

# The Tower

John Adams High School • South Bend, IN 46615

Students speak out on  
the Code of Conduct.  
Is it doing its job?  
See page 8.

## 'No Holds Bard' for Shakespeare

by Mark Bartholomew  
news editor

In April, a great change will come over John Adams. Characters such as Hamlet, Rosalind, and Othello will join the ranks of the student body. The whole school will have an atmosphere similar to fifteenth century England because of the Shakespeare festival taking place here known as "No Holds Bard."

No Holds Bard will involve the entire student body and much of the community. The event takes place all week and will last from April 24th thru the 28th.

No Holds Bard is a pilot project and will hopefully be continued every four years. This way every student at Adams will have the opportunity to experience the festival at least once.

The idea for the project sprang from a similar program at Warsaw High School. Students from Mrs. Maza's, Mrs. Rickels's, and Mr. Kline's English

classes attended the Warsaw program last year. When Mr. Przybysz asked if Adams could do a similar program, the teachers responded that they certainly could.

The festival was a major undertaking and a great amount of fund-raising was needed. The organizing committee had to apply for grants for the project and also sponsor the "A Bird for the Bard" chicken barbecue. Also, many members of the community made contributions to the festival. In addition, T-shirts, hats, and buttons with the logo "NO HOLDS BARD: A Shakespeare Celebration" will be sold.

The organizers of No Holds Bard have many different goals for the program. "I hope that the result of this cross-disciplinary, community-wide affair is at least a great awareness," said Mr. Kline.

The project director, Mrs. Cwidak, stated, "Our department [English department] has always held the belief

that Shakespeare's writings explore the complexities in nature. We wanted to celebrate him and his pervasive influence on our lives. This festival will give us that opportunity."

The week's activities are as follows:

### Monday:

- Classroom doors will be decorated with scenes from Shakespeare's plays
- The cafeteria will serve an "Elizabethan-style" menu.
- Minstrels, provided by the Music Department, will wander the halls playing music.
- There will be a full-length presentation of *Romeo and Juliet* performed by The Four Winds, a local community theatre group.

### Tuesday:

- A professional performance group from Michigan, A Reasonable Facsimile, will provide educational workshops in

Renaissance music and dance.

### Wednesday:

- Each department in the school will teach a unit related to Shakespeare's time. For example, the industrial arts will demonstrate Renaissance tools, while in chemistry, alchemy will be studied.
- The J.A. Drama Club will present selected scenes from Shakespeare's plays.
- Elizabethan costume day.

### Thursday and Friday:

- The Indianapolis Shakespeare Festival will give performances from its "Will Power" touring program.
- On Friday, there will be a Masked Ball. This most likely will be an all-city event to be held at Century Center.

In addition, the universities in the area will hold a Shakespearean film festival on the same week as No Holds Bard.

## Final year for two staff members

### Lazzara leaves the halls

by Jason Kelly

After 15 and a half years of service at Adams, Mrs. Ann Lazzara plans to retire at the end of the semester. She has enjoyed working here and has good feelings about everyone involved. "I have nothing but positive feelings for the school, the student body, the administrators, and the faculty and staff members that I have worked with," commented Mrs. Lazzara.

Her most prominent memory of the years she has spent here is of the students she has helped. "I know I've helped a lot of students and that has been very rewarding to me," she said. "This is something I will always remember."

Since coming to Adams in 1974 Mrs. Lazzara has noticed little or no change in the students but rather a change in the times. "The difference is not in the students; the difference is that the times have changed. By that I mean there is less to rebel against today," she explained. "Students now are more concerned with their studies and future because they know that there is no future without an education."

Although she doesn't have one of the most popular jobs in the school, most students respect the way she does her job. "After she stops me in the hall and asks me for my pass I usually get angry, but eventually I realize that she is only doing her job and doing it well," said sophomore Anne McNarney. It is also clear that without someone of her quality, the school could not function so smoothly. "Without a security guard like



Mrs. Lazzara and Mr. Scott take a break from wandering the halls. Both will be retiring before the end of the year.

Jamie Laskowski/Tower

Mrs. Lazzara to keep the students in line, theft and absenteeism would be much higher," commented one sophomore.

After leaving, Mrs. Lazzara plans to

devote more time to her family and hopes to spend more time with her grandson. She also has personal aspirations. "I am contemplating going into the real estate business," she explained.

### Scott retires after 27 years

by Kaye Farmer

After twenty-seven years at John Adams, the head custodian, Mr. James Scott summed up what Adams means to him with the words: "Great school. Great kids."

Mr. Scott has been at Adams since 1961, and will be retiring this March. Since the day when both he and Mr. William Przybysz came to Adams, Mr. Scott has taken pride in the school and its students. A junior, Ben Banik, said that he "will always remember how Mr. Scott seemed to go out of his way to be friendly."

Sports, especially basketball, are Mr. Scott's main pride at J.A. Asked what his fondest memory of the school was, he said, "It would have to be the Boys' Basketball State Championship in 1973."

Mr. Przybysz said that he remembers pacing around during the championship game, while the team was down, and as he walked around the arena, he met Mr. Scott pacing from the other direction.

The staff also appreciates Mr. Scott's generosity. Mrs. Babette Maza stated that he is not only our head custodian, but is also a friend. She continues, "He has taken care of all my needs and is always glad to do them." Mrs. Ann Lazzara also stated, "He is a pleasant man to work with."

After retirement, Mr. Scott plans to golf, continue raising flowers, and spend time with his granddaughter. He said that he wants to "just live."

Whatever he does, Mr. Scott's smile and willingness to help will be missed.

# CAS remembers King

by See-Ming Phan  
news editor

Last Monday, Adams students received an opportunity to honor one of America's most important civil rights activists. For the past four years, Martin Luther King Jr. has been recognized as national holiday in the United States. In reverence to his birthday, January 15, students are now released on the third Monday of January every year.

Although January 15 is a time for many ceremonies across the country, several students at Adams found their own way to celebrate the important day in the Cultural Awareness Society. Under the direction of Mrs. Linda Murphy, members of the Cultural Awareness Society recognize Dr. King's birthday every year, during the week before the holiday.

"Each year, the John Adams Cultural Awareness Society participates in the birthday celebration of Dr. Martin Luther King, Jr. A display of books, articles, and photographs is set up in the school's library to recognize the Man. A reading of his most famous speech, during morning announcements, allows

students to become acquainted with his dream. The club also contributes to a social celebration at Century Center," said senior group member, DeLea Johnson.

The group sets up a display in honor of Dr. King's achievements next to the library every year, and members of the group make readings over the public address system every day during the week before his holiday. They conclude their week with a reading of King's "I Have a Dream" speech.

Mrs. Murphy displays obvious pride in her group, in discussing their work. "Everybody in the group is really cooperative and they're interested in helping set up for the week. We have no trouble finding volunteers to arrange the display or make readings." She adds that the rest of the school is very willing to assist, also.

According to Murphy, the group has been celebrating the holiday for more than eight years. She adds that the rest of the school is very willing to assist, also. "The library helps us every year, and everybody's encouraging," said Murphy.

Nationally, the holiday is recognized by every state. Until recently, ex-Governor Meacham of Arizona refused to, but after drawing sharp criticism for disregarding the holiday, the state finally decided to recognize it.

This is the fourth year that the day has been a national holiday. In 1983, Congress named the third Monday of every January as a national holiday, honoring King, after long debate. However, King's actual birthday is on January 15.

The cause for civil rights has not disappeared either. King's birthday takes on a special relevance when one considers the ongoing turmoil and strife in South Africa. King's birthday is viewed as a reminder that in countries like South Africa, where apartheid still oppresses selective races, social reform needs to be realized.

Murphy believes it to be a very significant holiday, as King has left an indelible mark in history, in the name of civil rights. She recognizes that Americans need to remember the social changes that he brought about, and to understand his big role in attaining more civil rights to minorities.

## In Brief

Senior, Christine Yarger has been selected as the Junior Rotarian for the months of January and February.

...

ISTEP and CAT testing will take place on March 6, 7, 8, for grades 9, 10 and 11 during the morning. The tests will be administered in home-room for three hours each day.

...

The Cultural Awareness Club will present the annual Black History Program on the evening of February 6, 1989 at 7:00, in the school auditorium.

...

The last three SATs will be administered on the following dates:

March 11, 1989

May 6, 1989

June 3, 1989

Check the guidance office for registration dates.

# Chase blows his own pipe

by Mark Bartholomew  
news editor

When you think of common teenage interests, such things as baseball, volleyball, dating, cars, and rock music might come to mind. And then there's bagpipes. Yes, bagpipes. Neil Chase, a junior at Adams high school is the youngest skilled bagpiper in the area.

Neil got interested in playing the bagpipes when he attended the Scottish Games in Chicago at age thirteen. When he was fifteen, Neil began using a practice chanter. This instrument is designed to help you learn some of the basics of bagpiping before using the full instrument.

Finally, at age sixteen, Neil started playing the real pipes. But this was no easy matter. "When you start," Neil said, "your muscles get very sore and worn out." Neil felt getting started on the pipe chanter helped him. "By using the practice chanter there is less of a transition and it helps you learn the technique," he said. But still there were some very frustrating times on the pipes. "The pipes get very annoying," Neil said, "so you need a lot of patience." Commitment is also needed. Neil practiced for at least two hours every day.

The bagpipe was originated in India but gradually infiltrated much of Europe and Central Asia. Some evidence suggests that it was a set of bagpipes and not a violin the emperor Nero played while Rome burned. Although found in many cultures around the world, the bagpipe has come to be known as the national instrument of Scotland.

The mechanics of the bagpipe are fairly complicated. You blow through a mouthpiece into a leather bag which holds a reserve of air blown. So when taking a breath, constant pressure is

placed on the bag so the pipes will continue to emit sound. The drones are three pipes going over the player's shoulder. These emit a humming sound. The pipe chanter is the part of the pipes that keeps the melody. It has eight note-holes that are played with the fingers. "The pipe chanter is what you're really playing," said Neil.

To find an outlet for his talents, Neil became involved in a group known as Thistle and Heather, a pipe band based in South Bend. Neil met them at the Scottish games in Chicago, as they were the only pipe band from this area. The group averages at least one performance a month and play in such activities as Memorial Day parades and local fairs. Lately, the group performed at Zooltide at Potawatomi Zoo.

Neil says that the response to his music has been pretty good. "A lot of people are interested and ask where they can get tapes of bagpipe music," he says. "But there are always some cracks," he says, "especially about the kilts that Thistle and Heather wears to their performances. 'Nice dress' is one of the favorites."

Just about anything you want can be played on the pipes. Neil plays such songs as "Amazing Grace", "Greensleeves", and "Auld Lang Syne." He says that the trend is becoming more modern as younger pipers get away from traditional Scottish songs.

Neil advises anyone interested in playing the bagpipes to start early. "A lot of patience and dedication are also needed because you can lose much of what you've learned if you don't practice constantly," he says.

Neil plans to continue his playing. "It's (playing the bagpipes) not an ordinary thing, but I think it's rewarding because the pipes are a very powerful



Junior, Neil Chase attired in full Scottish regalia demonstrates his bagpiping technique.

photograph by Ernie Mudas

instrument. I use them as an outlet to blow off stress. The pipes are also rewarding because they're so challeng-

ing. There are always new things to do with this instrument and a new level of playing that you can reach," he said.

# New class offers LIFE to students

by Rachel Friend

For many of today's high school students, talking about serious problems is difficult. Even when a student realizes a problem is urgent, and needs attention, he may be hesitant about going to an adult, for fear of lack of sympathy and understanding. However, oftentimes a person can be put at ease by being with someone his own age, who can relate to his problems.

This theory is the basis for a new group sponsored by Mrs. Roberts and aided by Mrs. Wallace. LIFE (Living in Full Effect) is training Adams students to be peer facilitators, to whom troubled students may go for help.

The LIFE members are currently learning how to counsel students on problems ranging from arguments with parents to suicide. Marty Irwin, a social worker for Adams, taught this same class last year at Clay, and is now repeating the course for Adams. Mr. Irwin is stressing confidentiality and an



understanding attitude in his students towards needy peers.

Senior Heather Hedman says, "The

program is really well organized. We're being taught how to help people deal with their problems just by listening to

them. I hope people will use this program because it is confidential and should really help."

The peer facilitators are also being taught key factors in forming a bond with those seeking help; some of these factors are being optimistic and non-judgmental, and having a friendly disposition. Vera Marcello, also a senior, said, "LIFE is really interesting. It's teaching me a lot of useful things, like not only to listen, but how to listen, what to listen for, and how to let the person know I'm listening. It's a good group."

Once the sessions with Mr. Irwin are over, these volunteers will be able to just listen to problems, or offer advice and share the information their LIFE training has brought them, with any needy John Adams student. The volunteers are already looking forward to being able to counsel, and have gained much from the experience. Senior Melissa Gray comments, "LIFE is a great chance to help my peers who have problems and learn about myself at the same time."

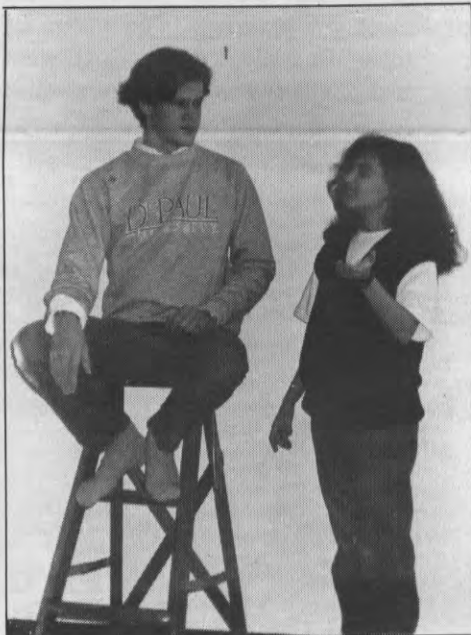
# Winter brings comedy for drama club

"Make 'em laugh, make 'em laugh, make 'em laugh!" That old show tune seems to be setting the theme for the drama club's next endeavor; three winter one-acts. One week after the fall play, "Dark of the Moon", was over, auditions for three one-act comedies were held.

The first of the plays is "The Diary of Adam and Eve", by Mark Twain. It is a satire adapted into a play. The next is a farce by Jerry Chase called "Cinderella Wore Combat Boots". The last one is by I.E. Clark called "The Saga of Sagebrush Sal". This one has a story told by a narrator and is done mostly in pantomime.

"The Diary of Adam and Eve" tells the real story of how the world began. Mark Twain satirizes every characteristic that is stereotypical of men and women. Adam, played by Chris Langheinrich, personifies the stereotypical male. He has no idea of what Eve is doing most of the time and he also feels he is superior to all other beings. Eve, played by Paula Winicur, is portrayed with many of the traits that women have been tagged with such as; she talks alot, and she wants to show off her knowledge to Adam in a womanly way. The snake, played by Sarah Langheinrich, comes in to bring Adam and Eve to reality and to help them discover the meaning of life.

Susan Smith plays Cinderella in the next comedy, "Cinderella wore Combat Boots". "I never thought I'd live to see the day when I'd look down and find combat boots on my feet", she said. This farce tells the old fairy tale in a new way. Doug Booher is the story teller and will react with the audience as will the rest of the cast. "It will be a lot of fun, and there will be plenty of audience participation", he said. Cinderella is shown as being a very agreeable girl who only wants to please her stepmother and step-sisters. She goes to a fancy ball in a lovely dress and combat boots- the one heirloom her father left her before he died. She meets the prince and they fall in love. The show is a light comedy and is easy to follow.



"The Diary of Adam and Eve"

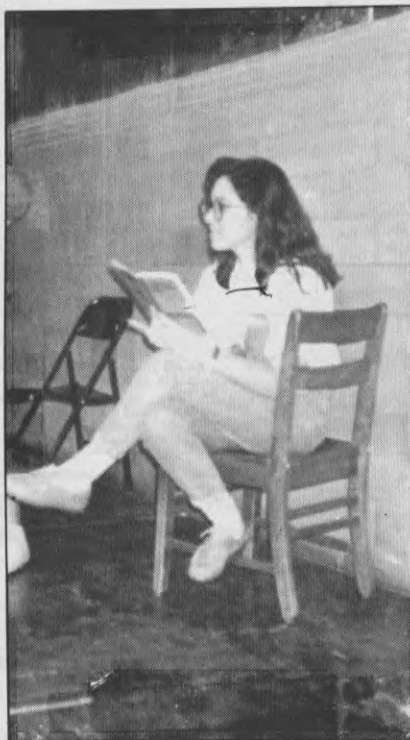
The last of the shows is done largely in pantomime. "The Saga of Sagebrush Sal" also has a narrator. He tells the old-fashioned melodrama to the audience while the rest of the cast acts out the story. The heroine, Sagebrush Sal, is played by Pilar Anadon. Sal is a very bawdy woman from the old west. She wants to marry her daughter, Hazeltine, played by Shelly Ernsperger, to Heart-bleed Haygood, played by George Pilkinton. In her adventures, Sal comes against the very shady Jake the Snake, played by Matt Radecki. But, as usual, she comes out on top.

Mr. Good, the drama director, looks forward to the plays. There are 47 members in all three casts and three student directors: Mike Wolosin, Kim Ornat, and Doug Booher. Mr. Good commented on the large cast saying "I'm pleased with the number of new students involved on stage."

On January 28, the Northern Indiana Regional Mini-conference of the thespians will take place at Century Center. The three plays will be performed at the conference. Mini-conference is a com-

*"It's a great opportunity for experienced and non-experienced drama students to get a glimpse of melodrama, farce, and satire. I'm looking forward to playing off and interacting with the audience."*

—Chris Langheinrich



"Cinderella Wore Combat Boots"

petition to see what plays will go to the state conference in the spring. "This is the 3rd year that I will have been involved in the one-acts, but I'm excited because I finally get the chance to perform in a competition", said Matt Radecki.



"The Saga of Sagebrush Sal"

"The Saga of Sagebrush Sal" will be entered in International Competition, taking place in the summer at Ball State University, and is, according to Mr. Good, "the first step on the road to Muncie." If all goes as planned, Mr. Good would like to tour the three one-acts to elementary schools in the area.

The comedies will be performed on January 26, 27, and 28, at Century Center in the Recital Hall. The John Adams students have never used this river level little theater which seats 200 people. "It will be a big challenge to perform in a new theater", said Mr. Good. The show will start at 7:30 on Thursday, Friday, and Saturday night. Tickets are \$3 in advance, and \$3.50 at the door. Come out and join the drama club for a side-splitting evening of satire, farce, and melodrama.

*Tickets for the plays may be purchased from Mr. Good in room 227, or from Mrs. Hull in the bookstore.*

# Athletes often plagued by mono

by Jeff Thompson

In the past year a significant number of people have acquired Mono. People commonly ask, "What is that?" or "What is it like?" The answers to these questions are difficult since you can only pick it up once, and then you are automatically immune to it. Most people have a general idea, but aren't informed in detail about this "kissing disease."

*When you have Mono, you basically find out the stupid shows on T.V. in the morning. I was always tired.*

—Matt Jones

Mono, also called Infectious Mononucleosis, is a disease marked by a number of abnormal lymphocytes, a type of white blood cell which makes up part our immune system. Mono gets its name from Mononucleosis (single nucleus cells) and most often occurs in young adults. It is caused by the Epstein virus which is one of the viruses associated with Herpes. Mononucleosis is called the "kissing disease" mainly because it is spread through saliva. Not only can people acquire it through kissing, but they can also acquire it through an infected toothbrush, drinking glass,



Cecilia Emery/Tower artist

or food which the infected person has touched.

"Most people don't even know they have it," stated Dr. Brian Maloney, a general practitioner. "It depends on how severe it is." People blow it off thinking it's only a flu or cold. Brendan Addis, a sophomore, said, "I had a weird case

of Mono. I wasn't tired. I felt normal." Feeling slightly jaded is one of the first symptoms of the disease. Sometimes you don't feel anything, but at other times it can be much worse. In severe cases you experience "enormous fatigue," Dr. Malony stated. This disease includes fever, sore throat, and swollen

glands. Matt Jones, a sophomore, after having Mono for two weeks declared, "When you have Mono, you basically find out the stupid shows on T.V. in the morning. I was always tired."

Other symptoms may include an inflammation of the spleen and hepatitis. Many doctors recommend complete bedrest for both the mild and severe cases which vary in length from three weeks to two months.

Not only does Mono cause you to feel amiss, it affects your school work (depending on its severity). John Anella, a senior, was practically out of school for the month of April and only played one game during the soccer season last year. "I slept 16 hours a day and I wouldn't eat," said Anella. He ended up having it for 6 weeks and found it very hard to keep up in school. Unless you are careful it can wipe out a whole season of athletics.

So, if you feel fatigued for an abnormal period of time, and experience a sore throat and swollen glands, it very well may be Mononucleosis. Along with a whole lot of rest, your recovery also depends on your psychological state. Usually a person who wants to go back to activities will recover faster than people who are always depressed. If any symptoms are noticeable, go see your doctor as soon as possible.

## B-team pays off for athletes

by Brendan Addis and Judd McNally

As he serves the tennis ball to his opponent, he hears the roar of the crowd. He then rushes to the net where he smashes the opposing player's return past him for match point. As he raises his arms in triumph, he realizes the roar had only been a passing car with a bad muffler and that nobody had noticed his victory. He is only a B-teamer and nobody wanders over to Potawatomi to

*"By playing J.V., I was compelled to practice harder and improve... All the hard work I did finally paid off."*

see him play.

Despite the little press a J.V. player receives, he knows that he is gaining valuable experience in a low pressure situation. The J.V. program is a stepping stone which allows players without as much ability or experience to be rewarded for the hours they have spent preparing the varsity for its games. "It just feels good to be competing," said sophomore Anne Mc Narney.

Here at Adams, athletes are privileged to have good coaching. "Coach (Dennis) Tansey is a good coach and he works us hard because he knows we are the future of Adams basketball," said Sophomore basketball player Brian Blandford. It is not easy for B-team coaches since they also must often moonlight as a varsity assistant coach.

J.V. basketball coach Dennis Tansey commented, "I have to be geared up for two games. During the varsity game the in the defenses and offenses for him. But on J.V., I am in charge of everything." Tansey also has responsibilities away from the games. He must be at both practices each day, and scout other teams for the varsity.

B-teamers are often pushed around when it comes to practice. Some J.V. basketball players practice with the varsity and J.V. in the same day, and they

don't get to leave school until as late as 7 o'clock. Sophomore football player John Robinson can even remember practicing with the varsity before a J.V. game on a Monday night.

The purpose of the B-teams at John Adams is to prepare athletes for the varsity level. On many teams, girls soccer, certain players play on both the J.V. and varsity level. "At the beginning of the season, I was an alternate. Sitting on the bench stripped me confidence, and I was always one to go in." When asked how J.V. helped her, she said, "By playing J.V., I was compelled to practice and improve. And when I got to play, I was prepared. All the hard work I did finally paid off."



*scoring maneuver on the Memorial as the Eagles went on to defeat of the LaSalle Lions, the 1 team in the NIC.*

Root Photographers

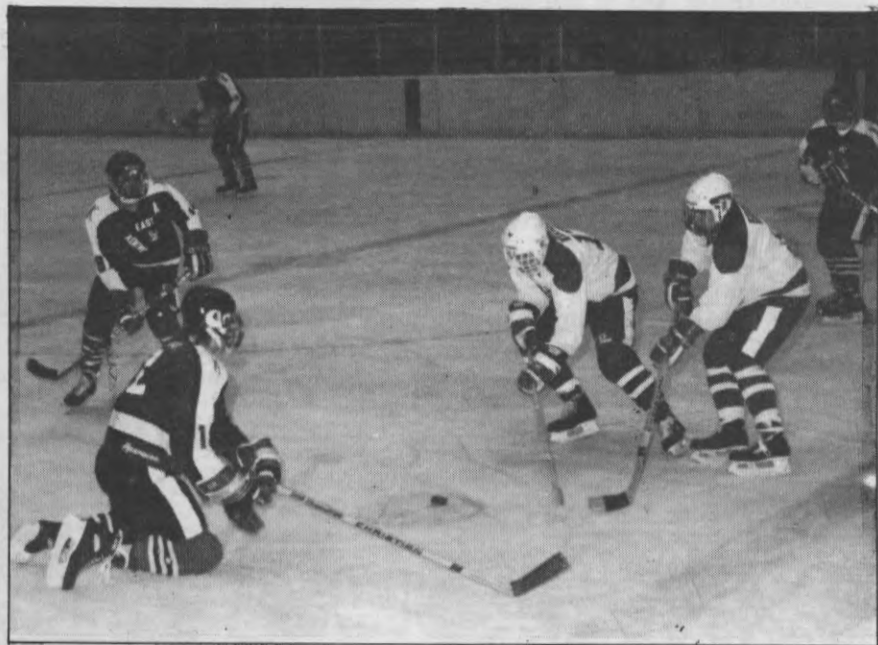
# Eagles hockey breaks away

by Jason Kelley and Matt Nelson

The John Adams hockey team has high hopes for the 1988-89 season. Although the team faced the loss of last year tri-captains, Rick Barnes, Kevin Cocquyt, and Steve Ziolkowski, along with Hal Katz and Chad Rosencrantz, many younger players are making strong contributions. "I expect a lot out of our team this year," said junior captain Mike Shide. "We lost some key people from last year, but I think we can compensate for our losses with our incoming freshmen."

These incoming freshmen are Pete Rhoutsong, Bill Bawab, P.J. McGregor, Carl Schwartz, and Andi Minnick(LaSalle). They are joined with senior captains Mike Glumb (Mishawaka), and Chad Minnick(LaSalle), senior John Fedder and juniors Jeff Case, Marc Wilson, and Mike Shide to form a string team, which has a 18-2-6 overall record with a 6-1-3 league record.

Although the 88-89 team is not the biggest in the area, they make up for it in other areas. Senior John Fedder said, "What we lack in size, we make up for in speed." Forwards Jeff Case and Marc Wilson and defenseman Pete Rhoutsong



Rick Kruse(center) and John Fedder (right) pursue the puck against East Kentwood

account for a great deal of the team's speed.

Last season's 17-13 record was one of the best in years, and under veteran head coach Fred Minnick, the Eagles are still looking to improve. Almost approaching the end the season, the team is making great strides. As the playoffs near, expect the improving Eagles to raise their league record while adding more wins to an already excellent 18-2-6 record.

The Eagles sought to carry over their early winning ways to their tournament with several league rivals over Christmas break. The tournament was composed of four teams including the Eagles, Penn, Marian, and Riley.

The Eagles' first challenge was a dash with league rival Penn in the tournament opener. Two goals from senior Chad Minnick and a hatrick from Junior Marc Wilson added to Eagles scoring barrage as they rolled past the hapless

Kingsmen 8-1.

Adam's then carried their momentum into their next confrontation with the Marion Knights. A combination of potent offense and a dominating defense allowed for the Eagles second win of the tournament 5-2. Marc Wilson racked up his fourth hatrick of the season, and Sophomore Rick Kruse chalked up two goals of his own. "Our offense has been effective, but our defense is the real backbone of our team," said Rick Kruse after his win.

Riding the crest of their recent victories, the Eagles hoped to cap off a perfect outing in the final home of the tournament with the Riley Wildcats. However, though several different players added goals to help the Adams cause, the Wildcats snuck past the Eagles with a score of 7-5.

After finishing up the tournament, the Eagles once again squared off with their traditional foe, The Penn Kingsmen. Chad Minnick scored two goals and Senior Aaron Budney and freshman P.J. McGregor also added one goal a piece in a 4-1 victory. Junior Mike Glumb commented, "I think our team is really starting to come alive and should be ready in time for the playoffs."

# Wrestling year is better than expected

by Jason Kelly

After winning just three matches in the previous two seasons, the John Adams wrestling team wasn't even given a chance to be competitive this season. The loss of Martin McNarney, the first twenty-match winner in five years, along with Jay Blandford, David Eggers, Raymond Martin, and Dominic Zultanski didn't help the team's image.

The wrestlers used that underdog image to their advantage. Led by senior captains Brian Gregor and Darron Stante along with Adam Graham and Rick Bartone, the team refused to quit and has worked their way to a 4-14 record with a month still remaining in the season.

Although the seniors provide the

hard work will pay off so we can be tough contenders in the NIC."

Even fifth-year head coach Rollie Lichnerowicz and assistants Dave Manspeaker and Raoul Donati got more than they bargained for from this rapidly improving team. Coach Rollie will be the first to tell you that he "expected a rebuilding year." Darron Stante stated "This year is going better than I expected"

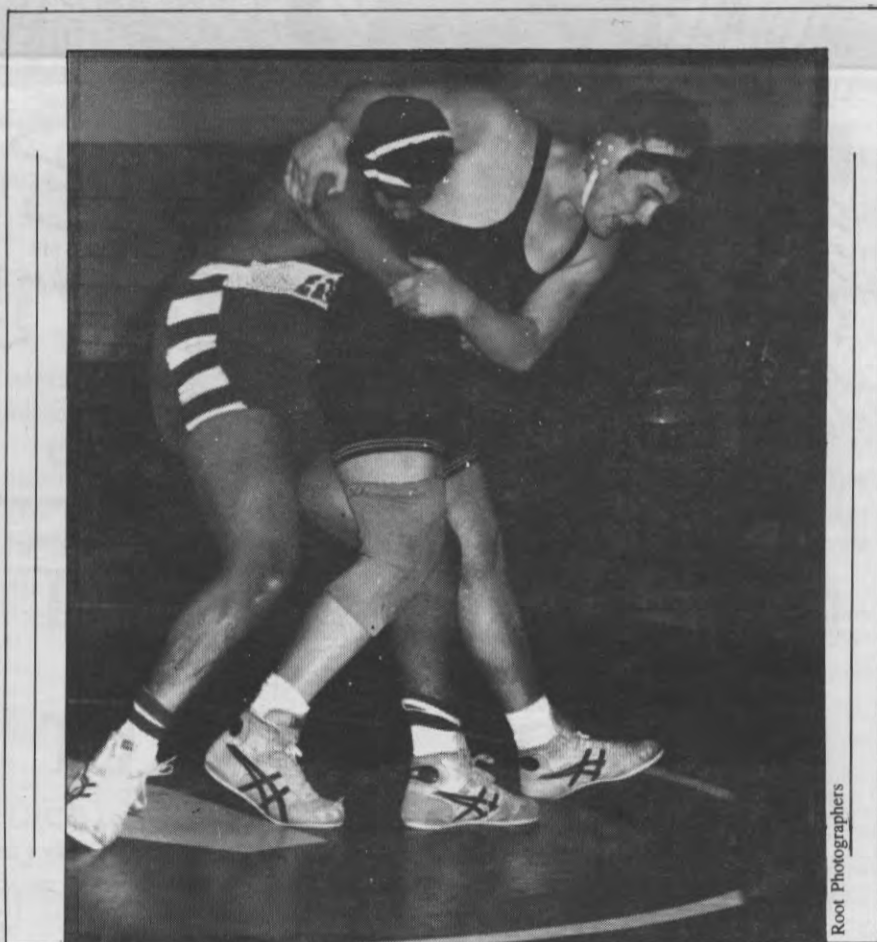
Several key match-ups dot the final month of the wrestling schedule. The team travels to take on perennial powers Clay and Mishawaka before hosting Northern Indiana Conference rival LaSalle in the final home match of the season.

"Our team is doing better this year and improvement is evident. Hopefully next year our hard work will pay off so we can be tough contenders in the NIC."


Junior, B...

leadership on the team, it's the young talent that keeps the team going. Sophomore Kirk Golden, Ike Trinh and Todd Olson are just a few of the young wrestlers who are helping the team this season and providing a great deal of hope for the future. Ben Webster stated, "Our team is doing better this year and improvement is evident. Hopefully next year our

The 4-14 record shows improvement over the last two seasons, but it doesn't reflect the team's hard work and improvement during the course of the season. As the team gains more experience in the late stages of the season, look for them to make a strong showing at the Mishawaka Sectional January 28.



Luther Tayler tries to manipulate a Penn Kingsman for a take down.



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# Smoking is hazardous to your health

by Stefanie Komaskinski  
feature editor

Every year, 350,000 people die from diseases related to smoking tobacco. And one third of all American adults smoke some sort of tobacco (approximately 55 million people).

Most people start smoking because of social pressures, shyness, or stress. But since three fourths of the people currently smoking started when they were under 21, it is apparent that a good number of smokers started in their adolescence when peer pressure was high.

Smoking reached its peak in the mid 1960's, when 42% of all adults smoked.

Since then, only 33% of the people over seventeen smoke, and of that total 10% more men smoke than women. The shocking fact is that one in every ten teenagers smokes regularly.

Tobacco was first used by the American Indians. They smoked it, chewed it, and used it in religious ceremonies. After Columbus's voyages he returned to Europe with the tobacco, but few people used it. In later years, smoking a pipe or chewing tobacco became acceptable, but people soon became bored with the pipe and disgusted by the spitting. So, in 1881, a cigarette machine was invented. The cigarette craze didn't really start until

about 1920, when it was socially acceptable for women to smoke.

Most people who have ever tried a cigarette would probably rather forget the first time. They may experience coughing, dizziness, or nausea. This is because the body is not used to the nicotine and tar entering the lungs.

But those who choose to ignore these first-time effects build up a tolerance. This tolerance may lead to addiction. Those people who smoke socially usually become dependent on cigarettes as a way to relieve stress when they are alone.

Nicotine in cigarettes raises the blood pressure, and the carbon monoxide in

them decreases the amount of oxygen in the blood. These two poisons are a source of many deadly diseases. Over 100,000 Americans die from heart disease brought on by smoking, and more than 80% of all lung cancer deaths have to do with cigarettes. According to the American Cancer Society, the life span of a person who smokes 2 packs a day is decreased by almost a decade.

Around 2,000 people die every year from inhaling other people's smoke. Smoking is a person's own choice, but as a result, not only are you hurting yourself—you could be hurting your friends, your family, or someone you don't even know.



## Confession of a teenage smoker

The name of the author of this article has been withheld by request.

I guess I just thought it was cool. You don't think it becomes a habit but it creeps up on you. I know I didn't think mine would ever be more than a social habit; but as time went on, my body became dependent on the infamous "nicotine high".

It all started when I started high school. My friends and I went to a lot of upperclass parties and many people that were there "social smoked". Of course I wanted to fit in and be "cool," so I joined the legion of party smokers. Sure it was fun at first, and the buzz it gave me was awesome, but I never imagined that I would yearn for that same buzz when I was alone.

Do you ever have one of those days when you're really stressed-out? Everyone has them, and everyone has different ways of dealing with them. I

thought I did, too—until one day I came home from school, and to my surprise, I REALLY needed a cigarette. I was scared. But, on the other hand, I thought, **Nobody has to know.** After that first experience, it was all downhill. I found myself needing them to begin and end my days.

My mom and dad both smoke, so it was really easy for me to light up in my room or, for that matter, anywhere in the house. They were so used to the smell that they never noticed the smoky odor of my clothes. I guess I could blame my habit on my environment, but it was my own desire to fit in with my peers.

I think that it would be better for me to quit now, while I am still young; but, to tell the truth, I enjoy the effects it has on me. It hurts when a few of my friends are critical of my habit, but I feel that they can't understand that I just can't quit.

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# Elderly health benefits prove inadequate

by Jennifer Crosson  
Co-Editor-in-Chief

When President Reagan leaves office at noon today, he will be 74 years old and, unless Bethesda knows something we don't, he can expect to enjoy good health as he goes about his retirement plans. Even if he doesn't, though, barring severe illness, it's no problem.

## Editorial

Reagan may no longer be entitled to the free medical care he received while in office, but with retirement benefits of around \$220,000 a year, he needn't worry about the costs of a decent living for the elderly in his country.

Actually, Reagan's retirement benefits aren't that much, compared to what some American business moguls get. But in comparison to what most people of his own age group get, it's unheard of. Ironically, the occupation of the Oval Office by our oldest President ever has done very little to improve the attention given to the situation of senior citizens in this country.

During the year 1988, the Department of Health and Human Services conducted a study on the quality of care in American nursing homes. That study found them severely lacking. While most nursing facilities were found to be doing an acceptable job of meeting certain needs, such as privacy and the presence of an in-house doctor, the majority of the homes also failed to meet the surveyors' standards in quite a few areas, including opportunities for socialization, the preparation and nutri-

tion of the food served, and the attention given to patients with certain special medical equipment, such as catheters.

That prospect is enough to worry many senior citizens, but those who have an alternative place to live in the event of a debilitating illness have something new to be concerned about, too. For 1989, the federal health insurance plan, Medicare, has enacted the Medicare Catastrophic Coverage Act of

insurance," Abbott said. The bill does not require a co-insurance policy for patients to receive the Medicare benefits. It does, however, call for a \$24 increase in the amount patients must pay for each short-term hospital stay, regardless of the number of hospitalizations they have had. This money is deducted from their Social Security check.

Medicare affects almost every taxpayer, and it's certainly not the first time

American senior citizens instead of pursuing the more youth-oriented issues that it has concerned itself with in recent times. Fighting the spread of AIDS among drug addicts, for one, is a cause which has received plenty of attention, and rightfully enough so—but the group of people whom it benefits, frankly, isn't large enough in comparison to the number of senior citizens in this country to justify the contrast in attention given. Surveying the quality of nursing care facilities is important, but it is only the first step.

State governments would need to contribute to such an effort by stepping up the standards, intensity and, if necessary, the frequency with which they monitor the nursing facilities and retirement homes within their own boundaries. Powerful retirement organizations, such as the American Association of Retired Persons (AARP), would do well to keep close track of, and to be very vocal about, things they see in these reports which they don't like. And, finally, Congress could help out by focusing attention on the reliability of the living options available for the elderly with more frequency than just during election years.

Nursing homes and catastrophic care bills aren't things which most of us like to think about. We associate them with growing old, losing health, and feeling lonely and helpless. But we're going to have to think about it, and soon. We can't just apply the Golden Rule only to people whom we know can give us material benefits in return, or who could threaten our own safety if we don't.

*The oldest President ever has done very little to improve...the situation of senior citizens in this country.*

1988.

This bill was, ironically enough, originally supposed to benefit the elderly in particular by increasing Medicare coverage for long-term hospital care. Unfortunately, the reality is that only a very small number of senior citizens will actually have a need for extended hospital stays. According to Larry Abbott, head of United Auto Workers Local 9, and Les Fox, president and chief executive officer of REAL services, both of whom were quoted on the topic in the January 2 *South Bend Tribune*, there are certain aspects of the bill which will be helpful to specific groups of senior citizens, but, for the most part, it will not address the needs of the many.

"The majority (of the elderly) now get short-term health care, then they die...We wanted a health bill that would take care of all elderly people with no

we've heard reports of less-than-optimal care in nursing facilities. But when are we going to start thinking about the growing dilemmas this poses for the care of our elderly?

Consider this: 20 years from now, when the "Baby Boom" generation hits 60, and as the average life expectancy continues to rise, senior citizens will be the largest age group in our country. Our government, presumably, won't be able to get away with passing laws and ignoring health care facility conditions which are unfavorable to the elderly. And in a country which is not traditionally given to especial respect for senior citizens, that could be a little hard for us to swallow. What is to be done?

The Department of Health and Human Services is going to have to spend more time focusing on the admittedly problematic question of how to improve the health care situation for

# Adams theatre deserves new facilities

by Susan Wright  
opinion editor

Theatre has become a unifying force at John Adams. It binds students of all classes with one desire, the desire to act. Drama, thus, becomes a cathartic experience in which students become free to both escape from their own problems and express themselves in an art form. The John Adams Drama Club has attracted almost one hundred members this year alone. Together these members put on last November's production of "Dark of the Moon", are currently working heartily on this month's one-act plays, and are already making plans for the "Adams Eve" talent show production in March. Their expertise, in fact, has brought them as far as the International Thespian Conference two years in a row.

This new growth necessitates a new theatre for John Adams High School. This new theatre would benefit vocal and instrumental music as well as pro-

vide more adequate available services and equipment for guest speakers. This theatre, therefore, would provide a learning atmosphere for important skills useful to students in high school and in life.



The current auditorium facilities at Adams include a Little Theatre and gymnasium. The condition of these stages has forced vocal music to IUSB and drama to Century Center. The same acoustics of the gymnasium that are great for Mr. Przybysz at pep rallies are far from ideal for musicals, plays, or concerts. Sound is so distorted that few people even at the front of the

auditorium can clearly hear the performers on the stage.

The Little Theatre is a small, dark, gloomy place for performance, and it seats a minimal audience. During the highly popular Adams production of

"Meet Me In St. Louis", which was performed in the Little Theatre, enjoyment of the play was inhibited for viewers because of overcrowded and stuffy conditions.

"I think the students at John Adams in the fine arts deserve facilities at least equal to other students in the city," says drama director Mr. Joseph B. Good. Clay, Washington, and La Salle each

have a 900 seat auditorium complete with a stage, auditorium seating, curtains, and an effective sound system. Many speculate that Jackson will once again replace Riley as that district's high school, and Jackson has considerable theatre facilities.

The South Bend Community School Corporation has the obligation to provide students with opportunities to grow in academics, athletics, and the arts. Therefore the SBCSC is building new gyms in Washington, La Salle, and Clay at approximately three million dollars for each gym. John Adams High School deserves this attention in order to give drama students an equal opportunity to grow in the fine arts.

Clearly then, John Adams needs to set the stage for a new auditorium. This new addition would not only give students in the fine arts an inspiring atmosphere for performance, but also enliven each student's morale by proving once again that Adams is stages ahead of the rest.

## The Tower

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## Tougher rules give athletes something to think about

by Megan Moloney

A great deal of publicity has recently been given to three Concord athletes, but not because of their athletic prowess. These young men are suing to be reinstated after being suspended from participation for violating the newly amended athletic Code of Conduct. They feel that the penalties are too harsh, but the severity itself is not the issue; the fact that the athletes are the students singled out to follow the new guidelines is.

The 1988-89 school year brought about a few changes in eligibility rules for athletic participation. The Code of Conduct was amended and the consequences of a breach are much more severe. The new code states "it is a privilege to participate in athletics, and this privilege is extended...providing they are willing to assume certain responsibilities. "These responsibilities are: no possession or use of alcohol, tobacco, or any other controlled or abusive substance, no involvement with law enforce-

ment agencies (excluding minor traffic violations), and no theft or possession of any property not belonging to them. Any violation of the above will result in a 60-school day suspension from all athletic activity. A second offense results in a one-calender-year suspension, and a third brings a career suspension.

The new academic requirement is also very still. A student-athlete must now pass not just four, but five solid subjects.

But again, the severity of the penalties is not the issue. The injustice is that the athletes are singled out for punishment. The code also states, "a student-athlete must be a credit to him/herself, the school, and the community." Why does this burden rest solely upon the shoulders of student-athletes? What about the rest of the students?

Every student knows that academics come first, and extracurriculars come next. Athletic participation is an extracurricular activity, just as band, orchestra, pom poms, cheerleading, student government, Latin club, Quiz Bowl, and all of the other clubs

are. Why are athletics the only extracurricular activities requiring their participants to live up to these standards when the other students are not? Every student represents his school. Every student represents his community. Why is it that every student is not required to act accordingly?

The point that the various administrations are trying to make is that students should take better care of themselves and value their education more highly. But the message needs to get to all students, not just the student-athletes. Athletes have always been treated well, given special treatment, from the grammar school level to the professional level. They have been given extra privileges in the past. Singling out athletes for punishment is unfair and prejudicial. If all students are equal, then they should be treated as equals.

Taking away athletic privileges for a code violation is not going to deter other students who are not athletes. Taking away extracurricular privileges from any student who violates the code would get the job done.



Are you in any sports at John Adams?

Is the student code of conduct effective?

Do you obey it?

If you saw your friend who is on the basketball team disobeying the code, would you tell your coach?

according to a poll of the student body

## Code singles out athletes

by Matt Neisen

The Athletic Code of Conduct has always served as a rigid set of rules for student-athletes to abide by during their athletic experience at John Adams. Some of the more prominent rules that affect student-athletes include the strict enforcement of not drinking alcohol, smoking, chewing tobacco, or being present at a party where alcohol is being served. However, the question as to whether or not these agreements are being carried out after the athlete signs the code still lingers. Tougher stipulations in this year's code will hopefully make student-athletes think more carefully before breaking the code.

The first such new rule is that now the code would be valid for even only one-sport athletes the whole year round. This means that people can no longer just stop disobeying the code only during their season and then resume drinking, smoking, etc... afterwards without worry. With the

new guideline, even students who play a fall sport could be caught and punished in the spring and be suspended for the next year. "People will probably start taking the code more seriously now," said sophomore Ernie Mudis.

Another stricter measure that will affect student-athletes is not a part of the behavioral code, but rather the academic standards for sports participation. An athlete must now be successfully passing five solid subjects instead of only four, as it had been in the past. This step seems to come in an attempt to keep in stride with the new requirements in academics for college athletes such as Proposition 48, which requires ineligibility for athletes whose academic performance is less than satisfactory. These tougher rules should make it easier for athletes to adapt to the rigorous college academic environment. Most students are in favor of the new policy.

Whether or not the stipulations will change the attitudes of past offenders will be tough to tell;

however, a Tower survey recently distributed gave a vague indication. Some of the results were probably less than what the administrators were expecting. Only 68% of those surveyed said that they do obey the code fully, and an even lower 13% said that they would tell a teacher or administrator if they spotted a friend disobeying the code. Most said that they would be more likely to go to a friend if anything at all. Also coming as somewhat of a surprise, there were even a few who said that they had been caught in the past, and would disobey again. One student-athlete commented, "There just aren't enough people around to enforce the code effectively."

There is no doubt that the new rules are good ones, but it would seem that the behavior of the student-athletes is much more difficult to survey than the academic performance. The administration will just have to trust that when the athletes sign the code agreeing not to disobey it, they mean it.

## Students Speak Out

"It doesn't stop anything; people who want to violate it will and nothing is done to punish them. It is not enforced as strictly as it could be."

-Peter Tulchinsky, senior

"Some people obey it because of the fear of losing the ability to play, while others figure they will not get caught so why not do it, mostly because it is not enforced."

-Ed Szymczak, senior

"The reason why (the student Code of Conduct does not work) is 2 years ago John Adams ran into an episode with drinking on a bus coming back from a softball game. Even though those girls got a five day trip out of school they still received things such as MVP."

-Jane Pfannerstill, junior

"Some players out of season disobey it and the rules are relaxed. No one worries about it if the sport isn't in season."

-Charity Grimes, sophomore

"It doesn't matter what it says because people still break it. Its only purpose is to provide school officials with a way to reprimand behaviour that might disgrace the school or an individual team."

-Doug Naylor, senior

"It does not work most of the time because the Code isn't too strict."

-Michelle Roberts, freshman

"Who should enforce it? Teammates? Can you realistically expect them to betray their buddies or incriminate themselves? Administration? How is it possible? It's a code of honor, and each teammate must put the honor of the code high on their list of priorities, and fully agree to enforce it. Then reporting of teammates becomes appropriate and honorable."

-Helen Wright, senior

"It doesn't work because students hear about an athlete drinking,...but the coaches never do so the kids don't obey the code of conduct."

-Tracie Low, sophomore

"It doesn't stop it completely but the penalties are so tough that it cuts down on it drastically."

-Jason Kelly, sophomore

"It does work sometimes because of the threat of being caught or the guilt inside."

-Scott Scheel, senior

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