

# TOWER

John Adams High School

808 S. Twyckenham Dr.

South Bend, Indiana 46615

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## PHAN AWARDED RESEARCH GRANT

By Sheila Huang

"The Effects of an Elevated Cholesterol Diet on the Anti-Atherosclerotic Properties of Probucol" is the title of a recent study conducted by senior See-Chun Phan. To defray the cost of this biological study, the American Heart Association recently awarded See-Chun a \$100 grant.

See-Chun's project is related to the work he did in his Junior year when he studied saturated fats instead of cholesterol. See-Chun became involved in the study of the cholesterol-lowering drug, probucol, because of the prevalence of heart disease in America. As he recalls, "I was interested in anything that could stop the process of atherosclerosis since it is the number one killer in the United States." Atherosclerosis, which is the hardening of the arteries, can eventually lead to stroke and heart attack.

See-Chun is focusing his research on the substance cholesterol. Cholesterol is utilized



See-Chun Phan is presented with a check for \$100 by representatives of the American Heart Association. photo by Dave Wisniewski.

by the body to build cell walls and manufacture hormones. It is carried in the blood by two types of lipoproteins. Low-density lipoprotein (LDL) supplies cells with cholesterol, while high-density lipoprotein (HDL) takes extra cholesterol away. Cholesterol is necessary to sustain life, but excessive cholesterol intake over

a period of time can be harmful. The body will begin to manufacture more LDL than HDL and the excess cholesterol will accumulate on the internal walls of the arteries. This effect clogs arteries and in turn reduces blood flow.

To counter the effects of excess cholesterol, doctors have used

many different therapies including the administration of drugs. One of these drugs is probucol. Since the problem lay in the overproduction of LDL, See-Chun wanted to see whether probucol could reduce LDL without affecting HDL. He designed a project which involved the use of laboratory mice. The mice were

divided into four groups of eight mice each. Over a period of ten weeks, three groups were fed Rodent Chow containing either cholesterol, probucol, or both cholesterol and probucol. The fourth group was a control group and was fed Rodent Chow alone.

See-Chun's studies indicated that probucol reduced total cholesterol as expected. However, it lowered both HDL and LDL cholesterol. Because the objective of using the drug was to lower LDL without affecting HDL, See-Chun concluded that probucol would be beneficial for human use at the dosage he used. See-Chun's results did show that probucol does not have any toxic effects. This is an important asset of probucol, since other cholesterol-lowering drugs have side effects.

See-Chun is a fourth year independent research biology student of Mr. Longenecker. See-Chun's study adds to the long list of successful biology endeavors at Adams High School.

## Jr. Kiwanian

Todd Parker has been chosen as this month's Junior Kiwanian. Todd is active in both sports and academics here at Adams. Last fall, he played for the Adams football team as quarterback and co-captain; he is also co-captain of the track team. Todd belongs to National Honor Society and is Vice-President of the senior class.



At the Jan. 8 pep assembly, several student body members booed the pep band. In response, the pep band walked out. This incident seemed to raise an old question - is school pride dying at Adams? In an effort to combat the problem, student government members and Mr. Prysbyz visited several classes to discuss school pride. This past week was also designated as Pride Week and different aspects of the school were honored each day.

The TOWER will take a closer look at the concept of school pride and student apathy in the Feb. 12th issue.

## Jr. Rotarian

Sheila Huang, co-editor of this year's Tower, has been chosen Junior Rotarian for the next month. Sheila presides over the Adams orchestra, is a Concertmaster, and a member of the IUSB Philharmonic. She also contributes actively in Footprints, the Adams literary magazine; the Quill and Scroll Society; and the National Honor Society.



## Counseling Program Underway

by Sandy Outlaw

Now there is a school based organization designed especially for students who possess a need to converse with someone, other than an adult, about problems.

Peer influence is the organization and it's sponsored by the Human Relations Director Dave Hadaway and Assistant Principal Andrew Bibbs.

Peer Influence is a group of students "trained to counsel" students who seek their help. The students are trained by Hadaway and Bibbs.

At the moment six students are trained in counseling techniques. They are: Jill Bergen, Jay Cutter, Kevin DeCraene, Brian Lennon, Roy Prince, Renee Reasor, and Carrie Warren.

"We've wanted to do it (Peer Influence) for a few years," said Hadaway. This is the first year it ever got off the ground.

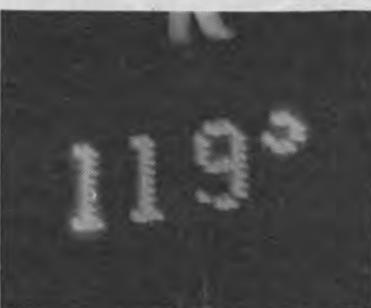
Many students refuse to talk to adults; they would rather relate their problem to someone their own age. All information obtained by the counselor is strictly confidential.

The student counselors are available at a moment's notice. If a counselor is needed, arrangements have been made to take him/her out of class.

No specific area is designated as "Peer Influence." Hadaway's office or any convenient, available place will serve as the counseling office.

Peer Influence is being used in other schools and the format is being taken from Penn High School. Peer Influence is the "type of program that can benefit a lot of students," said Bibbs.

Any student interested in becoming a Peer Influence counselor should contact Hadaway or Bibbs.



by J. Frost

Despite the soaring temperatures, blizzard-like conditions have caused the cancellation of three days of school in the past two weeks, conjuring up visions of finals lost in the snowy, bitter "cold."

The TOWER accidentally left out Michelle McCormick's name on the National Honor Society inductees list printed in our last issue. Our apologies, Michelle.

## Naturalists Wanted

The High School Program offers group work, educational and recreational experiences of three to five weeks. Equal numbers of young men and women from all geographic areas of the United States participate in groups of 6, 10, or 12 under skilled, adult leadership. Two to four weeks are devoted to conservation work and environmental education and one week is spent hiking and exploring a wilderness area.

Young men and women who are interested in the High School Program and who are between the ages of 16 and 18 should send a postcard requesting a "Program Listing" and an application from the Student Conservation Association, Inc., Box 550H, Charlestown, New Hampshire 03603. The telephone number is 603-826-5206.

The Student Conservation Association, Inc. is presently accepting requests for applicants to participate in its 1982 program.

There is no tuition fee to be part of the program. High School students are provided with food, supervision and group equipment. They provide their own personal equipment, such as backpacks and sleeping bags, as well as their transportation to the area and home again. The Association does offer financial assistance to those economically disadvantaged who cannot meet the total cost of travel and personal equipment.

The deadline for applying for High School spring programs is February 1, while summer applications should be in the Charlestown, New Hampshire office by March 1.

# Creation vs. Evolution: Conflict of the classrooms

By Lisa Wappenstein

How did the earth and man come to be? Evolutionists have been arguing with Creationists over this question for many years. In fact, this question was the basis of a court case in Arkansas recently. In Arkansas, the Creationists' point of view was ruled unconstitutional based on the First Amendment. For those of you who haven't memorized the amendments, the First Amendment states in part, "That Congress shall make no law respecting an establishment of

religion or prohibiting the free exercise of religion . . ." An appeal for this case is pending.

Closer to home, Dr. James Scammon, South Bend Public School Corporation Superintendent, and Mr. Przybysz, our Principal, gave their opinions and outlooks on Creationism in the public schools. Dr. Scammon is not against teaching Creationism in the public schools, and neither is Mr. Przybysz. Dr. Scammon feels, ". . . a discussion of the different points of view about how we came to be who we are today is

very healthy . . ." He feels that the thought of Creationism is an important influence and "any line of thought that is an important influence . . . deserves to be dealt with in the context of that influence in the public schools." When asked about how much Creationism should be taught in relation to Evolutionism, Dr. Scammon said this: "A thorough discussion doesn't necessarily require equal treatment." Mr. Przybysz pointed out, "You cannot present one without the other."

Dr. Scammon was asked if a bible could be handed out as a textbook. He felt that the bible can be used as a teaching instrument "from a historical perspective." Mr. Przybysz is opposed to using the bible as a textbook. He said "You can teach about the bible, but you cannot teach the bible." "There is no question that the bible as a book . . . is an extremely important influence on us; it has shaped our lives," said Dr. Scammon.

Mr. Przybysz feels that "a kid

can accept both aspects given him. You must deal up front with delicate subjects . . . If a belief is strong enough Evolutionism should not influence (a student) much." Mr. Przybysz, however, questions the ability of someone to teach Creationism without formal theological training.

Dr. Scammon and Mr. Przybysz seem to agree that Creationism vs. Evolutionism is a very delicate topic which must be handled carefully. The question, however, remains: Were we created out of an act of God, or by "The Bang?"

# "Taps" rolls in with honor

By Matt Booty

The fine line between patriotism and fanaticism is not easily distinguished, and the film "Taps" attempts to show the result of one boy's misinterpretation and exaggeration of the values he is being taught.

Timothy Hutton (Ordinary People) portrays a student at Bunker Hill Military Academy, a prestigious school headed by an aging general (George C. Scott) whose character is firmly rooted in the traditional ideas of pride, honor, and sacrifice. Hutton has great respect for the General, and being a leading student at the school, he passes on and exemplifies all the virtues a true military student should. When the General accidentally shoots a local boy, however, and has a heart attack, he leaves the

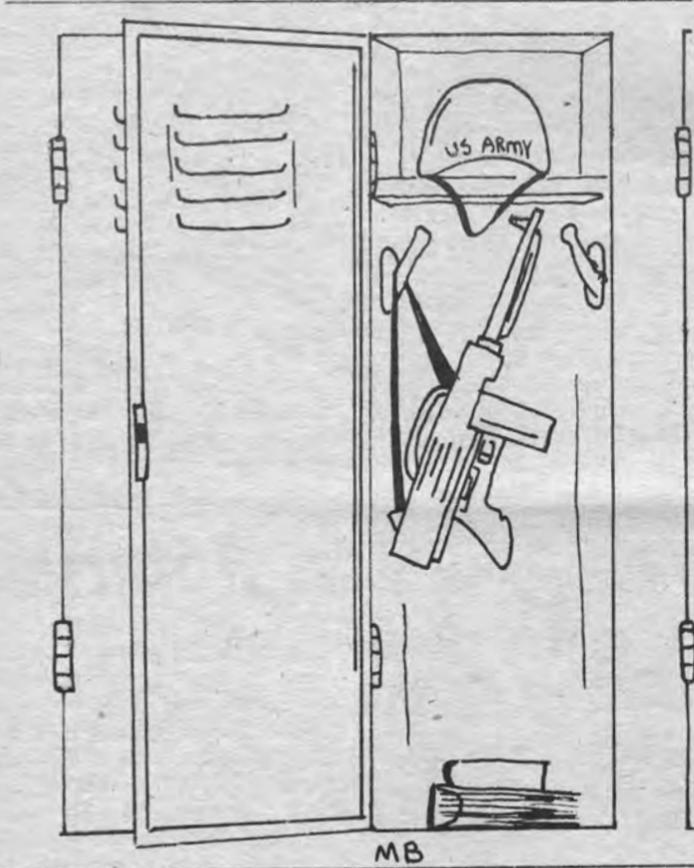
students to face ridicule and controversy from the public. Already challenging a decision to tear down the school, the students, lead by Hutton, feel the only way to preserve a Bunker Hill which represents much more to them is to siege it during the summer session and demand that it stay open.

As time progresses practicality is overshadowed by a crazed idealism, an idealism backed up by a machine-gun wielding Red Beret, and driven by Hutton's inexorable militarism. Their demands are not met, and Hutton finds himself increasingly responsible for events at Bunker Hill. Soon, the student's protest has evolved into one man's psychotic battle

Through the fine performances of Scott and Hutton this film

seriously questions just how far patriotism can be carried. The viewer's involvement with the film closely parallels the turn of events at Bunker Hill, as well. At first Hutton receives all support, but the realization quickly emerges that a neo-Hitler cadet major who is prepared to let twelve-year-olds die is no one to root for. Unfortunately, Hutton's realization is much too late to be of any constructive value, and his only legacy is a bloodied school. "Taps" is a jingoist's haven; a liberal's nightmare.

"Taps" is a well made, mature movie. Though certain circumstances are rather unrealistic, its solid dialogue and crisp photography are far better than average movie fare, making "Taps" a highly recommended film.



# Where the dial stops

by Matt Bauer

This article is a basic summary of the radio stations in the general Michiana listening area. Each station will be rated on a scale from 1 to 10 and a brief summary of the station will follow. From left to right on the dial-

WVPE (The Voice) - 6 - this station is run by a group of students from Elkhart Central and is definitely an outstanding effort compared with the stations in South Bend. But still in their never-ending struggle to go stereo, and find disc jockeys who can read, WVPE lacks that professional approach that makes an exceptional station.

WNDU (U93) - 4 - between this station's second rate disc

jockey's, who think they are funny with their idiotic humor, and the second rate music that they play, it baffles me to think how anybody could actually stand more than twenty continuous minutes of this torture.

WAOR - 7 - probably the best station in Michiana. Even though most of the time the music is good sometimes it and the disc jockeys get a little tiring.

WLUP (LOOP) - 9 - this Chicago station is first rate in all aspects and probably plays some of the best R&R anywhere.

WTHQ (Q102) - 1 - the only reason why this joke of a station gets any points at all is for effort. This station is so bad that it even makes U93 look respectable, and

that's pretty bad. WRBR - 5- there are those times when you need to mellow out and that's where this station comes in but besides that it's a basic Z-Z-Z-Z-Z-. WRBR used to be an excellent station a few years back until they became popular and changed their format. Then the station faded out.

- KEY:
- 10-9 Excellent
  - 8-Very Good
  - 7-6 Good
  - 5-Almost, but not quite
  - 4-3 Sorry, Buddy
  - 2-1-Give it up

## TOWER

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The TOWER graciously welcomes letters to the editors. Due to limited space, the TOWER reserves the right to condense letters. All letters must be signed by the author, but if requested, the author may remain anonymous in publication.

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## Discover Rubikmania

By Ted Liu

"A small cubic mold of plastic whose multi-colored sides are divided into nine squares each. Object? To scramble and return the squares to their original places. What could be so simple---or so complicated?"

Everyone, of course, realizes that this is a description of Rubik's Cube.

It's hard to believe that this apparently innocent "toy", with its deceptively bright, smiling colors, its neat symmetrical shapes, is the cause of the infectious madness so many fall victim to. Yet, the Clack-Clack-Clack of its working parts can be heard on schoolbuses, in hallways, and even in classrooms.

This tremendous obsession with the Cube, sometimes called Rubikmania, can be attributed to the devilishly clever psychology behind it. It's those bright colors that cause it! A brand new cube, with all its colors in their proper places, is perfectly symmetrical and balanced. When the unsuspecting victim of Rubikmania breaks the symmetry by scrambling the Cube and finds, to his dismay, that he hasn't the foggiest idea how to get the symmetry and balance back, he feels like he has just ruined it. "It just doesn't look right" is the thought that goes through the victim's head, that forces the victim to make another futile attempt to restore the symmetry. This guilt soon becomes shame; shame, from admitting defeat to a simple, smiling plastic toy. Those books written about the Cube don't help the ego much either, with titles suggesting that anyone who can't solve the Cube is an utter moron (i.e. The SIMPLE Solution to Rubik's Cube, you CAN Do the Cube, MASTERING Rubik's Cube, etc.).

The fact is, of course, that solving the Cube entirely on your own isn't easy at all. In fact, it's pretty &###!%#! near impossible for mortal man to solve the blasted thing. It is on this idea that all these books are written giving the solution to Rubik's Cube. The fact is, probably as much as 19 out of 20 of those "speed cubists", who can solve the Cube in two minutes or less (myself included), will admit to reading one of those books to find the answer. Those who insist that



they solved the Cube without the book are either (a) very talented liars, (b) close relatives of Erno Rubik (the sadist who invented the cube), (c) friends of people who have read one of those books and were willing to tell someone of its secrets, or (d) a one-in-a-million mutation who actually figured it out for himself. Disillusioning, isn't it? Well, that's life.

The problem, however, with reading one of those books is that once the answer is known, all the "fun" is taken out of the cube. It is instantly transformed from "public enemy #1" to "a silly-looking waste of time." Of course, one can always try to show off in front of others with the cube, but after a few "you must have read the book" put-downs, this becomes pretty boring.

On the other hand, the alternative to buying one of those books may be little better. The agony of trying to solve the Cube gives way to tremendous frustration and anger. Frustration, from trying to fix the colorful, offbeat sides of the cube, which almost smirk at you defiantly, and anger, urging the cube-owner to wipe that infernal grin off the sides of the cube another way---by hurling that blasted contraption and gleefully watching plastic strike cement in a dazzling display of offbeat colors.

But, through prolonged exposure to Rubik's Cube, this writer may have found a way to minimize the guilt, the shame, the frustration, and the anger of solving the Cube.

**DON'T BUY THE THING IN THE FIRST PLACE!**



The jazz band is seen here during one of their morning practices. The band practices every morning before school. Band members pictured here are Martha Lorber, Kirk Udvardi, Jerry Boyer, Eddie Galfsky, Shant Markarian, and Andy Hensler.

photo by Dave Wisniewski

## What is all that jazz?

by Craig Markarian

John Adams High School is well-known for its high quality academic education, athletic competition, and its opportunities in the arts. One of those arts, music, offers John Adams students a variety of choices.

For the Adams student who is interested in musical instruments, there are many outlets: the orchestra, the band, the pep band, and the jazz band. Each is different. Each exposes students to different types of music. For example, the orchestra plays classical and pops. The jazz band

plays the music which its name implies.

The jazz band and its musicians are in a class by themselves, for they learn not only the written music, but also learn to improvise. Improvisation gives the musician a certain freedom. It takes a lot of hard work and practice to be able to improvise. One whole session each week is devoted entirely to improvisation.

There are roughly fifteen members in the jazz band. The number of members may appear to be small, but for the type of music they play, this small number is very common.

Members practice both before and after school on four different days. Throughout the course of those four days, the musicians of each section of the band practice on their own with the help of Mr. Dwyer, who is their director. Besides directing the jazz band, he also directs the marching band, and the pep band.

Having the opportunity to play a different type of music increases a student's exposure to the varied and rich musical spectrum, and goes a long way toward enrichment. This is part of what the arts are all about, and jazz band offers that fulfillment.

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## Heading for the top

By Greta Roemer

The Girl's Basketball team has put together its best season in the history of the sport. An 11-2 overall record and 5-0 NIC record place them on top of the conference with only four games remaining.

The most satisfying victory of the year came just a few weeks ago when the Eagles stopped a physical LaSalle Lions squad 55-49. Judy Hamilton dominated the inside and Stacy Adams, Diane Farmer and Beth Carter were mainly accountable for the scoring. Julie Yazel was not able

to play because she was sick but has also been a scoring leader throughout the season. Guards Chris Allsop and Kathryn Connolly provided the ball handling that enabled the others to score. Kelly McMahon, Val Lane, Gina Nowicki, Jennifer Weisjahn, Lori Ivy and Judy Molnar are the very crucial substitutes that add depth and a future to the team.

Over Christmas break, the team was busy with two invitationals. The first was the Holiday Tournament where Adams lost an overtime heart-

breaker to Mishawaka. Shortly afterward, the Eagles were able to rebound (no pun intended) by winning the Rochester Holiday Tournament.

Four NIC games remain: Michigan City Elston, Riley, Elkhart Memorial and the revenge game against Mishawaka.

Sectionals are coming up on February 6 (finals) at Mishawaka. If you have not seen the Eagles play, I would suggest that you do so, because this team is heading for the top!

## Anything can happen now

By Katie Oren

Only four short weeks ago, Adams Basketball was boasting a 4-1 record overall and 2-0 in the N.I.C. They were very proud of their record, yet humble, for they knew they had not yet been tested to their fullest.

Against Penn and Mishawaka, they had shown that they could handle pressure in the fourth quarter, rallying both times to squeeze out victories, but their erratic playing in the first three quarters was enough to question their ability to stand up to the more consistent teams they were soon to play.

Against Washington in the Holiday Tourney, Adams learned a valuable lesson; You can't keep playing "catch-up ball" every game and expect to come up on top all the time. After scoring 4 points in the last 30 seconds,

Adams lost 45-44.

Against Memorial, two weeks later, a feeling of DeJa Vu was felt by the crowd as, once again, Adams tried to surmount a 13 point deficit going into the 4th quarter. Don Scheel was outstanding throughout the game scoring 22 points and grabbing 20 rebounds and the whole team was excellent for the last 8 minutes of the game but the Chargers were able to hold the Eagles off 72-66, through great clutch shooting of their own.

Last week's game against LaSalle cannot be said to reveal that the Eagles cannot stand up to the "real" teams in the area because it was a grudge match, and the Lions were not to be denied the revenge they wanted for their loss in last year's Sectionals. Give credit to a team that deserves its 9th place

ranking in the State.

With a 4-4 record now, the Eagles are at the turning point of their season. If they can play ball tonight against Michigan City Elston for the full 32 minutes like they've been in the last 8 minutes of the previous games, they should be on their way to at least a 12-6 season, almost the reverse of last year. If, however, they try their luck again at the "Joe Montana-style finish" and come up short, they could be looking at a mediocre 8-8 season. Adams is favored in the Tribune picks, a good omen. Make sure you're there tonight to see that Forrest Miller is right.

## Indoor Soccer Club

by Kevin Hughes

The Universal Kicks Soccer Club is rolling along to another successful season. The club is now playing indoors at the Mishawaka Y.M.C.A. The Kicks lost their first two games of the season to Brethren Christian and Penn. The scores 7-12 and 4-5 respectively. They have won four of their last games and tied Washington 2-2. The Kicks now own a very respectable 4-2-1 record. Every player on the team has contributed equally, which has made the team winners.

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## Athlete of the week



photo by Dave Wisniewski

Adams wrestling, as a team, has never seemed to be a powerhouse, in the N.I.C. (mainly due to Mishawaka's reputation) but that doesn't mean they aren't good. Coached by John McNarney, they have consistently sent at least one man to STATE for about five years in a row. Dave McNarney seems to be the man to go this year.

Dave typifies the fighting style of the team. To watch Dave wrestle is like watching a

demonstration on the art of leverage. The Eagles do not rely on brute strength to defeat their opponents. It is the skill taught to them by their coach which brings them victory.

Dave is almost assured of going down State, since last year in the Semi's he finished fourth and the top three go. His record is 16-0 with 10 pins under his belt this year. His style is one of calm confidence.

## 1981 Highlights in sports

By Alan Engel

As Dave Anderson of the **Herald Tribune** wrote, 1981 as a sport's year, was a year without. It was without:

--seven weeks of the baseball season because of a player's strike.

--the Wimbledon King, John McEnroe, invited to be a member of the host All-England Club (as McEnroe said, "\*&?##\*#&!?!")

--the Super Bowl champion Oakland Raiders qualifying for the playoffs.

--ND having a winning football season (probably basketball too!)

--the almighty New York Cosmos retaining their NASL title.

But it was also a year with many surprising and spectacular

events occurring. Among these were:

--Pete Rose surpassed Stan Musial's NL record for most hits, and now is only 494 hits away from T.Y. Cobb's major league record of 4,191.

--Sugar Ray Leonard became the undisputed welterweight champion and SI's Sportsman of the Year.

--Paul "Bear" Bryant surpassed Amos Alonzo Stagg's "untouchable" record of 314 college football victories.

Now it's time for some individual awards to be given out. The following awards are given for exceptional achievements and terrible performances, from high school to the pros.

**The Timex Kid** - Todd Parker - This one's definitely undisputed. Todd "took a licking but still kept on ticking!"

**Most Biased Sportswriting** - Woody Miller - from the South Bend Trib - AGAIN! Woody's Weekly Winners or should I say losers? Woody's got Clay on the brain! Sorry Woody, but there isn't a tooth fairy and YES, CLAY DOES LOSE!!

**State's Best Athlete** - Without a doubt - Paul Koscielski - Won the state's single tennis championship, is ranked nationally; he just won the National Sugar Bowl Tournament, and Paul is only a sophomore in high school!

**Worst Consensus Sportswriters' Pick** - Eagles by 3 in Super Bowl XV?? HA HA - Raiders stunned Philadelphia 27-10!

**Best Sports Crowd - Tie**: N.D.'s student body versus UCLA last month. The slogans, "We want Rod" and "Take away his car" and those keys kept Notre Dame alive in the first half. And Adams crowd last March versus LaSalle in sectionals. Eagle crowd choked LaSalle sophomore and he missed two free throws with just seconds remaining on the clock.

**Worst Officiating** - This well deserved award goes to some NIC basketball officials. P.S. - A head and shoulder fake is not, I repeat is NOT traveling, sirs!

**Best Comeback - Tie**: Jim Plunkett - Raider quarterback! After years of silence he burst onto the field at midseason and led to a superbowl victory!

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