Caffeine proves dangerous

by Michele Rittorno

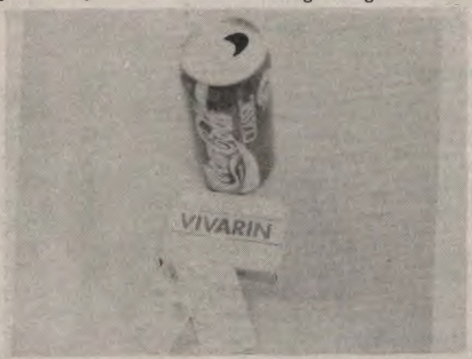
Caffeine is a legal drug that people abuse everyday. According to WCCHS's nurse, Caroline Pinney, long time caffeine users have withdrawal symptom when they avoid caffeine. They get cravings and headaches from withdrawal.

Caffeine has side affects just like any other drug. The kidney function increases, making the person to urinate frequently. Caffeine is a stimulus that places a person in a state of anxiety. Tension is brought on by caffeine and makes the person lose sleep. Taking too much caffeine may lead to palpitation in which the heart skips a beat. The heart may actually stop on a bad heart patient.

Pinney states that a person may obtain caffeine poison if taking too much caffine. Pinney says, "a person may over dose on caffeine, but not from drinking coffee." Caffeine pills can cause a person to overdose.

Caffeine comes from cocoa bean or coffee bean plants. It is a natural chemical that prevents a relaxed state.

Soft drinks have beaten the sales of coffee, reported the National Coffee Association. One reason is because teenagers drink an average of 36 gallons of soft drinks a year.



Many teenagers use the caffeine for a lift in all-nighters during the school year.

Many teenagers think that caffeine makes people more awake and able to function better. But according to Pinney this is untrue because the legal drug disturbs sleep. The mind needs a certain amount of Rapid Eye Movement, and with the disturbance of caffeine, the mind doesn't function as well. The reaction response time has even proven to be slower.

The Bridge

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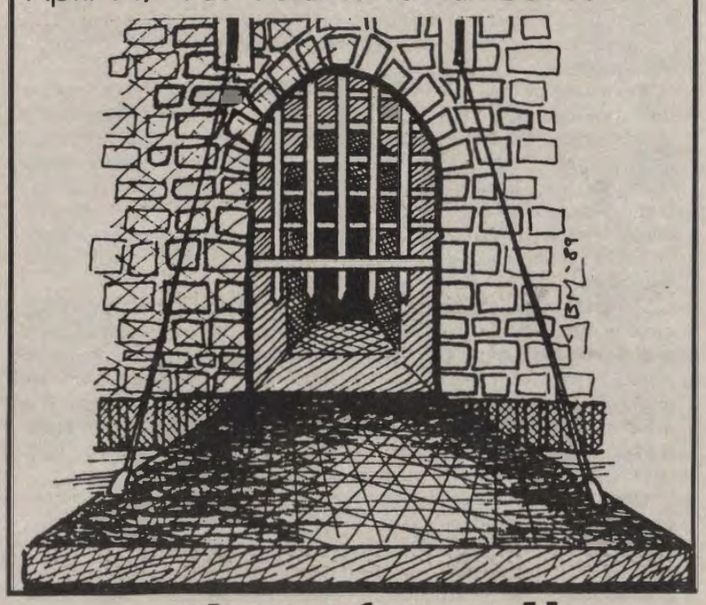

Technology relieves pain of math

by Kelle Meza

Recently a report, "Everybody Counts", about America's mathematic progress, was released by the National Research Council on January 26, 1988. The report centered on the lack of U.S. student interest in math, and modern teaching methods which often quell instead of encourage the natural affinity children have for math.

Through the years, new ways have developed to make math interesting and enjoyable to students. However, these methods have proved ineffective as the number of students pursuing math in college decreases, and the fear that we will fall technologically behind other countries increases.

Although this is a serious problem in our country, it is not for a lack of mathematical ability, but rather a lack of incentive. The report "Everybody Counts" compares us with other countries who have different cultures than our own. Thus, although we are a long way from where we want to be, it is not as bad as it might seem.

Other countries have their students work longer hours in school, and study all year long, emphasizing math and science. There is much more pressure on these students to do well. Where we would be accepted to 10-15 out of 20 colleges we apply to, elsewhere there are more limited options. If they don't pass a qualifying test, they don't enter college.

In an effort to improve the present lack of mathematical interest, The National Council of Teachers of Mathematics put together a 300 page report based on two years of research that was released on March 20, 1988. In this report a new set of standards was issued for curriculum and evaluation. The curriculum is analogous to the "new math" that came out when our parents were in high school.

The emphasis is now placed on integrating technology with math. An example would be the graphing calculator, which is required in several math classes next year. Ideally both teachers and students should have access to computers, so that teachers can give examples and accurate graphs, and students can apply the math. Lee Yunker, chairman of the math department, and member of the NCTM, feels that technology will help rid the drudgery of skills no longer necessary.

Technology will help keep mathematics out of the abstract and help the student visualize problems. It can also help advance mathematics. Problems that could only be done in Calculus classes can be done in lower classes with the help of computers and calculators.

Inkspots . . .

Ballroom masquerade

Ballroom Masqurade is the theme for this year's Turnabout. The dance will be held in the cafeteria on Saturday, April 22 from 8 p.m. to 11 p.m.

Cheerleading tryouts

There will be cheerleading tryouts on April 19 and 20 for anyone interested. The clinics for tryouts will be April 17 and 18 in the gymnastics room.

French on the way

The French Club will be sponsoring French exchange students to stay at homes of French Club students and attend WCCHS starting April 29. The exchange students will stay for two weeks.

Spring play in May

The Hobbit will be performed May 12 and 13 in the Weyrauch Auditorium. The students involved in the play are: Bill Bridgeforth, Danielle Caffarello, Mark Carlburg, Lisa Childs, John Kufer, Amy Lindstrand, Diane Madden, Jeremy Mains, Linda Malec, Jeff Manning, Jennie McCann-Wilke, Laura McPheters, Andrea Miller, Matt Moran, Jess Nelson, Joy Nevin, Labrini Nicolopulou, Lisa Riegert, Ismael Rios, Sara Rohr, Roxane Rose, Andy Runyan, Rina Saha, Amy Schwendeman, Chris Seper, Sasha Villaume, Dave Vish, Michelle Wandt, and Steve Yuroff.

Preparing for festival

On Sunday, April 23, approximately 38 students from the WCCHS band, orchestra, and choir will be driving to Elgin High School to rehearse in this year's Fox Valley Music Festival. The Festival is made of 22 area high schools which combine into a 150 piece orchestra, 200 piece band, and 400 voice choir. Students are excused from school Monday afternoon, and the performance begins that evening at 8 p.m.

Assembly Today

There will be an assembly today in the Bishop Gym. We will follow assembly schedule "A". The assembly is to recognize the outstanding performances from FBLA and music department in state competitions.

VICA competes

Students from VICA will be competing in state competition on April 20 to 22 in Springfield. The students competing are:

Christa Dugan	Oral Speaking
Lisa Millard	Oral Speaking
Michael Sachse	Oral Speaking
Jennifer Bohnsack	Communical Serving
Sharise Carlson	Communical Serving
Chris Dillner	Full Service Auto
Shanon Casey	Dental Assisting
Michelle Perry	Dental Assisting
Shannon Casey	Essay
Baldo Cortez	Interview Competition
Lisa Millard	Interview Competition
Christa Dugan	Job Interview
Juan Gomez	Job Interview
Deborah Leonard	Job Interview

DAVEA students qualify for VICA Olympics

Top performance in preliminary competition has qualified 14 Davea Center students to participate in the 1989 Vocational Industrial Clubs of America (VICA) Olympics to be held in Springfield on April 20-22.

The Olympics are divided into two areas. One involves skill contests that assess a student's competence in a specific vocational area. The second is devoted to leadership competition that involves the ability to inspire, aide and communicate with others.

The Davea Center is an advanced vocational training facility serving high school juniors and seniors from throughout DuPage County. A part of the DuPage Area Occupational Education System (DAOES), the Center's purpose is to provide students with advanced, high-tech training that would not be feasible for a single high school district to offer. The Center's programs are considered as part of the high school curriculum and are available to eligible students at no charge, with free bus transportation provided.

Historically, Davea Center students have been among the top achievers in state and national VICA competition. Davea Center students whose performance qualified them to participate in this year's VICA Olympics are:

Shannah Alridge	Job Interview
Tracey Shedd	Data Processing
Ruth Flores	Job Interview
Michelle Jaskula	Job Interview
Dawn Di Pentino	Job Skill Demo

Space program launches

by Karen Getlinger

"The United States has a grand space program in place," said Dr. Louis Lanzerotti of the technical staff at AT&T Bell Laboratories in New Jersey.

Lanzeratti who was the chairman of the NASA Space and Earth Science Advisory Committee lectured to a full auditorium at Fermilab on February 3. In his lecture, The U.S. Space Research Program: Future Prospects, Lanzeratti described possibilities to the space program pointing out stress and strains.

In the past, space endeavors have focused on astronomy, planet exploration, solar experimentation and remote sensing of earth science.

The Hubble Space Telescope costing $150 million a year is in its' final stages of development and will be launched in December of 1989. Other highly sophisticated missions include the Megellan Orbiter to map the surface of Venus in April 1989, Galileo Orbiter to measure atmosphere and wind speeds on Jupiter in October 1989 and the Mars Orbiter to Mars in 1992.

This year the highest launching rates in NASA's history will occur. Past rates have been very low because of the Challenger tragedy.

Lanzerotti sees the space program as a "public good program" and he does not expect it to ever pay for itself. Although countries share and compare data, scientific possibilities for space studies exceed funds available. Recently, there have been fewer opportunities for space flight exploration causing program delays. Also necessary for space flights are large facilities requiring long term resource commitments.

"Resources, money, people and public awareness should come together to determine where we are going as a nation," Lanzerotti said.

What to do with teacher complaints

We get many letters as editors of the school newspaper. We try our best to print most of them, and we even respond directly to a few of them. Before last issue, we received a couple of letters from students complaining about a class that they were in. Rather than answer these letters individually, we decided to investigate and try to help everyone who has a complaint about a teacher.

When you have a problem with a certain teacher, you probably end up telling your parents and school friends first. Your friends will probably sympathize with you because they may have the same teacher. However, this does not do a bit of good for your cause. Your parents usually end up telling you to try harder to accept whatever it is that a teacher does that bothers you. Writing to us at the newspaper doesn't help either, very much, because if most of what you want to say to that teacher is either vulgar or slanderous, like the two letters that we received, we can't print it anyway.

The first thing that you should do is to confront the problem by talking directly to the teacher that you have a problem with. You may just have a misunderstanding and can work it out easily. Do this after or before school, though, and not during class time. You'll only anger the teacher if you use everyones' class time to discuss your personal problems. You also may want to notify your counselor and your parents just so they know that you are working on a problem. They may be able to help you work with the teacher and act as a go between by helping make compromises.

If talking with your teacher does not accomplish what you want within a reasonable time, you could take it up with your counselor again. Another source to talk to would be the department head. They might be able to explain the problem you're having if it involves the method of teaching.

In rare cases, it may be necessary to go to the Principal, Dr. Alan Jones, but by that point, you have usually talked to your counselor and your parents about dropping the class. Try not to give up. You may have to drop the class in the end, but problems can usually be worked out through diplomacy.

THE BRIDGE

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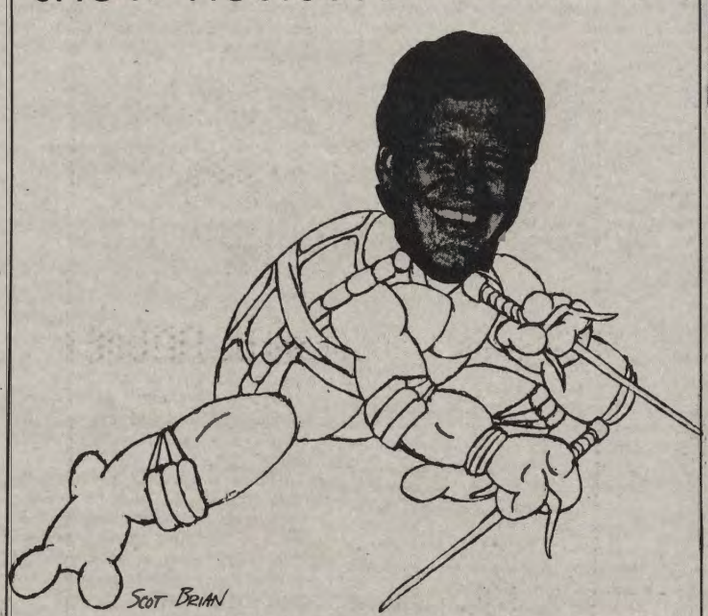
***The Bridge** is the student newspaper of West Chicago Community High School, **The Bridge** office is located in room 216.*

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.*

Teenage Mutant Ninja talk -show hosts?!?



David Letterman will be at the Chicago Theatre, May 2-5 to film his "Late Night" show. For tickets, send a postcard to: "Late Night" in Chicago, c NBC, P.O. Box 4681, New York, N.Y. 10185-0040.

Badminton

Apr 18	Glenbard North	A	4:30 p.m.
Apr 20	Naperville Central	H	4:30 p.m.
pr 25	Naperville North	A	4:30 p.m.
Apr 29	DVC at Glenbard East		9 a.m.
May 6	Sectionals TBA		

Baseball

Apr 17	Glenbard South	A	4:30 p.m.
Apr 19	Naperville North	H	4:30 p.m.
Apr 21	Wheaton North	A	4:30 p.m.
Apr 25	Naperville Central	A	4:30 p.m.
Apr 27	Glenbard North	H	4:15 p.m.
Apr 29	Glenbard East(doubleheader)	A	10 a.m.
May 1	Wheaton Central	H	4:15 p.m.
May 2	Wheaton Central	A	4:30 p.m.
May 4	Glenbard South	A	4:30 p.m.
May 5	Glenbard South	H	4:15 p.m.

Girls' Soccer

Apr 18	Glenbard North	A	4:30 p.m.
Apr 20	Rosary	H	4:30 p.m.
Apr 22	Rockford Boylan	H	11 a.m.
Apr 25	Wheaton Central	A	7 p.m.
Apr 28	St. Charles	H	4:30 p.m.
May 2	Batavia	A	4:30 p.m.
May 6	Bolingbrook	H	10 a.m.

Girls' Softball

Apr 17	Wheaton North	A	4:30 p.m.
Apr 19	Naperville North	H	4:15 p.m.
Apr 21	Glenbard South	A	4:30 p.m.
Apr 24	Naperville Central	H	4:15 p.m.
Apr 26	Glenbard East	A	4:30 p.m.
Apr 28	Glenbard North	H	4:15 p.m.
May 1	Wheaton Central	H	4:15 p.m.
May 3	Wheaton North	H	4:15 p.m.
May 5	Naperville North	A	4:30 p.m.

Boys' Tennis

Apr 18	Glenbard East	A	4 p.m.
Apr 20	Wheaton Central	H	4 p.m.
Apr 22	Addison Trial Invit	A	8:30 a.m.
Apr 25	Glenbard South	A	4 p.m.
Apr 27	Naperville North	H	4 p.m.
Apr 29	Cary Grove;Dundee Crown;Romeoville	H	9 a.m.
May 1	Illinois Math &Science Academy	A	4 p.m.
May 2	Wheaton North	A	4 p.m.
May 4	Naperville Central	A	4 p.m.

TV news in school

by Jim Hurlbert

One of the stories that has dominated the news recently is the controversy over "Channel One" - The ten minute television program that has been designed to be shown in school classrooms. For those unclear on the details a company called Whittle Communication would provide schools with $50,000 worth of television monitors, video recording equipment and a satellite dish on which they would receive a daily news program tailored made for teenagers. The controversy hinges on the fact that along with the news program two minutes worth of commercials would also be included.

Groups like the National Association of Secondary School Principals, the National Parent-Teachers Association and the American Associations of School Administrations state that using the classroom to show commercials is inappropirate. They believe that teens are overexposed to commercialism, and schools should not be involved in making a bad situation worse. The argument is that the school kids are a captive audience and that Channel One is buying its way into schools where students will be forced to watch the commercials.

But can you believe it, children being forced to watch commercials.. Its almost impossible to believe since it has been estimated that the average American child watches between 30,000 and 40,000 television commercials every year. So I am finding it hard to believe that an extra three hundred or so commercials will turn the minds of the American youth into so much green, pussy slime.

The way I see it this program could only help improve the educational system of our schools. First of all the students get a network quality news program thats anchored by teens. Second the school gets $50,000 of free video equipment that when it is not being used for the news show can be used anyway the school wishes. This way the school can use the money it saves on such things like landscaping. Then finally, most teenagers I know, owning to a busy schedule, are unable to watch the evening news and this is a way for them to stay informed about world events.

Currently the program is being tested in only a few schools across the country but if at the end of a five week test the program proves financially and educationally successful officials at Whittle Communications plan to market the newscast nationwide next year to 8,000 schools.

Now some experts are worried that education should not come at the expense of subjecting school children to corporate profiteering and because of this Channel One Should not be allowed in the schools. If you look at the state of affairs at our public schools although you will see that they are in a horrible condition because of lack of funds. Then since we can't expect any help from the federal government it seems only right that the schools should go to the private sector for help.

In the end I hope this program is started in all schools nationwide because it seems to offer the most amount of good to the largest amount of people. Considering that most of our television and newspapers use commercials, and that these things are just one way to educate the public, why not just expand this idea to our schools who need the money worst of all.

Here they are -- the top five!

by Matt Szesny

It seems that every decent publication covering the music world (excepting **Sassy**, my favorite variation on **Seventeen**, useful for its glossy ads when it comes time for a consumer ed project) has devoted, sometime in the past few years, an entire issue to ranking what are, in their opinions, the greatest records of all-time. While the decency of this publication is debatable, especially in the eyes of the administration, there is no doubting the influential role rock music plays in the production of the **Bridge**. So, for the inevitable debate and likely consternation of the reading masses, here are MY top albums. No agreement is necessary, but other favorite album lists of reasonable quality submitted by the reader **will** be accepted for the ever-elusive follow-up story. And now, ON WITH THE COUNTDOWN!

1.**The Beatles/The Beatles Apple** (1968)–Often called "The White Album," this was the Beatles' psychosis, a schizophrenic hodge-podge of pop, blues, heavy metal, and folk sounds, all pulled off flawlessly. It's also a documentation of the opposed creative forces that were threatening to pull the group apart, Paul McCartney's treacly pop (*Ob-la-di, Ob-la-da*) backed up against John Lennon's grating tape loop experimentation (*Revolution #9*). They shamelessly and marvelously rip off Chuck Berry with the blazing *Back in the U.S.S.R.*, and nearly invent heavy metal in *Helter Skelter*. Sprawling, uneven, and brilliant–all this and *Birthday*, too.

2.**Tim/The Replacements Sire** (1985)–The 'Mats are Minneapolis' lasting testament to ballsy rock and roll for the 1980's. **Tim**, their cryptically titled major-label coming-out party, brims with fantastic adolescent garage-band naivete. From the opening call to the out-of-control, *Hold My Life*, to the last song, leader Paul Westerberg's melancholy exercise in juvenile sensitivity, *Here Comes a Regular*, this album is a masterpiece of truly great, uncompromised music caught in the no-man's land between childhood and maturity. Never before, or since, had the Replacements achieved such a perfect synthesis of their early grunge-rock and their new-found sensitivity.

3.**Never Mind the Bollocks, Here's the Sex Pistols/The Sex Pistols Warner Bros.** (1978)–The shot heard 'round the world, the record that launched punk, and that has had an inestimable influence on the music of the '80's. But if it had only been influential, it wouldn't have lasted for more than the punk movement's existence. The music here is angry, brutal, and hilarious–punk never got this good again. *God Save the Queen, Anarchy in the U.K., Pretty Vacant*–all brash, spiteful, and fantastic classics. Steve Jones' cut-and-slash guitar growls alongside Johnny Rotten's teasing, whining, and screaming in rage as the Pistols beat rock and roll to a bloody pulp.

4.**This Year's Model/Elvis Costello and the Attractions Columbia** (1978)–Elvis must have had a rough life. Just judging by the lyrics of his songs, he especially hasn't had much luck with the opposite sex. On **This Year's Model**, Costello punches out tight, tuneful vignettes ofinsecurity, jealousy, betrayal, and sarcastic contempt. "I don't wanna be your lover/I just wanna be your victim," he spits out on *The Beat*, and its hard not to identify. Elvis is always hiding behind his all-encompassing insecurity–even on the cover he is stationed precariously behind a camera–as if he can look, but he can't touch.

5.**Loaded/The Velvet Underground Co-tillion** (1970)–The seminal underground geniuses of the East Coast recorded **Loaded** as a last-ditch stab at the big-time, after being commercially ignored throughout their mercurial four-year career by the "peace and love" crowd that embraced the San Francisco scene. What a stab it was. Although leader and guitarist Lou Reed has repeatedly complained of wrongful production of the record (done after he split from the group), his writing on **Loaded** are huge statements of hope, championing the outcast while showcasing a band near the pinnacle of pop songwriting. *Sweet Jane* alone stands as one of rock music's great living documents; simple, almost etheral. Reed indulges in swelling character epics of the failed fat, blonde actress (*New Age*) and of poor Ginger Brown (*Oh! Sweet Nuthin'*), as well as in rave-up raucousness *Head Held High*). Lovely melodies, beautiful imagery–oh! sweet Velvets.

Well, that's the Top 5, and there are two more installments in this countdown. If you don't like it so far...well, that's tough. There is a way to change the course of this listing, however. If you, Joe/Jane (hopefully not both) Q. Reader, wish to have your favorites represented here in the next issue of the **Bridge**, WRITE IN. And if you make a good enough case for your album(s), you could make your first ever appearance in print! And you thought this took talent...

Sequels run rampant in movieland

by Brian Stieglitz

While looking through the paper recently, I noticed how creative today's Hollywood writers have become. We have **The Fly II**, where Jeff Goldblum's bouncing baby fly of a son is born. Must have been a rough pregnancy. Also opening is **Fletch Lives**, a Chevy Chase movie which gives him the chance to play the male counterpart to Sally Fields' **Sybil**. But the crowning jewel of these new sequels has to be the one we've all been waiting for, **Police Academy 6- City Under Siege**. I can think of some better titles, though. How about **Police Academy 6- 6 Too Many** or **Police Academy 6- Bubba Smith's Finest Role Yet!**

With this barrage of sequels upon us, and probably more to come, it brought to mind some of the great and not-so-great sequels made in the past twenty years. When you think of sequels, one of the first to come to mind has to be the **Friday the 13th** series with your friend and mine (and one hell of a goalie), Jason. You have to wonder if the writers are going to shoot for thirteen. Then there are the **Poltergeist** movies. Here we have a family that you just have to wonder about. I mean, your kid is carried out his bedroom window by some posessed tree. At that point, it would be a good time to take that dream vacation. But no, they wait for a more convincing sign-the daughter going through the TV. The other two movies were academic, same idea in a different location.

George Romero has what must be the longest running series of movies in history. In 1968 he presented the horror classic **Night of the Living Dead**, a black and white film that was a shocker for its time. Radiation causes the buried to come back to life and hunt for human brains and other organs. Romero came back in the late 70's with **Dawn of the Dead**, where four people are trapped in the mall. **Day of the Dead**, had a group surviving in an underground ammunitions plant. **Return of the Living Dead** and **Return of the Living Dead II** are the two most recent movies in the series.

A set of documentaries that has been banned in numerous countries for its graphic content is the X-rated **Faces of Death I-III** series. Dr. Francis P. Gross (an ironic name) shows the various ways people and animals die by way of news clips and home movies. People parchute into alligator farms, are mauled by bears while feeding them, and inmates go to the electric chair. A highlight is the man who attempted to jump the St. Lawrence River in a super-charged Lincoln Continental (a fine choice for jumping rivers if I ever saw one). He didn't make it, but he didn't die, either. He "only" broke his back, for the seventh time in his stunt career. He vowed to try it again. Not suggested for viewing after dinner, or for some people any time of day.

The king of sequels in recent years has to be Sylvester Stallone. The best movie he ever did was **Rocky**, because the hero lost for a change. Stallone ruined this image with **Rocky II**, but this movie looks great next to **Rocky III**, which graced the public with Mr. T's acting ability. Then came the glasnost installment, **Rocky IV**. I hear that a fifth film is on its way. I'm hoping he'll fight Mike Tyson. Rocky would give Iron Mike the greatest challenge of his career-the battle to avoid total boredom in the ring.

pleasure of seeing **Rambo III**, which as Stallone said in the movie, was my worst nightmare.

Star Trek is one of those TV shows that you either love or hate. I really can't stand it. This is why I avoided seeing the first three **Star Trek** movies, but for some reason I did see the fourth. It was either that or **King Kong Lives** at Ogden Mall. So you can see the reasoning behind that. It had to be the worst performance by William Shatner since he sang *Mr. Tambourine Man* and *Lucy in the Sky With Diamonds* back in the 1960's. Well, I take that back. **T.J. Hooker** was pretty bad too.

Rocky Jr. would have been a better name for **The Karate Kid**. Same idea, different sport. Ralph Macchio beat up those bad surfer dudes with the help of Arnold from **Happy Days**, Pat Morita. In **Karate Kid II** the scene was Okinawa, and the scrawny Macchio somehow won again. Gee, that wasn't predictable, was it? And yes, there will be a **Karate Kid III**, although I wonder if they should call it **Karate Kid is Almost a Man**. Ralphie is about 30 now isn't he?

Stallone decided to play another mumbling muscle-bound bonehead, John Rambo, in 1982 with **First Blood**. He got to blow up a lot of cars and kill cops. **Rambo: First Blood Part II**, a very jingoistic (a word courtesy of Mr. Ream) movie, this time pitting Stallone against Vietnamese soldiers. And just this past summer I had the bad guy theme is basic; but the simplicity makes the film great. The actors look crazy, as do the cars. **Mad Max** followed and wasn't as good, but nothing could have come close to the original. And for some reason Tina Turner co-starred in **Mad Max Beyond Thunderdome**, the weakest of the three.

Mel Gibson starred in **The Road Warrior**, one of the best car movies of all time (it's up there with **Gone in Sixty Seconds**, a wild crash and burn flick that contained 240 crashed cars. The crash scenes were filmed before a script was even written. It's one of those movies that you see on Channel 7 on Saturday night after the news. Just thought you'd like to know). The good guy versus the

(one hell of a goalie)

Of course, there is no way I can cover every sequel. Many were left out. Most are slasher and action films, while comedy sequels are in the minority (unless you call **Police Academy 6** a comedy). If I can think of any more, and if we have ideas for articles in the future, a second installment could appear in the next issue of THE BRIDGE. But don't look for it–I don't like sequels.

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"What you put into it is what you get out of it"

by Randa Bascharon

Love-Love. These are not the words to a poem or a song but the scoring technique in tennis. Now that the boys' tennis season has begun, Kai Martin and the rest of the members of the team have been working hard and playing strong.

The thing that draws attention to this specific player is that he is a sophomore playing on varsity. Ever since sixth grade Martin has been playing tennis and his extra effort has earned him his position on the Varsity team starting his freshman year. Tennis does not stop when the season does; Martin keeps practicing year round. He claims "You have to keep on practicing - practice makes perfect." We hear it all the time. Many times we get caught up in the words and really do not think of the significance of practice, practice,practice.

Martin is the member of a team during the off season at Wheaton Sports Center. This gives him the extra practice and workout when he isn't playing for We-go. He said, "A person can have all the talent in the world but if he doesn't work at it or practice, he won't do any better then someone with no talent." He likewise felt that a person may have very little talent and come out on top. "What you put into it is what you get out of it." Martin said. With this attitude, Martin was ranked 47th in the Chicagoland area and he's striving for an even better rank this year.

While reflecting on his tennis seasons, Martin commented on having "bad luck." When asked about his bad luck, Martin mentioned a slew of stories which explain what he meant. Last year in two very important matches, fate struck home. In one match, Martin pulled a muscle and in another he suffered from heat stroke. In both cases he was beating his opponent (who was ranked higher than him) but unfortunately things didn't turn out the way Martin would have liked them to. Recently, Martin was forced to continue playing in a match with broken strings on his racket. The cause for this is an official rule which states that a player must only play with what they brought on the court. Despite these interferences, Martin hasn't let them get in the way of his success.

Junior Jesus Blanco pitches his best against the St. Charles Saints that was played on Tuesday, April 4. The game lasted eight innings in which the Cats suffered an 8-7 loss. (photo by Ismael Rios)

We-go: fit and fabulous

by Danielle Caffarello

Are students at We-go physically fit compared to other students in the U.S.? According to the AAHPERD physical fitness tests, We-go is slightly above average. P.E. teacher Lorraine Jordan said "This is partly due to the fact that we work physical fitness into our weekly activity schedule." As a whole, U.S. students are physically unfit according to an article in the **Journal of Physical Education, Recreation and Dance**. The article says that "current physical fitness programs may be inadequate to promote lifetime fitness for the youth."

Illinois is the only state that requires students in grades kindergarten through twelve to have P.E. everyday. Due to sports exemptions and health classes, WCCHS does not meet this law. Jordan is not in favor of sports exemptions and says that when a person is out of P.E one may get exercise but will not be introduced to a variety of sports.

Jordan says "without P.E., many people will put off exercising for tomorrow and will never get to it. It's not good for anyone to go without exercise." She also feels that at WCCHS, "more students should be physically fit."

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