

## Students Taste American Pie

It's a long way from home for Clara Abello, Ingrid Loestiom, and Urike Puzicha. However, South Bend will be their home for the next nine months. Clara, Ingrid, and Urike are foreign exchange students at John Adams this year.

Clara Abello, 15, a senior, is from Cucuda, Columbia. She finds it very difficult for her here, since she has only been here a short period of time and studying only a little English, it is hard for Clara. She thinks once she gets familiar with the language she will have no problem but for now Clara depends a great deal on her dictionary. Although Clara is a little homesick, she says that the Americans are very friendly. When asked what was different or unusual about the United States, Clara replied, "Everything!" In Columbia she attends a small, private school for girls. Clara goes to school by car from 6:30am. until 1:00pm. After school some kids work, but most do not. She said that she has more subjects at Adams than she did in Cucuda. American junk food is Clara's favorite. In Columbia, they basically eat the same foods, but not much junk food. Teenagers in Columbia are just the same as teenagers in America. In Columbia, they either go to movies and dances, or they go to the social center, which is an activity place for teenagers. School sports consist of soccer, volleyball, and basketball. Clara's hobbies are reading, listening to music, and playing volleyball.

Ingrid Loestiom, 17, a senior, is from Landskrona, Sweden. Ingrid was shocked at how different the American school system is compared to Sweden's. She was used to going to school everyday, but would have certain subjects on certain days. They would meet two or three days a week for two hours. This way, the students have different classes every day. Ingrid feels it is easier to make friends in Sweden because of the school system. In Sweden, she had more homework and they read a lot more than the Americans. Teenagers in Sweden have the same music tastes, but they dress differently. Ingrid said the Swedish do not watch a lot of

television since they only have two channels. The children watch Television beginning at 6:00 for two hours; after that the news comes on and then maybe a movie. According to Ingrid the Americans eat a lot of junk food. The Swedes eat meat and fresh vegetables, and they also drink large amounts of milk and water.

Urike Puzicha a junior, is from West Germany. Urike likes her classes very much. She said she had the same subjects last year, making it easier for her this year. She has also already had several years of English and carries only a slight accent. Her classes were different each day so that she had the same classes only two or three days a week. Urike went to school in Germany from 7:55 am to 1:10 pm. When the children arrived home around 1:30, the family would eat their main meal of the day...unlike Americans who eat dinner in the evening. Urike said that the West Germans eat large amounts of meat and fresh vegetables (compared to the Americans), but she loves American junk food.

High school sports in West Germany are different than in the United States. Individual sports are more popular than team sports. Urike said that in West Germany you would not see a large crowd at a soccer game as Americans would at a football game. Handball, a very popular sport in West Germany, differs from the American version of the sport. Knitting is a popular activity for the girls, and soccer is popular for the boys.

For entertainment, the teenagers all meet in town and do something such as dancing in discos. One must be 16 years old to be admitted. The teenagers in West Germany dress basically the same, and they listen to pop and disco music.

Food in West Germany is more expensive, but cigarettes are much cheaper. Urike can buy four packs of cigarettes for the price of one in the United States. The drinking age in West Germany is 16. Urike said that there are no drinking problems among West German teenagers.

The TOWER would like to welcome Clara, Ingrid, and Urike. We hope that they all have an enjoyable and exciting year.

## Scholars Commended

Earlier this year, Mr. Przybysz announced that seven Adams students have been named Commended Scholars in the 1984 National Merit Scholarship Program. Chris Conklin, Johannes Hacker, Peter Harris, Derek Lannuier, Lissa Leege, Beth Mengel, Dawn Moore, and Marci Whittenburg all placed in the top five percent of the over one million students who took the PSAT/NMSQT test in the fall of 1982.

Although the students will not receive further consideration for Merit Scholarships, each student will receive a letter of commenda-



L. Leege, B. Mengel, M. Whittenburg, C. Conklin,  
P. Harris, D. Lannuier, D. Moore, J. Hacker

tion marking their academic achievement. The scores of the seven commended scholars were only slightly below the level required for Semifinalist standing.

An officer of the National Merit Scholarship Corporation, which administers the program, said that, "The Outstanding test performance of each Commended Student in the highly competitive Merit Program is an attainment deserving of recognition. We sincerely hope that their attainments thus far will encourage these young men and women to take advantage of their opportunities for higher education."

## A Sound Investigation

This past week it was announced that Derek Lannuier, a John Adams Senior in the research biology class has been designated to receive a grant to subsidize (in part) the cost of his proposed work for this year.

Derek sent his proposal for consideration last June. His proposed work is entitled "Investigating the Possible Effects of Valium on the Immune System in Response to Sound Stress."

Derek's work from last year dealt with establishing and measuring the effect of audiogenic stress upon the immune system in mice with normal blood pressure and in mice with elevated blood pressure. The purpose of this work was to determine if the body would be less susceptible to disease because the elevated blood pressure helped the body adapt to stress. While this idea is still being explored, the fact that noise can make the body's immune system more vulnerable remains, increasing the likelihood of disease.

This year Derek hopes to amend this problem by administering valium (a sedative that is



Mr. Przybysz looks on as Derek Lannuier works at the centrifuge.

often prescribed to persons exposed to stress.) Valium, he explained may help the mice adapt to the stress (noise) to which they are exposed daily. If the results are positive, the results for human beings are clear. People working under conditions which involve a lot of sound stress might be able to

handle those situations better, and this would reduce the amount of sick leave.

Derek's grant is the second one announced this school year; it is also one of eighteen received at Adams High School in the past six years. Derek is one of sixteen students performing supervised research this year.



## Marching Band Displays Spirited Talent

By Marci Whittenburg

"Tweeeet, Tweet Tweet Tweet, Tweet". "No, this is not a bird call for a dying species. It is the step-off whistle for the John Adams Marching Band. The members of the band are dedicated students who put forth time and energy preparing and performing shows at Football games and parades.

During the second week of August, that dreadful letter came, informing freshmen and reminding upperclassmen (who had conveniently forgotten) that active duty in the marching band would begin August 22. On that Monday morning, the band gathered in the band room to teach the freshmen the basic marching skills and to review them for the upperclassmen. For the next two weeks the band members rehearsed music and practiced marching for four hours Monday through Friday.

But two members of the band were preparing for marching season well before August. Head Drum Major First Class Sima Medow and Assistant Drum Major Diane Grzeszyk attended a workshop for drum majors at Smith-Walbridge for a week during the summer. Diane, a first year drum major, said, "Attending camp taught me a lot about leadership." The drum majors are responsible for leading the band in music and marching on the field. They also meet with Director Larry Dwyer to make

plans for shows and discuss ideas.

Richard Threet is the band's new assistant band director. He comes from the St. Claire Schowreis District in East Detroit. When asked his feelings on being a new director to such a band, Mr. Threet replied, "It was a rewarding experience to find such outgoing, friendly, cooperative students; and the community made me feel welcome."

The band's performance is accented by the pom-pom squad, the flags, and a twirler. Sue

Tarwacki, member of the pom-pom squad and the band's only twirler, says, "The auxiliaries are there to entertain the audience."

But without the percussion section the band would not be complete. Drummer Tony Greenly says, "Percussionists are the backbone of a marching band." They are the driving force that keeps the band marching on step and playing on the beat.

Most students complain about practicing for shows at 7 am. But there is a spirit of pride, alive and

active, in the band that pushes them to look their best. One of the ways of becoming the best is to memorize music. At this time the John Adams Marching Band is the only high school marching band in the area that does NOT use music on the field. The band feels this is a definite asset to their marching.

Besides marching Pre-Game and Half-Time shows during football season, the band will march in the Third Annual South Bend Marching Band Festival on October 5, at School Field.



Band members performed in the Marching Band Festival on Wednesday.

Participating bands are Adams, Clay, LaSalle, Marian, Mishawaka, Riley, and Washington. Although this is only a show and not a contest, there is a strong feeling of competition within each band to look the best of all the bands. Director Larry Dwyer enjoys the Festival because, "...there is a good spirit among the bands, we can compare ourselves with other bands, and there are judges to make comments on marching and music." He also commented that the festival is better attended than any football game at school field.

The climax of the band's marching season is Senior Show. The last home game is designated as the time to honor senior football players and senior band members. The seniors in the band choose the music and plan the show, working with directors and drum majors. Band President and senior, Mike Hanlon, feels that senior show is special because, "We finally get recognition for our hard work and dedication over the past four years."

Marching band is a unique and beneficial experience. Freshman Barry Cloud is glad he joined band because, "...it has allowed me to meet students I might never have known otherwise." Freshman Pam Gatchell summarizes the basic meaning of marching band, "Marching band means a lot of hard work but it is fun and a rewarding experience."

## Explorers Travel to New Mexico

By Matt Booty

You're standing on the side of a mountain in New Mexico, a forty pound backpack pushing down on your shoulders. The last time you ate was seven hours ago, and a dehydrated hash brown patty and orange koolaid didn't really fill you up. You're tired, your feet hurt, and some fool is telling you that you don't eat until you've hiked another four hours over the top of a mountain.

To about twenty students who went on Explorer Post 623's annual summer High Adventure trip, this scene was a familiar one. This past summer, Post 623 spent two weeks in July hiking in the mountains of northern New Mexico at the Philmont National High Adventure Base.

Led by Dr. Robert Sweeney, the group included two other adult leaders and many older explorers. The group was generally divided by age; about half the students were much younger (13-15), and the others were mostly older students from Adams. Among them: Paul Steinhof, Mike Morris, Chris Staton, Meg Sweeney, Dan Swingendorf and Steve Morris. Brian Lennon and Kevin Sweeney, former Adams students, also took advantage of a break from college to help out as advisors.

Although getting there was half the fun, most of the festivities started once Post 623 arrived at the Philmont Base. The Philmont Base is run by the Boy Scouts, and is one of many across the United States.

Once they arrived, the group divided into two smaller "crews", groups that would help them work together better during the ten-day hike.

Initially, each crew is assigned a ranger, someone who is trained to help the crew become familiar with mountain hiking. The rangers show you how to protect your food from bears, how to read the maps that guide you along the mountain trails, and how to cook dehydrated food.

The rangers only stay with the crew for two days, though; after that, it's up to the crew leader to run things. The crew leader is picked by the group, and usually receives minimal assistance from the adult leaders.

Besides just hiking, the Philmont Program includes activities at small bases along the trails. The Explorers got to pan for gold, visit authentic fur trapping and blacksmithing cabins, and generally explore the outdoor area of northern New Mexico.

The High Adventure trips tend to be more than just camping trips, though. Most of the explorers agreed that by the end of the trip they had grown up a little more, learned how to really get along with a group during trying times, and gotten to better know their own limits.

Post 623 has tentatively planned a trip to the Florida Keys next summer, for a two week trip, one of which will be spent on a rented yacht.

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# WHAT'S THE RACQUET?

by John Patton

It is the middle of October again and that means the boys tennis team will be heading down state soon. This year's team is led by first year coach Cleo Kilgore who replaced Mike Allen as head coach. Looking for their fourth consecutive trip to Indianapolis, the team hopes to capture the state crown which has eluded the tennis team the past three trips. But first the team must win the semi-state this weekend. This has always proved tough competition and this year's field is no exception to the rule. Adams though is the favored and should come out ahead.

Adams finished the season on four strong matches and carried that momentum into the sectionals. The most impressive victory of the four was the triumph over Homestead at Homestead. They won the match 4-1 over the then 3rd. ranked Spartans. The next superb match came on the Eagle's court. This time the victim was 18th. ranked Elkhart Central. Adams won this match 3-2, but the score shows

too narrow of a result than the actual margin. The 2nd seeded single player, junior transfer student Chris Nespo, had to default in the second set of his match when he was leading; Chris had already won the first set. With the defeat of Washington on the final day of the regular season, Adams captured 2nd place in the NIC (due to the lone defeat against Penn).

On October 1st the tennis team got the rematch they had longed for ever since they lost to Penn. Adams was flying physically, but more importantly mentally ready and defeated the 6th ranked Kingsmen 3-2. The number one seeded Paul Koscielski had a rough first set, but breezed through the second set for the "automatic" one point. The number one seeded doubles team of Kurt Roemer and Chris Foley also captured their match for another point. The final point was won by the 2nd seeded doubles team of John Rohan and Benson Yang in the most exciting match of the day. The 2nd seeded

and 3rd seeded single players, Chris Nespo and Guy Hamilton, lost both of their matches to two undefeated players in tough matches. In the semifinal match, everybody won for a 5-0 score against St. Joseph. On last Monday night Adams won their FOURTH consecutive sectional crown over Marian. The score was 4-1.

In regional action, the boy's tennis captured the title over the Culver Military sectional champ Culver with the score of 4-1. All of the Adams players turned in another sensational effort.

Tomorrow the tennis team will go for their fourth consecutive semi-state crown to along with their regional and sectional titles. If they win the semi-state, it's off to North Central High School for a shot at the state championship. The tennis team can do it if you give your support to them. Be there tomorrow and the tennis team will then meet you down in Indianapolis, BECAUSE THIS YEAR WE ARE TAKIN' STATE!!!!



Photo by Kent Osborne

Mark Orlando and Neil Lannuler run in a recent meet. Go out and support the Eagles in the sectionals on October 15th at Erskine.

## Two Down, One To Go

by Pat Woodard

The John Adams Eagles football team began their cluster play against a tough New Prairie squad at the home of the Cougars. They won the game by a score of 17-3.

After passing the first test, the Eagles were to meet cross-town rival, the Washington Panthers, the following Friday. The game between the Panthers and Eagles started similar to the New Prairie game. This time the Eagles put the first points on the board with sophomore sensation Anthony Johnson's 47 yd. fieldgoal. The Panthers struck back scoring their only points of the night to go into the half with a 7-3 lead.

The Eagles once again came out for the second half evidently rejuvenated by coach Farrell's halftime talk. After a blocked punt by Rodney Hetterson, the Eagles went ahead on a 5 yd. touchdown run by another sophomore, Lamont Clark. The Panthers choked on a go ahead field goal opportunity, misfiring from 25 yards out. The Eagles

then marched 80 yards in 7 plays, highlighted by Anthony Johnson's 50 yard run, then once again the sophomore star, Lamont Clark, got it over from 2 yards out, giving the Eagles a 15-7 lead. Anthony Johnson finished the scoring for the Eagles, recording his second fieldgoal of the night from 23 yards out. Fine performances were turned in by senior speedster, Rodney Hetterson, who finished the night with 2 blocked punts and an interception, and seniors Joe Wingo, Jon Fillmore, and Sonny Oakley also came up with key interceptions as the Eagles went on to defeat the Panthers 18-7.

The Eagles' cluster record now stands at 2-0 as they and the St. Joe Indians are forced into a cluster championship showdown. The winner will compete in the state playoffs as the representative of cluster 19 class AAA. Before this task, however, the Eagles warm up against a talented Clay squad at School Field the first Friday in October.

## Splash Onward

by P.H. Mullen

After getting off to a slow start early in the year, the girl's swim team is now in full stride with two consecutive victories. Leading this year's Seagals are co-captains Beanie Tenney and Beth Mengel, Juniors Kim Beckman and Lori Leichtman, and Sophomores Jennifer Ready and Denise Lamborn.

The Seagals began their training in early August and opened their season with back to back meets against Valparaiso and Elkhart Central. Although they lost both meets, everyone showed great potential against two of the finer teams in the state. During the Valpo meet, Lamborn broke the old school diving record when she scored a smashing 244 points.

"The team is less balanced than in previous years," claimed coach Jeanne Proteau. "Some girls may win sectionals; while others aren't as good, but they still show tremendous potential for the future."

With the sectionals less than a month away and the Seagals showing excellent improvement, the team is ready and has high hopes of bringing the sectional crown back to Adams. As Beth Mengel aptly puts it, "The team is on a roll and records are gonna fall!" So come out next Thursday evening to the John Adams pool and watch the Seagals go for another victory. The meet is against Clay and it is a must if they hope to do well in the sectional.

## Tough Road Ahead

The volleyball team is off and rolling towards another fine season.

After losing earlier to them in the season, Adams was ready to "mash Mish". Mishawaka though had other plans and defeated Adams in the first game 15-2. In the second game however, a new team seemed to appear. The game went back and forth until a net violation cost Adams the game 17-15. The girls came back and defeated two tough city rivals, LaSalle and Riley. Last Saturday Adams hosted their fourth annual Invitational. In the morning bracket they placed 2nd losing only to Downers Grove, Ill, but they were still able to advance to the semi-finals. Unfortunately the

evening ended early in a defeat to LaPorte.

The volleyball team has three tough matches at home next and your support would be greatly appreciated. On Tuesday night it is NIC foe Washington. On Wednesday on the Eagle's court it is LaPorte, whom we have lost once to already this year and we would like revenge. Finally on Thursday night at home, Adams has their last regular season match against Elkhart Memorial. One week following the Elkhart Memorial match, Adams will take the court once again in an attempt to defend their sectional, regional, and semistate titles. In order to follow in the footsteps of last year's team, they are going to need your support at all of their matches.

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## The Big Question

What does a class officer do? This question is often asked. Speaking with three years experience as a class officer, I think that I can answer this and other questions. The duties of a class officer are numerous. Among these are the responsibility of seeing that their class is financially secure and running spirit week, powder-puff football and stag volleyball programs. For the Junior and Senior class officers, there is an added responsibility; the running of the annual Junior-Senior Prom. To the Senior Class can also be added the annual Senior Honors Recognition Assembly, all of the graduation activities, and hopefully, a senior trip.

The next question that often comes to mind could be this; What's so hard about doing these things? I'll do my best to answer this question. The hardest thing about all of this is getting the student body to realize that it takes a lot of participation, cooperation, and also money to accomplish these many tasks. The

biggest challenge, and often the biggest problem, are the annual fundraisers. It's hard to realize, but by the time a student graduates, his senior class will have spent close to \$10,000. Here is the next question: How can a class possibly spend \$10,000. The freshman and sophomore years are the least expensive, but yet, the most important years financially. Combining these two years, expenses amount to little over \$200. But these first two years are the time to set down a strong financial base for the future. Any class, with active participation and cooperation, can and should be able to raise over \$2,000 in their freshman and sophomore years. The Junior year is the first year of large expenses. Last year's junior class spent over \$1,100 on the prom and well over \$500 on the after-prom.

The senior year, however, is the most expensive. The prom and after-prom costs over \$1,600. The senior edition of The Tower costs nearly \$1,000. The Honors Assembly and the reception

following cost nearly \$600. The actual graduation ceremonies cost another 300-400 dollars. It is traditional and necessary to give close to \$900 to both The Tower and The Album. Every year the Senior Class leaves at least \$100 to the next incoming freshman class and, if there is still money in the treasury, there are numerous academic departments and extra curricular activities that are constantly in need of funds. In the past, it has been customary for the graduating senior class to leave large financial gifts to those departments or activities in need.

I wrote this article in hopes of making the student body become more involved in their class and in hopes of making the student body more aware of the needs of their class, not only financially, but in other aspects also. There exists a great need for broader participation and more support in all class activities. Too often, it's the same 20 to 30 people that do the work that benefits each and every member of the class. When I speak of participation, I speak not only of participation in activities such as painting signs for spirit week, but also of becoming active in the decision making process of the class. We need your ideas. We need your opinions. We need your constructive criticisms. Only with these, can we, the class officers and class cabinets, make wise decisions. Only with these, can we become a better class. We can have more spirit, more togetherness, and more pride, not only in our class, but in John Adams High School. Together, let's make this a successful, fun-filled, and memorable year.

Brian Baer  
President, Class of '84

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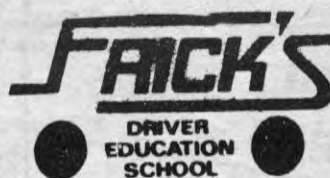
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The TOWER welcomes responses and contributions from its readers in the form of letters to the editor and student viewpoints. The TOWER reserves the right to edit any letters and/or contributions.

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