School.

Maciejewski said that he took the job because he was given the chance. He likes it here and also said he likes the kids here. He plans to have many years ahead of him coaching at the school. One of his goals is to help build a winning tradition in both basketball and softball.

Frank Stout has taken the position of Head Freshman Baseball coach. He was also JV coach for boys' basketball this year.

Stout first was Director of Health and Physical Education at Argo High School. At Argo he was Head Football Coach and Assistant Basketball Coach. He spent a few years as a P.E. teacher at West Chicago Junior High before coming to the high school.

Stout graduated from Argo High School and went to Western Illinois University on a baseball scholarship. He became captain of his baseball team at Western. Stout received his masters from Northern Illinois.

"I like high school students and coaching at the high school level," says Stout. He enjoys baseball in West Chicago because he feels there is more interest than in other towns. Stout also said he likes to coach at the freshman level because he can watch their daily improvements.

Kim Wallner has become Assistant Coach on both the girls' basketball and softball teams. She began substituting in September and started teaching part-time at the school as a P.E. teacher in November.

Wallner is from the Schaumburg area. In high school she played field hockey, basketball, and softball. She went to North Central College in Naperville where she played basketball and softball. Wallner said that she took the job because she likes to coach and teach other people. She said that the athletes here have impressed her with their hard work and dedication.

"I've learned a lot and gained much experience so far," said Wallner. She said she likes working here but doesn't know if she will be back next year.

Pat Welch is the Assistant Varsity Baseball Coach. He also coached football and basketball. Welch went to Wheaton North for one year and then went to Wheaton Warrenville. He attended Bradley University and played baseball. He has been teaching for the last five years. During this time he has coached soccer, football, and basketball.

"I really enjoyed this year and hope to stay on for many more," said Welch. He said that he enjoys coaching and enjoys students here at the high school. He really wanted to teach and coach full-time and is glad he made it here.

James Siple is assisting Stout on the freshman baseball team. He is originally from Michigan and graduated from Wheaton College. He played three years of baseball and two years of football there.

Siple said that so far everything is fantastic and he is enjoying his classes. He doesn't know if he will be back next year, but he would like to coach football if he was.

Track prepares for the Outdoor Season

by Alan Steuer

The Girls' Indoor Track Team has competed in several varsity meets since the first day of practice on January 17.

They defeated Geneva and Oswego in a tri-meet. The team scored 50.5 points to Oswego's 48.5 points and Geneva's 32 points. The team has also competed against Glenbard North in a non-conference meet, and against four teams in the Hinsdale Invitational. "The team did well against the tough competition at the Hinsdale Invitational, and the relay teams placed," said head coach Lorri Jordan.

Jordan says, "The team is young and inexperienced." Most of the team is made up on freshemen and sophomores. The distance running events are one of the team's strong points, with help from Assistant Coach Wilbert Walters, but the team lacks depth in field events.

"The main emphasis on indoor track is to prepare the girls for outdoor track, not on wins and losses. The meets are meant as workouts to help strengthen the girls and give them experience," says Jordan. None of the meets in the indoor season are conference.

The juniors and seniors make up the backbone of the distance running. They are Jean Blenkle, Jill Blenkle, Cindy Jakopchek, Laurel Cowper, and Mary Wiens. Competing in the hurdles for the track team is junior Kim Larsen. Strong competitors for the future are Dawn Herold, sophomore, distance; Denise Acher, freshman, 400 meter; and Cheryl Bestler, sophomore, sprints and shotput.

Distance running events are one of the teams stronger points. Cindy Jakopchek, junior, shown here is one of the distance runners. (Photo by Becky Thuer).

Goals Set High for Softball

by Treble Flucas

The girls', varsity softball team has a new head coach, Lee Maciejewski, and assistant Kim Wallner. Maciejewski was a JV softball coach at Glenbard North before coming to West Chicago.

When Maciejewski was asked one of his expectations of the season he said, "I expect to be competitive and I think we have some players that can play in the field. However the game of softball is a pitching game. If you have a good pitcher you win and I think it's my job to develop some pitchers."

Maciejewski said, "The girls in the field have good experience, and they will be all right." They have some varsity pitchers that are experienced. Maciejewski will work on correcting the pitcher's mechanics so they can put some velocity behind the ball besides just getting it over the plate.

"Games will be won by hard hitting and good field play until the pitchers catch up to the rest of the team," Maciejewski says.

The real powerhouse softball teams in the conference have three levels. Maciejewski plans to install a third level with a coach to hopefully get the same results.

Two players that should have good seasons are Dawn Sturdivant, and Robyn Zurawski.

"The goal for the season is to win as many games as we possibly can," Maciejewski said.

(Photo by Becky Thuer).
The new varsity girls softball coach, Lee Maciejewski, demonstrates and coaches on the technique of sliding.

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Smashers deny 'wimpy' practices

by Laura Pollastrini

Badminton practice is "like gym class when you hit the birdie all over Kingdom Come," stated one girl while describing a typical practice of the badminton team. This generalization is not correct in all cases.

"I know people that are on the team so I know it's not an easy practice," Denise Lopez clarified.

"They probably do a little bit of conditioning and running," commented David Mark, but went on to say that they also probably practice hitting, spiking, and other shots. "They build up their endurance," he mentioned, "and work on formulating a strategy as well."

Mark's view is a little more realistic, for the badminton team does more than hit a birdie from one side of the net to the other. They practice such things as clears, far shots to the back; smashes; and overhead drops, which are hit from the back and land right over the net.

Beth Barrett feels that most sports work on making the athlete physically fit, but doesn't feel that badminton fits into this category. She has badminton for her gym class right now and doesn't feel it makes her physically fit, so she considers the badminton team's practices to be the same way.

Lisa Swanson and Kim Giller, first doubles on varsity, standing in their ready position waiting for their opponent to serve the bird. Giller (right) pictured returning the bird.

Becky Thuer, a member of the team, explained, "When we're in a serious mood we put a lot of work into it. When we're goofing around we don't try real hard."

According to Thuer, their practices begin with some exercises, and some girls might also run around the track. Two other players, Lisa Swanson and Keri Giller, explained that at the beginning of the practice they warm up on all of their strokes and then go on to have short games right in front of the nets. Then they divide into two categories: those who have been playing a lot, and those who don't play as much. These groups scrimmage separately for about an hour and then go on to challenging matches.

"It's hard but still a lot of fun," Giller pointed out.

Swanson feels that it is up to the person to make it a good or bad practice personally. "You can make them hard or easy," she said.

Many people consider the badminton practices to be "wimpy," but in fact this is not always true. It all depends on what the girls make of it.

"It doesn't seem like we work," commented Thuer, "but we do."

Baseball season here to stay

by Kevin Smith

Well it's finally over ... I hope. "What's over?" you may ask. Winter. That dead season of the year. It's finally over. Spring is here and that means no more shoveling snow, warm weather is here, and of course, baseball.

Some of you may be thinking, "Baseball? I can't stand baseball. You were doing so good until you mentioned that sorry excuse for a sport."

Well, if you are one of these people, I would have to tell you to take a flying leap. I love baseball and I hear a lot of bad talk about it.

First of all, what's so bad about baseball? Some of you are probably going, "Uh, well, um, I just don't like it."

Nice answer. That's in the same category as mom and dad saying, "Because I said so." Now it's not like me to not give the other side another chance.

So the baseball hater might come up with an answer like, "Baseball is too long." Well, baseball takes as long as a basketball or football game, and is often easier to follow.

To me, basketball games are often an hour of running up and down the court and putting the ball in a basket. It gets boring after a while. With scores running up to 100 points or more, the only good part of the game is the very end.

One of the last arguments a baseball hater may have is that baseball is "boring and has

Sports Column

no action." Most baseball people would tell you that baseball can be more exciting than anything. Yet I guess people pay millions of dollars each year to watch a boring game.

Okay, I've heard your complaints, now for a few of my own. This first complaint is mostly a complaint about baseball players. They complain that attendance at the high school games is very low. They are, but some people only care about the recognition they may get from playing a sport. I always thought that you should go out for a sport to play it and have fun. Sure, everybody likes to be recognized, but that's not the reason why athletes should go out for a sport.

Perhaps the only thing more aggravating than a baseball hater is the mobile baseball fan. These people like baseball once a year. Mostly they are active during the playoffs.

This gets on my nerves. These people only like the team that might win. They have no loyalty to any team. This happens not only in baseball, but in just about every other sport as well. These people always seem to have the uncanny knack of having a new favorite team each year. These teams always win the championship. Wow, can they pick 'em.

Well, spring is here, and that means baseball. If you still don't like it, too bad. It's going to be here for a long time.

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Spring Sports Schedule

BASEBALL				
Mon.	April 29	Glenbard North	V	H 4:15 pm
			F&S	A 4:30 pm
Tue.	April 30	Glenbard North	V	A 4:30 pm
			F&S	H 4:15 pm
Thur.	May 2	Glenbard East	V	A 4:30 pm
			F&S	H 4:15 pm
Fri.	May 3	Glenbard East	V	H 4:15 pm
			F&S	A 4:30 pm
Mon.	May 6	Wheaton Cent.	V	H 4:15 pm
			F&S	A 4:30 pm
Tue.	May 7	Wheaton Cent.	V	A 4:30 pm
			F&S	H 4:15 pm
Thur.	May 9	Glenbard South	V	A 4:30 pm
			F&S	H 4:15 pm
Fri.	May 10	Glenbard South	V	H 4:15 pm
			F&S	A 4:30 pm
Mon.	May 13	Naperville North	V	H 4:15 pm
			F&S	A 4:30 pm
Tue.	May 14	Naperville North	V	A 4:30 pm
			F&S	H 4:15 pm
Thur.	May 16	Wheaton North	V	H 4:30 pm
			F&S	A 4:15 pm
Fri.	May 17	Wheaton North	V	H 4:15 pm
			F&S	A 4:30 pm
BOYS' TRACK				
Tue.	April 30	Glenbard South		A 4:30 pm
Sat.	May 4	DuPage Co. Meet (Wlbrk)		A 11 am
Sat.	May 11	DVC Meet (Glenbard N.)		A TBA
Mon.	May 13	Wheaton North Soph. Inv.		A 5:30 pm
BOYS' TENNIS				
Sat.	April 27	Quad-Bat. Cary Grv. D Crn.		H 9 am
Tue.	April 30	Glenbard South		H 4 pm
Thur.	May 2	Naperville North		A 4 pm
Tue.	May 7	Wheaton North		H 4 pm
Fri,Sat	May 10,11	DVC V (Wtn. Ctrl)		A TBA
Fri,Sat	May 10,11	DVC Soph. (Glenbard E.)		A TBA
Mon.	May 13	St. Francis (V)		A 4 pm
GIRLS' SOFTBALL				
Mon.	April 29	Glenbard South		A 4:30 pm
Wed.	May 1	Naperville Cent.		A 4:30 pm
Thur.	May 2	Wheaton Central		A 4:30 pm
Mon.	May 6	Wheaton North		H 4:15 pm
Wed.	May 8	Naperville North		A 4:30 pm
Fri.	May 10	Glenbard East		H 4:15 pm
Mon.	May 13	Glenbard North		A 4:30 pm
Wed.	May 15	Glenbard South		H 4:15 pm
GIRLS' TRACK				
Sat.	April 27	We-go Invite.		H 10 am
Tue.	April 30	Wheaton N. & Glenbard S.		H 4:30 pm
Fri.	May 3	DVC (Wtn. N.)		A TBA
BADMINTON				
Sat.	April 27	DVC Tour. (Naper. Cent.)		A TBA

Bill Fairbanks plays the position of catcher, pitcher, and third base man on the baseball team.

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