

TOWER INSPECTS CAFETERIA

Following the excellent example set by our parent paper, The South Bend Tribune, The John Adams Tower is publishing a shocking restaurant expose. Our target is, of course, the school cafeteria. We had many questions we wanted answered, such as why are the hot dogs green? and what is that strange substance that flows out of the tacos?

At any rate, we began our inspection at 12:24 p.m., which we thought would be the most likely time for us to find grease or flour scattered around. The seven inspectors (and myself) were armed with cameras, white gloves, shovels, demerit stickers, gas masks (in case they were cooking liver), and signs with which to close the place on the spot.

Inspectors with queasy stomachs were advised not to go, and everyone was strictly ordered not to eat anything while in the kitchens, even though an ambulance was standing by.

At 12:24 exactly, we began filing into the kitchens from the infamous ala carte line. Students

waiting for their lunches seemed startled to see eight people dressed in white bee-keeper suits and carrying tools, walking around where their food was being prepared, but we of course ignored their snide comments, secure in the knowledge that we were doing it for their (the ingrates, that is) benefit and certainly not for personal gain or profit.

At 12:26, we were all in the kitchens, huddled together and anxiously awaiting the horrors which we were sure would soon meet our red-rimmed eyes. Just as we were on the verge of hysterically backing out, a kitchenworker came forward and offered to show us around. Meekly, we accepted her offer, fighting our fears that the job might prove too much for us.

Jones, a courageous health official, asked if the kitchens had ever been closed due to the filth we had heard so much about. "Why no," Jonesy was told. "We're proud of our record!"

"What are these brown specks on the fryer?" snapped Fitzweiler.

"Are there rats in this kitchen?"

"Why, no!" was the reply, "those are our hamburgers. They sell for thirty cents."

"Oh," mumbled the chastised Fitzweiler. "They look-delicious."

"We have MacDonald's on the run!" enthused the cheery kitchen worker. "We're thinking of beginning an advertising campaign, similar to theirs, with one of the supervisors posing as our trademark! Which is not to say that this kitchen is run by clowns...."

Several members of the board of health were running white-gloved appliances. the stainless-steel appliances. "It certainly seems clean," sighed one. "Of course, we could issue demerits for the appearance of the food."

"I think a vat of grayish-green hotdogs should be worth two demerits," said Jones. "And what about this brown stuff? Has someone been sick?"

"Not yet," bubbled the kitchenworker. "That's the peanut butter!"

"I think that there are twelve possible violations," announced



Photo/Myron Haskins

A clean kitchen is a happy kitchen!

the chief inspector, "being the twelve items on the menu. Now, if we give 2.37 demerits per violation, that gives us 28.44 demerits which, when divided by the cleanliness total and multiplied by pi (cherry and apple), gives us a score of 11.97 which, when compared with our score of 12.719 two years ago and the 91,706 score compiled by student inspectors last year, means that there has been a drastic improvement!"

kitchenworker, tossing his hat in the air.

"Kitchenworker without proper headgear, two demerits!" snarled Fitzweiler, who had regained his fun-loving vim and verve.

And so we, the disappointed searchers for secreted smut, slunk out of the kitchen and into the plate lunch line, where we were served a delicious meal which we knew was clean (?)

By Ima Hogg

THE JOHN ADAMS TOWER

Volume XXXIV Number 9

The Best Read Newspaper on Wall Street

January 30, 1976

Reformed Alcoholic Speaks Out

Mr. Richard Sayers is a reformed alcoholic. Recently, Mr. Sayers, who is also a former Adams student spoke to several Health classes on alcoholism.

Contrary to what some people believe, alcohol is a legal drug. About 75% of America's adult population drinks alcohol in one form or another. Consequently, alcoholism is the number one health problem.

Mr. Sayers added that people drink for a variety of reasons. Some use alcohol as a crutch, a tension reliever, or a tool to gain social ease and acceptance. Others drink merely because they "are expected to." All of these people have one thing in common: they are insecure.

Believed by many to affect only those who are "morally deficient", alcoholism can affect anyone without regard to age, race, sex or economic level. Mr. Sayers stressed that the people must shake the stigma attached to the label "Alcoholic". Alcoholism is a disease which affects at least 14% of all high school students.

"Alcoholism is predictable and identifiable", continued Mr. Sayers. "You start to do things you wouldn't do sober." As an example, he related an instance where he, under the influence of alcohol, had poured an entire can of beer down the neckline of his brother's girlfriend. "I was mortified the next morning", he stated, "If I had been sober, it might have sounded funny to think of, but I would never have actually

done it!"

Although many people start drinking in high school, Mr. Sayers did not start until he entered the navy. One of the reasons for his early abstinence was the basketball coach's strict rules against drinking, as even a slight amount of alcohol can effect judgment and coordination.

Directly or indirectly, alcohol was responsible for many of Sayer's problems. While still in the service, he passed out under a bus on V.J. Day and he relates "If somebody hadn't found me I wouldn't be here today!"



Mr. Sayers makes his point.

Photo/M.Haskins

Later in life, Mr. Sayers tried to escape from his problems once. "This was a cop-out", he stressed. During his steady decline under the influence, Sayers was tried for manslaughter, breaking and entering and drunken driving, among other things. Also, his wife filed for divorce and he had no job. All these problems he attributed to his addiction to alcohol.

Luckily for Sayers, he was put on probation by a judge who admonished him to seek help for his affliction or risk jail or death from addiction. Determined, Sayers became a reformed alcoholic.

Today, Mr. Sayers is the vocational rehabilitation director of the Mental Health Center. In wonderful condition, he never touches a drop of alcohol.

He describes his family life as "wonderful", some of his old drinking buddies were not so fortunate.

Eleven of his drinking partners are dead. Several are in mental institutions. The smart ones are now either reformed alcoholics or are receiving help at A.A. or similar organizations.

Mr. Sayers is happy in his successful, post-alcoholic life. He remembers the days however, when the days were filled with hopelessness and despair. Consequently, he has volunteered to give of his own time to speak to youngsters before they get hooked. "If I can turn just one of you away from alcoholism", he said, "then my purpose has been fulfilled."

BLACK CULTURAL SOCIETY PLANS HISTORY WEEK

The Black Cultural Society is in the process of "putting it all together" in terms of Black History Week. The theme for the week will be "A Dedication to Black Education and Business". Various activities will be held during the week, pertaining to this theme.

The evening program, "A New Renaissance", will be held on Thursday, February 12, at 7:00 p.m. Doors will open at 6:15. Admission will be free, and everyone is invited. The program is designed to make the public aware of various aspects, usually unexplored, of importance to all people.

The program will be city-wide, and will present the talents from the Black Cultural Societies of Lasalle and Riley High Schools. Speakers will be Ben Johnson and Dr. Joseph Scott, from the United

Negro College Fund. Also appearing will be the Adams Ethnic Choir, and the Upward Bound program, and the special attraction, the Adams Black Dancers, under the direction of Saidell Wright.

The Black History Week daily program will be as follows: Monday-1st, 2nd and 3rd hours-a dedication to Black Education and Business classes.

An Urban League presentation in the Little Theater.

Tuesday-1st, 2nd, and 3rd hours in the Little Theater-James L. Perry will speak on business.

Wednesday-1st-6th hours-films in the Little Theater.

Thursday-Evening program at 7:00. Friday-Ivy Tech presentation on Business and Vocational opportunities.

LOVE FOR A QUARTER

Lovers get ready for your month is approaching. February is only two days away. Student Government, on account of these facts, is preparing Singing Valentines for the amorous population. Delivered and sung by members of Student Government, these Valentines, will cost twenty five cents. Remember love will overcome all odds even money. The Valentines will be offered from February the ninth to the twelfth. If the singers are not hoarse by then and have not had a curse put on them they will sing them in the cafeteria on Friday, the thirteenth!! If one is bashful you can send yours anonymously but if one is unashamed of one's passion you can have your name sung. Don't think these are just for lovers. There are different versions. Some for teachers (if you want an A) and for yucky people on your black list!



Photo by Dan Crimmins

Brent Yoder, a fourth-year French student, has been chosen to spend the summer in France through the Youth For Understanding program. Brent, who plans to "embremish" the French culture, is also anxious to escape from the commercialism of the Bicentennial celebration.

MRS. ANDERSON LEAVES ADAMS

Mrs. Anderson, the Junior Counselor, is taking a leave of absence after being at Adams for three and a half years. During the Christmas vacation she adopted a baby girl, Angela. Few knew of this until they were not met by her friendly smile in the counselor's office. Students, especially the

Junior Class, are extremely grateful for the friendship and guidance she extended to all students. We all wish the Andersons much happiness with their new addition and look forward to the possibility of her returning to Adams.



Valerie Booth, Junior Rotarian
Photo by Dan Crimmins

EDITORIAL

Hildy Kingma

We Were "Together, Tonight!"

By Pamela L. Berman

As high school students we are in the midst of what can be a most difficult time in life. We search for answers to the questions "Who am I?" and "What am I going to be in life?" These are extremely difficult questions to ask, much less to find the answer to. One common pitfall students often encounter is losing sight of the purpose while looking for an answer. We lose our individuality, because we think we have found the truth.

One example of this is Women's Lib. Recently, the National Honors Society elected officers. Because all girls were elected we were praised for winning a victory "for females of John Adams." Speaking personally, I considered it a victory for myself, as a person. It seems that the females of John Adams have forgotten their individuality while seeking to promote the sex. This, of course, is not the only example; others can be cited in relation to grades, classes, sports, and friends.

Although the answer to the question "Who am I?" is a difficult one to find, most high school students come in contact with a chance to find the answer. However, this chance comes from a source which can cause great difficulty. The source is our peers. We hope to find security by being liked by the right people; therefore we must wear the right clothes and say the right things. However, anyone who has been in that position and failed, will say that it is the wrong approach. Here, again, a person has lost his individuality. Although a kind of happiness has been achieved, it can not possibly be what was sought in the beginning.

The point of all this is, in order to be respected for yourself, you must be yourself. To coin a phrase, "Do your own thing", whether that would mean getting straight A's, being a star basketball player, or simply staying home to read a book instead of partying on weekends. You may not win a popularity contest, but the friendships you gain will be much more valuable.

A funny thing happened to me on my way home, Saturday. I stopped at a store to buy some panty hose (that's not funny) and ran into Marshall Young (that's funny), the manager for the production **Together, Tonight** (Hamilton, Jefferson, and Burr), which was playing at the Morris Civic Auditorium Friday and Saturday nights. He recognized me as the usher with whom he had talked Friday night. At first, I thought that he was Alan Manson, the actor who plays Lenox, the interviewer/mediator. The face was familiar, so I thought that he was Manson, who I had also talked to. Before I had a chance to put my foot in my mouth, he said, "Right, I'm the manager." I just narrowly escaped a slightly embarrassing situation! Anyway, he asked me if I knew of a place where he could buy some classical music cassettes (to take with him on the road bus). I said, "Comon. I'll drive you out to Town and Country." He replied, "The Magazine?" "No," I said, "the shopping center."

So off we went--Broadway manager (**Guys and Dolls**, **The Sound of Music**, etc., etc., etc.) and struggling young actress (moonlighting as off, off, off, off Broadway usherette!). The search for classical tapes (Are you kidding? In this town?--the cultural capital of the world!) proved to be fruitless, so I drove him back to his hotel. Before getting off, he asked me if I would like to have dinner with him and the actors after the show. I said, rather poised and collected (What an act, what an act!--Two weeks at the Copa, baby!), that I would be delighted. He got out, and I went home.

After frantically running around the house trying to get ready in a short time (it must have looked like a scene from **Bewitched**, where Samantha speeds up everything), I finally got to the auditorium.

After I finished ushering, I alternated sitting with Marshall in the audience and watching the show from backstage with a friend

of mine who does technical work on shows.

Let's face it. The show was rather boring, but I must say that I saw a tremendous improvement from Friday's show to Saturday's show. Actually, it was only the second and third time that the show had ever been performed anywhere (they opened the night before in Bloomington). But that's not a very good excuse--the third night at Adams would be closing night! I think that the show will improve enough to reach its goal of ending the tour with a run on Broadway.

The acting could have been better (from a group of seasoned professionals like Dana Andrews, Howard Duff, Monte Markham, and Alan Manson). Andrews, as Jefferson, garbled his words (the result, I am certain, of never having to project past his nose, or the boom mike as it were), and Duff, as Hamilton, blew practically every speech by forgetting his lines (and having to rely heavily on the prompter backstage). That could have been the result of a recent rewrite of the script. Alan Manson was good, and Monte Markham was the best. Markham showed how valuable it was to have received his training on the classical stage. I enjoyed the show on Saturday, but Friday's performance could have been sold from a drug store counter along with Librium and Nembutal!

But the boredom was a small price to pay for the events that would follow after the show. Backstage, the familiar group of autograph seekers was present to "ooh and ah" over the dressed and make-up-free stars. I, rather nonchalantly, stood off to one side (Marshall was not far away) and observed the whole process. I have become quite cynical in some of my views (Adams has a way of doing that to a person), and I had to laugh as I watched those people asking for autographs. One gushing teenager was practically throwing herself at Markham. She approached him twice, incredulously spewing cliches like: "I can't believe you're really here. You seem like a real person. You're not the typical actor," to which he replied with studied grace and charm: "And what is a typical actor?" (as if to say, How the hell does she know what a typical actor is?). All this rather amused me, as I stood by watching...And then, it was just Marshall Young, Dana Andrews, Monte Markham, and

I driving along in my car. Yes, just the four of us (Isn't love grand?) out for a spin on a Saturday night. Off we went to Nicola's where we joined Howard Duff and girlfriend, Alan Manson, and another couple, who were already seated.

So the four of us sat down to another table, ordered, and talked (and talked and talked). It was a rare occasion for me, indeed, in that I was very quiet. The feeling was different, to say the least (I am usually a non-stop talker), but I was not at all nervous, excited, or intimidated. I was just interested in what they were saying to me. Markham (mainly) and Andrews told me stories about shows they had done (the namedropping ran rampant--Sir John Gielgud, Dame Edith Evans, Frederic March, etc., etc.). And when Markham tells a story, he doesn't merely tell it--he puts on a production, complete with facial expressions, voices, characterizations, blocking, etc. Well, it was an experience, quite like none I have ever had before.

At one o'clock we sauntered out of the restaurant, and I drove them back to their hotel. The two actors thanked me and Marshall stayed to talk for a moment. Jokingly, I asked him if he wanted to come see me in our May musical, if I had a part (sort of a pre-Broadway audition!). He said that he would be free then. Much to my obvious astonishment, he wrote down his address and told me to write to him, and that if he was still not booked, he would love to come and see me. I'm not exactly sure whether or not to believe him, but then, he had given me no previous reason to doubt him. So we exchanged phone numbers and addresses (my first professional contact!) and, uh, said good bye. I then drove home (It was more like driving without wings, so to speak).

I am realistic enough to know that nothing will probably ever develop from it. It was just a rather unexpected and quite pleasant evening. But I do feel as if I have been touched by a divine spirit. There we were--two stars giving me advice about acting. And the fact that they were such real--seemingly ordinary people, did much for my morale. I have been flying high ever since, and I will not be surprised if I ever come down again!

Editor's Note: Since writing this article, Pam has, indeed, heard from Mr. Young.

Got an opinion? Write about it for the TOWER! Articles should be submitted to Dave Rubin.

LAMONT DRUGS
3015 MISHAWAKA AVE.
SOUTH BEND, IND

Arby's ROAST BEEF Sandwich
IS DELICIOUS

1807 Lincolnway East

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

Editor-in-Chief Hildy Kingma
News EditorsGerald Rohan
Becky Robinson
Dominic Walshe
Feature Editors Dave Rubin
Caryl Redding
Leslie Kvale
Sports Editors Mike Clarke
Lynn Tyler
Julie Mathews
Sponsor Ms. Maza

John Adams High School

Principal William Przybysz
Assistant Principals
Andrew Bibbs
Donald David

The opinions expressed in the JOHN ADAMS TOWER are not necessarily those of the John Adams High School administration, faculty or the TOWER staff.

ATTENTION!

Now accepting applicants for next years advertising staff. You must work this year to work next .

Interested?

Contact Ms. Maza
room 216

GUIDE TO MONEY FOR HIGHER EDUCATION

Guide to more than 250,000 Scholarships and Financial Aid Source — items valued at over \$500 million dollars.

Contains the most up-to-date information on:
Scholarships, grants, aids, fellowships, loans, work-study programs, cooperative education programs, and summer job opportunities; for study at colleges, vocational and technical schools, paraprofessional training, community or two-year colleges, graduate schools, and post-graduate study or research; funded on national, regional, and local levels by the federal government, states, cities, foundations, corporations, trade unions, professional associations, fraternal organizations, and minority organizations. Money is available for both average as well as excellent students, both with and without need.

BENNETT PUBLISHING CO.
Dept. 214, 102 Charles Street, Boston, Mass. 02114.
Please rush me _____ copies of GUIDE TO MONEY FOR HIGHER EDUCATION at \$5.95 plus 50c for postage and handling for each copy.
I am enclosing \$_____ (check or money order).

Name _____
Address _____
City _____ State _____ Zip _____

© Copyright 1976 Bennett Publishing Co.

CB RADIOS GAIN POPULARITY

With the popularity of Citizens Band radio growing at a fantastic rate, it is high time that someone pointed out just what CB is. CB is just what its name implies, a radio communications service intended for short distance personal or business communications by the private citizen. It is NOT for simply "shooting the breeze". Those who are interested in that sort of thing should get into ham radio. But that is a different type of radio service altogether.

There are 23 CB frequencies. These are standardized and simply referred to as channels on which any one with a license can send messages. Yes, contrary to popular belief you do need a license to operate a CB station.

The other 2 channels are restricted. Channel 9 is the CB distress frequency which is monitored by a national organization called REACT. Channel 11 is a "hail and switch" channel. You may hail and make contact on channel 11 but once contact is established you must switch to

another frequency.

All you need to get into CB is the money and the desire. A license good for 5 years costs only 4 dollars. There is now no excuse for not having one and the FCC is cracking down on pirates who get on the air the easy way. CB transceivers (I don't count the pair of "Captain Zappo" walkie talkies everyone gets as a kid in this category) cover a wide price range, from basic 2 channel sets to ones that cover every channel and have enough controls to frighten a jet pilot. Just pick the one that suits your need and your wallet. Or you might save money by building one from a kit or from scratch. Just make sure the set meets all FCC regulations or you can face some pretty stiff fines.

Untold lives have been saved simply because someone had a CB set in his car, boat, plane, or truck and was able to call for help. CB'ers are a fraternity. Wonder what the weather conditions are on the road ahead? Call up another CB'er going in the opposite direction.

He'll gladly fill you in and you can do the same for him. If you have a base station at home your family can easily get important messages to you and visa-versa.

Countless agencies and businesses use CB for communication with mobile units, not to mention the hobby uses of this service. The list of possible uses could go on forever.

However, make sure you know exactly what you're getting into before you go spend 200 dollars on a transceiver. CB is a service, not a hobby. There are no real restrictions on contents of messages except for bans on the use of profanity and the transmission of music. But nothing irritates the FCC and the CB'er more than idle chatter cluttering up the band.

If, after all this, you still think CB is for you then by all means get involved with it. Whatever you use it for, you will find it fun as well as useful.

by Stuart Shapero



Photo by Dan Crimmins

Tim Lehman demonstrates the use of a CB radio.

LOITERING CREATIVELY

Creative hall loitering has become a lost art. Although the amount of chronic hall loiterers increases periodically, their tired and flimsy excuses leaves no outlet for those more creative souls.

Contrary to popular belief, imaginative hall loitering requires a certain finesse. However, everyone can find his own particular trademarks and ruses, even in the midst of apathetic students and unsympathetic hall guards. Any number of students may play. For those eager to become practiced in this dying art, here are a few suggestions:

Cafeteria worker: For beginners. Don a worn white shirt, hairnet, and a halfmelted ice cream bar. Repeat stoically, "50 cents, please. 50 cents, please. WAIT YOUR TURN IN LINE! 50 cents, please."
Amnesic student from P.S. 108: Repeat bemusedly, "where am I? I've never been on the first floor, E hall, of John Adams High School, 808 South Twyckenham Drive, William Przybysz, Principal, telephone 288-4655, before in my whole life!"

Visiting parent! Demand repeatedly to see Fredrick W. Snodgrass on the second floor. "He's taking health this semester and I want to see what he's really learning in Sex Ed!"

The Hindenburg: A perennial favorite. While wearing this costume, if approached by a hall guard, immediately scream 'Run for your lives! I'm rigged to explode in thirty seconds!'

J. Doe, Ace Reporter: Requires slinking between the newspaper office, library, the principal's office, and the john. These poor unfortunates frequently are heard

to protest "But we are on the Tower staff!"

Guest speaker on psychoanalysis: Bifocals, and a box of Kleenex are a must for this disguise. When asked of your intentions, pound the inquirer's hand with a ruler and ask quizzically, "And so now you hate your goldfish, ya?" A German accent is most helpful.

Funky hall pass: Some examples are: A rubber chicken bearing the label of the Poultry Club. A toothbrush inscribed "National Association of Those High School Students Dedicated to the Research and Advancement of Oral Hygenics."

Fuller Brush salesman: Just tote a suitcase full of toilet brushes, and you are guaranteed to get rid of even the most courageous after announcing "May I interest you in one of these...?"

Undercover hall monitor: Requires longish hair, motorcycle jacket, leather belt and an SS arm band. Excitedly ask "Where're youse guys goin'? Can I come too? Huh, huh, can I?"

Alien monster from Planet H2O Dee Hydrated: This one's easy. Be yourself.

Captain Hero and the Green Mountain Boys: Travel in a group wearing racoon caps and carrying pop-guns. Threaten to shoot anyone who comes within a 50 mile radius.

Good Humor man: A favorite of mine, you are required to eat ALL of your leftover fudge bars and popsicles, as a good loiterer NEVER litters. Warning: DO NOT attempt this disguise inside an elementary school!

by Leslie Kvale



Photo by Dan Crimmins

Creative loitering brings out hidden talents.

Cellist Builds Violin

John Adams has reason to be proud of a freshman, Martin Pollak. Martin has composed serious music, played the cello for six years, and has built a violin.

Martin now plays in the Adams orchestra and is first-chair cellist of the South Bend Youth Symphony. About two and a half years ago, he decided to try something more challenging. After studying several books on the subject, he was ready to begin. His parents, becoming enthused with the project, converted a small room in the basement into a workshop.

Martin's first step was to buy some wood at a local lumberyard. Then, discovering that many of the tools used by professional violinmakers were too expensive, he improvised his own tools. Things he obtained from around the house included clamps from the family ping-pong table. Although he had no previous experience, Martin gained skills as he went along. After awhile, he acquired a few professional tools, some donated and some purchased.

After completing his violin in early October, Martin took it to a

Youth Symphony rehearsal. Conductor Rocco Germano invited Martin, his younger sister Eleanor, and violinist Karen Funk (also an Adams freshman) to play Martin's piece "Fugue in C Major" in the symphony's first concert. Musicians and concert-goers alike were pleased to hear that the instrument produced a good tone, when his sister played it in the trio.

What is Martin's next project? He has, even more enthusiastically than before, begun work on his second violin.

by G.G., C.F., and K.U.



Photo by Mike Allen

Martin and fellow musicians perform a quartet.

Creative contributions to the TOWER would be welcome.



PHONE: 234-6006
1309 MISH AVE.
SOUTH BEND,
INDIANA
46615

AVENUE Radio Shop

TAPE RECORDERS • TV'S-RADIOS • RCA-WHIRLPOOL

1518 Mishawaka Avenue 287-5501

Seagles End Dual Season

As the month of January comes to a close, so does the dual meet season of the 1975-76 John Adams Seagles. Presently, they hold a 13-1 mark with only top-ranked Riley go. In the next five weeks, the Seagles will be in the City, NIC, and Sectional Championships in preparation for the State Swimming Championships to be held at Ball State on February 27 & 28.

ADAMS 93 1/2 CLAY 75 1/2

To date, this was the finest performance by Coach Smith's team. The medley relay of Mennucci, Slowey, Thornberg, and Komora turned in the fastest time in the state, Mike Slowey broke his own pool record in the breaststroke, and seven life time bests were recorded. They were by Ron Zhiss and Gary Severyn in the IM, John Komora in the 50 free and 500 free, Scott Tenney and Don Strong in the 100 free, and Kevin Deneen in the breaststroke.

ADAMS 71 MUNSTER 100

Seagles first defeat in eleven contests came at the hands of the defending state champs in a dismal performance by both teams. Lifetime bests were recorded by

John Hoyer in diving and by Toby Wehrhan in the 50 free.

ADAMS 107 MEMORIAL 62

Several outstanding performances and eleven lifetime bests highlighted this meet. Leading the way was John Komora with super swims in the 200 free and 100 breast. Other LTB's were recorded by Dan Flynn in the 200 free, John Hoyer in diving, Ron Zhiss, Dave Pauzek, and Bernie Doering in the 100 free; Jay Sunderlin and Don Strong in the 500 free; and by Gary McCracken and Kevin Deneen in the Breaststroke.

ADAMS 113 BISHOP NOLL 58

The usually tough Warriors got their feathers clipped on this day. Last year's 94-72 upset of the Seagles might have had something to do with that. Their were many excellent swims, among them Scott Tenney's victories in the 50 and 100 free. Other life time bests were turned in by Mike Slowey in the 200 free and by John Komora in the 200 IM.

ADAMS 96 ELSTON 49

In this conference meet, the Seagles had their highest power point rating of the year. (that is

what the state rankings are based upon.) There were again seven lifetime bests, the most outstanding of which was Dan Flynn's sub-minute back stroke. Other LTB's were by Jay Sunderlin in the 200 free, Ron Zhiss in the IM and Breaststroke events, Kevin Deneen in the 50 free, Dave Pauzek in the fly, and Toby Wehrhan in the 500 free.

ADAMS 109 GOSHEN 60

An excellent performance with four life time bests as the Seagles trounce their third strongest opponent of the year. (behind Riley and Munster). Mike Slowey and John Komora set new pool records in the breaststroke and 100 free respectively. Slowey's time in the breast was a mere 0.1 sec. off his own state record. Gary Severyn had an excellent day with standout performances in the 200 and 500 freestyles. Dan Flynn again broke the minute barrier in the back stroke for his best time. Toby Wehrhan dropped four seconds in the 500 free to join Severyn in being less than one second off the State cut in that event.



Lynette Daniels gives a winning smile to the photographer as she performs her routine on the balance beam.

photo by Mr. Tompsett

Girl Gymnasts Win Opener

By Becky Hentz

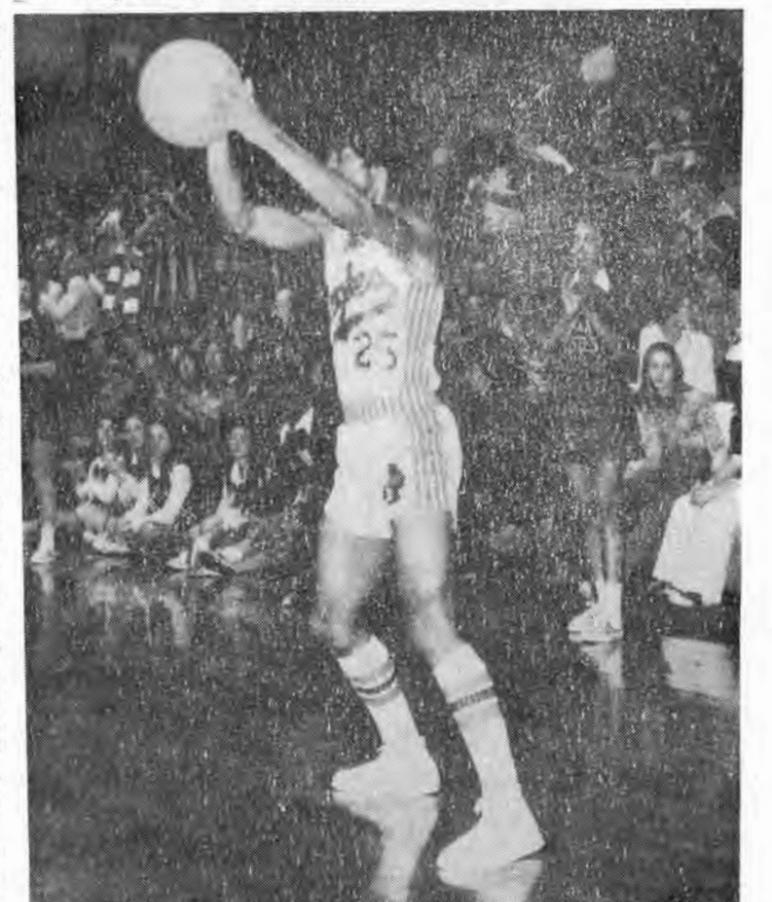
The girl's gymnastics team opened their season Monday, January 19 with a victory over LaPorte High School with a total team score of 195.6 to LaPorte's 146.4.

The beginning level topped LaPorte with a score of 66.5 to 65.6. Individual winners were Liz Anderson, placing first on vaulting and uneven bars; Marris MacMahn placing second on beam and floor exercise; and Lisa Neff, Lynette Daniels, Amy Weamer, Pam Milliken, Lynn Harper, and Julie Janus.

The strong beginning members include Liz Anderson, Ann Paszkiet, and Marris MacMahn. Other beginners include Lisa Neff, Ann Willems, Natalie Bickel, Tracy Kertz, Linda Vaerewyck, Carla Ross, Kim French, and Nancy Pope. Lisa Schwartz, a freshman, will compete on the intermediate level for the '76 season.

The next girl's home gymnastics meet will be Tuesday, February 10 against '75 state champs, Portage.

Winners on beam were Bridget Baran, first; Pam Milliken, second; and Becky Hentz, third. On floor



Kevin Days is cheered on by the crowd at the Warsaw game.



Seagles sprint off starting blocks during a recent meet.

photo by Don Strong

FROSH WIN STREAK BROKEN BASKETBALL TEAM STANDS AT 11-4

By Mike Miller

After absorbing a loss to a tough Central I team, the Freshman Basketball Team defeated Washington and Marian to put their record at 9-2.

Adams seven game winning streak was snapped at the hands of Central I, 52-45. The Eagles led most of the first half, but were down by one, 21-20 at the half. After dropping behind by six in the third quarter, the Frosh could never make it much closer as they lost their second game of the season. Leroy Sutton led the Eagles with 14 points.

At Washington, Adams nearly fell to a late fourth quarter surge by the Panthers, but won by two, 48-46. The Frosh led by ten in the third quarter and saw the lead dwindle throughout the fourth. Sutton again had 14 points while John Grams had 9.

The frosh trailed most of the first

halt, but a tight defense held Marian to ten points in the entire second half as they won easily, 65-39. While the visitors could manage only 10 points, the Eagles netted 37. This time Grams led with 18 points while Sutton chipped in 9.

On January 14 the Adams Frosh Reserves held a scrimmage against Jackson. The Eagles led 13-4 at the end of the first quarter, but the Tigers, led by Dave Troeger's 15 points, downed Adams, 51-41. James Neely had 8 points and Gary Lemma had 6 to lead the Frosh.

There's only one more game on the Freshman schedule before they enter the St. Joe Valley Freshman Basketball Tournament. The Tourney will be held on Feb. 3 and 5 with the finals set for Feb. 10 and 12.

By Mike Clarke

A tough 61-46 victory over the St. Joseph Indians highlighted the work of Coach Dave Hadaway's squad in the last two weeks.

Boosting a 11-4 record, including a league leading 3-0 mark in the NIC conference, Adams visits Riley tonight before hosting Niles Saturday night.

Brad Chambers' 25 points lead his teammates to a 80-66 victory over Warsaw last weekend. Bower and Daniels added 16 and 15 points respectively.

Bower and Chambers boosted the Eagles to their fine victory of the Indians. Bower netted 22 points and grabbed nine rebounds, while Chambers tallied 15 bounds. In his finest game of his career, Kevin Shaw pumped in 15 points and lead both teams in assists with five. The Eagles shot a torrid 50% from the field while outrebounding the visitors 47-40.

It took overtime before Adams could bear the Chargers their fifth loss of the year. The excellent front line of Adams totaled 51 points, with Bower, Chambers, and Daniels hitting 20, 15, and 16 each. Shaw added 8 points to the teams 74-67 victory.

Adams battles the Wildcats in a NIC game tonight. At the press time, the Eagles are battling for the conference title with the Elkhart Central Blue Blazers.

Schiffer Drug Store
609 E. Jefferson St.
So. Bend, Ind.
Across from Howard Park
N.W. Merrick, Jr. R.Ph.
288-0300

Foster's
Ben Franklin Store
2310 Mishawaka Ave.

**COMPLIMENTS OF
HANDY SPOT PARTY SHOPPE**
1426 Mishawaka Ave.

Other Locations:
413 Hickory Rd.
3202 Mishawaka Ave
113 Dixieway North
1725 N. Ironwood

Wrestlers Meet Heavy Competition

By Mike Miller

The 2-6 record of the John Adams Wrestling team, under the guidance of Coach Aronson, is very deceiving. With a couple of breaks, and without a couple of personal loses, their record would look very different.

Against cross-town rival Lasalle, the grappler's record dipped to 1-2. The score was 43-15. A bright spot was Ron Mitchem, who upped his record to 3-0. Also winning for Adams were Joe Taylor, Randy Meadow, and Larry Hood.

Over Christmas vacation, Adams traveled to Niles for the Niles Invitational. A mix-up in starting times for the wrestlers, causing them to be unprepared, may have winners for Adams were Jim Birdsall, Joe Taylor (his third victory), Mike Anderson (his third), Randy Meadow (also his third), and Bruce Woodford who won by a pin in 45 seconds.

Adams got back on the winning track by soundly defeating Gary, 48-23. The matmen started strong with wins by Jim Birdsall, Phil Magaloi, and Joe Taylor and never trailed. Also winning were Eric Manns, and Hiawatha Jenkins who pinned his man at 3:31. Ron Mitchem kept his unbeaten string alive by gaining a tie.

Adams then suffered a narrow defeat at the hands of Elkhart Memorial, 31-26. It was a great effort with the wrestlers having six pins, but it just wasn't quite enough. Winning by pins were Jim Birdsall at 1:54, Dale Williams at 0:58, Joe Taylor at 3:42, Greg Jackson at 3:41, Hiawatha Jenkins at 3:22, and Eric Manns at 0:12. Also winning Randy Meadow and Mike Gentry while Ron Mitchem had another tie.

The wrestlers then lost another heartbreaker, 29-25 to South Bend Washington. Ron Mitchem remained undefeated with a pin over his man at 5:36. Jambo Taylor also had a pin at 4:23. Other winners were Dale Williams, Joe Taylor, Greg Jackson, and Mike Gentry.

Against Michigan City the grapplers ran into trouble again as they were defeated 43-16 to drop their record to 2-6. Highlights for Adams were Ron Mitchem's fifth win and Joe Taylors 13-1 decision over his opponent. Also victorious were Jim Birdsall and Larry Hood.

The Eagles lost two of their top wrestlers. Senior Captain Dennis Reed and Tom Pausek. Two losses like these are sure to hurt any team, but according to manager Myron Haskins, "the matmen are still alive."



Hiawatha Jenkins prepares for his opponent at the City Wrestling Tourney. Photo by Myron Haskins

B-Team Record Stands At 6-5

By Mike Miller

With victories over Mishawaka and St. Joe while falling to Gary Roosevelt and Elkhart Memorial the B-Team Basketball team now stands at 6-5.

The B-Team was involved in it's highest scoring game of the season at Mishawaka in which the Eagles were the winners, 75-65. Halftime found the score tied at 39 all before the Eagles opened an 8 point lead in the third quarter and continued to coast through the last quarter. Dale Enick and Lynn Mitchem led Adams with 16 and 15 points respectively.

Even with the effort of Jim Gooley's 25 points, Adams was turned back by Gary Roosevelt, 62-57. The Eagles led briefly at halftime, 28-25. But lost the lead for good in the third quarter as Roosevelt surged to a five point lead. In addition to Gooley's 25. Lynn Mitchem contributed 10 points.

Adams suffered another tough loss, 54-48 at the hands of Elkhart

Memorial. The lead changed hands numerous times and it was unfortunate for the Eagles as Memorial ended on top. Adams hit only 19 of 53 shots from the field and probably cost them the game. Dale Enick and Lynn Mitchem again for the Eagles, both having 11 points. Enick also led the team in rebounds with 10.

The B-Team got back on the winning track as they defeated St. Joe, 62-56. Adams trailed at the first quarter break, 14-13, but led the rest of the way. The B-Team's stiff defense held St. Joe to only one field goal in the second quarter. Fred Sutherland led Adams with 14 points.

On the season, Lynn Mitchem leads the team with an average of 11 points and 6 rebounds while Andy Golba leads in steal recoveries at 19 and freethrow percentage at 63%. The Eagles are shooting 44% from the field and 55% from the free throw line compared to 46% and 56% for their opponents.

Gymnastics Season Underway

By John Green

The John Adams gymnasts opened their 1976 year with captain Marco Driver placing first on long horse vaulting at the Concord Invitational. The gymnasts also had a home meet on January 21 against Crown Point Bulldogs, who beat the Eagles by a slim margin of 107.5 to 94.19. The Eagles had

many good performances turned in; Greg Fulce on trampoline, John Green on side horse and Marco Driver on vaulting, floor exercise, and high bar. Marco's all-around average was 4.89. The gymnastics team will have it's next home meet against DeKalb on February 16.

MAKE THE MOST OF YOURSELF AFTER YOU GRADUATE.

If you're a high school senior, there's no time like now to start thinking about your future. That's where the Navy can help.

After you graduate, we can get you started in one of more than 70 different career fields. If you've got what it takes.

You'll get training that can take you a long way. Training that will make the most of your mind and hands. Training that will teach you to lead, or take responsibility for your own job.

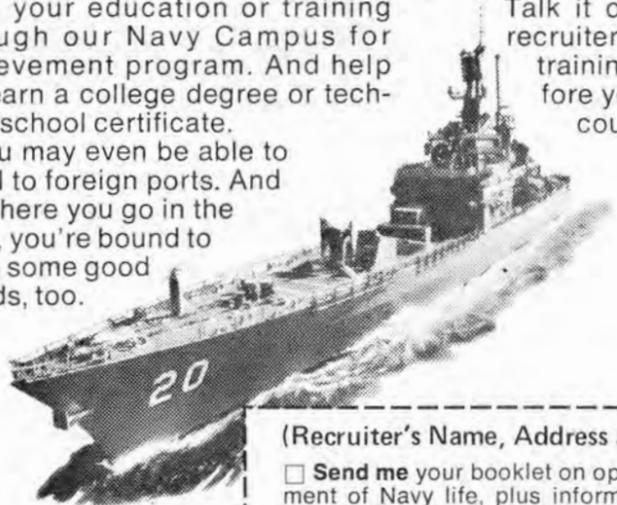
If you wish, we'll help you continue your education or training through our Navy Campus for Achievement program. And help you earn a college degree or technical school certificate.

You may even be able to travel to foreign ports. And anywhere you go in the Navy, you're bound to make some good friends, too.

You'll have to give as much as you get. But the reward will be waiting. A bright future. And the kind of experience that will set you up for a lifetime.

If you like, you can take advantage of the Navy's Delayed Entry Program: "CACHE". You'll not only be guaranteed the career training you qualify for, you'll get up to six full months (in some cases one year) off, before you report for duty. Enough time to finish school, take care of personal affairs or just do your own thing.

Talk it over with your Navy recruiter. He'll tell you what training you qualify for before you enlist. Or mail the coupon below.



(Recruiter's Name, Address and Phone)

- Send me your booklet on opportunities and excitement of Navy life, plus information on many career fields including advanced electronics and nuclear power.
- Call me. I want to know about the Navy right away.

NAME _____ (Please Print)

ADDRESS _____

CITY _____ STATE _____

DATE OF BIRTH _____

LAST GRADE COMPLETED _____

PHONE _____

If you really don't want to wait, call 800-841-8000 toll-free (24 hours a day, 7 days a week). In Georgia, call 800-342-5855.



BUILD YOUR FUTURE ON A PROUD TRADITION.

Wygant Floral Co., Inc.

327 Lincoln Way West

232-3354



A typical hot spot.



Sophomores enjoy their post-game plunder



Post Game School Spirit

Photos by Dave Rubin



The paraphernalia of pre-game activities [hot dogs, taffy apples, cokes, popcorn, koopectate] has not seen a change in years. Enthusiasm during games mounts as high as ever; cries of prospective triumph rally back and forth between teams. But what happens to the explosively spirited fans after the game?

It seems post-game school spirit is inevitably engulfed in [root?] beer and pizza, hamburgers, Arby's Roast Beef Sandwiches, and mountains of other "eatables." What ever happened to the good old all-American party for the team? Have cheerleaders left the party scene for the more enticing food scene? Not so! For a compromise has been drawn up and sent down from heaven. Restaurant hopping is the acceptable and number one activity, however extensive. And afterwards come the parties! So Anthony Athlete and his brethren can still hang on a pretty shoulder in familiar surroundings.

Now of course a victory is a perfect reason to get good and snookered; but even an anguished defeat deserves the inhalation of a six pack [at least]. And then there are always those freaks who like to drive around in their cars, stop in the middle of nowhere on a freezing night, and sit on their warm engine while counting stars. Well, to each his own.

Further investigation into this subject turned up startling information: four out of five dentists.....oops, er, students preferred pizza to doughnuts. But, believe it or not, McDonalds is one of the most popular spots. And need it be said that after games there is more grease outside in the parking lot then there is in the french fries.....?

Many people enjoy going to McDonalds simply to intimidate the security guard by driving "Out" the "in" [think about it] and having the poor fellow tramp vainly after the escaping automobile.

It is not uncommon to see excited, pushy people standing outside of a pizza place waiting for a much-valued seat inside; but this is hardly a showstopping occurrence, and creates a more liberated situation, allowing the students to get as rowdy as they please without disturbing the patrons of the establishment. There is but one damper put on their fun, and that is the inevitable threat of frostbite during the winter months.

There are those more subtle individuals who become giddy at the sight of so many mouths gulping hordes of whatever is available, and prefer the comforts of a game of monopoly before a roaring fire; but three to four hours of monopoly can bring about a stuporous state worse than that brought on by ingesting ten bottles of Annie Green Springs and a jar of artichoke hearts in unison.

One area remains unexplored: what do the frivolous faculty members do for excitement after sporting events? There are no better answers than those which come straight from the horse's mouth, not to infer anything about the teachers. One of the tame activities expressed was going over to a fellow educator's abode; and what is done at the house? They eat, of course. Conversation runs sporratically at first, but takes a smooth course once all the tummies have been satisfied.

Then there are teachers who have by and by become parents, and enjoy being with their family [though they could probably be spotted galavanting around the town every now and then].

It used to be a frequent tradition of the coaches to assemble with other teachers and friends at a house for sandwiches and refreshments; although this is no longer common, it does have a replacement. And what else could it be but the restaurant, man's answer to post-game starvation.

It is obvious that athletic events somehow stimulate a cannibalistic need for food among the fans, and there are as many ways to appease those wild desires as there are people. Nonetheless, no matter how it's done, students will never give up their jubilant "partying," wild antics, and in general, fun; not will teachers drastically alter their regalement. In fact, allowing all due consolations, they are almost a normal bunch.



"O.K., who's got the dime?"



Aw, c'mon Paula, Smile!



Formal attire is found in any crowd.



By David Rubin



Anyone can fall prey to nausea after gouging themselves.



Sorority sisters exhibit poise and grace.