

# the john adams tower

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John Adams High School, South Bend, Indiana 46615

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## Senior receives science grant

by Anna Barrett

Senior Eleanor Pollak has been working with the effects of altered light-dark cycles on lab mice. The importance of this may not be immediately apparent to you, but her experiments have been valuable enough to enable her to receive a grant from the Indiana Academy of Science, the first such grant won by an Adams research student this year. The money will fund the research she plans for her work this semester.

Her investigations, stemming from her interest in both psychology and biology, involve imposing patterns of light and dark on various groups of mice. One group is placed in constant light, one in alternating cycles of one hour of light and one of darkness, and one in twelve-hour cycles of light and dark which approximate normal conditions, her control group. Last year, she feels, her research was more general than the work she plans for this year.

"It has to do with the structure of the research course," she said. Eleanor outlined the course by semesters: first semester, lab techniques such as titration and various tests which will be useful throughout the experiments are practiced until the students are thoroughly familiar with them. Later in the first semester,

research students choose their particular area of interest, guided by articles in science journals pertaining to that field. Second semester is when the actual lab experimentation begins. Students observe, weigh, and test their mice. Following week-by-week schedules, they follow a pre-decided-upon hypothesis and test their conclusions.

Eleanor's observations last year measured various behavioral and psychological changes in the mice. The aggressive responses in the mice whose cycles were altered were significantly different from the others. "They developed different nesting patterns, different responses," she said. "They got somewhat neurotic." Eleanor chose to further her studies in the areas of learning and retention. Measuring differences in learning abilities among mice with altered rhythms is something to which not much study has been devoted. Eleanor explained that that was not important. "We're encouraged to research new subjects," she said. "We're not supposed to know all the answers before we start—the idea of the class is to investigate questions that cannot be answered through the use of journals or texts."

The mice Eleanor plans to use this year are still in their conditioning period. But she will

have her research completed before Christmas vacation begins. Then follows the work, just as hard, of organizing and presenting the results of her investigation.

The IAS grant was a welcome boost. "I'm pleased," she said, "because it helps the school, of course, and it gave me experience in preparing a concise, credible, presentation of my work for the application." Eleanor will be following her interests in psychology and biology on into college, and hopefully into professional fields; any achievements here at Adams are only her starting point.

The research biology course, taught by Mr. Longenecker, began in 1974. Its value in terms of past-year success is obvious: we have had Science Fair Grand winners, Westinghouse Science Scholars, grants from national organizations, five one-thousand dollar scholarship winner, and winners of trips throughout the U.S. Most Adams students will remember Jenny Lackman, David Herring, and Jeff Sanders, all of whom brought recognition to Adams.

"I think my experience was important," Eleanor told me. I agree. And I also agree that, as our program has produced outstanding students in her and those students from past years, it will continue to do so for some time.



Eleanor Pollak smiles studying the behavior of her mice.

## Activity period discussed

The controversial decision on the activities period has yet to be decided. The school administration recognizes the obstacles involving such a decision, which is the cause of the delay.

Development of the program is a major problem, but once developed the program could prove a great asset to many students. Mr. David, the program director, points out the advantages the program has for bus-going students. The activity period would give these students a chance to participate in the clubs of their choice.

Teachers who are also club sponsors will have the job of handling their class loads as well as taking care of their clubs. While the teachers are performing the duties of a club sponsor, teachers

who are not participants would fill in for the others. Student participants will be required to show a club/activities identification card before being released. According to a survey the period is acceptable by most students and teachers.

The activity period would be scheduled between first and second hour. The class will last for about 40 minutes. Each class (senior, junior, etc.) will meet once a month on Tuesdays.

This program wouldn't be new to Adams. It was used before between 1941-1970 so implementing the program would be no problem. It could go into effect as early as November 1, said Mr. David. He expects the program to run smoothly by the end of that month.

## Commended Black Scholars chosen

Chuck Elum and Alesia Redding, members of the class of '81, have been selected as Commended Black Scholars. These individuals were chosen by the National Achievement Scholarship Program for Outstanding Negro Students, based on their PSAT achievements.

Chuck is a member of the Adams track team, the Monogram Club and the National Honor Society. He would like to attend Purdue University and pursue a career in electrical engineering.

Alesia is interested in the field of English. She hopes to attend the University of Notre Dame next year.

We should all extend our congratulations to both of these scholars and wish them good luck in their future work!



## DECA run raises money for M.D.

October is a busy month for members of Adams DECA (Distributive Education Clubs of America) Club. On Sunday Oct. 12th the Adams club sponsored the Second Annual Muscular Dystrophy Run. The purpose of the run was to raise money for the Muscular Dystrophy Association. Another goal in sponsoring the run was to make DECA members more aware of civic consciousness. The club wanted to show the community that helping others can be fun. Despite near freezing temperatures, the Muscular Dystrophy Run was a big success. DECA members were busy with registering runners, handing out MD Run T-shirts, traffic control, manning an aid station, and timing runners. Nearly 120 runners participated in the annual event.

Awards were given to the top finishers in each of several age divisions. Among the award winners were Adams students Linda Lowman and Chris Staton and from the faculty Mrs. Norma Hoffman, Mr. Jerry Hoffman, and Mr. Larry Szymanski. The DECA Club raised nearly \$800.00 for the Muscular Dystrophy Assoc.

In other DECA activities, the club has expanded its membership to sophomores and juniors for the first time in the clubs history. In the past the club was open only to senior DE coop students. The soph./jr. group has elected for students to serve on the clubs executive committee. They include, Phyllis Lighthall, Pat Simeri, Jim Forsythe, and Jennifer Wiesjahn. The goal of DECA is to develop future leaders in the field of

marketing and distribution. The soph./jr group will participate in the same vocational, social, civic, and leadership activities as the senior DECA group.

On Thursday, Oct. 16th the DECA club will participate in the DECA Fall District Leadership Conference. DECA Chapters from 12 area high schools will be represented at the conference. The theme of the conference is "leadership". Conference participants will be involved in district officer elections, officer initiation ceremonies, and other social and motivational activities. Because this is a district election, DECA members get a first hand chance to observe politics as they relate to students from large communities competing with students from small towns.

## Senior pictures

### Attention All Seniors!

All senior pictures must be taken by Nov. 15. Those who aren't having their pictures taken by Tompsett's Studio must take a print to Tompsett's or have a picture taken at Tompsett's free of charge for the yearbook only. Remember, the deadline is Nov. 15 for all senior pictures going in the yearbook.

## TOWER correction

A paragraph about Commended Scholar Ben Crosson was accidentally left out of October 10th's TOWER. Our apologies Ben.

Ben is a member of the chess club and a fullback for the soccer club. Ben, a writer for the TOWER, is a musician who plays the piano, guitar, and harmonica. He plans a pre-med course of studies in college.

## Dances invade Adams

by Jenny Kingma

ATTENTION: Come one, come all! DANCES GALORE

In the next few weeks two dances will be held for all of Adams students. The first will be held on October 25 sponsored by the Black Awareness Club. They are stressing that they want all students to attend. Tickets are on sale now. You can get them from any Black Awareness Club member. They are \$1.25 single and \$2.00 couple before the dance and \$2.00 single and \$3.00 per couple at the door. The dance will be held in the P.E. Gym from 8 to 11 p.m. There will be a live disc jockey giving us all the best disco music there is. Come and have a good

time. Bring your friends.

The next dance will be sponsored by the Tower and Album staff. It will be held on November 14. The theme of this dance will be Western, complete with a corral scene where pictures will be taken. The cost is \$1.25 single students and \$2.00 couples before the dance and \$2.00 singles and \$3.00 couples at the door. Door prizes will be awarded along with a prize for the best costume. A WRBR disc jockey will be present to help make the evening special. If you come, you might catch a glimpse of Mr. David and Mr. Fox square dancing. During all this activity refreshments will be served to cool you off. Get your tickets now!!



**Principal . . . . . William Przybysz**  
**Ass't. Principals . . . . . Andrew Bibbs, Donald David**



## NHS readies for inductions

The National Honor Society will hold its annual induction on Tuesday, October 28th. The purpose of the honor society is to give recognition to those students who excel in school. Each chapter determines much of its own destiny through its own administration and activities. This year, the chapter has extended membership to students who have achieved a 3.5 grade point average through the

use of weighted grades. Speaking at the induction will be President Eleanor Pollak on leadership, Vice President Katherine Raymond on character, Secretary Michael Deren on service, and Treasurer Matthew Koscielski on scholarship. Introductory and congratulatory remarks will be made by faculty sponsor, Ann Germano, and Principal William Przybysz.

### SENIORS

Jane Alpern  
Joy Cook  
Ben Crosson  
Thomas Devetski

Mary Dworecki  
Lisa Friedan  
Elizabeth Gundlach  
Larry Horvath  
Don MacDonell

Thomas Marshalek  
Ingrid Marshall  
Mark Miller  
Angela Watson  
Barbara Whiteman

### JUNIORS

Mary Cecilia Alford  
Christine M. Allsop  
Margaret Arelt  
Pamela S. Clark  
Laura Clarke  
Richard P. Conklin  
James Conley  
Kathryn Connolly  
Debbie DeFreeuw  
Jeff Dennen  
Michael Detlef  
Teresa Doering  
Amy M. Ertel  
Denise Fastero  
Laura P. Haines  
Brian Hayes  
David Henkel

Ruth P. Henry  
Sheila Huang  
Kenneth Jacobs  
Joseph W. Kuharic  
Joe Lazzara  
David Leege  
Brian Lennon  
Leah L. Lorber  
Patricia Loughridge  
Scot MacMahon  
David McNarney  
Lisa Macri  
John Manier  
Pauline E. Mudis  
Nathalie Nazaroff  
Todd A. Parker  
See Chun Phan

Celeste Pluta  
Steven J. Quimby  
Greta Roemer  
Julia L. Ross  
Brad Sakaguchi  
Jeffrey Sayre  
Val Schlossberg  
Kathryn A. Skidmore  
Kevin Sweeney  
Lisa H. True  
Tracey Turnage  
Tami L. Vagg  
Tracy Washburn  
Ann Webster  
Richard J. Zielinski  
Andrea Zipprich

## Music is life to 'La Manse'

by Sandy Outlaw

The sounds of excellent Rock-n-Roll music are here to stay thanks to Adams students Jamie Miller and Jeff Atkins. Their group is called LaManse which is beautifully matched together with fellow members Mike Birchfield, Dennis McFadden, and Mark Shellen.

A fusion of two groups, LaManse has been working under the new name since August. They're a high energy band that is sure to be a hit.

Jamie Miller is lead singer and with the help of his guitar "Gertrude" he powers out some heavy sounds. The band is great and Jamie knows it. In a confident tone of voice he says; "we're a high energy band and we're on our way to the top."

Jeff Atkins, the second Adams student, is a saxophone player. Jeff really enjoys what he's doing

although it is hard work. He also enjoys the "extra money" the band brings in.

Drummer Mike Birchfield, the family man of the group (he is married), considers himself "A power to the band." "We have our own style" Mike said, "Our group has a lot of variety. We play the songs no other groups want to learn, the difficult ones."

Also a lead singer and lead guitarist is Dennis McFadden. Dennis is a recent Notre Dame graduate. He is also the composer of six original songs for the group. "The band is an outlet for all our frustrations. Because we all have other jobs the band is part time until we hit it big."

Mark Shellen, the final member of the group, is a Washington High School graduate. He is also a guitar player and has fun doing it. Mark is especially interested in playing the

works of blues star B.B. King. He is the epitome of this great star while playing.

LaManse adds their own variations to many popular songs. This makes their versions sound better than the originals. Not only are they high energy, but they also have blue-eyed soul renditions of such classics as B.B. King's "The Thrill is Gone," and Loggins and Messina's "Your Mama Don't Dance and Your Daddy Don't Rock-N-Roll."

New bands come and go, but when a band like LaManse comes around you know they're here to stay. They have already performed road trips to South Central High School and Marian High School. They soon hope to start playing several clubs around the city. They're on their way and you will definitely be hearing more of them in the very near future.



LaManse members Jeff Atkins, Mark Shellen, Mike Birchfield, Jamie Miller, and Dennis McFadden take a picture break from a hard practice.

CONGRAD'S—ADAM'S TENNIS AND VOLLEYBALL TEAMS

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## Boys net 3rd in State Tourney

by Greta Roemer

The long, honor-filled season of boy's tennis is over. Anyone who ever went to a match experienced the unity that existed, pulling coach, player and spectator together. Watching our team in action made me feel proud to be a member of the John Adams student body. Obviously many felt the same way and supported the team at the State Finals in Indianapolis. Although the team did not win, they placed a prestigious 3rd and received medals commemorating their showing.

The statistics pile up: a record of 21-2; the NIC championship; the sectional championship; the regional championship; the semi-

state championship; and 3rd place in state. Pretty impressive, isn't it?

Sure, statistics are important, but can you forget the other highlights? Chris Foley and Benson Yang, the freshmen who had been under pressure all season, showing great poise to defeat LaPorte, a team to which they had previously lost. Lee Fonacier and Bill Witsken, charging emotion through the team as the pressure mounted and the victories stacked up. Chris Toal who holds the key victories for clinching the NIC title and 3rd place in Indianapolis. Matt Koscielski with a record duplicating that of the team whose easy-going personality and great attitude won for him the Mental Attitude Award at Indianapolis. And last but certainly not least, the

freshman at #1, Paul Koscielski, whose quiet strength and steady playing were a motto for the whole team as they cruised through each match, headed for an eventual berth in the State Finals.

Talking with each member of the team, you are quickly made aware of the special sparkle in their eyes as they sum up the season. Time will never take away the memories of the fall of 1980, the special companionship and the extreme pride in their own participation. Thanks to Mr. Allen whose time and efforts made all things possible, and thanks also to Phil Grayson and the rest of the B-Team for their constant support. In our eyes, you will always be #1, and where else does it really matter?

## X-country eyes state tournament

It has been talked about for weeks, thought about for months, and dreamed about for years. It's something that has danced in front of the faces of Adams athletes before, but never the Cross Country team. That is, never until this year. The Cross Country Sectional title has eluded that Adams' team for years, but this year's team had a dream come true. They took the sectional title held by Penn for 4 consecutive years.

At the beginning of the year, the team looked ahead to a possible undefeated season and a N.I.C. Championship. These hopes were dashed early on as the team lost two of their first three N.I.C. matches of the season. It seemed that the Eagles were in for another mediocre season. But Coach Doug Snyder got his troops together and told them that if they wanted any success, it wasn't going to be handed to them. They would have to work for it, and that they did.

The day of the sectionals was sunny and warm. The newspapers had built the meet up to be one of the biggest in the area, but Penn was definitely favored to win in everybody's eyes. Adams, only three days earlier, had been impressive in capturing the S.B.C.S.C. meet, but it was no indication of how they would fare once Penn High showed up. The

attitude of the team was good, but there wasn't the fire that had been present throughout the last half of the season. The Eagles were quietly confident, yet they respected the record and ability of their opponent. Coach Snyder was pumping up his team, instilling pride and motivation in his runners. The crowd was excited, and the runners were too. The whole year's work boiled down to this one meet.

The last half of a mile told the story of the whole race. Adams first three runners held to their positions gamely, while Kevin Otolski had fallen back to only 11th place. Mark Miller and Russ Pyles had surged ahead of "their group" and had opened up a lead of 9 runners between themselves and Penn's number 5 runner, Terry Goddard. In a final finishing kick, Pyles passed one more runner on route to a 20th place finish, while Miller was only 3 seconds behind in 22nd.

To almost all who had watched the race, the outcome came as no surprise. But the runners didn't know the score. When the word was in that Adams had apparently won by the score of 41-55, the Adams runners could contain their joy no longer. Some laughed, some jumped up and down, and some hugged and pounded each other on the back. Phases of "We did it!"

and "I can't believe it" were heard everywhere. Fans and coaches alike went out of their way to congratulate Adams. Adams was the new Sectional Champion!

Next week at the Regionals held at Erskine, it was the same story as the week before. The top five teams in the New Prairie Sectional, Michigan City Elston, LaPorte, New Prairie, South Central and Michigan City Rogers joined Adams, Riley, Penn, Washington and LaSalle, in the South Bend Clay Regional.

The meet was much closer than that of the Sectional. At the bottom of "The Hill" which marks the last half mile of the course, the meet was tied at 67 between Adams and Penn. Jeff Sypniewski remained in second place, Rick Vanlue maintained his fourth place position, Lenny Randazzo passed Elston's Steve Wroblewski, and Penn's Rich Barrow, Kevin Otolski held his 20th place position, while Mark Miller sprinted past three runners from various schools to a 29th place finish. Adams squeaked by Penn by the score of 61-66. This was the first time in Coach Doug Snyder's recollection that a South Bend team has won the regional. With the Sectional and Regional championships under their belts, the team looks forward to tomorrow's Semi-State meet at LaPorte.

# Tower Sports



Matt Koscielski shows off his Mental Attitude award with his plaque and his reassured look.

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