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The Tower

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JOHN ADAMS HIGH SCHOOL • SOUTH BEND, INDIANA 46615

Funding approved for practical research

by André McNeil

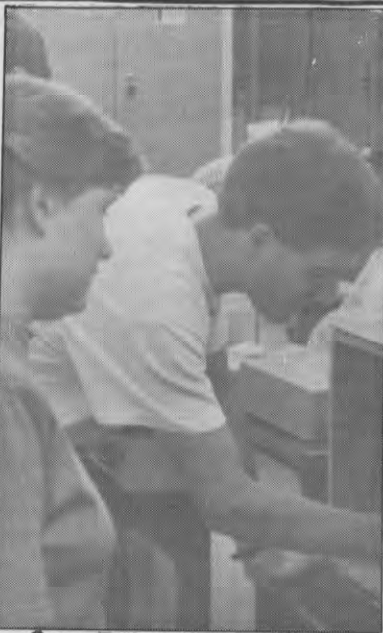
Once again the students of John Adams' Biological Research Department have succeeded in obtaining grants for their research. Seniors Sean Beimfohr and Molly Duman have each received monetary grants from the Indiana Academy of Science. Their grants will be used to fund their upcoming research projects.

Sean's investigation, "The Possible Enhancement of Symbol Association in Humans through Modifications in Symbol Presentation in Projected Images," explores the concepts of memory, perception, and how they may be effected or improved by different techniques. Sean is interested in this area because he wishes to explore ways in which to improve learning and memorization skills. Previously he had used mice in customized chambers to perform his investigation. The mice were exposed to blinking or illuminated symbols such as squares, triangles, and circles, and given association tests to see if the symbol treatment effected their behavior.

This year, instead of using mice as his experimental subjects, Sean will be using human subjects. Students from the First Year Biology classes will be given literary material in slide presentations which have been modified by Macintosh graphics and fonts.

Phrases and details in phrases will be highlighted or orientated in some fashion to determine how readily they are identified and perceived. From this material they will be given a test to see how much of the information they have retained in memory. Sean's comment on the merits of his research was, "Determining which factors in the presentations enhance retention of education material by students." Molly Duman's investigation, "Audiogenic Stress as a Risk Factor in Atherogenesis with Digestive System Implications (a Possible Mode of Action)," involves the effects of noise stress on mice as pertaining to their cardioactivity and fat/cholesterol activity. Last year she used invertebrate animals in a similar investigation, in contrast to this year's use of mice. Molly's interest in coronary heart diseases stems from the fact that there is a trace of previous heart-related diseases in her family.

Molly is taking several variables into consideration in her research, including high lipid diets, the introduction of the drug valium, and the incorporation of noise stress. Her groups will consist of a noise and non-noise stress groups which will each contain three subgroups. These subgroups consist of control, high lipid diet, and valium groups. The noise stress group will be maintained in a specialized



Sean Beimfohr lends Molly Duman a helping hand.

chamber overnight which produces sound. She said she will determine her results for this investigation by, "measuring the HDL/LDL levels of the mice, the presence of cholesterol, fat retention, the amount of bacteria in the colon of the small intestine, rate of food passage, and the size of the adrenal glands."

The grants received from each researcher were 99 dollars for Sean and 180 dollars for Molly. They may be eligible to present their work at I.U. Bloomington this coming spring and receive other awards and scholarships. With their endeavors to improve learning skills and identify causes for heart disease, Sean and Molly's research will prove to be a valuable asset for future enlightenment in these areas.

Taste test planned to improve school lunch

by Jason Ritter

This October 11th, in conjunction with National School Lunch Week, the South Bend Community School Corporation will be holding a cafeteria lunch taste-test headed by Mrs. Lita Seal, director of the S.B.C.S.C. lunch program. Students from various South Bend high- and middle-schools will serve as volunteer tasters in an effort to create a lunch menu that is as enjoyable as possible.

Volunteers for the test are either frequent buyers of school lunches or people who are interested in helping to offer a better school lunch program. Student volunteers have been honest in past tests, and show a genuine concern in their contribution.

The test will be held at Navarre middle-school with 10 students from the area high-schools and another 10 students from area middle-schools for a total of 20 volunteer tasters. The students will be asked to taste a variety of foods ranging from ketchup to chicken. Each of the foods will be prepared

and served in numbered containers and the students will be asked to rate each of the foods. The member of each group of foods that received the highest ratings overall is the item that will be used in the S.B.C.S.C. lunches the following year.

One of the more unique things about this taste-test is that not only will the students evaluate the foods on taste and appearance, but they will have the opportunity to ask questions of representatives for each of the foods as well. This ensures that not only are the best tasting foods selected, but also the best quality foods.

Mrs. Seal's program is considerably new (this is its 3rd year), and is quite a deal better than the previous ways of selecting the menu where the supervisors rather than the students chose the menu. And although everyone can't be pleased with any given menu, this well-thought program is able to please the highest percentage of students and offer the best selection of foods possible.

1989-90 Album created with computerization, alteration and organization

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by Julie Auten

The 1989-1990 John Adams Album is being created under the direction of a new staff, with the addition of desktop publishing, and with various design changes.

The Co-Editors-in-chief of the 1989-90 album are Wendy Biggs and Kaye Farmer. Both Farmer and Biggs attended a one week journalism workshop at Indiana University of Bloomington over this summer's vacation. During this week each editor attended daily classes in the mornings and lectures throughout the afternoons. The classes required each student to design her own cover, division pages, title page, and feature articles. In summary of the workshop, Kaye said, "I learned much more than I had previously known. I was informed about designing, management, and leadership in the yearbook environment."

Desktop publishing will be used for the creation of the Album for

the first time in Adam's history.

The Aldus Pagemaker program is to be used on the Apple Macintosh for the layout process. This step will speed up the procedure once the staff learns how to use Pagemaker. About the use of Pagemaker Farmer said, "We can only improve with the Macs, but it is going to be difficult to teach such a large staff to use the program."

Various design changes will also come with the Album's new staff. Sections will appear in a different order, and some of the traditional sections will be in under new names. Also, some of the page designs and headline types will be changed. The combination of using the Macintosh with Pagemaker and changing the Album's appearance will make things a little harder on the staff, but Biggs said simply, "Putting together a yearbook is hard work, but the more effort we put into it the better the Album will turn out."

In Brief

Exchange Program

The Congress-Bundestag Youth Exchange Program is offering a full scholarship exchange this year for sophomores and juniors between the ages of 15 and 18. Minimum requirements for consideration are a 3.0 g.p.a., and U.S. citizenship or permanent residency. Interested students should check with the guidance office for information.

Commended Students

The following students achieved the rank of commended students in the 1990 Merit Program: Suzanne Austgen, Molly Duman, Chris Gramza, Julia Hanson, Mary Kate Kelly, Paul Laherty, Grant McDougal, and Jay Zych.

American Negro Merit Semifinalists

André McNeil was one of two South Bend area students to be selected as an American Negro Merit Semifinalist.

Band Tournament

The John Adams Marching Band scored a fourth place finish at the Indiana Tournament of Bands on Saturday, September 23. The tournament was held in Charleston, Indiana. Drum majors Kent Bell and Clare McDonnell received the award for Outstanding Drum Majors.

PSAT and SAT

The PSAT will be given at Adams on October 24 for all juniors interested in taking in. The SAT will be administered on November 4 for all grades.

Senior Announcements and Caps and Gowns

The Class of 1990 will have a chance to order announcements on November 2. A deposit will be required with the order. Measuring for caps and gowns will take place during the week of November 2.

Too much too late: Exxon's billion dollar clean up

by Matt Nelson

The 11 million gallon sea of crude oil that spilled out of the ruptured hull of the Exxon tanker Valdez into Alaska's Prince William Sound is now virtually gone. So too is most of the hype that surrounded the initial events of the disastrous spill nearly seven months ago. But perhaps the most recent thing to leave behind the site of this catastrophe is Exxon itself. The company is ending its clean up job and packing its bags with no plans to return in the spring.

At first this seemingly early pull out may seem like an act of extreme irresponsibility by the company, for few people would believe that "every drop" had been retrieved and Prince William Sound was basically as stable as it had been before the spill; which is what Exxon had initially promised. And it is true that only about one-fifth of the oil is back in the hands of its owner. However, scientists believe that this lingering billion dollar clean up is best to end because it simply came too late; and that most of the damage occurred within the first few weeks. Thus, the efforts made now are no more than a facet with which to appease the disgruntled politicians, environmentalists, and general public. This large scale public relations campaign would seem to show that Exxon, a big business mogul, tried to clear its name with big money rather than initial big responsibility.



Neil Chase/Tower Artist

The impact on the environment is not scientifically tremendous. 33,000 dead birds and 1,000 dead otters will not devastate either of those animal populations; and are relatively small in comparison with the total number of birds and otters in their populations. However, one of our greatest social unrests came with the Vietnam War, in which about a quarter million people were killed. Out of a percentage of our population, that's a minute number. Ob-

viously the analogy of a war and an oil spill may be hard to swallow, but the principal is still the same. That principal is that no matter what the number, the loss of life is an abomination when there is no need or justification for it.

Nevertheless, Exxon departs hoping it is forgiven and that Americans will be merciful when the next time comes to "fill 'er up." It is likely that they will concentrate more effort in fighting the 145 lawsuits now facing them than

they did actually fighting the spill that caused them. The question as to why Exxon did not act more swiftly and much faster will probably never get answered; and with the essence of human nature, another such spill will be inevitable. However, until then the wildlife that will be "scientifically unaffected" living in the next spill site can only hope that the oil company will handle it with much more compassion and much less money than Exxon did.

Banning public smoking would clear the air

by Ali Bonham

When the cigarette was invented, no one knew of the dangers that existed to both the smoker and the non-smoker. Since the discovery of the many harmful effects of smoking, the percentage of smokers has gone down. These remaining smokers, however, still jeopardize the health of nonsmokers by smokin in public. This is why smoking in public should be banned.

While many smokers feel they have a right to smoke wherever they want, they fail to realize they are violating a non-smoker's right to breathe clean air. Many non-smokers are allergic to smoke and exhibit symptoms of red, teary eyes, coughing, and headaches. A few victims have more serious reactions such as difficulty in breathing. These are symptoms which could be prevented if the rights of the non-smoker were protected.

Secondary smoke, or, the smoke that comes off the end of a burning cigarette, can be very harmful. This smoke has not been through a filter and contains poisonous gases such as carbon monoxide and ammonia. Cigarette smoke is one of the most dangerous carcinogens to both the smoker and the non-smoker. The next time someone chooses to light up, he should take into consideration the risks he's running with his life and the life of the others around him.

Woodstock: An idealistic failure

by Guy Loranger

Many children of the Woodstock generation are finding it hard to believe that actually 20 years have passed since they celebrated "Three Days of Peace and Music" on a large farm in rural New York. It began as an exhibition of the music and arts of the time, but developed into something of tremendous significance to the people of the sixties. Some of the over 400,000 in attendance at the festival regard it as an event that defined the ideals of the decade: peace, love, communal living, meditation in music, drugs, and more love and brotherhood of man. To these individuals, it was much more than an acid-laced three day Garden party, it was the utopia of the sixties—the Woodstock Nation. "It was the bus stop for a generation;" commented a South Bend teacher and a participant at the festival, "It was rainy, muddy, and the sound system prevented anyone from really enjoying the music. Yet, that wasn't what we came for: it was for the reassurance of being in one another's company, the freedom of togetherness that really made Woodstock, and my "hippie" days in general, such a fond memory."

However, it seems as if the ide-

als that these "hippies" believed would spark a change in the nation's future have been betrayed with the passing of time, and the eighties are a product of this betrayal. Our generation has become somewhat bitter and cynical towards the counterculture's way of life, and in fact believe that our society has been greatly effected by the mistakes of Woodstock. In

"It is a shame that the concepts and ideas that were behind the Woodstock era have been lost through the passage of time. If they were not, then it's interesting how different and peaceful our society could be today."

—Kurt Leege

essence, the hippies from the sixties have grown up into eighties adult yuppies, but their ideals have not. Therefore, as we exist in the "nation's future", it is apparent that the Woodstock Nation has never materialized into the perfect society it was thought to be at the time.

In "Woodstock: The Movie" there is an interview with one of the men behind the organization of the festival. He poses a question to the audience, "...if you have to be afraid to walk out in the street, or smile at somebody, then what kind

of a way is that to go through this life?"

It is a difficult question to ask, but one that has pitifully been answered in our decade. The communal atmosphere that occurred at Woodstock, that "love your brother, man" attitude has diminished in the eighties. Instead, it has been replaced by a fear of thy neighbor. In some poverty and strife-

stricken areas of our nation, namely big city areas, it is actually unsafe to "walk out in the street" because one might end up in the crossfire of crack dealing violence. Even in unlikely places, such as South Bend, it is not wise to "smile" at someone, your picture may end up on the side of a milk carton. The notion of living as brothers and sisters in peace no longer exists.

Another failed ideal from Woodstock was the use of drugs, to produce a psychedelic effect, an altering of the mind, and heightening of

consciousness. A popular motto was to "tune in" on drugs and "tune out" from the world. However, this ideal has deteriorated through time perhaps more than any other from the sixties counter-culture. The effect of drugs on our society is causing fear throughout the nation, destroying people and communities from small towns to the big cities. No longer is drug use a means of meditation, as for the hippies, but a means of escape from pressure and repression. The free, easy going stoned hippie has been replaced by the cutthroat yuppie on Wall Street who needs cocaine for a "boost," or the repressed mother in a Washington D.C. housing project searching for solace in a vial of crack.

In the same month of Woodstock, there were several shocking and brutal murders by a drug-cult led by the "goofy" Charles Manson. The nation appeared to be astonished and horrified by the slayings, especially because it waone of the first highly publicized acts of drug-related violence. Today this violence is commonplace in our nation. If we can consider the killing of two nameless, faceless youths in a Detroit crack house to be symbolic of our era,

then it is apparent that another Woodstock ideal has been betrayed. The hippies must recover from their drug-induced hangover of twenty years, and realize that much more violence from drugs is to come in the future.

Although Woodstock was of major significance to the people of its time, it is hard to find out exactly what its place in American history and culture is. Abbie Hoffman, a spokesman for the sixties counterculture, defined Woodstock as a "model for living" in which ideas were expressed and acted upon that he believed could "help save the planet." Yet, Abbie has passed on (ironically from a drug overdose) and so has the Dream. It seems as if the new way of life the hippies wanted to create has diminished into a mere shell of their ideals. Even worse, it seems that our generation may actually be to blame for failing the Woodstock Nation.

As senior Kurt Leege summarizes, "It is a shame that the concepts and ideas that were behind the Woodstock era have been lost through the passage of time. If they were not, then it's interesting how different and peaceful our society could be today."

Eagles take conference title away from Clay

By Randy Whiteford

The John Adams Girls' Soccer Team is playing much better than anyone expected. Starting the season by shutting out Fort Wayne Snyder, then defeating all other opponents. The Eagles have shown they will definitely be a big contender in the state cup.

In the Eagle Cup the J.A.G.S. played Evansville Memorial and beat them 2-1. Mary Kate Kelly and Andrea Kurek both had a goal to defeat a tough Evansville team. The Eagles also played #1 Carmel. Amy Van Laecke scored a shot off a pass from Andrea Kurek, but it wasn't enough to defeat Carmel. So the J.A.G.S. ended up with a tie, at 1-1. Rachel Friend, Julie Short, Meredith Knepp, Kristi Miller, and Sarah Tulchinsky made up a very tough defense, that controlled the Carmel offense, and had only two goals scored against them in the tournament. Tisha McDonald, the Eagles' goalie played very well, as she was voted MVP of the tournament.

The Eagles also proved they are in control of their conference, by defeating Riley 7-0. Prompting the offense senior Andy Kurek scored the first goal, and had another goal later in the game. Senior

Mary Kate Kelly also scored a pair of goals. Other goals were scored by junior Jessica Kapsa, and freshmen Zoe Chambers and Megan Lammers. The defense was pulled together by senior Julie Short, junior Rachel Friend, and sophomore Kristi Miller.

When the Eagles played their arch rival St. Joe. Everyone knew it would be a very tough game. St. Joe scored first, late in the first half. The Eagles went into the locker room knowing they had to play an excellent second half, and that's exactly what they did. Coming out and controlling the game the Eagles defense dominated the St. Joe offense, and the Eagle offense ran over the St. Joe defense. This set up a goal early in the first half. Rachel Friend scored a head goal off a corner kick from Julie Short. Then late in the second half the Eagles launched another rocket into the Indian defense, as Andrea Kurek scored the second goal. To take the Eagles to a very big conference win.

The team feels that they have definitely got the talent and teamwork required to keep the undefeated season alive. The question is whether the inexperience of the young Adams team might come to



Sophomore Kristi Miller slide tackles her opponent in order to take the ball away.

be a factor in the future, but so far there has been no factors, and nothing to stop the Eagles.

This question was answered by the results of the Clay game. This was the first unfavored game that the Eagles faced in their conference. The Colonials dominated the beginning of the first half, but towards the end of the half, the Eagle offense began controlling

the ball in the Colonial half. Leading the offense was Mary Kate Kelly, along with Andy Kurek, Amy Van Laecke, and Megan Lammers. As the half drew to a close, the Colonial defense collapsed, and Mary Kate Kelly scored a head goal off of Julie Short's corner kick.

In the second half the Eagles came together as a team. The Eagle

offense continued to pound the Colonial goal, and the defense prevented an accurate shot from being taken. This allowed for the J.A.G.S. to go on to a 1-0 victory over the #1 team in the conference.

"Everyone has come together as a team and risen to the occasion to defeat the big teams. We feel that if we are going to win state, this will be the year," stated Friend.

Tennis hopes to peak at tournament time

Season gives experience to youth

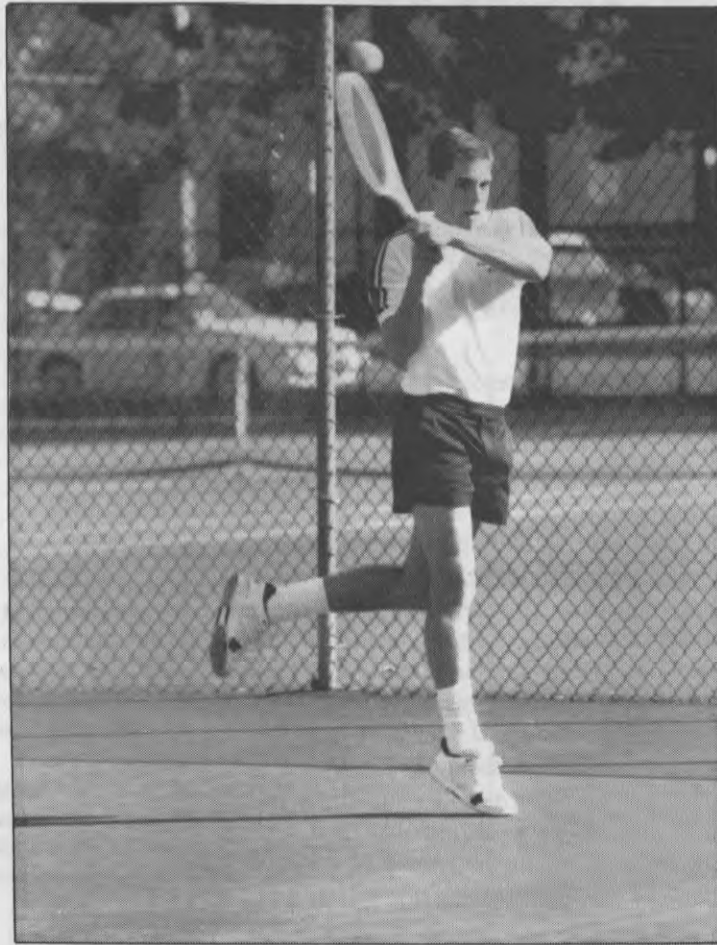
By Brian Blandford

The Eagles' tennis team is very young this year, with the likes of juniors Matt Jones and Sean Krueger, sophomore Mike Golden, and freshman David Friend seeing their first year of varsity action. So far, the newcomers have responded to their duties relatively well. Partially responsible for the Eagle's mediocre success is another newcomer, head coach Mr. Edgar Powers.

After being an active and successful participant in tennis competition for several years, coach Powers decided to give coaching a try. "I've never coached before, but I enjoy it. My goal is to make the kids better tennis players by teaching them what I've learned from playing the game for many years," he said.

Coach Powers feels that playing during the off-season is what develops a mature tennis player. Powers' previous play has proved his theory is correct. When he was in the 35-45 year old age group at the South Bend City Tournament, he won the championship nine out of the ten years, from 45-55 he won it seven times, and at age 55, he was ranked fourth in the Midwest division in his age group.

Now at age 69, the retired owner of Time Realty is happy with coaching but would still rather be playing and probably would be if a knee injury hadn't stopped him. He does, however, feel that his team possesses more potential than



Junior David Klotz powers a backhand against his opponent.

what they have showed so far. "The team is much better than what the record shows. Right now they're just not playing top notch, but I do see improvement," he said.

The team is improving at least from the beginning of the season after posting an 0-3 record. The Eagles bounced back with wins over LaSalle 5-0, and Washington 5-0. The #1 Singles player, senior Matt Foley and the #2 Singles

player, junior David Klotz both played exceptionally well in their respective victories. LaPorte, however, who came in to the match against Adams ranked sixth in the state, brought the Eagles back down to earth by dominating the Eagles and winning the match 5-0. "LaPorte was just too strong for us to handle. They're probably the best team we'll get a chance to play this year," stated Matt Foley.

Football prepares for the long road to Sectionals

By Jason Kelly

Continuing to prove area football "experts" wrong, the 1989 Adams football team notched another conference victory against rival Clay. All the Eagle scoring took place in the first half with senior running back Kirk Riffel sliding through several tackles on the way to a 74-yard touchdown run. Chris Green tallied from 13 yards out near the end of the half, putting the Eagles up 14-6. After Clay scored early in the third quarter, the offenses for both teams were almost nonexistent. Rain hampered both team's passing games, and several turnovers left the Eagles fighting to hold on to their narrow lead. Statistically, Clay outplayed Adams but sheer desire pulled them through. "We were darn lucky the turnovers didn't kill us," said veteran head coach Bill Farrell of the Eagles five turnovers on the night. The defense was once again a strong point for the team, holding Clay's highly touted passer Dan Fuerbringer to only 105 yards passing in the 14-12 victory.

Michigan City Elston's Red Devils handed the Eagles their first conference loss. It took a near-perfect game from Elston to upend the talented Adams squad. The Red Devils totaled 19 first downs without a turnover in the high scoring game. Elston got on the board first, before Riffel carried it in from the five to tie the score at seven. Junior quarterback Justin Chapman, who connected on 6 of

12 passes for 128 yards on the night, led the Eagles to the end zone on two of their three second half possessions. Senior George Davis scored on a 53-yard run and Green punched it in from the two. Trailing 27-20 late in the game, Chapman looked to lead the team to its third second half touchdown but was intercepted, ending the threat and hopes for a third straight conference victory. Penalties and turnovers were the deciding factor in the loss. Green was a bright spot for the Eagles, gaining 118 yards on 15 carries.

There was no time to dwell on the loss, however, as Class 4-A number 5 ranked Washington awaited. The powerhouse Panthers have been grabbing the headlines as South Bend's best, but the Eagles proved that they deserved some respect also, as they took the ball on the first drive of the game, marched 40 yards and capped it with a touchdown pass to senior tight end Damon LaRue. The Eagle defense played hard throughout, but Panther running back Demetrius Jackson powered the Washington offense with 108 yards and two touchdowns. Despite losing 18-7 the Adams football team proved that they can be competitive with the area's best teams.

With the Sectional tournament in the near future, the slate doesn't get any easier for the Eagles. The experience against that type of competition, however, will prove beneficial when sectional time comes.

Scientists explore the significance of dreams

By Paula Winicur

After a hard day's work, most people like to relax and get a good night's sleep, letting all their thoughts escape them. But about 90 minutes after one falls asleep, thoughts come racing through the brain, weaving together to form dreams.

Most people usually experience about four dreams per night but the details don't usually stick in the conscious memory. Dreams sometimes serve as an early warning system for illness and may also be used as warning signs of disease.

Although dreaming can be traced back about 135 million years, scientists are now studying dreams to find out more about the brain. Dreams used to be looked on as nothing to base scientific fact on. "The feeling was dreams were ephemeral things, not something to base solid science on," says Dr. Robert W. McCarley of Harvard Medical School.

Some people use dreams to try to work out their problems or to get ideas. Robert Louis Stevenson said he got the idea for Dr. Jekyll and Mr. Hyde from a dream. One technique of using dreams to solve problems was developed by a San Francisco psychologist, Gayle Delayney. She suggests to choose a problem or question of your life, then write a few sentences about it. Then, before bed, sum up what you want to know in one question and repeat it as you fall asleep. When you wake up, write down everything you remember. The answers



may appear in symbols so Delayney says not to discard anything. She reports a high success rate among her patients.

According to Newsweek magazine, "to scientists, dreaming is the collection of mental images that arise during "rapid eye movement" sleep. REM sleep is characterized by darting eye movements, para-

lyzed limbs, and irregular respiration and heartbeat." Fetuses as young as 23 weeks experience REM sleep as do most birds and mammals.

Dreams have been found to be very gender conscious. "Dreams of American women have more in common with those of Aboriginal women than they do with those of

American men," says Dr. Milton Kramer, director of the Sleep Disorders Center of Greater Cincinnati. But dreams of men and women are starting to look more similar which may be due to the sexual revolution.

According to a study done by David Foulkes, of Emory University, age is important in the study

of dreams. Three and four year olds seem to recall cuttings of dreams and by age five or six they begin dreaming in stories. By the age of seven or eight the children were dreaming like adults. Creating "adult" dreams seems to involve the use of symbols.

Children between the ages of 3 and 5 are especially prone to nightmares as are people who are acutely sensitive to their own emotions and inner world as well as to others and who are very trusting. One distinguishing trait about nightmares is that the dreamer is endangered. The one exception found was parents. They dream that their child is in danger.

Nightmares can sometimes be stopped by learning to recognize some aspect of the dream and turn it around to make it positive or helpful. People can sometimes be active in their dreams to the point of violence. Doctors of the Minnesota Regional Sleep Disorders Center think this may be related to aging.

Dreams are made up of the thoughts and fears of everyday life that collect in the subconscious mind. They can teach us about ourselves and help us learn to be better people and to contact our problems. As Gayle Delayney says, "Dreams show us what we don't dare confront directly when we're awake."

The information in this article is based on a Newsweek article from August 14.

Following in your siblings' footsteps: The comparison never ends

By Ann Naffziger

The beginning of the school year brought about an exasperating problem that my younger sister had yet to contemplate. After revealing her name for the first time to other students or teachers, the never failing exclamation came. "Oh, you're her/his sister?!" For, on the list of the most stomach turning phrases of freshman year, this is the one most commonly uttered.

Depending on the number, sex, grade, and of course personality of fellow siblings, the family name can be either a tool or a curse. For instance, if a new student has an older brother or sister who is well known and liked, it sometimes becomes easier to associate with the older students. Of course, this is the rare, ideal situation. It can be also a negative factor if the younger sibling is constantly being compared to, or evaluated by, his or her older siblings. Either way, the integration into a sibling's high school isn't always an easy one. I sometimes wonder what it's

like for twins. Although I don't have a twin, I have a brother in the same grade. We entered high school at the same time, yet, we had gone to different junior highs and consequently, it was hard to relate to each other when we were speaking of our individual classmates. Now for the first time I knew the people he was always talking about. Whereas we could discuss problems and anxieties common to each of us, that was the extent of our correlative aspects. While we only shared one teacher, it was, and at times still is, a continuous problem trying to gain our own identity. I can still hear my brother, freshman year, lamenting "The school isn't big for the both of us." Sometimes having a family member in the same grade can cause a stifling effect for both. In essence, this is the toughest scenario of having a rival sibling in the same school.

Comparisons between children are extremely frustrating and often very unfair to the one being compared. I remember the burdensome feeling of trying to live up to the

expectations of my older sister and her friends. No matter how much I told myself I didn't care what others thought, I still felt that I was supposed to emulate her. A pressure also exists to live up to her social, academic, and athletic reputation. This was impossible because we are total opposites. I now realize that these are the same emotions my younger sister is experiencing. Although I sympathize with her, subconsciously I believe that since I put up with it so can she. However, as she would point out she's following three siblings while I followed only one.

Sometimes I think the middle child has it the easiest when entering high school. He has the benefit of the oldest child's wisdom and yet has the burden of following only one or two siblings. Because of this I feel sorry for my younger sister who in any one day might hear, "I didn't know you were Sue's or John's or Ann's sister!" My advice to her now is to point out "I'm not her sister, she's my sister."

The Tower

John Adams High School
808 South Twyckenham Drive
South Bend, Indiana 46615

Co-Editors in Chief See-Ming Phan, Jeff Thompson
 News Editors Jason Ritter, Paula Winicur
 Feature Editors Stefanie Komasiński, Jay Zych
 Sports Editors Brendan Addis, Jason Kelly
 Opinion Editors Mark Bartholomew, Matt Nelson
 Advertising Managers Kristin Bielejewski, Jenny Hartman
 Business Managers Laura Down, Anne McNarney
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 Circulation Bill Bawab, Ryan Bradley
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Builder's Store

Hardware & Plumbing

1319 Mishawaka Avenue

The story of John Paul Peney

Can a seven-year-old distinguish between right and wrong? Can a ten-year-old know the consequences of actions he takes? If the answer is yes, should the child be punished for his actions? Of course, some might answer.

John Paul Peney, a 32-year-old man, brutally raped and stabbed Pamela Carpenter in her home in 1979. He received the death sentence and was to be killed, but one thing stood in the way. Mr. Peney is retarded and, some say, has the mental capacity of a seven-year-old and the emotional maturity of a ten-year-old.

Peney's case was taken to the supreme court last January. According to the *Christian Science Monitor*, a key legal issue in the case was whether the Constitution's 8th Amendment protection against "cruel and unusual punishment" bars imposing the death penalty on the mentally retarded.

"Isn't there apt to be more debate about one's mental age than his chronological age?"

Some lawyers in the case said that since Peney has the mental capacity of a seven-year-old, he should not be held fully responsible for the crime he committed. The assistant Texas attorney general, Charles A. Palmer urged justices to permit Peney's execution because he was fully aware of his actions when he murdered Ms. Carpenter and the reason he stabbed her was so she would not be able to identify him later.

At the trial, says the *Washington Post*, Chief Justice W.H. Rehnquist asked, "Isn't there apt to be more debate about one's mental age than his chronological age?". Lawyer Curtis C. Mason, backed him up arguing on the side of the retarded, against the death penalty. He said the Texas death penalty statute was unconstitutional because it does not allow jurors to consider mitigating evidence, such as retardation when they weigh whether they should impose the death sentence.

The *Washington Post* had strong feelings on Peney's case. "We believe capital punishment is wrong in all cases... Most Americans don't share this view... John Paul Peney is a dangerous person. He understands what he did, he should be punished, and... confined. But to kill him... violates the 8th Amendment but also the most basic standards of decency applied to those who are severely handicapped."

On July 12 of this year, in Texas, prosecutors decided that John Paul Peney should have a retrial. According to a recent *New York Times* article, the Supreme Court blocked his earlier sentence saying jurors should have been instructed of his history of mental impairment and child abuse and consider a life sentence. The Court also said that it was not unconstitutional to execute a mentally retarded person.

Capital punishment

How it applies to the mentally retarded

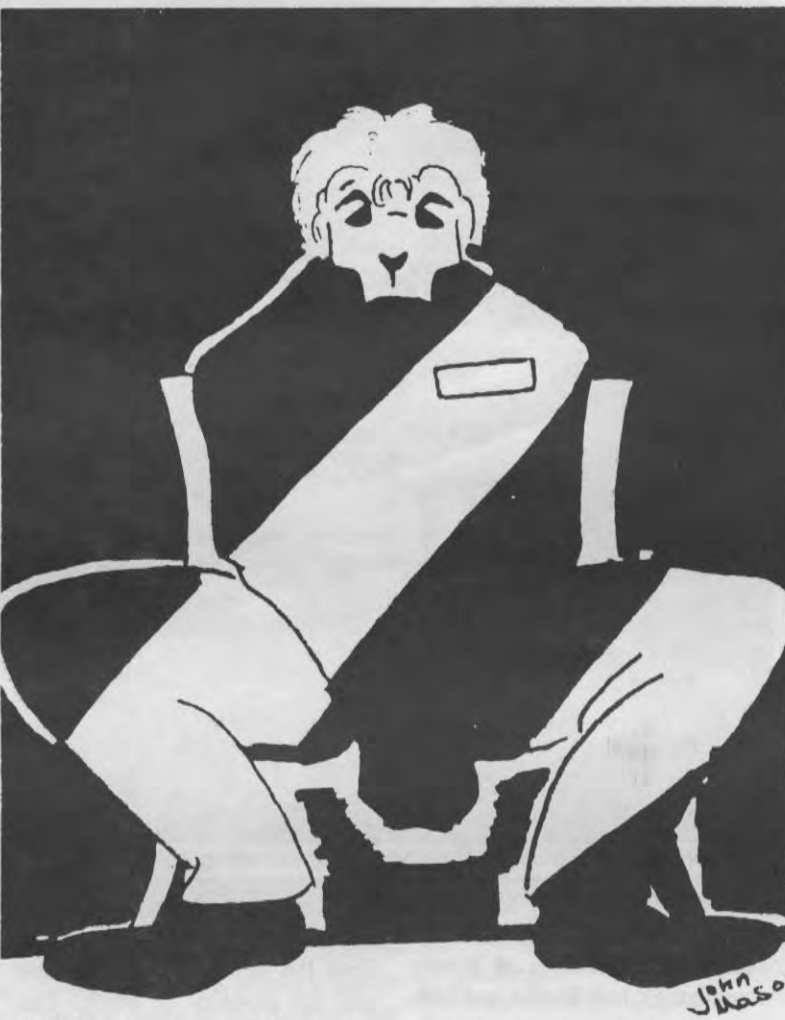
by Paula Winicur

In the 17th century, Lord Coke argued that execution of the insane would provide merely "a miserable spectacle... of extreme inhumanity and cruelty, and can be of no example to others." A major controversy is growing over the practice of executing the mentally retarded. Dr. Normen Ellis, a professor of psychology at the University of Alabama, said the case of mental retardation is like the one of mental insanity in many ways. "Where do you draw the line between whether this guy is just mean or mentally ill?" Two years ago the Supreme Court ruled against executing the mentally insane. Of those states with a death penalty, only Georgia bars execution of the retarded.

The United States is one of the few nations in the world that allows the execution of mentally retarded people. Texas authorities and other advocates of the death penalty argue that if a person understands he has committed a crime, and a jury finds that he is competent to stand trial and then sentences him to death, his retardation should not make him immune to execution. Other people say a retarded person may be easily influenced and not fully understand the consequences of his actions. Therefore the person would not be as culpable for the crime as a normal adult would.

"Of all the convicted murderers in this country, fewer than 2% are ever sentenced to death and only a fraction of those are actually executed," said James W. Ellis, a law professor and president of the American Association on Mental Retardation.

The head of the capital punishment division of the Alabama Attorney General's Office, Ed Carnes, gave his



feelings on capital punishment for the mentally retarded in *Time* magazine. He said the retarded commit fewer crimes than the population as a whole, and there is no indication that one's mental ability would play any role in his crime.

A poll of 3,123 people was conducted for the NAACP Legal Defense and Education Fund Inc. by Leonard Harris. Of those polled, 70% thought that persons convicted of murder who have a mental age of less than 18 should not be executed. Twenty two percent thought that retarded people should be subject to the death penalty like anyone else would be. The other 8% were

undecided or thought the situation depended on individual circumstance.

Stephen Bright, director of the Southern Prisoners Defense Committee in New York, said that a problem with the cases is that not many lawyers have the time to adequately document mental retardation in their clients. "There are very few specialists who know what being mentally retarded is, and how it affects a person's ability to make judgments," he said.

The Sheltered Work Program Manager at Indiana University, Janis Foster, said the death penalty for the retarded depends on the functioning level of the person. "I

tend to think its more individualized," she said.

Ms. Foster has dealt with a few retarded criminals who have shoplifted. They understand the crimes and the ones that were caught were on a higher functioning level than others. "They know the crime they've committed but it's hard to deal with it because they've grown up in an environment with a broken family or have had little direction in life."

The process for imposing the death penalty is a long one. After a conviction of the criminal, a separate hearing has to take place. If the jury approves of giving the death sentence, the decision is put into the judge's hands. The judge has to make the final call.

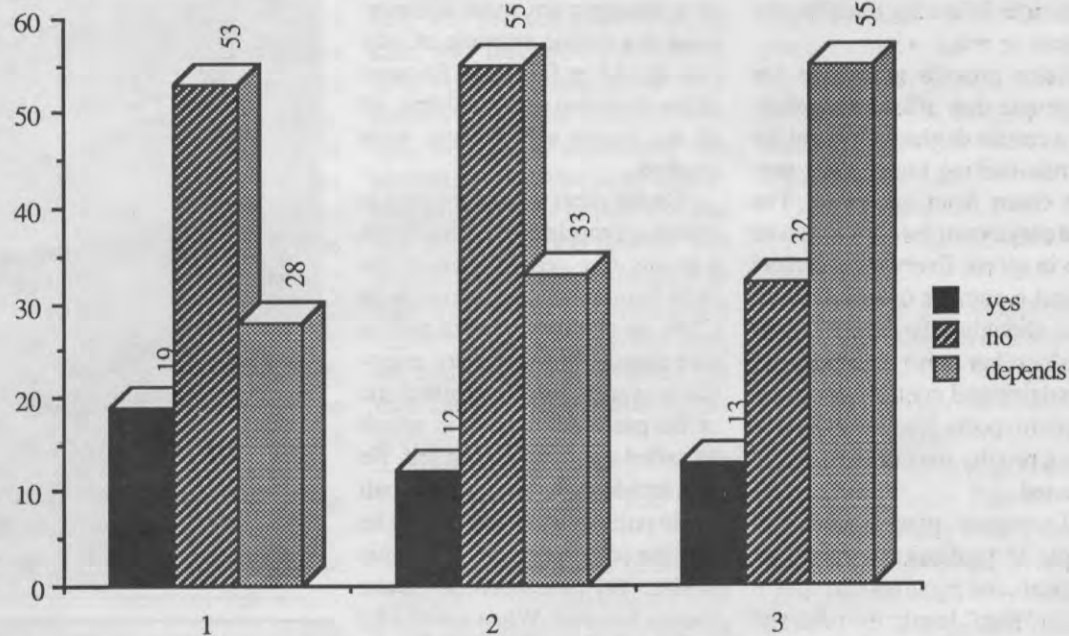
Deputy Prosecuting Attorney in Bloomington, Indiana, John Baird, said "As prosecutor, you have to decide whether a sentence involving incarceration is enough. The prosecutor has the last word. Professionally you have to make a judgment call on whether or not it's justified."

When asked what the death penalty does for society, Baird answered, "It acts as a deterrent to some people but I think the real value of it is that it gives society a sense of equilibrium - someone who does heinous things will have heinous things done back to him."

As Texas authorities have commented, they think the death penalty should be applied if the criminal understands his crime. John Baird said, "I think most prosecutors would not pursue a death penalty if the level of retardation was very severe. If they (the criminals) were only mildly retarded and understood what they were doing at the time of the crime, then the death penalty might be an option."

Student Survey

1. Do you believe in the use of capital punishment?
2. If yes, do you believe in the use of capital punishment for the mentally retarded?
3. Do you believe that the death penalty should be used in some cases for the mentally retarded and not in others?



When death was a spectator sport

Until 200 years ago, boiling, burning, choking, beheading, dismembering and burying alive were all accepted ways of applying the death penalty. These were times when death was a spectator sport and crimes such as gathering sticks on the Sabbath were punishable by death.

In England, "Hanging Days" were made into public holidays. As Seneca said in ancient Rome,

"The more public the punishments are, the greater effect they will produce upon the reformation of others."

According to an article in *Maclean's* magazine, in some places large crowds would gather before an execution to watch the event. If they didn't see what they wanted, if the execution wasn't good enough by their standards, they would riot in mobs against the

executioners.

An article in *Time* magazine said that by the late 18th century in Europe, a reform movement had taken hold. The hanging machine and the guillotine were more common ways of execution. And by 1869, public executions were stopped. Today the death penalty has been abolished in places like Canada and in most of Western Europe but it still exists.

The next Tower will be distributed on November 3, 1989

Seagals experience another rebuilding season

By Ike Trinh

The John Adams Girls' swim team got off to a slow start this year, by losing their first four meets of the season. Thus far, they have a record of 0-4 and hope to improve as the season progresses.

First year coach, Tom Gorski is trying to change the girls' outlook: "My main objective for the team, is to see each individual improve, as a result, will rebuild the record to a more successful season."

With the losses of Tricia Davis and Peggy Talbot, due to graduation, the Seagals were not badly crippled. But bad luck struck the Seagals this year with the losses of Jolie Leichtman and Laura Down due to other circumstances. Jolie Leichtman, who swam breaststroke, qualified for state last year and Laura Down was the only backstroker on the team.

Leading the team this year are co-captains Bonnie Schrems and Susanne Borowski. Schrems qualified for state last year and made an impressive fifth and eighth place win in the 200 and 500 freestyle. Other hopeful swimmers are senior Julie Auten, so-



Senior captain Bonnie Schrems shows her winning form at the end of a rigorous race.

phomore Jodi Becker, and freshman Wendy Brumbaugh. Also the relay team consisting of Wendy Brumbaugh, Jodi Becker, and Bon-

nie Schrems are hopeful to do well in sectionals. Over the years, the Seagals have had the problem of depth. The

team has many talented swimmers, but without depth, they have little chance of winning. In all, there are only twelve swimmers on the team

which makes it difficult to fill in eight events and two relays that require thirty-two swimmers. Without enough swimmers, the Seagals have a hard time accumulating enough points to defeat other teams which have many swimmers.

Although their record does not reflect success, they have made great strides individually. In the meet against Culver Military Academy they showed their talents. Captain Bonnie Schrems placed first in both the 50 and 100 freestyle. "I think that we could be very good this year," said Schrems. "But our lack of support hurts us a lot. We need a lot more people to come to our meets." Also placed were Wendy Brumbaugh who took first in the 200 individual medley, and Julie Auten second in breaststroke. The relay team won an impressive 2nd place over the tough Culver Military team.

"Practices are tough, especially at 5:30 in the morning, and so it is frustrating not to see our accomplishments on record," said senior Julie Auten.

That dedication is going to pay off at sectional time.

Having to pay the consequences

Rose's obsession proves to be his downfall

By Brendan Addis

An expression made famous by the teenagers of the eighties is "rules were made to be broken." This statement shows the rebellious side of each teenager's personality. By saying this, the teenager feeds himself power which he truly doesn't possess. In essence, rules really weren't made to be broken but rather to be followed. However ridiculous a rule may seem, it serves a purpose whether the people following it realize the purpose or not.

Rules provide guidelines for the people they affect, and establish a certain degree of control for the rule-making body. They prevent chaos from occurring. The most easy examples of rules can be seen in sports. Every sport centers around a number of rules. These rules shouldn't be looked at as penalties, but rather as a means of organizing and controlling occurrences in sports. If a rule is broken, then a penalty may or may not be inflicted.

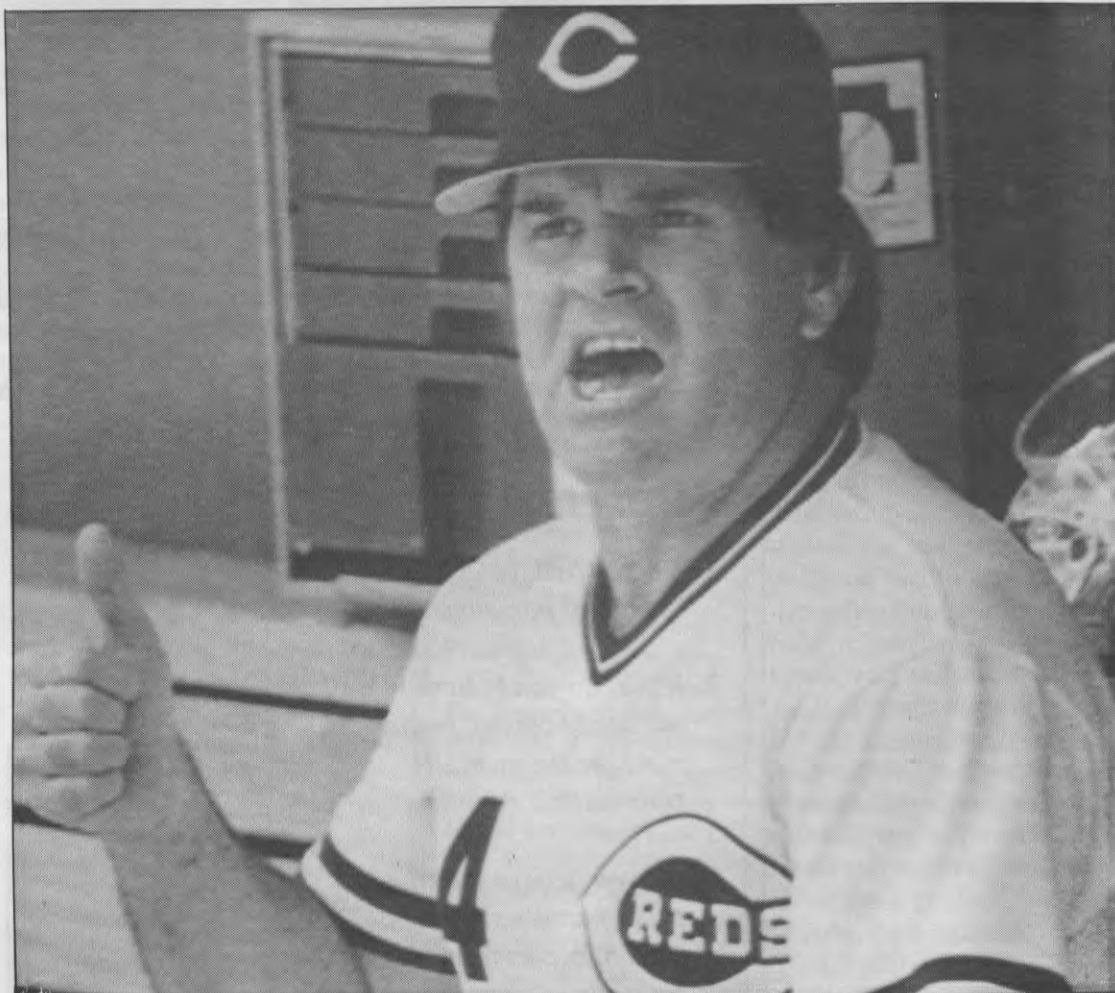
Teenagers place prominent people in professional sports on pedestals and try to emulate them. If their "hero" breaks the rules and gets away with it, then they receive the impression that breaking the rules is acceptable; therefore, rules are enforced. The most recent example of rules being broken is professional sports is the Pete Rose incident.

Gambling is a hobby which gradually over a period of time becomes an obsession. Rose was an active gambler, and what started as a pastime for him proved to be his downfall.

Just recently the decision was made regarding Pete Rose. He was initially accused of illegal betting on baseball games, and after a series of investigations enough evidence was found to prove the accusation true. As a result of his "scandal," Rose faces serious consequences. Having been one of the greatest baseball players of his time, the chances of his receiving and induction into the Hall of Fame are slim, and his chances of returning as a manager are even slimmer. Rose is a classic example of why rule should be followed. Because of his obsession with gambling, all of his hopes and dreams were crushed.

On the other side of the coin is a more appropriate idol, Ray Floyd, a twenty-five year veteran on the PGA Tour. In a recent interview on CNN, he explained, using golf as an example, how rules are essential in every sport. He recalled one of his past tournaments in which he called a penalty on himself. He had accidentally bumped his ball while putting, and even though he was the only person aware of this mishit, he proceeded to make known his error. When asked why he didn't keep the incident to himself, he replied that he would have known that he had cheated. He continued to explain that he loves the game of golf, and there would be no reason to play if he didn't play by the rules.

A rule is defined to be a principle of conduct observed by the members of a group. In sports, rules are the presiding judge, and by following or disregarding them, each participant chooses his fate.



Former baseball great Pete Rose's gambling addiction led to a lifetime ban from baseball.

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College admissions come under fire

by Malay Kundu

For most people, the first encounter with anything having to do with college admissions is taking the PSAT. The PSAT is labeled as a "practice test" — this is where the trouble begins. The PSAT is really the first chance people get to compete for scholarships, most importantly National Merit Scholarships, but most people, both students and teachers, get the impression that it is to be taken lightly and therefore do. As a matter of fact, when I took the test myself, I heard a teacher give a completely incorrect answer to someone about how guessing could affect their scores!

The next step is taking the SAT (Scholastic Aptitude Test) and possibly the ACT (American College Test). The basic problem is that the Scholastic Aptitude Test is not a test of scholastic aptitude. It is rather a test to see just how good you are at taking tests. The publication of billions of books such as *Barron's How to Prepare for the SAT and Cracking the System: The SAT just go to prove it*. If these standardized tests could really measure our aptitude, or our natural ability to learn, why can people study for them and raise their scores when they can't raise their aptitudes? This means that SAT scores can be affected by factors outside those present while actually taking the test. Statistically, these factors include sex, race, parents' income, parents' education, school type, class size, and even the school's location. In 1989, whites scored an average of 937 (out of a possible 1600), Mexican-Americans scored 811, and blacks scored 737. Males scored an average of 934 while females scored 875.

Students whose parents made \$70,000 or more a year averaged 996 while students whose parents made between \$20,000 and \$30,000 scored 870 and children of parents making less than \$10,000 a year scored an average of 780. To say that any of these groups are more or less intelligent than the others is totally ridiculous. That is why the SAT is too.

The next step is getting accepted by a college. To do this, though, a student must fill out the application and write at least one essay, if not more. Since many people apply to a number of colleges and universities, they often get rushed into writing these essays and consequently write low-grade material that does not help their chances of getting accepted. Essays pose a problem even for those who don't get rushed. Since colleges usually ask the same all-around questions to all of their applicants, most students answer with essays that are quite similar to the rest. Although this does not make them any worse, it does decrease the chances of the essays to make good impressions. The reason behind this is simple — it bores the people who read them. The person who reads your essay has also read hundreds of other essays and gets frustrated if yours happens to sound like so many others; your essay may therefore be quickly rejected.

In addition to writing a successful essay, minorities have the additional responsibility of knowing how to take advantage of, as well as be wary of, college policies concerning ethnic background. Black and Hispanic students should remember to always include ethnic information on all college applications and send a picture of them-

selves when given that option. Doing this will assure that the admissions committee knows that a student is black or Hispanic which helps because colleges want to boost their percentages of minority students. This rule, however, does not apply to Asian Americans because many of them have been extraordinarily successful academically to the point where some colleges worry that they have "too many" of these students on campus. This means that, if given the option, Asian American students should not send a photograph or answer questions concerning their ethnic background.

After being accepted by a college, the next step is to explore financial aid. Financial aid is a world of confusion in itself. Sources of financial aid include scholarships, the military, loans, grants, and the colleges themselves. Recently, a Justice Department investigation found that a cartel of 23 colleges (including the Ivy League schools) were getting together and listing which students had applied to more than one of these colleges for financial aid. Then representatives from the colleges would settle on the one financial aid package that would be offered to the student by all the colleges that were members of the cartel. So don't be surprised if more than one school offers the exact same financial aid package.

In conclusion, the cost of a college education is constantly rising. Students are having to compete against one another to get into college by means of inaccurate tests. The burden of financial aid is becoming more and more complicated. As a result, getting a college education is now tougher than it has ever been before.

Students Speak Out

"The selection process will always be under fire no matter what the process is. They (colleges) have the right to make getting into college tough."

-Chris Majewski

"Colleges place too much emphasis on SAT and Achievement test scores, which test only a narrow part of a student's knowledge. Grade point average and involvement in activities are much better predictions of a student's college success."

-Sue Austgen

"If tuitions keep increasing at the current rate, more and more people won't be able to afford higher education. How can we solve U.S. educational problems if no one can afford to go to college?"

-Ben Banik

"...I think colleges should include SAT's in admissions for reference, but not necessarily hold the scores against the student."

-Dawn Doverspike

"Although a college education does have a significant cost, the admissions price many institutions charge is exceedingly high."

-Grant McDougal

Essay promotes human factor

by Susan Smith

Every high school student is familiar with impersonal, computer-graded exams—the greenish-blue form, the endless graph of circles, a sharp #2 pencil. We've taken these "bubble tests" for as long as we can remember, and most of us haven't forgotten to *erase completely* so that the computer scanner won't record a different answer than intended. A few years ago, it might have been a teacher grading the exam, but now, for the sake of time, accuracy, and "modern technology", a computer can spit out the grades of a class of twenty in less time than it would have taken to grade one paper by hand. The SAT is a fine example of this new system at work. High school seniors are especially aware of the bigger-than-life computer that scans these answer sheets. These machines seem to hold our futures between cold metal panels. Although this may be stretching it a bit, this isn't too far from the way we feel. And even worse: we know that someone measures our potential directly from that computer print-out. No matter how unimportant we hear they are, those

scores will have a substantial effect on college admission.

Preoccupied with these SAT nightmares, students often seem to overlook the more personal side of the application process. This is easy to do after reading too many rigid statistics charts. We tend to forget the people who open our carefully sealed envelopes. They aren't programmed machines or robots who analyze our class schedules and assign strict point values. Their job is to select an interesting range of students to fill their halls with energy and enthusiasm. This human quality can not be measured by any bubble test, so we are each given the chance in the "application essay" to tell them something about ourselves—our personalities, interests, values, and according to the Princeton admissions department, "something about what it would be like to have a spontaneous conversation with you." This is an opportunity to talk directly to another person and share something besides an SAT score. College admissions officers really are perceptive, sensitive people and are paid to be good judges of character. They must be remarkably

patient to read all of those essays and recommendations, so chances are, they actually do have a sincere interest in each individual applicant. We should remember that these people who read what we write speak English, not some computer lingo, and they take coffee breaks once in a while. We really have no reason to be intimidated by them, although most of us are. In fact, the more frightened we are, the more wimpy and insecure we will look in the essay, which won't help at all.

Many colleges have something reassuring to say about the personal part of the application. These three selections show that admissions officers are really human after all.

"I realize that choices of topic may be the hardest of all, and that the kind of brief, self-descriptive essays that we request are often quite difficult to write. Bear in mind, however, that any topic will be fine as long as it is of genuine interest to you. Don't try to say what you think we want to hear; concentrate instead on your own thoughts and feelings. At every stage of the admissions process

you will present your strongest case, and feel most comfortable with your presentation, if your application reflects your real interests, values, and aspirations. We understand that this is an important, exciting time in your life, and that the application process will require considerable effort on your part. We hope you understand that your application is important to us, too and that it will be given the most careful consideration we can provide."

—Worth David

Dean of Admission, Yale U.

"A couple of pieces of advice. Once you've decided to apply, find a relaxed couple of hours and get started on the application. Application forms (including essays) are not like wines. There is no evidence that they improve with age (i.e., by sitting around until just a few days before the deadline for submission). Give the replies to our questions some thought, but don't worry them to death. Simply give it your best shot at letting us know who you are and what you think. Don't be overly modest, but don't write simply to impress. Take

my word for it, in all likelihood you are already far more interesting than any idealized version of an applicant you imagine we are looking for."

—Fred A. Hargadon

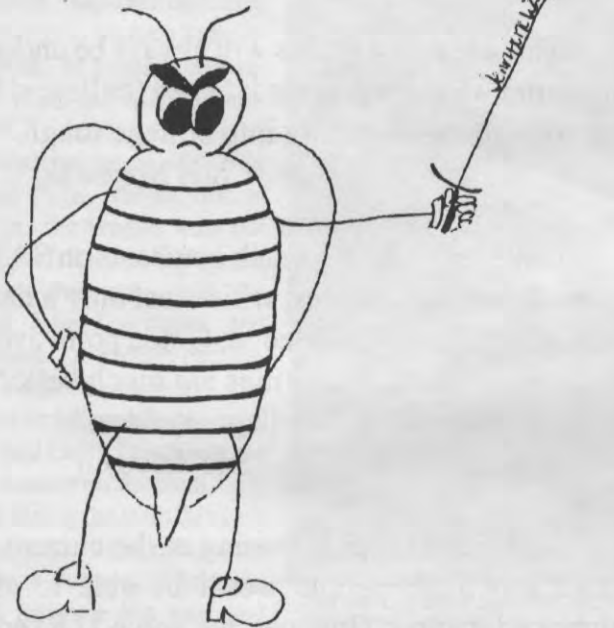
Dean of Admissions
Princeton University

"The senior year of high school can be very stressful at times—too much to do and not nearly enough time to do it. The college selection process can add greatly to the stress and anxiety of this important time in your life. Relax. Plan your time wisely, especially during the fall. You'll manage to get everything done and no doubt very well. Try not to rush and do everything at once. Be mindful of the deadline dates and design a strategy accordingly. And by all means don't panic. Oh yes, let your parents help during these trying times. They can be of considerable assistance and comfort. Try to enjoy the experience as much as possible. And remember: Relax."

—Charles S. Nolan

Assistant Provost and
Dean of Admissions,
Washington U. in St. Louis

Bees a real problem for Adams students



By Mary Kate Kelly

According to the reading on the Bee-O-Meter in one of John Adams' classrooms, more bees have fallen victim to the wrath of students than vice versa. But because the ratio of bees to humans is somewhat lopsided in favor of the bees, we still seem to be losing the battle.

"I spend more time swatting than studying"

—Laura Hammond

An innumerable amount of these flying insects have congregated in the South Bend area and are disrupting almost every aspect of daily life.

In the classroom, they present a real problem. Students, many of whom often struggle to concentrate in a bee-free environment, are easily distracted by the armies of bees meandering about the classroom. "I spend more time swatting than studying," commented an irate Laura Hammonds, who feels that her time in the classroom is useless when she must share it with the bees. Teachers also seem to be feeling the effects of the bees, as they must compete with the insects for attention. Mrs. Maza, an English teacher at John Adams High School claims, "The insects are driving me to early retirement."

The aggressive yellowjackets continue to stir up commotion at lunchtime as well. Peaceful outdoor lunches are impossible with swarms of bees incessantly intruding on everyone. Senior Seem-Phan commented, "It's quite frustrating to find a bee swimming about in my soda pop. Considering the brevity of our lunch period, it is intolerable having to contend with the flying menaces."

The vicious hymenoptera are finding their way on to practice fields, to the dismay of John Adams athletes. These bees cause many various problems when athletic teams hold their practices. "After a long day at school, it is difficult enough to concentrate during practice, without having to remove the bee which has lodged itself in my shirt," explained Julie Short, a soccer player at John Adams High School.

The onslaught of the bees has brought about a debate over swatting versus ignoring, with some students taking the Dirty Harry approach, while others remain pacifists.

Even if they don't victimize anyone with their stinger, they still annoy with the constant drone of their wings and the feeling of terror marked by their presence. As last fall was marked by extreme heat, this fall is forever characterized by the invasion of the bees.

Coping with pressure: LIFE program lets students talk to students

By Nikki Lawson

Being a teenager in the '80s and '90s causes more stress and pressure on teenagers because of the many social pressures that they encounter. Some people run away to escape their problems; unfortunately, many take another more permanent route. Today, more and more young people are committing suicide. It has become the second leading cause of death among people ages 15-14. John Adams' peer facilitator program, LIFE, tries to stem the tide of this disturbing trend.

The program is in its second year and was developed to use trained, caring teens as a resource for other teens who may be disturbed, depressed, suicidal, or heavily involved in using drugs.

LIFE, or living in full effect, chooses eight students, two from each grade level that go through an extensive ten week training period, in areas such as, personal growth and development, attentive listening, communication skills, suicide, depression in its many forms, teenage pregnancy, decision making, sexuality, chemical abuse, teenage stress and stress management.

Current members of the LIFE group are: Heather Curlee, Matt Laherty, Steve Markiewicz, Richard White, Meghan Otololski, Charity Grimes, John Hahn, Tod

Olson, Janeise Taylor, Jonelle Kapsa, Kwenda Johnson, Noah Parent, LaTonya Reese, Andrea Davis, Derrick Perry, Paul Costello, Allison Goldberg, Matt Chamberlin, Nikki Lawson, and Jenny Galloy.

As a peer facilitator I think it is wonderful to see teens who come in to talk with me, change for the better before my eyes.

LIFE provides students with an opportunity to talk privately with a trained peer facilitator about personal problems or concerns.

LIFE's primary focus is for peer facilitators to look out for students who may be involved in drug use, depressed and stressed out. Freshman Alison Goldberg added, "LIFE is a good way to vent out bad feelings about anything. If a problem gets you down, there's always someone there to help you."

An important part of the peer counseling, is its strict code of confidentiality. It is not the role of a peer facilitator to "narc" on anyone, or violate any student's trust, unless it involves their life or someone else's life.

LIFE's peer facilitators are also available to new students to take them around school, have lunch with them, and introduce them to other students.

They will be available to visit elementary schools to give "say no

to drugs" presentations to students. They may also meet with eighth graders in late spring to orientate them to high school life and to ninth graders in the fall to help them adjust to the new school.

LIFE members also become involved in community volunteer work.

"Through this program we hope to build self-esteem and offer new choices for John Adams students," said Steve Markiewicz and Jenny Galloy, both seniors at Adams High School.

Todd Olson a junior at Adams said, "Sometimes it is better for a student to talk to another student because he or she will feel more relaxed when talking to someone on the same level of thinking."

There are peer facilitation groups in all the South Bend high schools, but they are under different names. To get in touch with them you should go to your guidance counselor, school social worker, teachers, or other staff members.

"I think it is great having a group like this in school because there are so many problems teens face today that need someone besides adults to talk to and give us hope to go on," commented Beth Nine, a junior.

LIFE has proven to be very effective in helping students to make social and emotional adjustments in the schools.

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