

The past week the North Central Association of Schools has been visiting John Adams. A more detailed look is on Page 2.

Concerned about fitness? Check the Feature section for an article about this contemporary topic.

Graffiti has long been present in society. Check the Opinion section for a look at this controversial topic.

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The Tower

John Adams High School

808 S. Twyckenham Drive

South Bend, IN 46615

NASA projects to ride space shuttle

By Matt Trinh

If you have wished but can't afford to attend a Shuttle launch in sunny Florida next spring, there may be something you can do about it.

From a program called the Space Shuttle Student Involvement Program (SSSIP), students get the opportunity to suggest experiments for possible flight aboard the Space Shuttle. Sometimes these experiments are performed by the astronauts.

SSSIP is open to all high school students throughout America. The Program is made possible by a joint effort of both the National Aeronautics and Space Administration (NASA) and the National Science Teachers Association (NSTA). The purpose of SSSIP is to stimulate interest in science and technology by directly involving students in the space research program.

A major idea of the program is that as man begins to spend more time in outer space, the necessity to understand the effects of microgravity becomes very important. Since such experiments must be performed in outer space, the shuttle fits the bill.

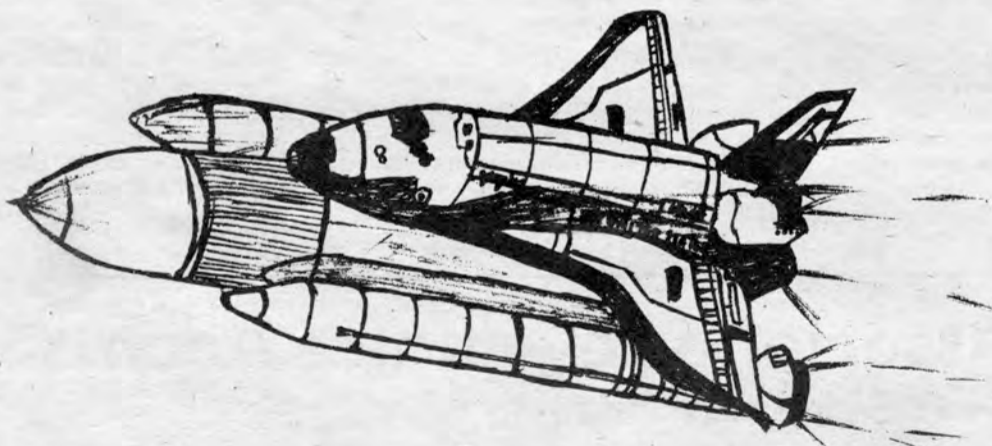
Sima Medow participated in SSSIP last year, while a senior at Adams. Her proposal was called

from among the Regional Winners. National Winners are sent to a national symposium held at the Kennedy Space Center, where three students submitting the most outstanding proposals are awarded scholarships and their ideas are considered for space flight.

Mr. Nevin Longenecker, a John Adams biology teacher, has been an advisor to students participating in SSSIP. The students and he went a three-day symposium in Huntsville, Alabama, last spring. "It was a fascinating and rewarding experience," he said.

The program included several banquets with NASA scientists and a tour of the Marshall Space Flight Center. At the center, the students were shown models of the different parts of the shuttle, "we were able to talk to NASA space scientists," Mr. Longenecker said, "who actually built the Space Shuttle."

He recalled that another interesting part at the center was the microgravity room where students were shown how weightlessness affects the daily activities of astronauts in space. They also attended a space dome presentation featuring the launch of the Space Shuttle Columbia on a large, lifelike



Art by Matt Beem

"Possible Effects of Microgravity on the Absorption Rate of Pharmaceuticals." The proposal is about how anti-stress drugs, such as valium or serax, taken by astronauts are affected by microgravity.

Proposal entries are judged by regional panels of NASA and other scientists, engineers, and educators. Five students are selected as Regional Winners in each of seven geographic regions. All Regional Winners and their teachers are awarded an all expense-paid trip to a special Space Shuttle Symposium, which will be held next March.

As many as seven National Winners are selected

three-dimensional screen. Mr. Longenecker describes the whole trip as "red carpet treatment all the way."

"I enjoyed the program," Mr. Longenecker says. "I would like to attend more symposiums in the future."

There are a number of Adams students participating in SSSIP this year. "We have had lots of success in the program," said Mr. Longenecker. Eight out of ten students participating in SSSIP won last year. He encourages any students interested in the program to contact him.

What's News

Letters to the editor

The Tower is looking for letters to the editor. Do you have an opinion, question, comment or issue in which you feel the student body would be interested? Do you think that The Tower is doing something well or something poorly? Do you wish to respond to an article? If so, send all letters to Mrs. Maza in Room 216. Names must accompany letters but may be withheld from print upon request.

Subscription deadline

The last day to buy a subscription to the Yearbook and Tower in homeroom will be Nov. 26. There will be no yearbooks on sale next August. The subscription price is \$23.00.

Excellence symposium

Indiana Teacher of the Year for 1984, Ms. Paulette Cwidak, has been invited to take part in a national symposium, "In Honor of Excellence," jointly sponsored by the Burger King Corporation, the National Association of Secondary School Principals and the Council of Chief State School Officers. The symposium will be held on Captiva Island, Florida. An outstanding teacher and principal from each state have been invited to take part.

School dance

The Publications classes are sponsoring a dance to be held on Friday, November 29, following Adams' first home basketball game of the year, against Elkhart Memorial.

Season tickets

Basketball season tickets may be purchased after school in the ticket office. Student season tickets cost \$9.00 for nine home games. Adult season tickets cost \$18.00. The first game of the season will be November 29.

Junior Kiwanian

Senior Erin Kerrihard has been selected as Junior Kiwanian. In that capacity, she will represent Adams at weekly Kiwanis lunches. Erin is involved in the orchestra as well as being head drum major.

From Mr. Przybysz

It is obvious that we have one or more very immature and irresponsible students at John Adams. I refer to those who pull the fire alarm every day immediately upon dismissal of school. Although School was dismissed, and most of the student body was gone, one of our major warning systems was rendered inoperable until it could be reset. This concerns me, and I hope that it concerns the rest of the staff and student body. The fire alarm saves lives and prevents injury to all of us in the event of a fire or any other type of emergency. The fact that it was pulled and not reset immediately affected our ability to practice a storm drill on Wednesday, 11/13/85. All fuses must be connected in the fire alarm in order for the storm alarm to work.

People who tamper with safety equipment such as fire and storm equipment jeopardize the safety of all in case of emergency. This action can result in exclusion from school. Such acts are also violations of the state and local ordinances, and are subject to a fine. Police reports may be filed when this occurs.

The students involved were caught, thanks to the help of others who could identify the culprits. They were referred to the police and suspended. Let's end the rash of false alarms at Adams and respect equipment which is for our safety. It may just be you who needs it the most.

Jesters perform 'The Curious Savage'

By Sarah Greene

What happens when three greedy, "Savage" relations decide to commit their wealthy stepmother to an asylum full of inmates who don't seem to be asylum material? Well, suddenly you have the basic plot of the JA Jesters' winter play, *The Curious Savage* by John Patrick.

Yes, it's once again time for another production by the Drama Club. The cast is very excited about their upcoming show. "I must say I think it's going to be a new and refreshing portrayal of the eccentric people in society," Tim Ehlers states eloquently.

The play focuses on a rich widow, Mrs. Savage (Stacy Slabaugh) who has decided to donate her money to a fund in her late husband's name. Her money-grubbing step-children, Titus, Lilybelle, and



Tim Ehlers, Marco Kennedy and Sarah Greene practice for the upcoming production. Michele Ault/Tower

Samuel, (Marco Kennedy, Sarah Greene, and Barry Cloud), think their stepmother's memorial fund is foolish and commit her to an asylum known as "The Cloisters," run by Dr. Emmett (Tim Ehlers) and his secretary Miss Willie (Sharna Chapman). By doing so, they hope to learn the whereabouts of Mrs. Savage's money - all ten million dollars of it. Much to the dismay of the Savage children, however, the money has been converted into a "nice little bundle of negotiable bonds" and buried. Mrs. Savage then sends her children on a very wild goose chase for the bonds, which amuses her and infuriates them.

Meanwhile, the inmates of "The Cloisters" are enchanted by Mrs. Savage. She is likewise taken by them and cannot see any reason why they are in an asylum. It is the patients themselves who explain each other's problems. Fairy May (Jill Wygant) is a sweet, flighty young girl with a gift for exaggeration and sincere innocence. Florence (Gayle Shaw) seems as normal as you or I, except for the fact that she has a son, John Thomas, who is not actually a person but a doll. But as far as Florence is concerned, the doll is her son. Hannibal (Chris McNamara) is a statistician turned violinist. The only problem with this is that he only knows two notes. To his ears, though, he is making beautiful music. Jeffrey (Doug Behner) on the other hand was a professional pianist but he refuses to play anymore because he is scared. The fifth inmate, Mrs. Paddy (Greta Fisher) is unlike the other characters. She doesn't talk, her husband told her to shut up one day and she did. All five of these characters are very interesting and challenging for the actors who play them.

Eventually, the five inmates decide they do not like Mrs. Savage's relatives and do everything in their power to prevent the



Gayle Shaw, Stacy Slabaugh, Jill Wygant and Doug Behner rehearse a scene from "The Curious Savage." Michele Ault/Tower

Savage children from getting Mrs. Savage's millions. The characters' efforts eventually result in pandemonium, an intriguing climax, and finally a touching ending, all of which the cast hopes will leave the audience feeling satisfied. As a first time cast member, Marco Kennedy says, "This has really been a lot of fun so far, and I'm having a good time. I want everybody to come out and see it."

"The Curious Savage" is being

directed by Richard Threet and will be presented on Friday, December 6th and Thursday and Friday December 12th and 13th. Starting time is 7:30 p.m. The show on December 6th will be followed by a Christmas dance sponsored by the Drama Club. Tickets will be available from cast members as well as from the bookstore. Ticket price is \$2.50 which covers the admission to the play and the dance.

Riley fire sparks controversial vacation

By Jane Burke

It's true. Everyone enjoys an unexpected vacation once in a while to keep from going insane. School, jobs, sports, and other activities keep our lives so busy that we all deserve a couple of days off every so often. Just enough time to get some sleep, catch up on the soaps, and finally do all the things that have been put off for days.

Students at Riley High School recently enjoyed a surprise 10-day vacation. However, the reason behind their vacation is not too pleasant. Time-out from school is always nice, but the thought of all one's belongings covered with soot isn't very appealing.

There can be two outlooks on the fire. Good and bad.

First, let's start with the good outlook. With no intention of condoning the arsonists, Riley students can look upon the fire with a positive outlook. Perhaps for some lucky students, the gradebooks of the classes in which they had a "D" or maybe even an "F" were burned in the fire. That would be too bad, wouldn't it? Or maybe that

chemistry experiment which wasn't quite the color it was supposed to be would be destroyed too!

Now let's take a look at the negative outlook. Besides producing worthless, soot-covered belongings, all the damage to the building and its contents is costing the city a bundle of money. About \$700,000 is a large amount of money to spend on a fire that was purposely started with intent of damage. The major problem of a strong smoke odor throughout the entire school is not a very pleasant thought either. It makes one wonder whether the arsonists knew all the damage that they were actually making. Maybe their intention was along the lines of a practical joke or even a Halloween trick.

Another point which should be considered is the fact that besides causing physical damage, the fire destroyed some of the "Riley Pride." As part of the school was gone, so was a piece of school spirit. When one is injured by someone, his pride is hurt. Likewise, when the school was hurt, the school's pride was hurt too. When Riley students went

back to school to clean out their lockers, the atmosphere was probably one of frustration and anger. Many of their personal items were ruined in the fire. Upon viewing the destruction of the fire, how can Riley students

be proud of their school? Presently a smoke odor fills the air and many classrooms are burned.

In order to gain back the pride that was lost, Riley students will have to make a great effort in the

restoration of their school. A few steps have been taken for this revision. A company has been hired to come to the school and clean-up after the fire. Hopefully, the school will return to normal and Riley pride will be restored.

Association evaluates Adams

By See-Eng Phan

Don't be surprised to find a man or woman wearing a button with the words "North Central Association of Schools" sitting in classrooms and taking notes. They are, indeed, members of the North Central Association, and as John Adams is in the North Central school district, they will be reviewing Adams' self-study from November 19 until the 22.

The self-study (or self-evaluation) consists of members of the faculty, like our principal, Mr. Przybysz, examining certain classes of a school. Adams' self-study was completed last spring by the entire staff. From the self-evaluation, the staff

compiles a "team packet" which is sent to the North Central Association before the team's arrival.

This association consists of a team of seventeen educators from throughout Indiana. They, during the four days, look at each of the academic departments and several general areas to see if they agree or disagree with the "team packet." Such areas include curriculum, activities, policies, facilities, staff, and the community. The notes they take, however, do not concern the teachers but the department goals, objectives, and classroom conditions.

The evaluation team writes recommendations in the areas observed; for instance, the school

may need more lighting or simply more money. At Adams, Mr. Przybysz will be given a final overall report from the chairman of the team. It is hoped that this will improve the quality of the total educational program for the students.

Mr. Shanley, co-chairman of the evaluation, comments, "I have really enjoyed working with all of our staff in this effort. It is a great staff and I only hope that all of our efforts will be to make this school the best that it can be." Mr. David is the other co-chairman. The evaluation takes place every seven years, with written updates the first and third year following the evaluation.

Pigskin Eagles soar to new heights

By Mike Komaskinski

This year's Adams football campaign started out as the focal point of attention for the fall gridiron season. Some people whispered about possible trips to Indianapolis. Others murmured about another basketball upset and looked at the team with skepticism.

The players themselves weren't quite sure of exactly what they could do as evidenced by their 48-6 trouncing of LaSalle. Guard Scott Miller said of this, "We had no idea what we could do. We weren't sure how good LaSalle was, so we played them like it was our last game."

The next week marked the first full week of school and a matchup against Riley. The Wildcats were coming off a big win over Clay and were expected to be tough. They didn't disappoint the Eagles as the score was never more than two T.D.'s away. But the final verdict showed Adams on top, 27-21.

The coming game against Penn was a long awaited matchup in the schedule. Anthony Johnson called this game, "The turning point of our season." It turned out to be everything expected—hard hitting, error-free. The only thing not expected was the final score, Adams, 17 - Penn, 14.

By this time the Eagles were state-ranked at number four and heading into a battle against number 10, Elkhart Central. It started in typical fashion with the Eagles jumping out early. Later turnovers and penalties, however, hurt the Eagles as the final score read 13-12 in Elkhart Central's favor. This was the only scar on the Eagles' record until the final game.

The next week's practices for Washington were flat

after coming off the loss against Elkhart. "Everybody figured it would just happen magically without a team effort", according to Jeff Turlep. The game showed this as the Panthers held the Adams scoring machine nearly scoreless in the first half. However, a nice chat with coach Farrell at halftime seemed to warm up the Eagles a bit as they crushed the Washington Panthers 20-0.

With the end of the conference race now in sight, the Eagles were at the top of the standings with Penn and Central. The desire for the Conference crown really showed as the Eagles made a highly touted Michigan City Elston team look bad with a score of 38-12. "We really fired up for that game. We knew we could win next week if we could get past Elston," said Ron Chrobot.

Next week's matchup against Clay was approached with a hunger. A win against Clay would guarantee at least a share of the N.I.C. crown. Clay appeared to be a bit underrated as the score was somewhat close. Tackle Jim Thompson said, "What are you talking about, we killed them!" The final score was 23-0 and Adams had their first N.I.C. crown in over a decade.

A non-conference game that supposedly didn't count for anything was next. The St. Joe game, however, is always looked forward to as a grudge match of bitter enemies and to the victors go the bragging rights of South Bend. The game was played in a downpour, but tempers flared as St. Joe started multiple fights. The height of St. Joe's frustration came when Coach Teegarden was ejected for referring to a referee's maternal heritage. When the end finally came the score read 17-14 in favor of Adams. In the locker room after the game Tom Rosheck was heard to say, "Weez da' mo fo's now."

The new sectional format allowed all teams a berth in

the playoff contest and paired Adams at home against Gary Wirt. There wasn't much to say about the game - there were some good brawls and Wirt had a good band - but the score read 38-12; a rout for Adams.

The next week marked the start of road trips for Adams. The Eagles travelled to Gary Andean which was actually in Merrillville. The game was supposed to be played on a football field, but the Gary groundskeepers thought it was a mud wrestling match and the field showed it. "It was like a great big cereal bowl and we were the cereal," said Daryl Davis. The sloppy conditions made it a game of the have nots, but Adams came out on top 14-0, its third shutout of the year.

The next game was the most publicized in Adams history. With all other Michiana teams out of the playoffs, Adams became the pride of South Bend and the sole representative of the N.I.C. This was last week's Hobart game and the Eagles were pumped up to knock out No. 1. "We knew if we won we had a shot at state, but if we lost it was all over," said Mike Trott. The game was close in the first half with the score of 7-7. The Eagles, generally a second half team, looked forward to finishing the game and the Brickies. But the Brickies prevailed in the second half scoring twice. The end of a long, productive season finally came to an end with the score 20-7; Hobart.

The Eagles' final record of 9-2 was the best in a long time. The players who didn't know what they could do finally found out as they staked a reputation and a high mark in the N.I.C. and in the state. Coach Farrell summed it up by saying, "It's one of those seasons you never want to end; this is a great team."

Sports opinion

Furious fans fight Faust fever

By Karl Roemer

Recently, my Dad received a card from a close friend. It read: "Notre Dame renews Gerry Faust's contract for five more years!" The inside said, "This is the scariest card I could find!...Happy Halloween!"

This opinion has circulated around the globe for over four years. It is widely popular and accepted. And why not? A coach directing a major collegiate football program from the top of the ranks to a mediocre 30-23-1 record does not deserve to remain. The big question is obvious. Why has Notre Dame stubbornly stuck by Gerry Faust's five-year contract?

One probable reason is that Gerry's background, characteristics, and attitudes are all so exemplary, Notre Dame believes he should be given every chance to succeed. Anybody who has met him (I have) is impressed by his sincerity, enthusiasm, and dedication. It's hard not to like the guy...and only wish he could win more football games. If he were a winner, he would be the perfect coach for Notre Dame.

Another point is the underlying belief that the integrity of the school requires it stick by its commitments. Father Hesburgh, ND's president for thirty years, has worked hard to increase the school's reputation as an honest, faithful, and religious academic institution. He hired Faust for five years-what-ever happens, he'll give him the five years he promised. Evidently, Hesburgh honors his word and

It's hard not to like the guy...and only wish he could win more football games.

If he were a winner, he would be the perfect Notre Dame coach.

respectability.

Finally, Notre Dame du lac (it's official name) desires to be recognized more for its academic achievements than its athletic accomplishments...and Hesburgh has been impressive in

causing the neighbor to our north to be considered not only the top Roman Catholic educational institution in the country but also possibly one of the top fifteen or twenty universities in the land-whether public or private. By

retaining Faust, Hesburgh is making a statement to the country; we are more than - a football factory!

These three reasons best illustrate the controversial decision Notre Dame has made to

keep Faust. After all, as the Notre Dame **Observer** states, "Faust can take pride in being one of the long line of Notre Dame men who wanted very much to win, but who was just as determined to do so honestly and to see his players succeed not only on the playing field, but also in their studies and in their lives." Gerry Faust may not (I hope) be around for much longer, but he will remain as a shining example of Notre Dame's motto of academics first, athletics next.

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Dates: March 22-March 29, March 29-April 5, April 5-April 12

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14 days to six different countries: England, France, Germany, Austria, Switzerland, Holland. Cities include London, Paris, Strasbourg, Basel, Lucern, Zurich, Leichtenstein, Innsbruck, Munich, Stuttgart, Heidelberg, Salzburg, Frankfurt, Amsterdam. Includes round-trip transportation, all lodging in classy European hotels with private baths, complete guided tours, motor coach/tourist boat transportation in Europe, breakfasts and numerous activities.
Student Cost: \$1049.00

Dates: June 10-23

"California Beach n' Surf"

18 days through 14 states and up the exciting coast of California. Includes major stays in San Diego, Los Angeles, and San Francisco. Activities include Las Vegas tour, Disneyland, Universal Studios, NBC Tour, Hollywood Tour, Chinatown, Beverly Hills, Dodger Baseball Game, Manns Chinese Theatre, Mission Santa Barbara, Sea World, San Diego Wild Animal Park, San Diego Padres, Fortino Winery, US Naval Training Center, Golden Gate Bridge, Chinatown, The Wharf, Pier 39, Alcatraz, Snake Alley, Water World in Denver, and much, much, more. Also included are three separate beaches for swimming and surfing: Laguna, Malibu, and Santa Monica. Includes round trip transportation, all lodging costs, all activities as listed.
Student Cost: \$499.00

Dates: June 10-27, July 13-30

Pick up colorful brochure in newspaper office — Registrations underway.

Researched by Ann Betts

Fast Food

A guide for the calorie conscious

McDonald's

food item	calories
Big Mac.....	563
Cheeseburger.....	307
Hamburger.....	255
Quarter Pounder.....	424
Quarter Pounder w/cheese.....	524
Filet-O-Fish.....	432
Regular Fries.....	220
Chocolate Shake.....	383
Vanilla Shake.....	352
Hot Fudge Sundae.....	310
Caramel Sundae.....	328

Burger King

food item	calories
Whopper.....	630
Whopper w/cheese.....	740
Double Beef Whopper.....	850
Double Beef Whopper w/cheese.....	910
Whopper Junior.....	370
Hamburger.....	290
Cheeseburger.....	350
Double Cheeseburger.....	530
Regular Fries.....	210
Regular Onion Rings.....	270

Taco Bell

food item	calories
Bean Burrito.....	343
Beef Burrito.....	466
Burrito Supreme.....	457
Combination Burrito.....	404
Enchirito.....	454
Taco.....	186
Tostada.....	179

Average Calorie Intake

Females (age 12-16)-1800
 Females (age 17-19)-1600
 Males (age 12-16)-2600
 Males (age 17-19)-2400

Kentucky Fried Chicken

food item	calories
Original Recipe Dinner :two pieces of chicken, mashed potatoes, gravy, coleslaw and roll.....	603
Wing and Rib.....	661
Wing and Thigh.....	643
Drumstick and Thigh.....	643
Extra Crispy Dinner : two pieces of chicken, mashed potatoes, gravy, coleslaw and roll.....	755
Wing and Rib.....	812
Wing and Thigh.....	765
Drumstick and Thigh.....	169
Corn on the Cob.....	169

Arby's

food item	calories
Roast Beef.....	350
Beef & Cheddar.....	450
Super Roast Beef.....	620
Ham 'n Cheese.....	380
Turkey Deluxe.....	510
Junior Roast Beef.....	220
Coleslaw.....	60
Regular Fries.....	211
Large Fries.....	343

Pizza Hut

food item	calories
Thin 'n Crispy (three slices)	
Beef.....	490
Pork.....	520
Cheese.....	450
Pepperoni.....	430
Supreme.....	510
Thick 'n Chewy (three slices)	
Beef.....	620
Pork.....	640
Cheese.....	560
Pepperoni.....	560
Supreme.....	640

Wendy's

food item	calories
Single Hamburger.....	470
Double Hamburger.....	670
Triple Hamburger.....	850
Single w/cheese.....	580
Double w/cheese.....	800
Triple w/cheese.....	1040
Chili.....	230
French Fries.....	330
Frosty.....	390

Dairy Queen

food item	calories
Big Brazier (Deluxe).....	470
Big Brazier (Regular).....	457
Brazier Chili Dog.....	330
Brazier French Fries.....	200
Brazier Onion Rings.....	300
Fish Sandwich.....	400
Super Brazier Dog.....	518
Super Brazier Chili Dog.....	555
DQ Cone (Small).....	110
DQ Cone (Medium).....	230
DQ Cone (Large).....	340

Physical Fitness: Is it really worth it?

By Joey Loux

For as long as history has been recorded, physical fitness has been present. In ancient Greece, little was respected more than a beautiful body. The Greeks founded the Olympics thousands of years ago, and we are still competing in them today. The winner of their Olympics was a national hero, much like the quarterback on a Superbowl winning team is today. The age groups of athletes has expanded greatly over the years. In fact, children are getting baseballs, footballs, and soccer balls put into their little hands after birth and old people seem to be jogging themselves to death but loving every minute of it.

Until recently, the main purpose of physical conditioning has been solely to improve appearance. Lately though, studies have proved that obesity causes high blood pressure which increases the possibility for a heart attack. Even for those who aren't overweight, physical fitness is very important, because it strengthens the heart, which can decrease the chance of heart failure.

What this realization has done is promote more people to join health clubs, to jog, and to swim.

A good example of these fits clubs is Pro Health, a local spa in downtown South Bend. Pro Health features all the latest toys for fitness. It includes a pool, a small track, Nautilus equipment, and of course, a whirlpool for modern day Greek gods and goddesses to relax in.

One of the most revolutionary and intriguing aspects of the fitness craze is Nautilus equipment. They are highly scientific machines that are controlled by oddly shaped pulleys. The pulleys allow a person to use his muscles at maximum effort all the time.

They have caught on across the country, and people ranging from Rambo clones to grandmothers use them everyday.

Aerobics could possibly be the reason behind the success of physical fitness. When it first appeared several years ago, it made getting in shape seem like fun. Mothers like the idea of being able to do calisthenics in their kitchens after the kids go to school. People didn't have to go to a filthy gym where muscle-bound men

flexed for each other in order to get in shape.

It suddenly became cool for ladies to wear Reebok aerobic shoes. Bright bandanas, used in aerobics to keep hair out of the eyes, are around many girl's heads. We're definitely looking for something a little less. They're making a statement to the world: fitness can be feminine.

But it also creates an air of masculinity to men. People see Sylvester Stallone and Arnold Schwarzenegger destroy enemy armies and want to be able to do that too. So they finish off their last beer, smoke their last cigarette and start jogging. These type of men don't lift weights; they pump iron. After a month or so, they realize they're never going to terminate Commando or challenge Rambo. They still pump iron (sans bandanna) but want quicker results.

Many people who, either don't feel like waiting, or don't have the self-government, have turned to steroids. Steroids are drugs which seem to be mystically wonderful, because they can turn fat into muscle with almost no work. The only

actual mysticism involved in steroids is that they mystically eat the liver up, and it's not even visible. People just keep on swallowing them down, though, and they keep on bulging everywhere, looking like mutant muscle bound monkeys. One would wonder why people take steroids when they know that death is a possible result. One answer, pertaining to the Olympic athletes, is that the desire to win is greater than that to live. The amazing thing is that many people as young as in the teens, take steroids for no particular reason other than to improve their figure. After all, how important are elements such as masculinity when one is lying in a graveyard?

On the more optimistic side, physical fitness is, for many, a very enjoyable, and beneficial pastime. It really makes people feel good to be able to walk a flight of stairs without grasping for a breath of air. You've seen those commercials where the people can't even blow out a match they're so out of shape. Don't you think they could stand to swim a few laps, or lift some weights?



Converse



Adidas



Nike

Tennis shoes of all types and styles; treading high on social status list

By Holly Lindberg and Melanie Masin

When tennis shoes were first introduced to the public, they were shockingly white, displaying no emblems or brand names. Boys, as well as girls, wore them strictly for athletic events and not for everyday occasions. Saddle shoes and loafers were the more accepted footwear of the day, and if sneakers were worn they had to be kept in top condition to live up to the demands of the fashion world. The soaring prices of today do not compare to the low price of \$2.98 asked for the average pair of tennis shoes in the past. Over the years the rigid line between respectable and unrespectable shoes has diminished to make way for a more versatile trend in footwear. The changes from athletics to high fashion to the Trax from K-mart has allowed tennis shoes to steadily become as popular as they are today.

It is true that there is a pair of tennis shoes for every person, whether his size ranges from two to twenty-five, or is his taste runs from Trax to Tretorn. If a person's tennis shoes are his life, he may lean toward the exquisitely made and expensively priced Etonic, Reebok, or Dunlop. Since some people need a pair of shoes for every day of the week to match every shirt in their wardrobe, they appreciate the rainbow

colors or wildprints of Balloons, Candies, and Vans.

Despite the status symbols the preceding brands of shoes may have, the most popular, by far, are Nikes and Adidas. Their popularity stems from the wide variety of styles and reasonable prices for teens.

Most tennis shoes can be easily recognized by the universally known symbols on the sides of the shoes. Some manufacturers try to fool the consumers by using similar emblems, designs, and color schemes from the more popular brands. So beware: a difference does exist between the three stripes of Adidas and the three stripes of Trax. Most symbols, however, are unique. The encircled four pointed star of the Spalding will never be confused with the five pointed star of the Converse. The British flag on the increasingly popular Reebok will soon be as well known as the check on the Nike. The originality of the shoe is displayed with pride through the unmatched symbol of the shoe.

The status symbol on the shoe does not determine the degree of comfort in the sneaker. Though dancers may argue that tennis shoes are "bad for your arches", the average person finds "tennis runners" suitable for his needs. Mesh and canvas sneakers are more flexible than the leather styles. But, for durability, leather

is indispensable. Though all of the above are available in high top and regular cut, the actual comfort depends on the individual. Even the neon Capezios and palm tree printed Vans are made for the comfort of the foot. Admit it—blisters are no fun!

While some people look for comfort, others look only for the sake of fashion. Some teens are attracted to the transparent, glittery, and striped styles of the more radical brands. Others revert back to the past and stick with the basic colored shoes instead of the checked, plaid golden, polka dotted, or camouflaged modes of today. Some teens also might find it fashionable to mix and match shoelace colors and patterns. The most noticed designs on the laces are red-hot lips, Izods, names, stars, diamonds, and tweety birds. Still others stick to

simple-minded velcro instead of shoelaces.

These and other flairs for fashion are first demonstrated in Hollywood, Paris, New York, and other hometowns of big name entertainers and trendsetters. Cybill Shepherd demonstrated one of the most dramatic changes from casualness to elegance in tennis shoes. The night of the Academy Awards, she donned a long, black, strapless evening gown and a pair of Reebok tennies. Her show of originality has most likely lit a spark for a new trend in the world of footwear.

Whether a person is in the

theater, performing on stage, or playing tennis, sneakers can always be made appropriate for the occasion. The millions of available choices in colors, styles, brands, fabrics, designs, symbols and prices have made tennis shoes "the shoe" of the 80's. The amazing versatility has provided today's world with a tennis shoe for everyone. Perhaps fashion has repeated itself by bringing back the basic white sneaker, but the many styles of today allow a person to suit his own personality. Whether that personality ranges from purple to paisley to printed palm trees is unimportant.



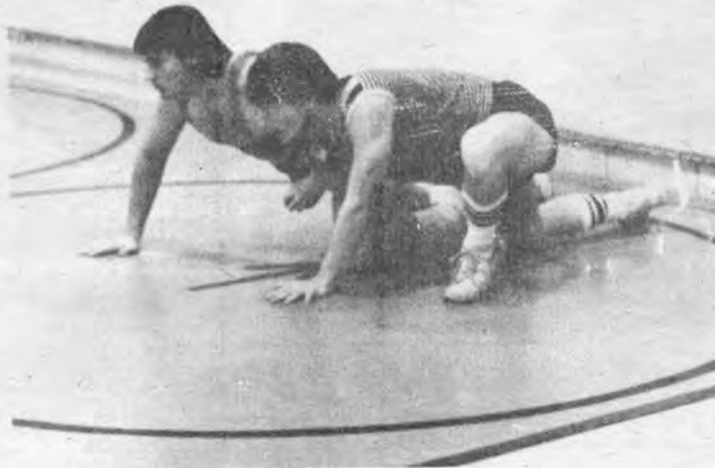
Adams' Wrestling: The future looks bright

By Tim Devetski

John Adams High School has started off incredibly well this year in all sports. First place Northern Indiana Conference finish in football. Second place N.I.C. finish in tennis. However, instead of just relying on basketball to come through and really make us strong contenders for the N.I.C. All Sports trophy, this year Adams has another great winter sport in store for fans...Wrestling!

Adams wrestling has been known for its greats: Morris Aronson and Ed Szucs. But who has ever heard of Eric Baker, John Haley, Troy Lentz, and Reggie DeArmond? They are all members of the elite group of men that just might bring home State Championship medals.

The strengths of the wrestling team come in the lower weight classes. Reggie DeArmond, Martin McNarney, and Eddie Dabros (who comprise this portion of the



Wrestlers wait intently for Coach Rollie's signal. Guy Hamilton/Tower

team) are all top Sectional contenders. In fact, DeArmond placed second in last year's Sectionals and now has the

needed experience to take State. DeArmond, at 105 pounds, provides the base for the rest of this fine team.

Perhaps the most talent on Coach Rollie's 1985-86 Eagles is located in the middle weight classes. Senior John Haley, Chris McGill, and Troy Lentz fill in the middle of the line up; while newcomer Joey Loux also vies for a spot. John Haley, wrestling at 138 pounds, should do extremely well as his only losses last year were at the hands of last year's seniors. John is getting stronger every day and looks forward to the season with confidence. He notes, "We were very young and inexperienced last year, but the team really has a chance of doing something great this year. We have about five or six wrestlers that have a decent chance at advancing past Sectionals this year." But most importantly, this portion of the team has great depth.

The heavyweight position has been lacking in recent years. But, this year Adams has one really worthy heavyweight, Eric Baker.

Eric had some disheartening setbacks last year that were culminated in a poor Sectional. However, this year he has the experience, the drive, and definitely the strength to place first in Sectionals.

As the wrestling program starts to come together as one true team, the people that they look to for support are not the rah-rah types, but the people with real heart. The guys that may lack something, be it strength or size, but more than make up for their physical setbacks in their mental attributes. They are smart and use their heads to win matches (as any good wrestler does). There are many such men on the roster for this year's team and therefore the future looks bright.

The wrestling team's season gets underway November 23 when the Eagles travel to Culver Military Academy for a triple dual match. Come out and support your team.

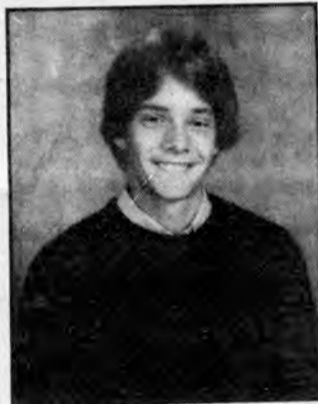
Runner Jason Yazel excels in a quiet way

By P.H. Mullen

At the November 8th pep assembly, Mr. Przybysz briefly introduced Jay Yazel and asked the school to wish him luck. Unfortunately, most people's attention was focused on the football team and not on the quiet senior who would rather have been in the crowd instead of in front of it. Many probably didn't even know why he was standing on the gym floor.

No matter. What Yazel does, he does away from the crowds. He is a cross-country runner that has never received the attention he deserved. In the unpublicized sport of cross-country, Yazel has emerged as one of the premiere runners in the state.

What some well wishers at the assembly didn't realize was that Yazel was on his way to the state



Jason Yazel

meet in Indianapolis. He left soon after the assembly was over.

Reaching this level of competition has been hard for Yazel. Last year, as captain of the sectional winning team, he had a great dual meet season and placed third in

sectionals. But he then had a bad race at regionals and failed to qualify for state.

This season was entirely different from last year. Yazel and his team were erratic during the season: sometimes they ran like the defending sectional champions they were; but they also lost meets to less talented schools.

At the city meet, things turned around for Yazel. Everything came together at once and he won the meet. Yet he sputtered once again at Sectionals the next week, and barely advanced to regionals. The top ten finishers in each Sectional advance to regionals. Yazel placed ninth. Because his team failed to advance to regionals by not placing in the top five, Yazel moved on as an individual.

On his chances of advancing to state, runner Matt Kelly commented, "You never know with Jay. During the season, he had a lot of good days and some bad days. He's unpredictable."

In the regional competition, Yazel ran a strong, smart race and placed eighth. By being in the top ten once again, he qualified for the state meet that was held on the ninth. Ironically, he was the only runner representing South Bend, yet he was only named to the 2nd team NIC during the season.

The race was held on a completely flat course in Indianapolis and Yazel pulled off a very impressive 34th place out of about 123. "Actually I sort of got screwed up," he said. "I'd never been there (at state) before and I didn't go out quick enough. For a

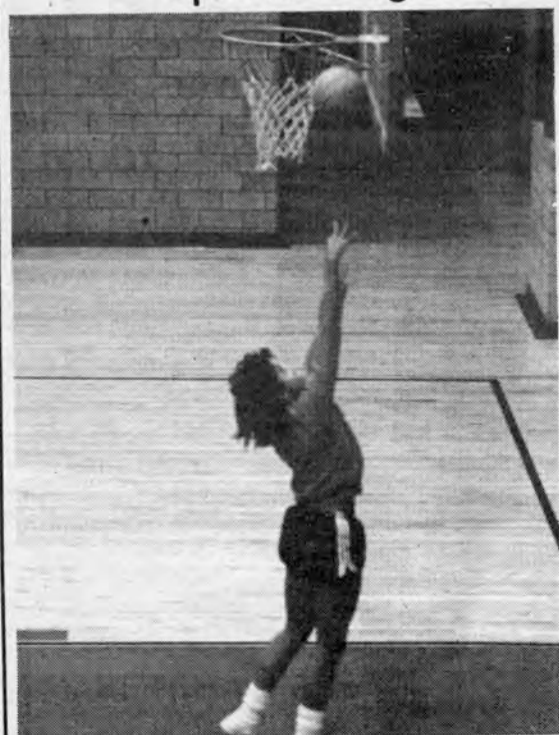
while I was caught in the pack, and by the time I picked it up, it was too late."

Yazel was still satisfied with his race, especially with a strong comeback in the second half. Being boxed in the pack slowed his pace, and at the halfway point he was 65th. In the last portion of the race he increased his pace and placed a notable 34th. His time of 16:11 was a lifetime best, and less than a minute away from the winning time.

"I had trouble with some of the little things that experience would have taken care of. It's just too bad I'm a senior this year so I don't have another chance. But hey, 34th—I'll take it."

Yazel took his one chance and succeeded in making the best of it. It's time the crowds applauded him.

Sports at a glance



Senior Diana Grundy drives to the hoop. John Newell/Tower

Upcoming Sports Events

*home

	date	team
Boy's Basketball	11/22	Gary Horace Mann
	11/29	Elkhart Memorial*
	12/7	Ft. Wayne Northrop*
Girls' Basketball	11/27	Plymouth*
	12/2 ^{IVU}	LaPorte
	12/4	Elston*
Frosh Basketball	11/25	Concord*
	11/26	Washington*
	12/3	Elkhart Central
	12/5	LaSalle
Swimming	11/23	Walaitie Relays
	11/26	Elston
		Elkhart Central*
Wrestling	11/23	Culver Military
		Triple-Dual
	12/3	Wawasee*
	12/5	Penn

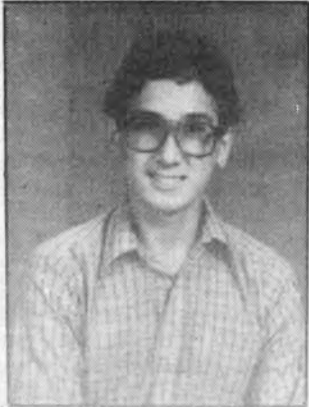


Rivka Medow prepares for a dive. Her Sectional performance won her a spot in state competition.

John Newell/Tower

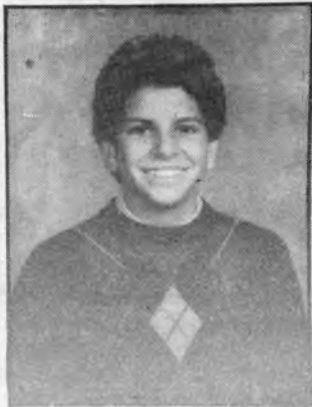
Eagle Epithets

What are your feelings concerning graffiti?



Zev Winicour
senior

"It shows the paucity of maturity of the graffiti artists."



Martin McNarney
sophomore

"It's not right to do, but it will be done forever."



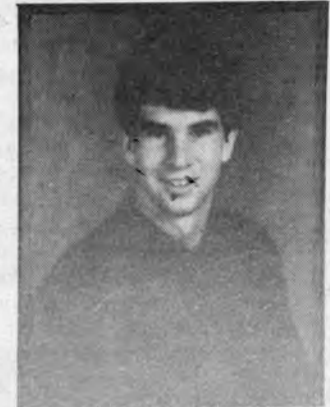
Larissa Golfand
senior

"I think that it's unnecessary. People don't seem to care about the school looking good."



April Adair
sophomore

"It's preposterous."



Jeff Pethick
junior

"It shows lack of school spirit and pride."

The meaning of graffiti : Write or wrong?

By Marc Conklin

Grffiti is an art form which contains much more meaning than it is given credit for. Students from vastly different backgrounds write extraordinarily opposing views, and much can be learned from them.

A main purpose of graffiti is to publicly display one's favorite group and/or singers. For instance, some desks might feature a very large blimp accompanied by the words "Led Zeppelin." Usually accompanying this is "RUSH" or "Pink

Floyd" splashed as on their album, "The Wall."

For fans of new music, there might be "WHAM", or perhaps "Depeche Mode" or even, in rare cases, "The Hooters." Of course, it is extremely rare to find a desk with a group from one list without also finding groups from the other viciously crossed out or else erased.

Arguments can become heated. Bathroom graffiti can be useful in that it reveals something of the type of people attending the school. Tom Petersen, a recent

graduate of Adams, explained the differences in bathroom graffiti which he had read. It appears that Notre Dame's graffiti is much more posh and clever than IUSB's. And Adams' is, of course, much more blatant and to the point than either of them.

Incidentally, some of the best graffiti can be found in the book, **Big Ten Graffiti**, which contains classic passages from the Big Ten conference schools, including the ever-popular, "Flush twice—it's a long way to the cafeteria."

Some graffiti may actually prove

to be helpful to the student, such as math and science books which have left-over answers printed in them. For the observant student, these answers can help to fully understand the problem. Other textbooks might contain phrases that a particular teacher commonly says, such as Mr. Goodman's "whatever here" or Mr. Aronson's "You are to report to your probation officer..." These writings can bring a much needed and appreciated smile to an incredibly bored student.

Grffiti, contrary to what the

general adult public feels, is an exercise in freedom of speech. Is it shocking that students write so much graffiti when they exist in an environment in which they have so little choice? Is it shocking that students print such vulgar things, when they are used to writing English papers containing what their English teacher wants to hear rather than what they want to say?

Grffiti should be seen as a personal statement of life in general, rather than an obscene and destructive force.

"Better Off Dead" from a teen's viewpoint

By Julie Devetski

In accord with his past film efforts, John Cusack proved that 'the underdog can win in the end' in his new movie, "Better Off Dead." His subtle humor and acting talent combined with his unadorned good looks give the film its necessary charm. This film comes off as a spoof of a teenager's normal life cooked up with the sprinkle of disarray.

In "Better Off Dead," Cusack played 'Lane Meyer,' a typical teenager and the eldest of two sons in a very odd family. Lane's first and main problem was that he was obsessed with his girlfriend, and she threw him

over for the local ski-hero in a race, right? Wrong. Why be obvious when you have skilled actors? Instead the writers show Lane's other problems and how he can never fit with this unbelievable group of lunatics.

Outragious behavior is the norm in this film. The entire Meyer family, excluding Lane, are of questionable mental status. The writers, again, should be complemented on the fact that the family, instead of the teenager, is going through a stage of craziness. Because of this backwards idea, perhaps the film is seen through the teenager's eyes. If it is, this would account for the fact that the adult

movie-goers did not enjoy its wit as much as the 'young adults.' The characters in the film were all strange beyond belief. Not only Lane's 'culinary extreme' mother, his 'gigolo' little brother, and his 'rule enforcing' father, but even his peers are unusual. In school, his classmates beg for more homework, while he can't even do one math problem. Lane's bizarre family and friends treated him like the one out of step, while, in fact, he seemed the only normal person in the entire movie.

Lane's savior comes, in fact, from a different country. She is a French foreign exchange student staying with his neighbors, an

overweight, tacky woman, who lives with her son, hoping to start a romance between the two. According to the woman, her son is teaching the girl "the International language of love." Luckily, Lane meets up with the French girl and the only two sane people are on the same side.

The film-makers of "Better Off Dead" should be congratulated for their off-the-wall idea of creating such a 'normal' loser in

Lane Meyer. Although there were so many humorous scenes in the film, there was an obvious lack of organization to tie such scenarios together. Perhaps if more time would have been spent on film organization, the results would have been much more successful. Overall, "Better Off Dead" would probably be more entertaining for younger adults, simply because it presents the teenager's views of his life.

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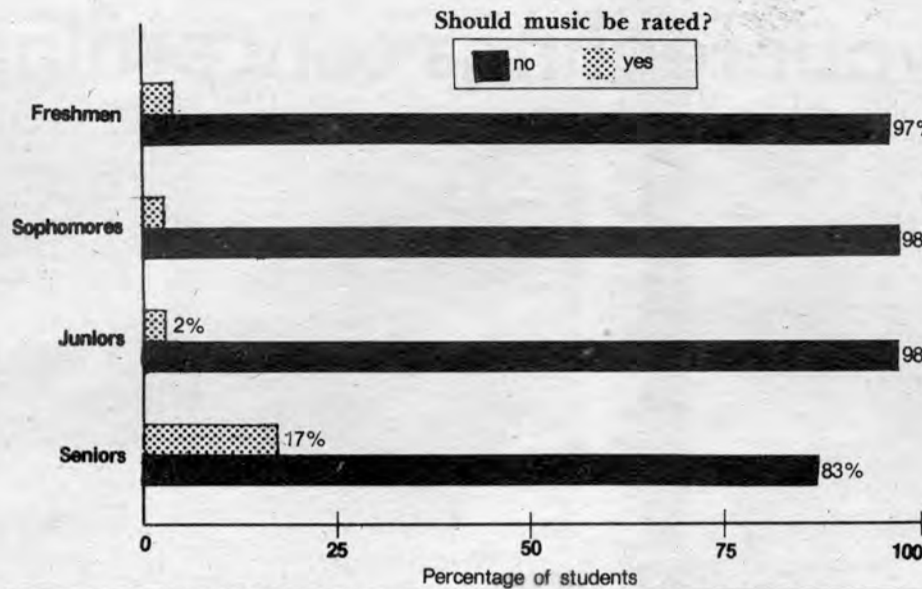
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Plants—Balloons—Candy

Controversial ratings resemble censorship

By Jeremy Manier

The entertainment industry today owes a good share, indeed most, of its sales and profits to young adults under 30 years of age. 64% of popular records are purchased by people between ten and twenty-four years old, and young people in the twelve to seventeen age group watch a little under four hours of television per day on the average. Concerned about the effects of an almost constant exposure to artists and idols whose behavior and messages many parents find reprehensible, the Recording Industry Association of America is working now to sway recording firms to adopt a system of ratings for songs with lewd or questionable lyrics. But this system itself has recently been deemed questionable by many recording artists, music industry officials, and politicians. The general consensus among those opposing such a move has been that the good that modern music can do far outweighs the bad, and what observers often see as an open promotion of sex and violence in youth is often simply a by-product of an inherently energetic and aggressive medium, a by-product which has little meaning for young listeners. Of course, it can't be argued that the record or video industries have spotless histories. It's clear that a lot of trash gets into the stores and over the air. But who is to decide what is or isn't trash, and



when does all this decision making start to resemble censorship? Few people would argue that every song released is in perfect taste, that there is no room for improvement in the quality of the music that reaches young people, but why give the whole of this music a bad name, and why mar the face of popular rock and video over a conflict in personal tastes? Yet another question about this questionable ratings method is just what purpose it would serve; to discourage kids from buying a record with

unacceptable lyrics, or simply to sooth the fears of dismayed parents. The record ratings are just warnings, so there's still nothing to prevent anyone from buying any record he or she pleases. In fact, it could very well be said that these warning labels could attract attention to a worthless record that would have been rightfully ignored otherwise. For example: when the British Broadcasting Corporation banned the Frankie Goes to Hollywood song "Relax", the single skyrocketed almost overnight to the

number one position on the British charts. So, if anything, placing labels of this sort will only arouse yet more curiosity in young people about the very songs they are presumably being protected from. At the movies, nothing is more alluring to a young moviegoer than a "R" rating and the sense of adventure when he or she breaks the rules and sees the forbidden film. Buying a record that actually tells him or her on the cover that his or her parents would be opposed to it seems no less a temptation than sneaking into the "R" movie, and no one can even stop the record buyer from purchasing the tainted disc.

Music is always changing, and what young people will be listening to tomorrow will probably be radically different from today's fare. When the Beatles first hit the U.S., dozens of radio stations would not air the un-Christian Fab Four because John Lennon proclaimed his band to be "more popular than Jesus Christ." That was a bold thing to say even jokingly back then, as John surely meant it to be taken. Music today is becoming more bold, too, but seen in perspective, it really is just as ironic that some today would make certain strong songs inaccessible to today's youth as those station managers twenty years ago, stubborn outcroppings of rock on the shores of a musical sea, proudly burning their Beatles records, not long to last against the pounding waves.

Alternatives for graduating seniors offered

By Donald Marti

Next year, while those remaining at Adams are still just beginning to be saddened by the departure of the Class of 1986, many students who are now seniors will be starting their first year of college. Colleges and universities can now be found almost everywhere in the United States where people live, and large numbers of otherwise healthy high school students seem eager to attend them, instead of dedicating four years of their lives to something more

useful to society, such as sleeping in the public library or gulping inexpensive wine on a city bus. Colleges, however, present a vast number of choices for the graduating senior, allowing him more options than do other activities; hardly any seniors considering military enlistment receive offers from the armed forces of more than two or three nations. This very choice presents a problem for seniors planning to attend college, as few high school students have the time to investigate or visit every college and university in the country. Recent research, however, tends to indicate that all colleges and universities are, in fact, totally

identical, and that spending large amounts of time choosing among them is futile. Seniors should base their college choice on the college's cost and appearance. The one exception to this rule is the strong warning against attending any college in Iowa, Ohio, or Idaho. After choosing a college to attend, seniors should make sure they are qualified for admission to that college. Some colleges require that students have taken several years of "foreign" languages in high school, in the mistaken belief that these languages are spoken in foreign countries. Foreigners actually speak American among them-

selves, switching to foreign languages or dialects only when United States citizens are present. Whatever the college's requirements, students should apply to a college only if they have collected all the necessary high school credit, box tops, and proof of purchase seals. Most colleges now require scores from some sort of standardized aptitude test, such as the SAT or ACT. Any student should be able to score well on these tests when he or she realizes that the letters A through E on the multiple choice answer sheet are simply the notes forming the melody of some piece of music. The answers to last

year's SAT formed "Stairway to Heaven", and this year's were either a Bach flute sonata or ZZ Top's "Dirty Dog." The final step in getting into a college is completing the application. Use a black pen or a typewriter. If you use crayon, select a color that contrasts with the application paper. Although most state universities use only a simple form, some small private colleges require that applicants answer questions or write short essays. Students should avoid writing essays on topics such as "Cocaine, Nature's Little Helper" or "My Hobby: Petty Theft." Next issue: "How to get out of college"



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