

# THE JOHN ADAMS TOWER

Volume XXXV Number 14

John Adams High School

Friday, March 28, 1975

## ALBUM-TOWER CHOOSE NEW STAFF

### What's Going Industrial Arts On.

The Publications Department, advised by Ms. Babette Maza, has selected the major staff for the 1975-76 Album and Tower.

#### Tower Saves A Few; Welcomes Many

With the graduation of a majority of the present Tower staff, next year's staff will be composed of mostly newcomers, including sophomores and juniors to the newspaper staff.

With the direction of Christopher McCraley, the only four-year member of the Tower, as Editor-in-Chief, the next year's Tower's aim is to reach out to the students more than the newspaper has in the past. Covering the news in the upcoming issues will be co-editors, Becky Robinson and Cathi Gabele. Relating student opinion, features, and student topics will be the jobs for Cathy Scarbrough and Leslie Kvale, with assistant editor Gerald Rohan (page 3), and Hildy Kingma and Caryl Redding (page 2). Sports will be covered by the incumbent sports editor, Mike Clarke, being assisted by Lynn Tyler and Julie Mathews.

Two new positions will be added to next year's staff: that of head feature writer and head reporter. Sue Avon will help Maxie Bolden, Leslie Bender, Bea Bosco, and Dave Rubin in choosing feature articles. The head reporter will be Dave Rubin, organizing his staff of Jerome Whipkey, Mary Murphy, George Goetz, Dominic Walshe, David Weisman, and John Goodson.

More photo essays are planned for next year with photographers, Vic Tyler, Burce Goldstein, Ken Papai, Myron Haskins, and Dan Crimmins to be taking pictures for the Tower.

Barbara Burke and Susan Avon will be staff artists.

Yet, the Tower could not

survive without the necessary busywork of the Business and Advertisement Managers. Shellie Goldstein and Cheryl Wasawski will handle subscriptions and other business. Karen Simpson will handle circulation. Advertising Head, Jon Shapero, will be assisted by Jeffery Lackman and Gary Karlin trying to keep the newspaper out of the red.

The new staff will put together the next few issues but the senior edition will be organized by seniors Barb

#### Album Aims at Awards

Imagination, creativity, and CSPA recognition are the goals of next year's Album staff under the leadership of Debby Simpson and Jonathan Shapero.

Assisting Debby and Jon will be David Weisman in a new position as Managing Editor, Vic Tyler as Head Photographer, and Leslie Bender as Copy Editor.

Heading the various year-book sections will be Marshall Henderson and Lynn Tyler, boys sports, Mido Matshushima, girls sports and junior assistant, Leslie Kvale, Marilyn Funk and Julie Anspauge, index, and Stephanie Clipper and Liza Goerner for the club section with junior assistant Becky Robinson. Student life will be covered by Hildy Kingma, Caryl Redding, and junior assistant Marsha Base, underclass section by Sandy Beeman, and Valerie Booth with junior assistant, Veronica Crosson, senior pictures by Lisa Duesterberg and Debbie Gordon, and faculty and academics will be covered by Meg Goerner and Jan Elli with Mary Murphy as junior assistant.

Photographers will be Vic Tyler, Burce Goldstein, Myron Haskins, Ken Papai, and Don Crimmins.

The Publications Staff hopes to put forth a better yearbook and newspaper by getting more in touch with the student body.



**NEW TOWER STAFF** - Front row - Julie Mathews, Becky Robinson, Sue Avon, Cathy Scarbrough, and Cathi Gabele. Back row - Lynn Tyler, Gerald Rohan, Leslie Kvale, Vic Tyler, Chris McCraley, and Jon Shapero. Missing is Caryl Redding and Dan Rubin. Photo/B. Zutter.

### Students Compete for Grants

John Adams seniors Mark Mikesell and Douglas Wade are among two other area high school students who will be participating in the Wabash College Scholarship Competition on March 21-22, held on the campus.

For the 24th year, Wabash will award 30 Honor Scholarships to incoming Wabash freshmen on the basis of two written examinations, regardless of financial need. Tuition

for the 1975-76 academic year will be \$2,700.00, with 10 of the scholarships covering tuition only, and 10 covering one-half tuition.

During Honor Scholarship Weekend, the high school students will participate in both academic and career orientation sessions with Wabash professors. The athletic facilities will also be open, giving the Scholarship candidates an opportunity to meet and talk with Wabash students.

### Ford Thrills Adam's Students

by John Harlan

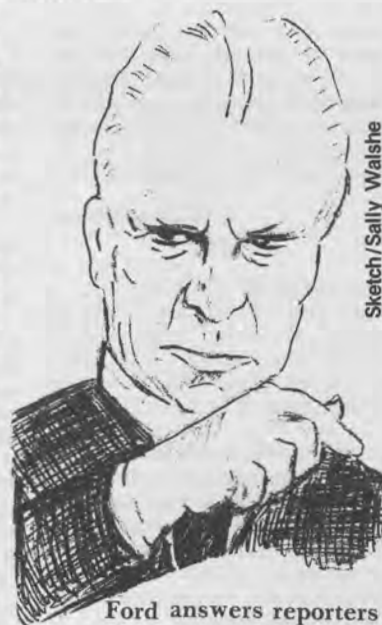
How does it feel to sit in the midst of correspondents you see every night on the television network news programs or whose articles you read regularly in the newspapers and magazines and watch the single most powerful person in the world answer their questions? It feels sensational!

Sally Walshe, Tower staff artist, and I recently had that feeling when we had the honor of representing the Tower at President Ford's press conference held the evening of Monday, March 17 at the University of Notre Dame's Center for Continuing Education.

Arriving at the Center at 5:45 p.m., we were seated at tables near the front of the Center's auditorium and had several minutes to be awed by those surrounding us before the President's press secretary, Ron Nessen, briefed the group of 300 journalists and photographers as to the procedure to be used for questioning the President.

Unlike that used when the President holds a press conference at the White House, the procedure for press conferences "on the road" is that the questioning alternates between members of the "traveling press" who accompany the President wherever he goes and the local press. The list of who shall question the President also assigns the order in which they shall do so and reflects the alternating of the two groups. The senior local reporter (in South Bend's case, Jack Colwell, the political writer for the South Bend Tribune) leads off and the senior member of the "traveling press" concludes the questioning when he sees fit.

President Ford's eleventh press conference began at 6:03 p.m. when he entered the auditorium surrounded by Secret Service agents and accompanied by his press aides. The questioning started with Mr. Colwell asking if the President had any specific plans for Father Hesburgh after he



Sketch/Sally Walshe

Ford answers reporters at N.D. news conference

finishes on the Clemency Board and ranged from the situation in Cambodia to Central Intelligence Agency assassination attempts to the world food crisis to the economy to Chicago mayoral

The televised session ended less than an hour after it began. The President shook many hands before returning to his suite in the Morris Inn to freshen up before joining the governors of Indiana, Michigan, Ohio, Kentucky, Virginia, and West Virginia for a working dinner on the fourteenth floor of the Memorial Library.

Perhaps one of the most interesting parts of attending the conference was that of watching the reporters at work writing their stories and sharing information ranging from a partnership between our CIA and its Soviet counterpart, the KGB, to assassinate world leaders to the quality of the food Notre Dame provided ("not enough meat in the spaghetti sauce. Somebody's scrimping on the old family recipe.")

All in all, the press conference was a once-in-a-lifetime experience that neither of us will soon forget.

### News Forum

#### Math Club Takes 4th

Participating in the regional for the John Adams Chess Club were Vernon Cloud, Wayne Warren, Joe Ross, and Hugh Featherstone. The Adams club tied for 4th place, which qualified them for the state tournament. They will be going down to Indianapolis to compete for the state title in April.

#### Franklin College Awards Grants

Franklin College is accepting applications for 1975-76 Franklin College Journalism Scholarships. The grants range from \$300 to \$1000, not necessarily based on need. Deadline for applications is April 1.

Students interested in the scholarship can write:

Office of Admissions

Franklin College

Franklin, Ind. 46131

#### IU Plans Recitals; Plays for April

During the month of April, IUSB will sponsor a number of programs which may be of interest to Adams students. Seymour Rubenstein, violinist, will be featured along with pianist Robert Hamilton in Faculty Recitals given in the Northside West concert hall on April 8, 18, and 19, all beginning at 8:15 p.m. In addition, Theatre IU will present "Charley's Aunt." On April 24-26 and IU Jazz Ensemble will conduct a free performance in the recital hall on April 24th.

Three years of Electronics is offered at Adams.

In the first year students are made aware of applications, principles, theories, circuits and components. They also become acquainted with the terminology or language of electronics and layout components. Time is spent in the lab proving electrically the theories learned in the classroom. Students are encouraged to build projects and one freshman constructed his own television camera.

In second year they apply the principles learned in first year. Students work on vacuum tube circuitry, amplifiers, radios and oscillators.

After second year electronics the student is self-sufficient. Third year electronics is a two hour course and the enrollment is limited due to lack of room and equipment. There are six students in third year electronics this year.

Third year students know all the electronics terminology and they spend almost all of their time in the lab. These students spend one-third of the year on transistor theory, one-third on industrial controls theory and one-third on digital (computer) theory. They build their own computer at the end of the year. Much time is spent on repair work and the students construct their project.

Many students go on to a two year technical school or to college for electrical engineering. Mr. Saunders guarantees that after two years of high school electronics it is possible to go on and study any field in electronics.

A two year course in drafting is offered at our school.

In the first semester of first year drafting, the students get an introduction to the correct techniques, the hows, and whys of drafting. They are taught how to visualize objects and they learn basic terms, correct lettering, geometric construction, and the drawing procedure of multi-view drawings which are more basic and simpler drawings. In the second semester the students do more advanced work. They draw more multi-view objects and learn dimensioning, sectional views, pictorial drawings which are three-dimensional views of objects and develop additional skill in using the instruments involved in drafting.

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The Industrial Arts Department is now in the process of setting up a program to combine two classes in one hour where the student would transfer during the middle of the hour. For example, a student drawing a project in drafting would then produce it in machine shop.

The Industrial Arts Department has one major problem - funding. Most of the classrooms and equipment are approaching ten years of age and some supplies are becoming obsolete. Constant handling of equipment by students causes wear which results in some breaking. Accidents also cause equipment to break but there are no funds to replace or update equipment. There is barely enough money to run the program so none can be spared for new equipment. There is not even sufficient funds allotted to all five shops to buy one piece of machinery for one shop. Mr. Stillman says, "we're operating on a shoestring."

Industrial Arts at John Adams High School is a great program and is useful to anyone who gets involved in it, whether the students be college bound, wanting to make a technical trade career or using it for practical purposes in every day life.

by Gerald Rohan



## EDITORIAL

Barb Keith

The right to freedom of speech is a very controversial issue in the U.S. today. Two recent happenings illustrate differing reactions to this right, both of them from college students, who have a reputation as a most liberal generation.

One discouraging reaction was from a group of students at a San Francisco college. A class exploring the right to freedom of speech had invited radical liberal speakers to voice their opinions. But when Nazi Party representatives came by invitation to speak, the students caused such a disturbance that the Nazis could not speak and were physically accosted. These students wanted freedom of speech only for people whose views agreed with theirs.

But the St. Patrick's Day visit of Gerald Ford proved that the Notre Dame student body is of a much higher caliber. Many people in the audience did not agree with President Ford's views on foreign aid but it was still a thrill to see the President in person.

This experience was not marred by students who sought to deprive Ford of his right to freedom of speech. One group of students demonstrated their disagreement by walking out in the middle of Ford's speech. But they left quietly and didn't interrupt anyone who wanted to listen. The students exercised their right to protest Ford's policy; but they did not infringe on his right to freedom of speech.

The students in San Francisco were hypocrites who claimed to be supporters of freedom of speech but violently stifled the rights of those they disagreed with. By doing this, they destroyed their own credibility and their actions echoed the Nazi tactics they protested. The protest of the N.D. students was more much effective because they respected Ford's right to voice his opinion. The right to freedom of speech must extend not only to leftist radicals, but to any person who wishes to express an opinion, minority or majority, liberal or conservative.

## LETTERS

### The Eagle Machine

Our young men were losing their game to Mishawaka in a valiant effort to win another sectional championship. As I sat watching that precision team we call the Eagle Machine, I thought of the significance of that name.

These dedicated young men had just completed one of the best regular seasons ever experienced by an Adams team. Time and again they had fought off the challenges of such fine teams as Gary Lew Wallace, Warsaw, Niles, Michigan City Elston, and this very same Mishawaka Cavemen. Adams won all these games while their opponents were well and performing at their best.

No team in the state of Indiana is any better than a healthy Adams team and its fine coach. No tournament is going to change that fact.

Andy, Glen, Jim, Mark, Val, and the others are people. They are not a machine, and we haven't any right to expect the perfection that not even a machine can provide.

The basketball season is over at Adams, but the beat of life goes on. Thank you young men for the many exciting wins you gave us, for the

special measure of pride you gave us as Adams students and fans, and for every ounce of effort you put forth in the process of doing your job. In our hearts, I'm sure, you'll always be number one.

Susan Avon

### SG Gripe Committee

About a week ago a proposal came before Student Government of appointing a special committee of students to sit down with other students and listen to their problems or grievances that they might have about this school or any other related causes. Then they would decide any possible solutions or alternatives that can be achieved.

In some ways this is what Student Government should have done a long time ago. Not only will this help individual students but in the long run might help promote better understanding among students.

In order to make this committee effective special consideration must be made to pick students who are willing to sit down with other students and listen to their point of views and values with a very open mind. They should also try not to let their own personal beliefs or attitudes interfere in what's going on.

Another thing that is very effective is having an atmosphere of complete relaxation and confidence among the students on the committee and any students that come to them with any problems that might arise. In this way if an open atmosphere of trust is present more students are willing to open up and talk, thereby getting possible action done.

John Goodson

### Junior Apathy

Many people wonder why things are cancelled, why things never seem to work, and until recently, I really didn't care. You ask, "Recently?" During the progressing stages for the Junior Class skit for Spirit Week, I found the lack of enthusiasm unbelievable. How do we expect anything to be accomplished when no one cares enough to follow through but a handful of people. With the Junior Class numbering around 450, how can anyone expect things to be accomplished with the success so highly praised at John Adams.

Apathy - the downfall of Adams, and of next year's Senior Class. I say, work, cooperate and realize the situation.

Jack Reed

THE JOHN ADAMS TOWER

# MUSIC REVIEW.. "WARCHILD"

Scott Thompson

On the heels of one of the most thorough critical rejections of some time, Jethro Tull have come back with an album designed to please everyone. The band's aforementioned big failure was 1973's "A Passion Play." Although popular with Tull's fanatic fans, it was found to be too complex and vague by most rock critics. Deemed as merely a rerun of previous themes used by Tull, the sharp criticism of "A Passion Play" drove Ian Anderson and his band into a sulking state of semi-retirement. From the fall of 1973 until the release of "Warchild" this winter, Anderson and his band were idle, aside from scattered work on a film and other individual projects.

"Warchild" is surprisingly commercial, consisting of eleven unrelated songs. This is a radical change from the forty minute concept piece so common in the group's past. All the songs were written by Ian Anderson, who remains one of the few remaining rock geniuses. His unique approach to musical production is showcased on this disc, in which he uses taped effects such as conversations, gunfire and animal roars to accent his music. The songs themselves, although vague at first, reveal enchanting insight after a few listenings. "Sea Lion", "Back-Door Angels" and "Skating Away on the Thin Ice of the New Day" are three of the outstanding cuts on the album. These three, as with all of Tull's material, require serious concentration in order to understand their true meaning. "Bungle in the Jungle", the album's hit single, is a welcome departure into just ordinary pop-rock. A nation wide hit for Jethro Tull is a rarity, and may be a harbinger of things to come. The remaining songs on the album are only up to par, and will probably leave true Tull fans unsatisfied (as they did me). However, recent reviews of Tull's concerts this winter have described them as energetic and exciting, with a totally

original stage presentation (including the noticeable omission of "A Passion Play" from the band's repertoire).

While they have never matched the brilliance of 1971's "Thick as a Brick"

Jethro Tull marches on still, garnering new fans as they go. Where they will go only Ian Anderson knows, but "Warchild" is merely one step in his quest for an unknown cause.

## DECA PARTICIPATES IN STATE

On March 15, the John Adams chapter of the Distributive Education Clubs of America (DECA), under the sponsorship of Mr. William Blauvelt, participated in the annual State Distributive Education Career Development Conference, held in French Lick, Indiana.

Besides helping to elect state officers, the Adams club entered four divisions of the creative research manual competitions, and placed first statewide in each division entered.

The winners were Jackie Fisher, in the Variety Store Merchandising division, Debbie Franks, in the Department Store Merchandising competition, Joe Scott, in the Retail Food Merchandising competition, and Peggy Poettgen, in the Retail Jewelry Merchandising division.

These wins enabled the Adams club to be ranked third out of the 109 clubs from around the state which participated in the competitions. The individual winners

are eligible to attend the National DECA Convention, to be held in Hollywood, Florida, during the first week of May.

They each had conducted a study on one aspect of consumers buying patterns at their place of employment. They then accumulated the results into research manuals that competed against similar projects at the state level. Jackie Fisher entered a manual on lay-away policies of Ayr-Way. With this she won first place in the variety store division. Winning the the department store division was Debbie Franks. She is employed at Sears and entered a manual dealing with customer assistance. Peggy Poettgen works at Jemcor and won first place in the retail jewelry division with her research on why people buy jewelry at certain stores. Joe Scott won first place in food marketing with his research of how people feel about today's high prices. Joe is employed by Russell's Supermarket.

## Tower Staff Qualifications Listed

Cathi Gabele

You may be reading this paper, thrilling at all the wondrous writing feats of the Tower staff (or being profusely ill at some of our less newsworthy articles) and wonder where our immense talent (?) for creative (?) writing comes from.

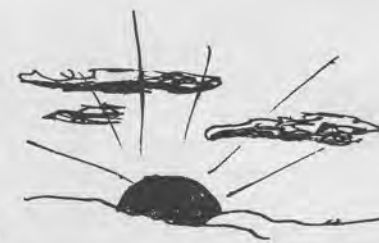
To be a sufficient writer, you must have the ability to do a few things. How to write—or at least peck at a keyboard, is fairly important. Copy done in crayon is rarely accepted. That generally comes into the category as blood written copy (even though much sweat and blood is shed over some copy) or that written on toilet paper (however, much news does remind one of a biological function). You must be able to handle pressures—like being telephoned at three in the morning to write an article on the nutritional values of the french fry. A writer must always wear a shield—to be protected from flying barbs. Most of all, a writer must have a sufficient amount of concentration and will power to write a story. Many times page editors are found in restrooms finishing their pages, or in a darkened library conference room, putting the finishing touches on a new creation.

So, you see, anyone can be a writer. I bet fifty people will read this article and say "Gee, I could have written something like that!" Next time, be my guest!

### "A Life on Earth"

Victor Tyler

A life on Earth will soon die,  
Was the life worth living?  
Did the people cry?  
Was the life worth living? I may ask,  
I'll find the answer in my past,  
The life I lived showed myself,  
A funeral could add nothing else,  
I never envied the birds that fly,  
And seldom cried for those that died.  
For all they taught me I had learned,  
And the peace that came to them was earned,  
Those that died the way lived,  
Found knowledge of themselves as I did.



### "Behind the Parking Lot"

(A parody on "In a Vacant Lot" by Anna Wen Engleman.)

Reefer seeds  
Sky high on L.S.D.  
And strychnine mace  
cut and cured by sugar  
cane and dope.  
Stoned out of their minds  
Clad in old blue jeans  
And glassy eyed faces



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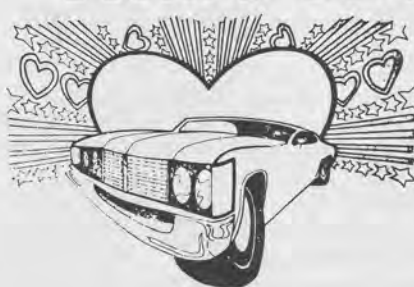
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The opinions expressed in THE JOHN ADAMS TOWER are not necessarily those of the TOWER staff, the administration and faculty of John Adams High School, or the South Bend Community School Corporation.



# Life... or Death???

John Adams is dead. Things have gotten to the point now where it is surprising that it still exists at all. What I am referring to is apathy. Everyone talks about it everyday, but yet nothing is being done. No one even cares enough to even put forth an effort.

In the past few months, everything that Adams did value has seemed to vanish before our very eyes. But, very few care at all to notice this. One of our values that has become hidden from sight is our togetherness.

There was a time at this school where we acted like a "school". Everyone was proud to be from Adams and spirit was unquestionable. When one group or person from Adams made an accomplishment the entire school was behind it. Social functions in the school were always successful, because everyone took part in them. But now, the opposite holds true.

It is time to stop not caring--and care. Very often it is easier to not show interest in something--but when this "something" is a very relevant part of you presently, this attitude should not be. But then the question arises that "since no one else is concerned, why should I be." Those who ask this should ask themselves why are they here.

School is meant to be an educational experience. This not only includes books, but life as well. If a person develops apathetic feelings now, what type of life will he/she lead later? It is something to think about.

It most definitely must be mentioned that students are not the only ones with this feeling. Staff and faculty members have shown, in many instances, that they don't really care.

John Adams in the upcoming years must take some action to revive this school before it is too far gone. Once anything dies spiritually, it soon begins to die physically. Right now we are on the verge of complete spiritual death. Only Adams students, teachers, and administration can determine what happens next. The decision is yours. What will it be -- life or death???

by Darlene Turner

## WATTS VIEW

For the chosen few who took the time to read the Watts View articles, I hoped that you have learned something about Blackness and Black feelings. Quite a few people have criticized my articles as being militant. It must be noted that Thordike Barnhart of World Book Encyclopedia defines militant as aggressive; fighting; warlike. I feel that my articles have been none of the above, but instead very realistic.

A problem does exist between Blacks and Whites as was shown during Black History Week at John Adams. There is a ridiculous long gap on what the white student knows about Black heritage besides slavery. I would like to pull this gap closer together by stating a few facts.

How many people know that fossil remains of the first man (estimated age of 600,000 years) have been found in Africa; Tom Molineaux, a Black man, was America's first champion boxer; close to 200,000 Blacks served in the Union Army and 16 were awarded the Medal of Honor???

Most White students have no understanding on why Blacks' rage can be so destructive. They don't know what it feels like to be left out of a history that in essence we created. They do not know how it feels when from the time you are old enough to understand, you have to work harder to get the reward. Yet they are in a complete stupor when the wrath of Black Rage is let out. They come with questions, Why, why, why????? I have tried to answer that Why. I do hope that you have let some of this knowledge penetrate into your mind.

by Mr. Gregory Watson

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# Nachos and Enpanadas Anyone??

Learning does not end in the classroom for Spanish students at John Adams. Sunday, March 16, many advanced language students were privileged to attend a very unique dinner. There they became acquainted with several Spanish delicacies and dishes of that culture prepared by the students themselves.

Everyone involved found the party to be a worthwhile experience. After playing a game or two of ping pong or 'Instant Insanity,' it was not uncommon to see someone rush to the banquet table for another delicious tidbit. The room was filled with the aroma of Spanish food, and many found it hard to resist the appetizing display.

The party was held at the home

of Mr. & Mrs. Joseph Kujawski, 1608 Sunnymede, who prepared Sangria for the occasion. After one sip, students begged for the recipe. Main dishes included fish and orange juice, Tortillas de Espana, Arroz con Pollo (chicken and rice), and cannelloni. Other foods served were guacamoles, nachos, enpanadas, and flan. While some students expressed their enjoyment readily, others were hesitant. When they reluctantly tried the cinnamon oranges or Mexican cinnamon cookies, they exclaimed, "This is really good! It tastes...American!" Others added that the "food was good" but they "wouldn't want it every day."

No matter which side the guests took, the party was a memorable experience for all. Plans were made

by Mrs. Aguero and Miss Wills. They may be congratulated for the dinner's successful preparation. Similar events have been held annually by Spanish pupils here, and each year the dinner upholds its fine status. For the past four years, the guest of honor has been Miss Lorena Palau. A former resident of Mexico, she answers any questions students ask regarding her background and culture.

The Spanish Dinner was an effective means of achieving student involvement and understanding in their language courses. It helps them to realize that "Spanish" represents not only a different way of expressing words, but also another people and their way of life.

by Susan Avon

# Musical Underway

After two long and hard weeks of auditions, this year's spring musical was cast, with rehearsals well underway by now. Mr. Brady and Mr. Allen will combine their dramatic and musical skills in the production of "THE MUSIC MAN," a well known show, to be given May 8, 9, and 10.

With opening night not much more than one month away, the directors, cast, choreographers (Donna and Jerry Flint) and crew have lots of work ahead of them, but if past productions are at all indicative of the future "THE MUSIC MAN" promises to be an enjoyable evening of first class entertainment for all.

Maury Fisher is cast in the role of Harold Hill, a fast talking traveling salesman, who sells musical instruments, uniforms, and instruction books for boy's bands, selling instruments and then leaving town before the people see through his gimmick.

The show takes place in a small town in Iowa, called River City. Hill attempts to organize a band here, and falls in love with Marian Paroo, River City's librarian, to be played by Julie Clark and Cathy Scarbrough.

Then....Well, to find out for yourself, make sure you keep May 8, 9, and 10 open. You won't be sorry!!!

by Anne Owens

# New Thespian Members

Mr. Brady has just announced this year's new Thespian members. Thespians is an honorary dramatic society. To be admitted, one must complete the equivalent of approximately 100 hours of work either as a character in a given production or a crew member. Being chosen to be a Thespian means a great deal of dedication, work and talent has been channeled into dramatic productions, and we offer these people our congratulations!!

Meg Auth	Julie Keith
Kathy Baer	Gerald Krouse
Pamela Berman	Jeff Largent
Sue Clark	Phil Newbury
Tami Cooper	Jon Shapero
Maury Fisher	Art Skiles
Cathi Gabele	Beth Walker
Brian Gordon	Wayne Warren
Trigree Jenkins	Mary Willems
Barbara Keith	

**HAPPY  
EASTER**



# POPHOURRI Spring Memories



Colors of my soul  
That run and chase the wind  
To rainbow the song in my life.

Summer scenes and  
situations coming all too fast.  
Winter's o'er and  
Spring is here to lighten up the  
past.  
Come at last!

Cycles melting  
endless in the pool of someday  
be.  
Music is the  
here and now--reflections in the  
sea.  
To be free!

Colors of my soul  
That run and chase the wind  
To rainbow the song in my life.



I look to the sun,  
But my vision is blocked.  
I hope its the one  
Which can make these feelings  
stop.  
For light is day  
And light is the way  
Night is dark  
And dark holds the unseen  
No changes come  
If in darkness we lean.  
For light is day  
And light is the way.  
We will be lost  
If we don't find the way  
To turn our night  
Into the bright of day.

by Darlene Turner

Song birds here to  
sing a secret: lovers are at hand.  
Ocean waves and  
seagulls flying, castles in the  
sand.  
Now at hand!

Now the lullaby  
is washing gently in to shore.  
Baby's breath and  
dandelions, daisies by the score.  
Evermore!

Colors of my soul  
That run and chase the wind  
To rainbow the song in my life.  
by Kathy Weiss

# Spring Fever





# GYMNASTICS SEND TWO TEAMS TO REGIONALS

## Diamonders Open Next Week

By Buffy Janus

Coach Len Buczkowski and his diamondmen will open their 1975 campaign with an April 2nd doubleheader with Buchanan at Kennedy Field. Beginning his 10th season as head baseball coach, Buczkowski has gained the ranks of the most successful high school coaches with a record of 137-78.

Losing only five members from the respectable 1974 squad, which posted a 12-15 record, Adams will consist of an experienced squad with eight returning lettermen. The big question mark for the coming campaign will be directed towards the young and inexperienced pitching staff.

Letterman Jeff Hull looks to have a strong hold on the first base position. Senior Scott Nowicki and juniors Frank LaPierre and Don Steinhilber are battling for the second base spot.

Senior letterman Barry Coker proves to have a good grasp on the shortstop position, while another senior letterman in Bill Madison will handle the "hot corner" position for the second year in a row.

The outfield will feature three returning senior lettermen in Jim Szabo, John Dragovich and Kirk Forster. Junior Randy Hull will also battle for a starting berth.

Two seniors, letterman Pete Gillis and Dave Eades, will lead the battle for the catcher's spot.

Wednesday	April 2	*Buchanan [2] A	H 1:00
Friday	April 4	Niles A	H 4:15
Saturday	April 5	*St. Joe A	H 1:00
Tuesday	April 8	*LaSalle A & B	T 4:15
Thursday	April 10	Riley A & B	H 4:15
Saturday	April 12	*LaSalle A & B	H 1:00
Tuesday	April 15	Mishawaka A & B	T 4:15
Thursday	April 17	*Washington A & B	H 4:15
Saturday	April 19	Jackson [2] A & B	T 12:00
Monday	April 21	Elkhart Central A & B	T 4:15
Wednesday	April 23	Michigan City A & B	T 4:15
Friday	April 25	Penn A & B	H 4:15
Saturday	April 26	*Hammond Noll A	H 2:30
Tuesday	April 29	Elkhart Memorial A & B	T 4:15
Thursday	May 1	Riley A & B	T 4:15
Monday	May 5	Mishawaka A & B	H 4:15
Wednesday	May 7	*Washington A & B	T 7:00
Friday	May 9	Elkhart Central A & B	H 4:15
Saturday	May 10	Plymouth [2] A	T 1:00
Tuesday	May 13	*Michigan City A & B	H 4:15
Thursday	May 15	Penn A & B	T 4:15
Saturday	May 17	John Glenn [2] A	H 1:00
Tuesday	May 20	*Elkhart Memorial A & B	H 7:00
Thursday	May 22	Clay A	T 7:30
Friday	May 23	Marian A	T 4:15
Tuesday-Saturday	Mar. 26-31	Sectional Tournament	Clay Field
Saturday	June 7	Regional Tournament	Clay Field
Saturday	June 14	Semi-State Tournament	Clay Field

\*Games played at Kennedy Field

Juniors John Green and Don Steinhilber will also be in the thick of the action.

Barry Coker and Junior Letterman George Ushela will lead the power of the pitching staff. Juniors Paul Bilinski, Kevin Bower, Brad Chambers, Mike Clarke, Steve Hensler and Brian

Wetzel fill out the remainder of the squads' hurlers.

Assistant coach John McNamey will again handle the B-team responsibilities. His development of the younger players is essential for the success of the baseball program.



NIC championship, while placing third in the state.

The Seagals suffered the first dual meet defeat after 68 consecutive victories, but battled back to capture the sectional championship and place a respectable fifth in state competition.

The fast improving boys gymnastics team posted a 1-8 record. The girl gymnastics team finished the year at 7-3, while at the press time, sent the beginners and intermediate teams to regional competition.

The girls gymnastics team finished out their regular season with a 7-3 record. They also won 2 out of the 3 levels in sectional competition.

The beginners and intermediate teams won against Plymouth 114.6-86.35, but the optional team lost to Wawasee 70.65 - 67.0 in a dual meet. Individual winners for beginners were Jackie Thallmer vaulting and unevens and Kristin Tweedell beam and floor exercise. Intermediate winners were Julie Janus in unevens, Louie Dragovich in floor exercise and Pam Milliken on the beam and vaulting.

In sectionals, the beginning team won first place out of seven other teams and qualified 3 girls for regionals. Kristin Tweedell got first place on beam and floor exercise, Jackie Thallmer second

on unevens, Amy Weaver second in vaulting, Lynette Daniels third on beam and floor exercise and Lynn Harper fourth in vaulting.

Intermediate won their level 68.00 - 54.00, advancing the whole team to regionals, with Louie Dragovich placing first in floor exercise, Julie Janus third on uneven and tied for second on floor exercise, Kathy Hammontree fourth on unevens and Pam Milliken first place on beam, vaulting, unevens and all-round.

Optional level placed second only to Wawasee 70.15-62.00. Bridget Baran captured fourth in vaulting and beam, Becky Hentz vaulted to third place and took fourth as all-round and in floor exercise. Buffy Janus got fourth on unevens and third as all-round.

## Seagals Fifth In State

By A Proud Seagal

The John Adams Seagals participated in their 1st annual I.H.S.A.A. Girls State Swimming Championship meet at Warren Central High School two weeks ago. With a tremendous effort of the few girls that advanced to the finals, the team finished 5th out of 74 opposing teams.

Sue Balthazor, Karen Tweedell, Sue Scheu, and Lisa Protsman, making up the 200 yd. medley relay, did their best time and finished second in the preliminaries. To start out the final meet, this relay took an upsetting 4th place. But the Seagals did not give up that easily.

The next competitor was Sue Balthazor. Seeded 4th in the prelims, Sue captured 2nd place points in both the 50 and 100 yd. backstroke. Finishing 6th, Karen Tweedell was happily awarded 3rd place in both the 50 and 100 yd. breaststroke in the finals. Meg Fahey finished 11th also in the 100 yd. breaststroke to help the team

along. With a 6:00 breakfast, no warmup, and diving every 2 hours, Lindy Pauszek received 6th place out of 77 divers. The 400 yd. freestyle relay composed of Beth Barrell, Cindy Patterson, Debbie Wright, and Pam Zigler, swam to a 10th place victory.

Other girls that went down to the state meet were Debbie Brennan, Laura Anderson, Ann Oren, and Anne Slowey. Failing to make the finals in their events, these girls helped to coach and support the competitors to their winnings that afternoon.

Congratulations to the terrific place these Seagals achieved while only swimming in 7 out of the 14 events. The two teams that defeated the Seagals this year finished 1st, Lafayette Jeff, and 2nd, South Bend Clay.

Also, congratulations to Mrs. Callum and all the girls on the swim team for the extreme time and effort put into the 74-75 season.

## WINTER REVIEW

As the girls gymnastics season comes to a close this Saturday, the 1974-75 Winter Sports Program will finish what should be considered as a very successful winter. The winter teams fared excellently in NIC competition, while capturing two sectional titles.

The basketball program ended another excellent year of play. The varsity finished at 21-3, while capturing the NIC and Holiday Tourney championships, plus a 2nd

place rating in the final state poll. B-team posted a 11-10 mark and they also captured the Holiday Tourney title. The successful freshmen ended at 9-4.

The matmen, with an overall record of 9-2, nailed down a perfect NIC season to capture that title for the second year in a row. They also won their 2nd consecutive sectional championship.

For the 12th consecutive year in a row, the Seagles, (14-3), won the

## An Enemy Disguised as a Friend

By Dave Rubin

Today in our physical-fitness oriented society, more and more people are taking up sports which are "good for them" so as to maintain a healthy body. Children are encouraged to take up "life long" sports while they are still quite young, so these sports can be with them all through life, hopefully providing them with a healthy mind and body. One stressed "life long" sport is swimming. A person can reap many benefits from swimming, including good muscle and body "tone," a thing any parent desires for his or her child to develop. But, the problem is, the child who enters competitive swimming at an early age is entering a potential hazard. Year-round competitive swimming begun at an early age and continued on through high school or college can actually be quite dangerous to an individual's future health. And, every year, more and more people are joining swim teams. How many of us have not swum ourselves or know friends who have swum at one time or another? A large percentage of the people who start swimming at an early age stick with it, and thus, this is a danger that should be known about.

It is true that swimming can bring about good physical condition throughout life, but that is when it is not done under stress conditions. As one grows older, it is good to swim because it can contribute to and help sustain the body's healthiness. But that is swimming at an easy pace, and one that requires little strain. To be able to

swim when you grow older requires only knowing how to swim. Endurance is of little necessity for "backyard winning."

For earlier ages, even as young as four years old, swimming can help build good body condition and strong mental attitude, and an all-around healthy individual. Through any type of competition, one learns how to get along with others, and also how to take winning and losing, an important factor in life.

But what about the people who begin competition swimming when they are young, and continue this high-strained swimming on through high school or college? These individuals may be creating a problem they don't even begin to think about. Everyone is made up somewhat differently, but we all have the same basic limitations. Through high strained year round or even just seasonal swimming the body is put under many different kinds of strains. One danger is that the weight of a person can be affected. A child may consume a great deal and be able to burn it off while young and still swimming, but when he or she stops swimming in later life, the probability of their becoming fat and even obese is very high.

One important muscle which is put under a great strain is the heart. As more and more work is demanded of it, it enlarges noticeably in size. So, as a person swims through grade and high school, his heart is going to grow larger and stronger than it normally would. This growth would seem to be good, but the enlargement can actually bring about problems. The arteries



Long-term swimming can cause problems as well as benefits.

Photo/Vic Tyler

around the heart, under such great constant pressure, are more likely to burst and cause death, as compared to being perfectly strong if not so pressured. Also, certain heart problems can develop which can lead to heart attack, problems which are affecting high school swimmers today all over the world. And they know about it too. These people have to stop swimming for their own safety. A youngster with a weaker-than-normal heart could develop the same problem, only at an earlier age. These aren't just circumstances that occur to an occasional swimmer that you hear about once in awhile. These are factors which affect all high strain swimmers to a minor or major degree. A small percent get by with little or no problems than those who get by without incurring some physical difficulty at one time or another.

It can thus be gathered that swimming can, in fact, be potentially dangerous to the body's health, and can bring out results

just the opposite of what an individual would have hoped he could gain through swimming. The case can be quite the same in other high-stress sports, too. Swimming is just a more common example. People in all sports not only have to make sure that they are getting the right amount of the right exercise, but that what they are doing could not also be harmful to them. It is easy for an individual to say in retrospect what he did wrong could have hampered his health; the point is, one should know enough about what physical work he is doing so that he won't damage himself in the process only to discover it much later.

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