

# the john adams tower

## New NHS, Quill and Scroll members

The National Honor Society and Quill and Scroll, the national journalism honor society, are proud to announce the 1982-83 inductees. The NHS officers, president Janine Anella, vice-president Steve Collier, secretary Sean Lennon, and treasurer Chris Toal, welcome the following into NHS: **Seniors:** Kathy Borowski, Kevin Butler, Rene Despres, Theresa McKiernan, Laura Nelson, Cindy Russo, Wendy Russo, and John Vittori.

**Juniors:** Anne Anderson, Diane Austin, Brian Baer, Matt Booty, Heidi Brashares, Tina Calogeras, Geraldine Chimiel, Christina Conklin, Barbara Connolly, Tom Crowe, Kimberly Curtis, Frank De Cleene III, Richard DeCraene, Victoria Demaree, Ricky Dennen, Sarah Detlef, Margaret Duesterberg.

Also, Chris Foley, Jennifer

Frieden, Laura Fritz, Stephanie Grubb, Lynn Gustafson, Eileen Haley, Todd Hammon, Michael Hanlon, Fria Hansen, Peter Harris, Graig Hartman, Sara Hechtman, Hugh Hedman, Joan Hickman, Eric Horvath, Kathy Hugh, Paul Johnson, Brian Jones.

Also Kelly Keller, Chris Kelly, Elizabeth Killeen, Paul Koscielski, Derek Lannuier, Lissa Leege, Patricia J. Lindemann, Sandra Madison, Chris Mantke, Michelle Martina, Gerry Mason, Jo E. May, Beth Mengel, Kevin Miller, Kimberly Mitchell, Dawn Moore, Michael Morris, Gina Nowicki, Kristina Palmer, Michelle Parent, Debra Pejza.

Also, Laura Schilling, Pam Schlossberg, Daniel Simons, Carol Skelton, Sharon Slabaugh, Harold Stafford, Chris Staton, Jeanine Stegert, Paul Stein-

hofer, Tracy Talbot, Susan Tarwacki, Patricia Tripathi, Anne Turley, Peggy Vanderburg, Julie Vigue, David Webb, Gregory Wenling, Marci Whittenburg, Bensen Yang, and Doug Zielinski.

Christina Bird, Kevin Baer, and Karen Germano, the senior members of Quill and Scroll, are inducting Janine Anella, Anne Cowen, Jerry Donlon, Alan Engel, Cathy Gergesha, Stephanie Grubb, Robin Hans, Betsy Killeen, Jenny Kingma, Ann Krege, Derek Lannuier, Ted Lui, Kevin Miller, Kimberly Mitchell, Mark Orlando, Carl Schoeneman, Christopher Toal, John Vittori, and Marci Whittenberg.

The induction ceremonies were held on Wednesday, December 8th, in the Adams auditorium. Congratulations to the new members!

## Liu Grabs Research Grant

by Alan Engel

Adams senior Ted Liu was awarded a \$150 grant from the American Lung Association of Indiana last month. Ted received this most prestigious grant after he sent a proposal of this year's proposed research to the Lung Association last October.

Only eight grants are awarded to high school students in the entire state. In order to be eligible for the award, the project must deal with respiratory health. Ted's research deals with exercise.

Last year Ted performed research with laboratory mice to study their responses to increasing levels of treadmill exercise endurance training. This year's research is a continuation of last year's research; it is a comparative study of the effects of treadmill exercise training with comparable caloric expenditures to swimming exercise training. Ted commented, "I want to know if all the hype about running and exercise in general is valid."

Previous research done by scientists has shown that exercise

does in fact decrease heart rate and the occurrence of coronary arteriosclerosis, and increase the HDL cholesterol levels. Furthermore, it has been shown that exercise training causes an increase in the maximum capacity to consume O<sub>2</sub>. Another more widely known fact obtained through research is that exercised animals gain significantly less weight than animals that are not exercised.

Ted is researching more than ten physiological factors either

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## Niemier elected state VICA president



In the spring of 1982, the Indiana Association of the Vocational Industrial Clubs of America held its annual election for state officers. Bill Niemier, representing the John Adams Industrial Cooperative Training classes, submitted his application to run for a state office.

After reviewing all of the applications received from schools throughout the state, the election committee notified 25 students. Bill received a notice to attend the screening process. The members of the state-appointed screening committee lowered the number of candidates to twelve, two candidates for each of the six offices.

Bill was slated to run for the office of president. On Saturday, April 17, at Arsonal Tech High School in Indianapolis, the candidates presented their

speeches to voting delegates composed of representatives of every VICA associated high school in the state. Bill was elected state president, and assumed office on June 1, 1982.

Since this date, Bill has been very active in the organization. He has represented VICA at various local, state, and national conferences. Among these were the American Vocational Associate Conference, the National Institute of Cooperative Education, and local school presentations. He also conducts all state meetings in Indianapolis.

The rest of the school year has busy plans in the making for Bill and the other 5 state officers. "The benefits are outstanding, the educational and personal achievements have been numerous. I encourage every co-op student to get involved."



## Eagle Items

### COE Officers Elected



COE has begun another year and the members are ready to go! COE (Cooperative Office Education) is a vocational program for senior students who are interested in a career in business. Students attend school part-time and work on the job in an office at least 15 hours per week. They get paid for the work they do and they earn 3 credits toward graduation each semester.

Officers elected this year are as follows: President, Melinda Spite; VP, Melinda Poland; Secretary, Erica Wurzbarger; Treasurer, Wendy Payne; Historian, Kelly Lennox; Reporter, Mary Wagner; Parliamentarian, Cathy O'Malley; Board Members, Chauncy Bougard and Sandra Taylor.

On October 14 the COE students attend their first district leadership conference at Penn High School. Students from Warsaw, Whitko, Bremen, Elkhart, Mentone, as well as from Mishawaka, Penn, and South Bend attended this conference. New officers were installed, a speech on leadership was delivered, and students were given an opportunity to break out into interest groups.

COE is part of the business education department. Students participating in this program receive training in the classroom and on the job. Experience is gained in any of the office occupations--receptionist, word processing, typing, accounting, filing, teller, mail clerks, etc. Students in COE belong to a national youth organization called Office Education Association.

## Christmas Concert

The John Adams Vocal Department is proud to present its 1982-83 Christmas Concert on December 14, at 7:30 in the IUSB auditorium. This year's program will focus more on classical pieces, but it will include the traditional carols and the candlelight procession.

The first half of the show will include the carols, "The March of the Wise Men," "Shepherd's Chorus," from "Amahl and the Night Visitors" (featuring soloists Todd Harding, David Colt, Duane Kline, and Marcus Monroe), and "Break Forth, O Beauteous Heavenly Light," from Bach's "Christmas Oratorio."

The second half will consist entirely of selections from Handel's "Messiah." Each part of the group -- soloists, orchestra, and choir -- will be highlighted. They will be performing "O Thou That Telles Good Tidings To Zion," "For Unto Us a Child is Born," and the perennial "Hallelujah Chorus." The soloists are Patricia Lindemann, Paula Whiteman, Jenn Frieden, and Tracey Moody.

## Junior Rotarian



The Rotary Club of South Bend chooses an outstanding athlete and student from each area high school to attend the luncheons and to honor their achievements.

From January 12 to February 16, Connie Lee will represent John Adams as Jr. Rotarian. Connie is involved in the Booster Club, Student Government, and yearbook. She will eat lunch with the Rotary Club each Wednesday.

# Letters to the Editor

Letter to the Editor,

It seems that opposing opinions have caused a shower of sparks in the senior class. These sparks are burning many individuals but the greatest pain will eventually fall on you and I, the average senior. It is the average senior who will pay the price of the unsettling effect of an unbalanced class with an uncertain bank account.

In no way can the senior class officers be blamed for the present turmoil. The problem, although in their hands, is in this senior's opinion the result of ignorance. Do you know how much money we as a class have? Do you know how much money we need? Most likely you would guess too low on the first question and too high on the second.

Here's a third: Do you, John Q. Public of the class of 1983, have any suggestions on how to make money and accomplish something useful at the same time? I bet you could come up with something. The point is that this class is caught in the rat race of politics and corruption. The class has lost sight of "having fun" and "Contributing to the greatness of the school." For example, what's a candy sale? It

can best be described as a bunch of unenthused seniors trudging through the hallways grasping a torn plastic bag full of candy that they want so badly to eat. Fun? Probably not, but it makes lots of bucks!

Maybe I've missed the point. Maybe there is too much of a burden on our officers. It seems that at least two things should be done: all seniors should be made aware of the facts and figures concerning the financial situation of the class and the aspirations that the class has for the money that we have. The panic method of "We don't have a prom!" doesn't seem to impress, Mr. Public anymore. Why can't everyone know what money is needed for what purposes and when?

The second thing that needs to be done is How. How to make money should be a question that is presented to Mr. Public so that together (that's a new word) we can go about finding new ideas and more inspirational fundraisers.

In conclusion, it should be mentioned that we have class officers who are intelligent, creative, industrious and con-

cerned. These characteristics of the class leaders are a representation of the characteristics of our entire class. For this reason Mr. Public should become, in the immediate future, better informed and more involved.

Respectfully submitted,  
An average senior



To the student body:

Lately I have heard much complaining about the contents of the Tower. You say you don't like the articles we print because "they're boring." But when I ask the complainers what he/she would like to see articles about, he/she shrugs and says, "I don't know."

Well, who are you to complain? We can't print articles that will be interesting to you unless YOU tell us what you want to read about.

Offer us suggestions! We would be thrilled to have your ideas for articles. We will sincerely try our best to carry out your ideas.

Do you have an interesting hobby you'd like to have written about? Tell us! Who wouldn't like to see their name in print?

If there is something you would like to see us write an article about, corner a Tower editor and tell them, slip an anonymous note with your idea on it under the Tower office door, or drop it in the suggestion box.

It doesn't matter how you submit your ideas, just do it. If you can't offer constructive criticism and ideas, then you have no business complaining about the Tower.

Marci Whittenburg



by Ann Krege

When the last pep assembly took place during fifth hour some students complained about the time, the lack of seniors (although they looked like they were there in full force to me), and so on and so forth. Granted, with DECA, early senior dismissals, student jobs, etc., fifth hour on a Friday may not be ideal. But, let's face facts; Adams was averaging two routine interruptions per week, including activity periods. Special pep assemblies (on Monday, mornings of all times), special performances, and "regular" pep assemblies.

Lest the readers fear that I lack school spirit, let me hasten to reassure him that I am just as

proud to go to Adams as the next person. But with so many morning interruptions, it is a wonder if we learn anything well. After all which comes first, school or assemblies? School? I wonder.

Eliminate pep assemblies? Never! I'm all for supporting our athletes. And activity periods? They are excellent; they allow students who work or ride the bus to participate in extra-curricular activities. That is why I would like to commend the administration for shortening the activity period schedule and moving a pep assembly to fifth hour. This is a give and take situation for everyone.

Thank you.

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My big sisters Teresa and Veronica: Merry Christmas. Love,  
Amy

Brian, Ricky and Chris, To three of my closest friends, Merry Christms and a Happy New Year. Friends always,  
Amy

Chris, I'll always care for you! Merry Christmas. Love,  
Brandon

Hey Chuck, Anita, B.J.  
J.R.

Duane, I hope your Christmas turns out as great as you are. Love you always,  
Michele

Mary Kay, From one destructor to another, if we can make it through this year we can make it through anything.  
Diane

Merry Christmas to Goodman, Kline, Lazzara, Mr. Germano, Mrs. Germano, and Dwyer. Special people all in their own way.  
Appreciative Student

C.L., We'll have to take a drive like before . . . we'll have an extra hour [you drive next time!]. I'll have to talk to Bill about his antics. Keep him in line! I'll see you on Christmas, so I'll wish you a good one then. Love,  
Our better half [ha.ha]

Obnoxious, Try not to get lost in the woods over the holidays. Mr. P. told me he is mad at you for strangling him with that heavy chain. By the way, our phone is closed after midnight for the holidays. Have a great Christmas and New Year's Eve! Love,  
Wendy

Cathy, If only he knew what he was missing. For your New Year's Resolution, let him know before graduation. Have fun over the holidays and Merry Christmas! Love,  
Wendy

Kate, Let's have a Merry Christmas and Happy New Year! Maybe make Angels and Devils in the snow. I already have my present for you! Thanks for making my life special. Love forever,  
R.S.

KEVIN BAER'S BIRTHDAY IS DECEMBER 14

Mandy, Michelle, Val, Traded in the plastic for silly putty. Come on and mold them the way you want them. Merry Christmas and may the bird of paradise never fly through your fire-stack.  
C.S.

Steve, I hope your Christmas is as happy as you make me because then you'd be sure to have the best. Thanks for all the great times we've shared and for being that "special person in my life." Love ya always,  
Cheryl

I heard you got stood up Saturday, Amy.  
R.H.

Diane Ricker, I love you Poo Poo Bear!  
Scott Wilcox

Rob, Never forget T.B. party!!  
Me

Michele Anderson, I'm really going to miss our talks in you know what class next semester. Merry Christmas! Love.  
Janine

Kevin Baer, Can I have a couple tylenol [extra strength and maybe an open window] please. THANX!!  
Al

Debbie W., What more can I say, but thanks for everything! Merry Christmas! Love ya,  
Anne

Amy, [Hoey, Doey] You've made this year my best ever. Thanks for the memories that you've already given me and for the many more that I'm sure will come. I hope I've made you as happy as you've made me. Love,  
Brian

The "IN" Crowd, Thanks for being such good friends and making everything bearable. If it weren't for you I don't know what I would do. Long live 5th hour runs to Hacienda.  
Diane

Hey Purple Renaissance Queen, You're reerly special!! Merry Christmas [I wish I would be here] and Happy New Year! Love,  
The Bowling Ball Kid

Krispy, My bestest pal! Happy Birthday to you, Happy Birthday to you, Happy Birthday dear Krispy, Happy Birthday to you! May the mystic turtle sail up the St. Joe Rv. and pick us up! Long live Rege! Thanx for always being there! I'm gonna miss ya!  
V.B.  
P.S. May Santa stuff Mattao in your stocking!

Michele and Charlotte, Thanks for the support, Merry Christmas. Love,  
Wendy

A.B. To the coolest freshman at JA! And a not so bad little sis either! Love,  
V.B.

Smiley, Been a great friend and showed me some great times. Merry Christmas.  
Twiggy bug

Kathleen Kusbach, Huh? What's this?

Shannon, Polly, and Payne, Have a great Christmas. Thanks for being my favoritest chums these past 3 and a half years. You all mean alot to me! [all you HO's!] Love,  
Todd

John, Next time I think we should bring a compass! [Did you ever get all the brambles out of Mr. P?] Have a Merry One! Love,  
Cindy

Boob-Glad you're back! Love you forever  
P.I., Alicia, Lee

Merry Christmas to all of my besa friends, Besa Steve-watch out!! [fer sure], Besa Mike-don't hope too high, Besa Julie-[sniff sniff] take off, Besa Brian-keep up the karate. Love,  
Besa Steph

Lex, Don't fall in a Hole! Have a Merry Christmas! Love,  
Martha

P.S. I hope you live to see New Year's Day!

Suzie-Q., This is to formally congratulate you on the demise of your unfortunate previous attachment. We'll see what Bill can't come up with as an "extra" under the tree. Love,  
Cindy

Connie, I'm going to get you back. Just wait, someday when you look down you're going to be barefoot! Merry Christmas, Friends forever,  
Janine

Carrie - Don't forget to brake early! [And look out for hairy chests and rippling water]. Merry Christmas, Love,  
Anne

Lex and Connie, Are you two chewing bubble gum?  
Val

Michelle and Jodi, To my favorite juniors [Merry Christmas].  
Lisa

Craig and Shant, You're super, i don't know what I would do without you. Have a mega Christmas.  
Diane

Dear Karen G., To a very beautiful girl who has brought me so much happiness in the past 14 months. I can't put into words how much I LOVE Ya, I hope we can spend a romantic Christmas together. Merry Christmas and Happy New Year. Love ya forever,  
Michael R.  
P.S. Please don't go to Mexico.

A.P.Freak, Love being your friend [especially when you're in a good mood, which is seldom these days]. What's that plant growing in your purse? Always remember that I know your thoughts.  
Reed Eater

Erik,  
You are my Northern Star,  
That lights my darkness;  
You are my Christmas carol,  
That brings joy to my heart;  
You are my cozy fire,  
That I long to be near;  
You are my Santa Claus,  
That I love so dear.  
Love always,  
Kristi

Dan Manier, Shoot any guns lately??  
CaaCaa

Cheryl, Another vacation rolls around and once again we will be apart. But who needs holidays, every time I'm with you it's just like a holiday: fun and rememberable. Hope you have a Merry Christmas and I hope that the New Year is as good as the last part of last year. Always loving,  
Steve

Marcia, Been practicing everyday--quarter sinks every time. Let's all get together and bring in the holidays right. Ker-chink-splash!! Love,  
Amy

T.R., To the best friend anyone could ask for.  
Diana

Tony Magaldi, You are the most greatest gorgeous best friend a girl could have! Thanks and Merry Christmas! Love ya,  
Booby Dooby

Diane and Mary, Can I have \$50?  
Magic Club



Kris, Happy trails to you.  
 Guess Who?  
 Lex, Don't fall in the hole! Have a Merry Christmas! Love,  
 Martha  
 P.S. I hope you live to see New Year's Day!  
 Heidi, I love you!  
 Paul Becker  
 Todd Harding, We found your house!!  
 Billy Squire, ugh, why? I missed that one!!  
 Ricky, Seen any rabbits lately?? Dogs too!  
 Daph  
 Ricky, Keep that "Real-smile!" Love ya,  
 Daph  
 To Kim, the girl I will always want to be with. Have a Merry Christmas. All my love,  
 Tom M.  
 Debbie Beck, I hope we can make it through just this one year. After that it will be easy. Merry Christmas!  
 Martha  
 P.S. I hope we never have to ride a bus in the middle of the night again.  
 Gypsy, MMM those carrots! Happy four months with Mike. Thanx for being there.  
 Stef/Chico Tripp  
 P.S. Bad to the bone!  
 Viva la Slanks [Gypsy, Rum, Airhead, Shell, and Roach]!  
 Chico Tripp  
 Mike Redman and Karen Gillis, have a nice holiday! Love,  
 Diane and Mark  
 Bubba, I hope you're happy with McDonald's. Love,  
 Diane  
 Bob Rockstroh, You sing the first part and I'll sing the other! P.S. Don't get too bored during vacation with no car. Love,  
 Diane R.  
 Merry Christmas to Jewel Hallmeyer and her lovable dancer, Mike!  
 Lee- Peek-a-boo! I still love you and is it still difficult?  
 To my fellow teammates, Our season now stands at 3-0. We work hard and well together. Keep up the good work and we'll go far. Merry Christmas,  
 Dana  
 P.S. Much thanks to coaches Nemeth and Adelsperger.  
 Stef, "First Bank Time, one o'clock . . .!"  
 Daph  
 Lex, We are going to see the clouds before May, chemistry or no chemistry. Love,  
 Con H.O.  
 Merry Christmas, Kim Beckman, You are very special to me! Love,  
 Scott

Twinkles, I wish you a very Merry Christmas. Remember you'll always mean a lot to me. You were right - things are getting better. Take care of yourself. Love ya,  
 Dex  
 Fire Hydrant, Let's hope before the year is up there will be a fire. Love,  
 Vivian  
 Diane Mennucci, The hot sauce goes in your mouth - not in your eyes! Thanx for all the great memories especially at Hacienda! Merry Christmas. Friends forever.  
 Janine  
 Markeyboo, Please disregard the other personal! I really hope our relationship lasts for a long time. I really care that much! Always in my dreams.  
 Diane Rockstroh  
 Yo Mogan, Merry Christmas!  
 Fanny  
 To all our wild and crazy friends! Have a very Merry Christmas and a Happy New Year. Love,  
 Mindy and Cindy  
 Henry, I do not like Chris. So forget it.  
 Jane  
 Dad, Dad! Oh nuts, Andy! Harleys are no good.  
 Andy  
 Joe Mullins, PROVE IT! Queens of the Mountain  
 Rhonda, We are going to have the best Christmas ever. You are the most wonderful present I could ever have. Love,  
 Andy  
 Michael Holmes, It cost \$25 for steps to be cleaned.  
 Mr. Rensberger, Thanx for all the advice!  
 Alan  
 Lex, Are you chewing gum? No, I'm not chewing gum.  
 "Anne?" said Larry Bird. Could Christmas have come early? December 3rd, perhaps? I just know Mike Gann is going to be there. Go for it. We can't miss with champagne and a fireplace. I hope you have a Merry Christmas. It's our trip to Boston.  
 Dominique  
 D.G.I and D.G. 2: Go back to Clay!  
 "Jereen" Glad me and you had fun at "RUSH."  
 Boggedon  
 J.S.H. and T. J.H. I love you! Heb je a gelukkig SinterKlaus!! Love,  
 Your meisje  
 To the hopeful A.P. Freak-ish musician. Give it up . . . have a "cough" for me . . . and have a happy one! I love ya [sometimes].  
 Redsh . . .  
 Bean, Have fun next year all alone.  
 Martha

Yoe Mogun, Par-ev! Old mill? . . . the old mill! I'll buy you a new joooge for Christmas instead of a jean jacket. Love,  
 Goldie  
 Jen, I hope this Christmas and New Year are very fulfilling. The times we've spent together have been great and so have you. Stay the way you aren't. Love,  
 Kevin  
 Ween, Jean, and Beekett, Worship the Moose like a Queen.  
 Ronald Turner - Say PLEASE.  
 Diane M. EEEEEEEEEEEEEEE! Love,  
 Con  
 Connie, Are you chewing gum? No, I'm not chewing gum.  
 Laura McCahill and Jill Wygant, I hope your four years here at Adams are as special as can be. You two deserve only the best. I'm always here if you ever need anything. Merry Christmas. Love,  
 Janine  
 Janine, Merry Christmas to a great editor. Love ya.  
 Connie  
 Diane and Laura, Happy Holidays! Love,  
 Connie  
 Merry Christmas Pit! Hilton Head sounds REAL good. Love,  
 Connie  
 Ronald, Where did you get all your polos?  
 Gerry, I'll get you a garter for Christmas. Love,  
 Jenn-wa  
 Kim, We can double date over Christmas break if D.W. calls [I hope he doesn't, I'm not in love!].  
 Jenn  
 Anne, Think of the beach on those cold winter nights! Merry Christmas!  
 Barbara  
 Kevin, Thank you for making the past six months the best six months of my life. You are so special to me. I hope we can always stay together because we have so many good times together, and I know we will have many more. There will always be a place in my heart for you. I love you. Merry Christmas! Love,  
 Cheryl  
 Cheryl, To the best girl I could ever ask for. I love you so much. You're so very special to me. There will always be a place for you in my heart. Love,  
 Kevin  
 J.P.B.M., love ya always, you are full of Poop.  
 C.P.B.M.  
 O. Key Dokey Johnny, you can have your way. Stay home and suck your thumb while we go out and EEEEEET!  
 From Batman & Flyface

Lorie, Thanks for being a great friend. You've always been there and it has been greatly appreciated. Have a great Christmas and don't do anything I wouldn't do! [Sky's the limit!] Love ya,  
 Mitch  
 Lake Shore Golfer, I want to say I'm sorry for everything that has happened in the past. I know that things will never be the same, but I will always have a place in my heart for you. Thanks for all the great memories even though I didn't leave you any of me. I hope that someday we can be friends and things will be forgotten and I will be forgiven. Have a great Christmas and a super '83!  
 Former Summer Caddie  
 Terri, Jo., I like You very much, wish you were mine for Christmas.  
 Jon  
 Colleen Lennon, I really appreciate your friendship through all the bad times we've gone through and the good times. Your friendship means alot to me. Leave the good times for the future and put the bad times behind us.  
 Megan  
 Lobes, I give you love, I'm sorry it's not enough, That you need other guys. I want the way it was, No guys! Me and you. Not all of you but a big part. Tell me?  
 P.E., Phone home! Ava can't drive! Hey Huck!  
 From M.J. R.H.  
 Markeyboo, Merry Christmas! Lots of love,  
 Diane  
 Merry Christmas! To Margie Gail Without you our company would not be complete! Santa loves you both! Love,  
 Rainbow-Atomic  
 Teresa and Barb, To my bestest buddies. Never forget our Jammin good times. Hope you have a great Christmas! Love,  
 Michele  
 Bean and Becky, Even roadies deserve a Merry Christmas! Yours truly,  
 Fondles  
 Wendalyn, Merry Christmas! LET'S LAUGH!!!! Love,  
 Lex  
 Taco-Salad and Tac-Ole, We were terrible  
 A Margarita Lover  
 Kristi, Erik, Kate, Robert, Thanks for being such good friends when I needed you last year. Let's make this year the best of all. Merry Christmas. Luv ya all,  
 Renee  
 B.C., You are really sweet and I'm glad that we are together. I love being with you, and I hope we are together for a long, long time! Merry Christmas. I love you,  
 D.S.

Shirly Wygant, Keep 'em clean!!! Merry Christmas. Love,  
 Val  
 Kathleen, Come on let's get this one going! Merry Christmas. Love,  
 Val  
 Carl, I think the right side of my body is worse than the left side.  
 Val  
 Pink Toal, Tear down the wall.  
 To "The group" Like, I hope you all have a "mega" Merry Christmas [TTM]! and all that stuff. I love you!  
 Kwispy  
 Mother, dear Mother! Have a Merry Christmas and a Happy New Year full of friendship and long talks! Love always,  
 Me  
 Lindsay, I hope you have a Merry Christmas and a whole, new, terrific New Year! You deserve it! Your friend,  
 Kwispy C.  
 To the "bumpkin", Have a moving Merry Christmas!  
 Guess Who?  
 Peanut Butter and Jelly, You're great friends. Thanx, Love,  
 Deb  
 BB, Thanx for all your help! You're a great sis!! Love,  
 Deb  
 Chris Staton and Paul Steinhof, Get a real job.  
 Scott, Happy suburban hunting and hope you and Linda have warm Christmas.  
 Chip C., Find a cherry tree.  
 Kevin Baer, I know where you live.  
 Paul Newman, TRUCE!!! F away your boxing gloves for a minute and listen . . . "Merry Christmas. I love you!!"  
 Brooke Shie  
 To Mr. Blauvelt, You're very r and your kids are really good! I babysit. Merry X-MAS and Happy New Year.  
 Beth the Babysit  
 Ann [Bo], Does mom know WELL you really drive [jump curbs [100 x equals Merry Christmas and love, your lil sis, C  
 Steve, I hope you didn't get hurt in Ken's backseat.  
 Hockey pa  
 Hey Goofy, Merry Christmas. After Bill gets shopping there won't be any for Santa to bring you! Hope new year starts off better time! Seriously! Love,  
 Hey Sidney, Love those Kleins! Oooo Baby, Merry Christmas Sweetheart.



Meg, Merry Christmas to one of the best friends I've ever had. Friends forever,  
Janine  
Tree, You're the most wonderful person in the whole world. I'd like to wish you and the rest of the world a Merry Christmas.

Lisa Terry, Merry Christmas to the beautiful lady in my life. You've made this past month worth everything to me. I'm looking forward to spending a special Christmas evening, just like we always do.  
Love,  
Janine

Laura Nelson, Since this is our first Christmas, I'm going to get you something you really NEED - bib! At least now you won't have to change your clothes after you eat ice cream! Thanks for being such a good friend!  
Friends

Varmit, You're a hell uv a friend! Luv that shine! Luv, Ma  
Din yavla Norbagge - What? Who said that?!  
Life was definitely better at the

Mary Kay, Rondeo and grapes, M.U., Dave's party, and everything else that we have done for the past four years. Merry Christmas.  
Meg

Val, Merry Christmas XXX  
Lex  
L.B. and K.S., Thanks for helping to get me straight, setting free what doesn't belong to me and seeing to it that I focus in on what's really important - FRIENDS! Merry X-mas

Merry Christmas and Happy New Year Beckl, Jen, Carrie, Shannon, Mindl, Eric, Don, John, John C., Mike H., and Nick. Love,  
Debbie

Kevin, I'll never forget all the special times we've shared during these last six months. We seem to grow closer each day we're together. Thanks for all your understanding and kindness. I love you lots!  
Merry Christmas  
Renee

Val, When are you and Carl taking me out for milk and cookies? [Don't forget-PUT SHOES ON.] Thanks for the punches, I think I've woke up now. Have a terrific holiday. Love,  
Anne

Good Luck Basketball Team! Let's Take STATE!!

Sweeney, They have schools now that teach you how to drive!  
Val

Dear Mr. Radical, To a real sweet guy, who we couldn't do without in Biology. Love,  
"The Awesome Twosome"  
Where is Lou?

Doug, Where is my \$21.00?  
Bim Bam Batman

To Jordie! Get a real Bro.

To?: Thanx for the good times at Indy - Maybe next year.  
The X-Men

JAXC at South Grove in '83.  
Flyface

Doug, Where is my \$11.00? Christmas cash huh?  
Flyface

For a Syntax dial 282-2227. Just ask for "Vize."  
Jenn

Susie, Beware, the ice attack is back!  
Stevle Stein

Hank, Merry Christmas  
Mary

"Vize" is the duke of syntax.  
Jim

Dear Var. Sneezzy, and Blg Sal, To three of my very close and best friends. I hope whatever we go through together, we will always stay close friends forever. Have a Merry Christmas. Love,  
"Speedy"

Jason, Thanks for the fulfilling evening. Tons of love,  
Shamoo

JoHo, Tina, and Beckl, You're the best group of friends a person could have. Merry Christmas.  
Cheryl

Merry Christmas to the student body and staff.  
Mr. Pryzbysz

Henry M., I love you, not Scott or Mike. Love ya,  
Me

Merry Christmas to all the Party Animals and CPs. Love,  
Tig

Merry Christmas to: Peaches, Alicia, Anita, and JoEllen. Thanks for always being there. Love ya,  
Heidl [Tlg]

Mr. Mutt!, All the moose in Canada are no good.

Angie - why?  
I love Judy.  
KMA

Kevin, It's been great so far! Let's keep it going. Love ya,  
Jenn

Sandy, I miss you and C lunch! Call me! merry Christmas. Love ya,  
Jenn

To Peter Sniegowski, Ohhhh God!

To Teresa [Crunch-sideburns] Glad to have met ya. Let's have another party! And to Dan B. you're crazy but sweet. Where's the nutty buddies and the Mountain Dew? Merry Christmas and love ya both,  
Jenn [Bckel-face]

Tigger, I'll always remember you!  
Jenn

Mahow kitta, Beloved Fuzz!! Merry Christmas to all my friends [you know who you are]. Thank you for being there when I needed you. You mean alot to me! Love,  
Jackle

My Dearest Stacey, Merry A-mas! Hope we have a long future together. You'll always be my ROSE. Love-always,  
Jim

To John "The Splurger" Vittori: Was the play worth all that "Pit" cash?  
from Batman & Flyface

"Vize" I'm really ticked at what incredible mugs you stole. You stud you. Don't forget the vice grips.  
from Batman & Flyface

Cheryl, JoAnne and Michelle, Thanx for being three special friends that I couldn't do without. May your X-mas be filled with much happiness. Love,  
Beckl

Karlo O., The girl with chapped lips!  
L.Nick and Friend

Diane R., Merry Christmas, I love you.  
Mark

Attention: Who knows what happened to Lou Picone?

Jelly, To the greatest friend anyone could have. Love,  
Peanutbutter

To Rick, Get a real computer partner!

To my sailboat Pal, Happy 360's - I love you.  
Jod

Susie R.T. and Debbie S.W. You don't want to meet Lou. He is the force of Euchre and he's with us. Q.B.  
B.O.F. and Bug

Dear Sneezzy, To a very special friend who I couldn't do without. Thanks for always being there when I needed someone to talk to, have a Merry Christmas. Love always,  
Susie

To Ma, Pa, and Varmin, You're the bestest family around. Merry Christmas and God bless ya all.  
Bessie Sue

Michelle, May your wittiest dream come true!

Dear Slick, You've played the guys' version of the game, so look for Number Nine and you'll find my name.  
"The Note Writer"

Jodie, Hope you have a very merry Christmas and that Santa brings you that Notre Dame pennant you wanted, Love,  
Kevin

James and Chris, Hope we can share more unforgettable nights like we once had. Love,  
Dallas Cowboy Cheerleaders

Gina, Beware of Syntax Errors!! Have a Merry Christmas!!  
Michelle

Kristin Clay, Every once in a while, I catch myself looking at you and wondering what happened to us and wishing it hadn't. For the fault of it that was mine I am sorry. Love,  
Tina

Chocolate chip mint ice cream never melts.

Michelle, Thanx for the warmest 32 plus months a person could ever ask for. I hope Santa will bring you down my chimney on Christmas Eve. Love always,  
Bill

Joann H., I understand you want to branch out, but I will always love you. You are the love of my life, my hope and my joy. I really love you a lot.  
Sonny

Margie, To a very cute girl who I like a lot. Love always,  
K.V.

Dear Alan, Happy Chanukah - The Gang

Paula, To a really great friend! Thanks so much for listening. Merry Christmas! Love ya,  
Anne

Sharon, Someday maybe you'll get "28"! I know you hope it's soon! Hve a great Christmas! Friends always,  
Anne

To Yvonne, Have the Merriest Christmas and a Happy New Year. Love always,  
Jerry

Connie, Merry X-mas. Put a bee in your ...  
Lex

Mike K., All the good times I've ever had have been spent with you. I hope we're always together. I love you!! Love always,  
Sae

Lover,  
The days are good  
The nights are better  
I hope that we'll always be together.  
Love ya,  
Noble R.

Little Turner, Maybe if you say PLEASE since you can't put on a camisole go get another polo or maybe a stereo. 777-9311. Love,  
Grace

Janine, You have always been there for me--thanks a ton. Merry Christmas.  
Meg

P.S. You may drive the Patton's car whenever you feel like it.

Laura, We have come a long way with our friendship, so let's keep going and stay the best of friends. Thanks for coming to Adams. Merry Christmas.  
Meg

Diane, Florida is near so just hang on HONEY. Merry Christmas.  
Meg

Dipidedoo-Mr. Physics!  
A.B.

Chip Stafford, Sorry about everything.  
A.B.

Gypsy, MMM those carrots! Happy four months with Mike. Thanks for being there.  
Stef/Chico Tripp  
P.S. Bad to the bone!

Mr. Krause, Several questions. What does it mean when VIETNAM is written [or even spoken] and a window is open? The kids aren't bricks in the wall--they're windows! The sixties are long gone now--so why does .9999 equal 1? Why do students use their books on your final exam? Huh? Because the sine of theta has NEVER existed in any of your classes!  
Signed,  
A truly scared parked car

Steve C., Chris would not approve!

Merry Christmas Kim Beckman. To a very super person, and is special to me. Don't earl any more. Love,  
Scott

Todd Harding, We found your house!!

Billy Squier, Ugh--Why? I missed that one!!

Karen, Patty, Julie, and Gayle, Have a Merry Christmas, and try to have a memorable New Year. Love,  
Martha

Bob Rockstroh: I love tall guys with real jobs!  
Freshman

Merry Christmas to Julie Bird, hope things work out! Love,  
Scott

Karla, We've been friends for a long time. I hope we can still be for years to come. Love,  
Amy

Val L., Have fun Christmas break! Make sure there are no footprints in the snow!! Merry Christmas,  
Martha

nobody else is.  
Martha, Consider yourself lucky, at least your footprints disappear with a little help from your Hoover. Merry Christmas, Love,  
Val

you don't know is divine; to think you know is a disease.  
Diane and Mary  
Can I have \$50?  
Clay High School

To my Creative Serf, Ours is a strange and wonderful relationship, but which is which, I'll never tell! Thanx for everything,  
Arrogant Wench

special for me. Thank you for making my life complete. I love you. Merry Christmas! Love,  
Jackie

Val L., Have fun Christmas break! Make sure there are no footprints in the snow!! Merry Christmas,  
Martha





Meg, Merry Christmas to one of the best friends I've ever had. Friends forever,

Janine Tree, You're the most wonderful person in the whole world. I'd like to wish you and the rest of my future relatives the Merriest Christmas and the Happiest New Year!! Love,

Celeste, I hope things work out - I want them to - how about you?

Eric, Thanks for all your help and advice. Too bad you can't fit in my Christmas stocking. Love ya,

Mary Kay, I'm so glad everything is cleared up. I wouldn't ever want to lose our friendship, Merry Christmas, Friends forever,

C.C., Have the best Christmas ever!

They kill preppies, don't they?

Dear Beth, It took chemistry to bring us together, but I'm glad. Thanx for being such a good friend. Love'n'hugs,

To Cathy and the rest of the TOWER staff, Only 4 more issues...but don't worry-if we can do two eight-pagers, we can do anything!

Dear Mr. Goodman, For the 6.02x1023 time, thanks for being such an inspiration, and for taking the time and effort to make inspiration live. In gratitude,

Anne, Thanks so much for understanding. I hope that you have a great holiday. Love,

I would like to wish that Adams Barbershop Quartet [David, Colt, Kevin Gould, Pat Grove, and Duane Kline] a very merry Christmas! Your faithful pianist,

Eric, Donny and John, Merry Christmas! Love and friends,

Varsity Poms, Merry Christmas! Although you are second in state [beat Clay] you are #1 in our hearts. Love,

To Steve Rieman, You're a very sweet, special, and understanding guy that I'll miss when you move to Florida. Please don't forget me. Happy Holidays and Merry Christmas! Love,

Renee, It's been wonderful being with you and I hope it will last. Have a very Merry Christmas. Love,

Cathy G., Don't be "sorry," nobody else is.

Martha, Consider yourself lucky, at least your footprints disappear with a little help from your Hoover. Merry Christmas, Love,

Lisa Terry, Merry Christmas to the beautiful lady in my life. You've made this past month worth everything to me. I'm looking forward to spending a special Christmas evening, just us two... Love,

The Lunch Bunch, You're all a great bunch of friends, I wouldn't trade you guys for anybody else. Merry Christmas and Happy Haniku?[spelling] Love,

R.R., K.D., K.P., E.J., Thanx for being such great friends! I wish you all a "Merry Christmas"

R.R., K.D., K.P., E.J., Thanxs for being such great friends! I wish you all a "Merry Christmas" and I hope you have a great vacation.

Mic, Surprised to hear from me? Well, I just wanted to wish you a Merry Christmas and a Happy New Year. Maybe over vacation we can go to Gipers again, this time I'll let YOU play 99. See you then.

Charlie, Thanks for the greatest memories this past year has brought. You're the greatest! Love you and Merry Christmas,

Jamie B., How much does it cost to buy a real personality? Get the 10c back on yours.

V-Poms, Merry Christmas to 15 great sisters and friends. Mom thanks for everything.

J.B., Merry Christmas and thanks for everything! Love always,

George, Even though we've had our share of bad times, I must say that they could never compare to the number of good. You've been a very special part of my life. I just hope things never change. Thanxs for just being you! Love always,

P.S. Merry Christmas!

KLP, You know how it is with us, and I couldn't ever begin to put it on paper [everyone would see]. Just keep trying to live for the day-not worrying about tomorrow. I love you today and tomorrow,

Eric, Kristy, Kevin, and Renee, Have happy holidays and a good vacation. Good luck. Love to ya'll.

Michelle and Bill, Hope your 3rd Christmas together is the best ever! Love,

I hate people who are controversial for the sake of being controversial. To think and know you don't know is divine; to think you know is a disease.

Can I have \$50?

Laura Nelson, Since this is our first Christmas, I'm going to get you something you really NEED - bib! At least now you won't have to change your clothes after you eat ice cream! Thanks for being such a good friend! Friends Forever,

PVKMCCLSVB: Merry Christmas and cheers! To NEW YEARS! Love,

Ann, Milk and cookies go stale after awhile, but since it's you I guess it's O.K.

Merry Christmas to all my friends. Let's spend it on the dunes destroying our minds.

Meg, Please! No more five mile hikes into the woods for "parties"! I'm so wasted!

Amy P., You are my own little special lady. I know we'll always have each other. Thank you for making my life run smoother! One more X-mas and it's final. Love you, Baby!

Janine, "I'm going to make the light" Anella, You're a crazy girl, but even a crazier driver! Love ya roomie!

Anne, We're almost there! Merry Christmas! Love,

K.G.B., Rocker, Shant, Roses are red, Violets are blue, You BOGUE on me, You know I'll BOGUE on you!

Jason, Christmas is coming and I need to put on the BLUBBER to protect me from the ice cold water. Will you please COME More often to feed the whales.

Lil' Waz, I know we've had trouble, but I'm glad it's all worked out. Thanks for everything.

Chris, I wish you the best Christmas ever. I hope this year our Christmas together can be extra special. Last year my Christmas wish wasn't able to come true, that we could spend our Christmas together, but this year it looks like we can. Santa Claus can't bring me a present more special than you are to me. All my love,

Blondie and Giggles, You're two of the best friends I could ever have. Merry X-mas. Be a hoe! Love,

Steve Collier, Where do you hide your jean jacket from mommy after all of your wild excursions?!

To my Creative Serf, Ours is a strange and wonderful relationship, but which is which, I'll never tell! Thanx for everything,

Varmit, You're a hell uv a friend! Luv that shine! Luv, Ma

Life was definitely better at the old mill.

Jana, Thanx for being my friend!! Luv ya,

Amy, Evonne, Peggy, Mike, Johannas, and all you Germans, Ich liebe Senf und Pickles!!! Luv,

Bessie Sue, I'll always say "to be" as long as you're around! Luv,

Marky boo, You're very boring but fun to be with!!!

From Rm 204 to Rm 216 - Hi.

Jo Anne, I have never had a more rewarding year in my life. Thank you for the good times we've shared, and we've learned from the bad. You'll always own a corner of my heart.

Wendi, Thanx for all the good times that we had. I'll never forget the times we shared. I hope there will be more. I cherish your company and your love. Merry Christmas. I love you. Your Cookie Monster

Okay Sneffelyn - it's time to get revenge: -have you learned to melt ice cubes yet? -Deer tracks? -"Let me entertain you"?

Really Sneff, pepperoni pizza doesn't go with your complexion. And you know, you're only supposed to do spring cleaning once a year - not constant: as in non-stop! Besa Bye,

Alan, What's up? History DOES repeat itself!

Nels, We both deserve better, In the gender of a male, But if we can't find anyone else, We always can turn to Dale!

Joe Wingo, Why don't you smile? Ashy legs are not that bad.

To someone who is very special to me. We have started off good, now let's keep it going. I hope you have a very Merry Christmas [but not TOO merry!] Love ya,

Gigolo, Let's talk sometime.

Tony, You make every Christmas and all the days in between special for me. Thank you for making my life complete. I love you. Merry Christmas! Love,

Arrogant Wench

Mary Kay, Rondeo and grapes, M.U., Dave's party, and everything else that we have done for the past four years. Merry Christmas.

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Karla, We've been friends for a long time. I hope we can still be for years to come. Love,

Val L., Have fun Christmas break! Make sure there are no footprints in the snow!! Merry Christmas,

Martha

Kevin and Alan, Sorry, but no division page for you. Girls can do sports too. Merry Christmas, Love, Your bosses,  
Janine and Anne

P.S. Don't forget your deadline.  
P.P.S. Happy birthday Kevin.

Hey Besa Steph, You are besa weird!  
from the besa student body

Ann, Just wanted to say thanks for everything, Love,  
Amy

Jennifer, Renee, Michele, Karen, Kathleen, and Mandy: Hope this is your best Christmas ever! If Mandy keeps her shoes on, maybe we can dance to George, Paul, John, and Ringo in Florida this spring [we could KIDNAP "View" to bring along]. Or maybe we could start our own business, right Karen? Have a crazy senior year and a special holiday. Love,

Anne  
Weener, Queen, and Mousecall: Jim, Paul Mike, and Sam forever! What up Weet. Hope the good times keep on rolling . . .  
Beckett

Val, I will bring a cake with a nailfile for you know who.

Martha  
MKM and DLM, Can we have \$50 PLEASE? Ha Ha

Merry Christmas and Happy New Year to my friends!!  
Melinda

To Pam B., To the sweetest girl I know. Hey Babe, have a nice Christmas. Love ya,  
Paul E.

Wendy, An '83 Camaro and Tony are all you need!

Pit, Merry Christmas hun. Let's laugh! Don't forget high times at Hilton Head! 5th hour, too. Love,  
Connie

Kevin Weez bit the bait!

Neil, Get a job! Signed,  
Your Friends

Jason, Who are you? Love,  
Pete Townsend

Pitner, If he only knew! Merry Christmas Love,  
Val

K. Baer, Boys will be girls . . . and girls will be boys . . . It's a mixed up world . . .  
The Kinks

Michael, Best wishes for a happy holiday season. You probably need a whole day! Love ya always,  
Connie

Courtney [alias Nicki the ]. Merry Christmas! I know you're a freshman, but "Don't be nobody." And please "get a job!"  
Big Sis

Julie Poolie, Hey goofy, what's happened? Let's do something soon! Merry Christmas.  
Teresa Mallisa

Mike Lares, Flash 'em Copper-tone tan.  
Val and Al

Wendy, My one and only partner. Only good times are ahead. Keep up the good work steak-mama. Your buddy,  
Connie

Anne T., Thanks for being such a special friend. Merry Christmas, Love ya,  
Debbie

Big Al, Have a Merry C. and Happy H. I hope it rains wherever the heck you are going. Thanks for all your help and being such a good friend. Love,  
Cyd

KGB, It didn't work. Merry X-mas. Love,  
MKM

Kevin Baer, A present? OK! Some REAL files and maybe even MarKarian's black book!  
Alan

E.J. and K.P., Merry Christmas from a fellow W.B. lover.  
Me

Janine, Merry merry Christmas. May it be the best ever.

Jodie, Hope you and Kevin have a great holiday full of special moments. Thanks,  
Me

DLM, Who else can say they rocked JA in one day?  
Your Partner in "Crime"

Dean's Boys, It was real and it was fun but now thank God we're all done.  
MK

Donny, There's no one else quite like you. You've become someone very special to me. I hope this Christmas can be very special for the two of us. Merry Christmas. Love,  
Jennifer

B.W., A little over a year now, and I couldn't feel luckier! You're everything to me. Merry Christmas sweetie! I love you with all my heart.  
L.R.

Ronald, Merry X-mas. I wuv ya, and always will.  
Gayle

Rocker, The NIC is YOURS!  
Little Butch

Dearest Bri, Merry Christmas, You're the wonderfulest sweetie ever! Think 1986. Oodles of love forever,  
Tree

We're mad too, Alan Engel.

Kim, HO HO HO Escargot!!

Jen, Hope I can make your Holidays happier.  
Donny

Merry Christmas to the best group of friends a girl could have. Amy-thanks for helping with rocky. Kim-made any music lately? Marcia-when's your aunt going out of town again? Rocky-Christmas awaits us. Steve-wanna make a pyramid? Teresa-love and viel gluck. Tubs-help me, I'm sick. Val-censor ALL yearbook pictures. All my love,  
Lisa

MKM, DM, LN, MP, Get real personalities!

Anne, You're the best friend a person could have. I hope your Christmas is great. New Year's Eve we're going to do something exciting for sure. I PROMISE. Merry Christmas! Love,  
Jennifer

C.T., I'm really glad we finally met. You're a real sweetheart and I hope we always remain close. Have a Merry Christmas, Lots of love,  
Patti

Mrs. VanderWeide, Thanks for everything!  
Alan

Michael Scott, You're the best thing in my life and it's you who's made it worth living! I'll always love you. Merry Christmas.

Dominique, Remember all the good things in life, J.U., M.B., Boston and the latest C.V. [Merry Christmas, also!],  
Anne [?!]

K.B., Merry Christmas Latin buddy,  
Diana

Carl, Merry Christmas. I know you'll have a HAPPY New Year. Love,  
Val

Nels, ¡ El es un bobo! ¡ Le olvidés!  
Su buena amiga de espanol

Shant MarKarian IS the "King of Rap."

Kevin, July 31, 1982!!!

Chris, I deserve better.  
L.N.

Hacienda ladies, Meg, Diane, Laura, Janine, and Monica, let's make this the best Christmas ever! Thanks for always being there. Love,  
Mary Kay

Mr. David, Sing Goodship Lollipop for us.  
From Nothing

V-Poms, Merry Christmas to my 15 sisters! Love,  
Debbie

Romnee, Thanks for your help.  
Alan

Is biological research without love a sin?  
The Immoral Minority

Girl Trackers, Get ready - we're going to the top. Merry Christmas.

student Government, Gods you are not. Remember that nongovernment people have brains too. Oh, and Merry Christmas  
No Nobodies

DAN MANIER'S BIRTHDAY IS DECEMBER 16th

Amy Biggs and Sue Lovell, Hope you guys have the best Christmas ever! Thanks for being such great friends.  
Deb

Janine, Diane, Mary Kay, and Meg, I hope this Christmas brings you all the happiness your friendships have brought me. Have a very Merry Christmas and Happy New Year. Love,  
Laura



**Cont. from Pg. 1**  
directly or indirectly related to exercise. Among these are hemoglobin levels (the fraction of blood which carries O<sub>2</sub> through the blood), percentage of body mass gains, cholesterol levels, and blood glucose levels.

It is known that swimming and running are two of the most physiologically beneficial exercises. Yet, because of the different natures of the exercises, questions arise as to whether they cause the physiological benefits in the same quantities. The primary purpose of Ted's research is to determine and mathematically compare the physiological responses of swimming and treadmill running.

Ted will obtain this mathematical comparison through the use of a computer. "From the date, I will receive a function (a curve with plotted information on two axes). From the function, I will know the minimum amount of

exercise needed to obtain significant results," Ted explained.

Ted is a student in Adams' research biology class. Since 1977, 12 students in the class have been awarded 16 grants, ranging in value from \$100 to \$500. Five different organizations have awarded grants to these students, including the American Heart and Lung Association, Dow Chemical Company, the Indiana Academy of Science, and the American Association for Advanced Sciences. The class is under the guidance and supervision of Adams biology teacher Nevin Longenecker.

Ted added that he would like to thank Joe Lazzara (a 1982 Adams graduate who received a grant from the Lung Association) for the use of his treadmill. Ted, on behalf of the entire John Adams High School community, congratulations and good luck with your research.

## Students and Teachers Survey Television

by Jim Halterman

In the United States, the A.C. Nielson Co. compiles a weekly count of the viewing audience of the network's television shows. If the ratings are high for the show it will usually remain on the air and if the ratings are low for the show it will usually be cancelled or given a chance to prove itself in a new time slot. While the nation has the Nielson ratings, I thought it would be interesting to see if the weekly Nielson ratings are the same with both students and the faculty members. I asked fifty students and twenty-five faculty members their five favorite television shows and some of the results are surprising.

Such series as Fame (NBC), Square Pegs (CBS), The Facts of Life (NBC), and Dynasty (ABCS) were popular with students but were not chosen at all by the faculty. The faculty members chose 60 Minutes as their favorite show (12 faculty members chose it as one of their five favorite shows, while only 2 students chose the CBS newsmagazine). M\*A\*S\*H was popular with both students and the faculty. It was first with the students and in third place with the faculty. Prime time soap operas fared well with students but differed with the faculty. "ABC's Dynasty and

CBS's Dallas and Knots Landing tied at thirteenth place with students while faculty members chose Dallas as their fifth favorite. Knots Landing tied at seventeenth place and Dynasty, with no faculty member behind it, tied with thirty-eight other series at thirty-seventh place.

Differences in the nation and John Adams students were obvious with many shows. Fame, the NBC drama about teenagers attending the New York High School for the Performing Arts, was in second place with students but in the weekly Nielson ratings, it is often in the bottom twenty out of the weekly shows that range anywhere from sixty to eighty shows per week depending on the amount of specials and movies. 9 to 5, the ABC spinoff of the 1980 hit movie starring Jane Fonda, Dolly Parton, and Lily Tomlin, is recently a regular to the Nielson Top Ten since it was shifted from its original Thursday night spot to Tuesdays following the popular comedy, Three's Company. 9 to 5 tied at forty-three with only one student behind it. Other series that are weekly hits on the Nielson ratings but flopped on this survey were The Fall Guy (ABC), Three's Company (ABCS), Falcon Crest (CBS), The Love Boat (ABC), The



Freshmen unsuccessfully try to apply themselves.

by Ann Krege

## Life With a Freshman

by Christina Bird

I'm a senior. The first day of school is no big thrill anymore. I don't get lost in the halls, I'm used to the swing of things. Rushing through the house grabbing pencils and gym clothes and the delapidated bag of M&Ms I'm selling for choir-I gave that up years ago.

But this year, there's a freshman in the house. And the only hope for freshmen is that they'll be seniors someday.

Mind now, it's refreshing in a way to watch the Kid struggling with the same algebra story problems and English papers on obscure topics that brought me so much grief. But I don't remember loaning my shoes to my best friend and going to choir barefoot

before she returned them; spending so much time socializing at the Clay-Adams football game that I never noticed the score; asking 14 people to proofread the latest essay; forgetting to bring my homework home but remembering the latest issue of SEVENTEEN from the library.

Freshmen are disorganized. They forget locker combinations. They occasionally forget locker numbers. Math books and English assignments are also high on the list of things not worth brain space, especially over weekends.

Freshmen and senior years are kind of similar, though. There's not much difference between panicking about what to wear to

the dance Friday night and panicking about what to wear to the college interview next Tuesday.

Peer pressure is strong-freshmen, in a new environment, are conforming because they don't want to be "weird." Seniors, who've figured out that being weird isn't as bad as they thought, are conforming because this is the last year they can.

Living with a freshman stumbling around the bathroom when we're both too tired to wake up; checking biology labs until midnight; trying to get the telephone for long enough to call time and temp to set my clock; getting a hug in the social studies hall third hour. It's worth it.

Dukes of Hazzard (CBS), One Day At A Time (CBS), and Archie Bunker's Place.

Some of the shows that lived up to its expectations with the faculty because they are casted with mostly adults were 60 Minutes, Hill Street Blues, and Quincy. Fame, Diff'rent Strokes, and The Facts of Life also lived up to its expectations with the students because the main characters in these series are mainly teenagers or young adults.

The final statistics showed that with the students, NBC, followed in order by CBS and ABC, was the most popular network which is ironic because in the Nielson ratings, NBC is the third network behind ABC and CBS. Drama shows were proven to be more popular than comedy; and Thursday night was the most popular night for students to watch television, possibly because of the shows that were picked, five of the shows on Thursdays were in the top twenty of the survey (Fame, Hill Street Blues, Magnum, P.I., Too Close for Comfort, and Knots Landing). For the faculty, Drama once again ruled over comedy; CBS was the leading network, and Sunday was the most popular viewing night.

The following are the student's

Top Ten (followed by the network): 1. M\*A\*S\*H (CBS), 2. Fame (NBC), 3. Quincy (NBC), 4. Hart to Hart (ABC), 5. Hill Street Blues (NBC), 6. Knight Rider (NBC), Magnum, P.I., and Trapper John, M.D. (both CBS) (tie), 9. Diff'rent Strokes (NBC), The Facts of Life (NBC), Square Pegs (CBS), and Too Close For Comfort (ABC) (tie).

The following are the faculty's

Top Ten (followed by the network): 1. 60 Minutes (CBS), 2. Hill Street Blues (NBC), 3. M\*A\*S\*H (CBS), 4. Quincy (NBC), 5. 20/20 (ABC), 6. Dallas (CBS), Falcon Crest (CBS), Magnum, P.I. (CBS), and Trapper John, M.D. (CBS) (tie), 10. Archie Bunker's Place (CBS), Taxi (NBC), That's Incredible (ABC) and Walt Disney (CBS).



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## 1-2 But Safe at Home

by Alan Engel

Shooting percentages, final scores, records, and yes, even state rankings don't matter. At least not until early March and Sectional time. The Adams boys' basketball team is 1-2 now, and although no one should be smiling, no one should lose any sleep over it either.

No one, not even Coach Hadaway. And to tell the truth, he probably isn't. He knows and has seen the potential of his talented team. Any fans that saw the Gary Mann game saw some of that potential too.

Adams exploded against Gary. Seniors' Eric Moore and Don Scheel scored 10 and nine points respectively in the telltale third quarter. But more importantly those two helped ignite the flame within the Adams auditorium, known more commonly as the Shack, Hadaway's Shack.

It was pegged as such several years ago by a sportswriter from the Tribune. Hadaway, explains, "The court used to be ten feet shorter; we once had a thirty-one game winning streak here (spanning three seasons), and the crowd was almost on the floor. "But really," he says smiling, "It's all psychological."

Psychological? OK. Whatever one calls the "magic" of Hadaway's Shack one must look at the numbers to prove their

statement. Last year's better-than-average team compiled an excellent 8-1 home record, 8-1 at home, but 4-7 on the road.

Although no one mentions the fact frequently, most will not deny that Adams has trouble playing on the road. Most teams have better records at home than on the road. But our Eagles have more trouble than other high school teams.

Two weeks ago Adams (then ranked 18th) lost to a tough (16th ranked) Merrillville squad. Last Saturday our honorable mention (in the state rankings) Eagles lost to Ft. Wayne Northrup again, on the road.

Coach Hadaway felt responsible for the loss to Merrillville. "The kids just weren't ready for the game," said Hadaway, pointing to his head. "We just weren't mentally into the game."

Adams comes home to play LaSalle tonight, attempting to avenge their 30 point loss to the Lions last year. Then tomorrow they travel to Warsaw to take on the Tigers.

If the student body can keep the flame burning in the Shack tonight, Adams should win. And who knows, maybe Moore, Scheel, Ritter and Co. can carry some of that heat to Warsaw.

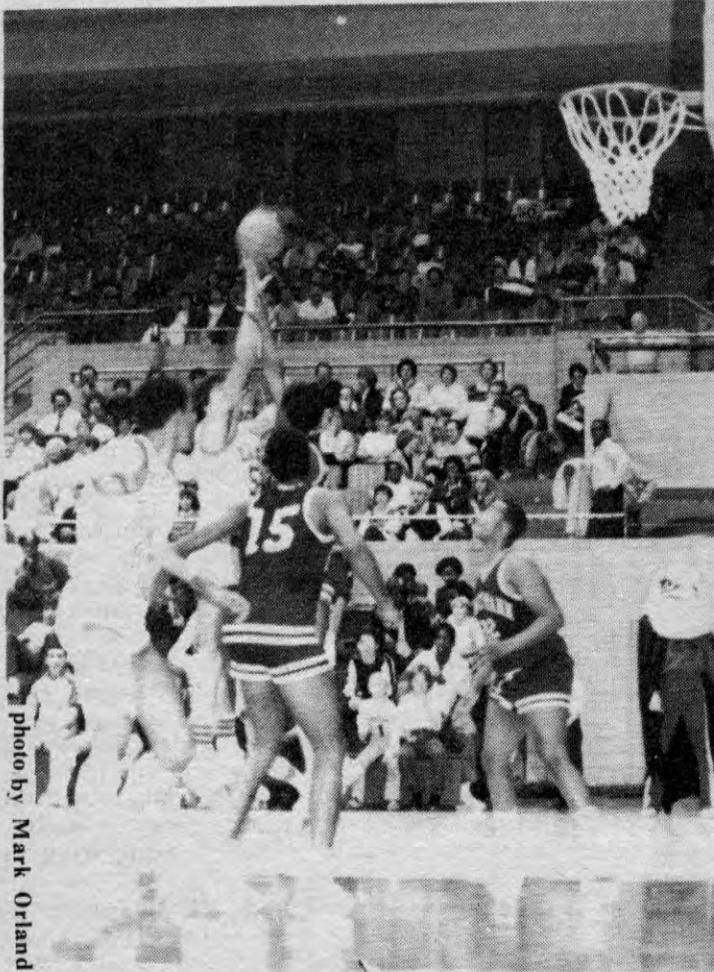


photo by Mark Orlando

## Stepping Stone

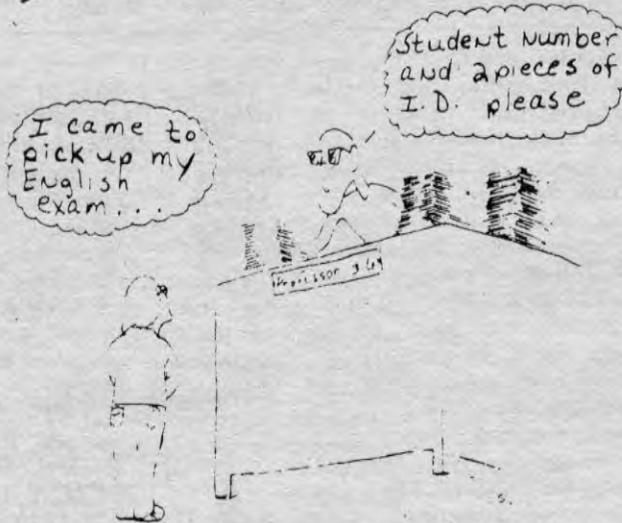
by Kevin Miller

If you have not been able to see the 1982 J.A. B-Ball team, tonight is the night. They play LaSalle, and the game guarantees to arouse excitement. For all of the freshmen out there who may have not yet experienced an Adams vs. LaSalle game, BE THERE. Disregard the fact that Adams is 1-2 and they are 1-1. Both teams always seem to rise to the occasion for this traditional clash.

A few weeks ago the Eagles annihilated an excellent Gary Mann team, yet since then they have dropped two games. Against Mann the quickness of Marable and Davis shone out as did the board domination of Scheel, K. Decraene, and frosh phenom Ray Richardson. In addition to this, the team shooting was tremendous! After this game the town began to raise a few eyebrows. They thought, "Is this another one of J.A.'s teams of the 70's?" It seemed so, however, this magic did not carry over to the Merrillville or F.W. Northrup games.

Hopefully our Eagles can use their two losses as stepping stones and look to the future. They had better because no doubt those Lions will be roaring tonight! See ya at the game.

## Want to be more than just a number?



"When people ask me why I like Franklin College, one answer always comes to mind—it's the personal attention that students receive. Professors, coaches and administrators recognize the importance of each individual. They provide academic and personal guidance, but they also give students the room they need to learn and grow."

—Julie Jones '84

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## JA's New Dynasty

By Kevin Miller

Beginning with a surprise 2nd place finish in sectionals 3 years ago, the girls have been building a basketball dynasty of their own at JA. Since the girls' team is missing five of last year's top seven players because of graduation, many observers could easily say that this team will not be able to compete with the NIC champion of two years ago, or the sectional champion last year, but these observers are being proven wrong. So far, this year's team has shown that they are part of the progression in the building of a dynasty. They jumped off to an undefeated record. Pretty soon they may even be Sweet As . . . well, the volleyball team.

Sporting a 4-0 record as of their December 8 game vs Clay the Adams Girls' Basketball Team showed that they can overcome their inexperience. Considering the fact that five of their top seven got a late start because of their volleyball State Finalist team, and that Diane Farmer and Julie Yazel are the only experienced returning players, this team has had an unbelievable start. In addition to this, the two non-volleyballites didn't even play B-Team basketball last year.

Through 4 games they have won by means of team efforts. Their front line members Julie Yazel, Gina Nowicki, Kelly McMahon and Judy Molnar dominate play, while the backcourt members Diane Farmer, Dana Gary, and Tessa Billups play their role. The two experienced seniors lead the team. Julie leads the team in scoring, and Diane runs the team at point guard. An example of the team concept, though, was in the LaPorte game. Julie was having a bad game, so Dana Gary came off the bench to score 5 points in the last 3:00 and shut down LaPorte's comeback hopes.

Last year's co-captain Stacey Adams said, "Well, we finally made it to the big time." They're still there, let's just hope they stay there. GOOD LUCK.

## Under Pressure

by Scott Walton

Now that the helmets and shoulder pads have been packed away it's time to turn our attention to the real contact sport—wrestling. After several grueling weeks of conditioning and mat work, the Adams wrestling team now faces the task of achieving at least a .500 season. They must do this despite several disadvantages, and much of the pressure lies on first year head coach Lee and a crew of promising underclassmen.

Without a doubt, coach Lee and his squad have a few problems to be dealt with. To begin with, there are too few boys out for the team to generate enough competition in practice. Also, the team has been plagued with minor injuries which are just bad enough to keep top performers out of competition. The team's biggest obstacle is its lack of experience in key positions. The first three weight classes are occupied by freshmen who've had little or no prior experience. The underclassmen may not fare very well this season but as assistant coach McNarney points out, "They do look good for the future."

In spite of these drawbacks, both the teams and coaches are optimistic of their chances this season. Still, they admit that it will "take a long slow process" to make them a force to be reckoned with in the conference. To date, the grapplers have compiled a 2 and 3 record with victories over Munster and a tough Marion squad. The first home match will be against LaSalle on Dec. 16 and any fan support would be greatly appreciated.