

The Tower

John Adams High School • South Bend, IN 46615

Drama Club "Cleans Up"

at State Thespian Conference

see page 4

Adams researchers are well awarded

by Grant McDougal

The John Adams research biology department has once again proven itself worthy of considerable acclaim in the Northern Indiana Regional Science and Engineering Fair in Stephan Center at Notre Dame.

Six Adams students, Sean Beimfohr, Molly Duman, Andre McNeill, Matt Trinh, Steve Varga, and Christine Yarger won top honors from various organizations sponsoring the science fair.

Seniors Matt Trinh and Steve Varga won first place ribbons and invitations to the Indiana State Science Fair and the International Science Fair to be held in Pittsburg from May 7 through May 14. The trip to Pittsburg will be funded by the Bendix Corporation.

Matt's research is entitled "The Effects of Filtered/Nonfiltered Passive Smoke on Immune Response and Respiratory Health Implications," and Steve's project is "The Visualization of Laminar-Turbulent Transition in a Wing Stratified Configuration."

Matt also received certificates from the U.S. Marine Corps, U.S. Army, and the U.S. Public Health Service. Steve received a certificate from the U.S. Navy complimenting his many efforts.

Juniors Sean Beimfohr and Andre



Researchers Matt Trinh, Molly Duman, and Sean Beimfohr look on at Christine Yarger's allergenic reaction project. Christine is holding the glass container she used in her research to test the allergenic reactions in her mice.

McNeil received various awards for their research. Beimfohr received the Meritorious Achievement Navy Science Award along with \$150 from the Dean of Science at Notre Dame University. He was awarded a blue ribbon in the Behavioral and Social Sciences category for his studies entitled "The Effects of Symbol Per-

ception on Learning and Memory."

Andre McNeil also received a first place ribbon for his research on "The Effects of Ultraviolet Radiation on Anabaena cylindrica Colon and Its Future Implications in Space Travel." McNeil's other awards were a total of \$115 from Miles Laboratory and St. Mary's College

along with a congratulatory certificate of merit from the U.S. Marine Corps.

Christine Yarger's project entitled "The Effects of Prednisone and Exercise on the Allergic Reactions in Laboratory Mice" earned her a first place ribbon in her division and a trip to the state science fair as an overall runner-up at the Regionals. She also received certificates from the U.S. Army and Navy.

Molly Duman, a junior, received \$325 from three associations funding the science fair at Notre Dame. Her other accolades include a certificate from the National Association of Biology Teachers, a calculator from the U.S. Army, and three plaques from the American Society for Quality Control, St. Mary's College, and the Women's International League for Peace and Freedom.

The hard work and diligence of these six Adams' students has been recognized at the regional fair and will enable them to present their projects in the state and international competitions. To prove their potential as future researchers these students spent many hours after school and during vacations to document data.

The effectiveness of Mr. Nevin Longenecker's research biology class has been proven year after year by the numerous honors and awards his students continually achieve.

Shakespeare Week

Extra-curricular presentations

Wednesday, April 26

-Shakespeare film, Lawrence Olivier's classic *Henry V*. 8:00 p.m., in Notre Dame Engineering Auditorium, free.

Thursday, April 27*

-Shakespeare film, *King Henry VIII*. 8:00 p.m., Notre Dame Engineering Auditorium, free.

Friday, April 28*

-*Much Ado About Nothing*, a Four Winds Group performance, Bendix Theater, Century Center, 8:00 p.m., adults \$4.00; students K-12 and senior citizens \$2.00.

Saturday and Sunday, April 29/30

-Film, *The Dresser*, about an aging Shakespearean actor and his troupe. I.U.S.B., Northside Hall, Room 113 at 8:00 p.m., \$1.75.

-*Much Ado About Nothing*, a Four Winds Group performance, Bendix Theatre, Century Center, 3:00 p.m., adults \$4.00, students K-12 and senior citizens \$2.00.

In-school activities

Wednesday, April 26

-faculty and student dress-up day.

-Elizabethan presentations given by the various Departments.

-modern-Elizabethan souvenir photos in room 147, individually priced.



Mrs. Gerhold models her Elizabethan costume in advance for the Tower. Her costume is perfect for today's Shakespeare Week student and faculty dress-up.

photo by Sarah Szumaki

-Apothecary Shop in cafeteria corridor, 11:00 a.m. to 12:45 p.m., sponsored by the Science Department, Wednesday, Thursday, and Friday.

*On Thursday, April 27, and again on Friday, April 28, there will be held a presentation by the Indianapolis Shakespeare Festival entitled, "Will Power." They will perform two separate shows at Adams, which are open to the public, from 7:45 a.m. to 2:45 p.m. The shows are "Shakespeare's Greatest Hits," and "Shakespeare on Trail."

Fine Arts collaborate for comical fund-raiser

by Doug Booher

On May 5 and 6, the John Adams Fine Arts Department will present Adam's Eve, a collaboration of the J.A. Band, Drama, Orchestra, and Vocal Departments. This presentation is a biannual event performed to raise money in advance for the costly spring musical the following year.

It involves as many students as are interested, and anyone is welcome to audition. The students that are involved participate in any number of responsibilities ranging from actual on-stage performance to an organized technical committee. This committee will be managing many aspects of the performance, ranging from props to video.

The show is set up in two segments: one is the "Broadway," the other is the "Video Ages." The show as a whole will

be filled with music and comedy. Some of these light-hearted acts are, "Stupid Teacher Tricks," "Przybysz and the Pan Flute," and "You Can Call Me Al." Our own principal, Mr. Przybysz, will be displaying his acting skills in "Przybysz and the Pan Flute" as he takes on the role of Zamfir.

The presentation will be held at John Adams in the P.E. gym on the evenings of May 5 and May 6, beginning at 7:30 each night. Tables will be set up around the gymnasium for the audience as part of a night club atmosphere. In order to accent the night club style, many snack items and beverages will be made available to those who attend. For tickets or information, please contact any cast or crew member, Mr. Good, or Mrs. Hull in the bookstore. Tickets will be \$3.00 in advance or \$3.50 at the box office.

New staff settles in

As per usual, the end of the year has once again brought along with it a new staff of Tower workers. In order to allow the new staff time to become familiar with its new responsibilities, it is customary for them to start taking on their assignments in the last nine weeks of the year.

Next year's staff is no exception. In every facet of the paper, next year's staffer's have begun to assume their roles. Editors, writers, photographers, and all other students involved in the paper are now working under their new titles.

Next year's staff includes C-Ming Phan

and Jeff Thompson as Co-editors-in-chief, Stefanie Komaskinski and Jason Ritter as News Editors, Paula Winicur and Jay Zych as Feature Editors, Brendan Addis and Jason Kelly as Sports Editors, and Mark Bartholomew and Matt Nelson as Opinion Editors.

Kristen Bielejewski and Jenny Hartman will manage Advertising, with assistant Rachel Friend. The Business Managers will be Laura Down and Anne McNamey.

The new staff is eager to take on its role in putting out the Adams Tower, and looks forward to next year's activities.

Quiz Bowl team falls one short of "Big Easy"

by Mark Bartholomew
opinion editor

Last Thursday, the John Adams Quiz Bowl team competed against St. Joe for the championship of the area quiz bowl league and a chance to move on to national competition in New Orleans. The winner would be the only team from Indiana to represent their state in the nationals. Although the team fell short of this goal, in a 510-220 defeat, overall the season was a successful one.

In the final match, St. Joe was just too much for Adams. Although the team had a good first round, staying within 40 points, it was all downhill from there.

The Quiz Bowl team finished this year with a regular season record of 6-3. Their three losses included two tough close games against Clay and Penn. They were ranked third overall in the league.

But the team rebounded towards the end of the season with a win over a tough LaSalle team. Then Adams won against Marian in the first round of the playoffs. In the televised second round, the team barely edged out Penn in an exciting 340-300 come from behind victory and earned the right to face St. Joe in the final.

The team was a mixture of old and new this year. Co-captains Bill Wolter and Tom Killeen provided a sturdy anchor for the team all season long. "Bill was the main thrust of our team this year," said junior Grant McDougal. "He

excelled at science and mythology. Old Billy will be sorely missed next year."

Also returning were juniors Kurt Leege, Mark Bartholomew, and Andre McNeill along with sophomore Sylvia Chen. A new batch of recruits including Molly Duman, Grant McDougal, Joe Furlong, Malay Kundu, and Trevor

"Overall, being a relatively inexperienced team that had not been in competition together before, the Adams team had an excellent record."

—Larry Lantz

Wendzonka also gave valuable input during the season's matches.

"Overall, being a relatively inexperienced team that had not been in competition together before, the Adams team had an excellent record," said coach Larry Lantz. "As the season progressed and the team became more experienced, they became one of the premiere teams in the league. "Gradually, the new members seemed to come together. "In summary, I think that this team evidenced some of the academic excellence expected of Adams," continued Lantz.

For those who have not attended a quiz bowl match, one competition is divided into four rounds. The first round

consists of 25 toss-up questions each worth ten points. The second round is called the bonus round. Each successfully answered toss-up question is followed by a bonus question that all the members of a team are allowed to discuss. When eight bonus questions have been heard the second round is over.

The third round is called the 60 second round. In this round, each team is given a category with ten questions. As in the bonus round, the team is allowed to confer on the questions. A 20 point bonus is awarded to a team that can answer all the questions.

The fourth round is played the same as the first round with 25 toss-up questions.

The South Bend quiz bowl league started in 1984 with just two teams: Adams and Clay. Now there are ten teams in the league. Adams went on to national competition in 1985 and 1987 in what are known as "the Primus years." In 1985 the nationals were in Dallas, Texas and in 1987 they were held at Ohio State University. Last year St. Joe went to New Orleans again to compete in the nationals.

Next year's team should have a good shot at making it back to the championship. "With the experience gained this year, there is no reason that the team shouldn't be a major contender for the championship next year," said coach Lantz.



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Glasnost given mixed reviews

by Kathy Strieder

The recent widespread awareness throughout the free world of the significance of Soviet Union's controversial Glasnost program has produced some interesting results regarding attitudes toward the U.S.S.R.

Prior to Gorbachev's sweeping alterations in socioeconomics and foreign policy, the United States as a whole viewed its counterpart in ideology as Ronald Reagan's evil nemesis, a competitive menace to America's power position in the world and a constant challenge to our most deeply held convictions.

The difference between this pre-summit '88 attitude and temperament currently rampant in America, especially that displayed by the media and the entertainment business, makes for a striking paradox. The Gorbachevs are heroes greeted by thousands of waving fans at every American airport. He has commanded respect from everyone with

which he comes in contact, including anchorman Tom Brokaw, who was the first free-world newsman to interview him, while she is admired for her innate sense of style and grace which destroy the formerly popular views held concerning Russian women.

The days in which the Soviet Union appeared in newspapers and magazines only when test ban treaties were being violated are gone. Coverage has been given to the USSR as a country with as many diverse offerings of culture as our own. Time magazine dedicated an entire April '89 issue to the country with a segment on the country's first Alcoholics Anonymous program and features on Russian art and theatre which were sure to introduce some new and influential talents, following startlingly radical schools of thought, to the western world, and Playboy broke precedent by featuring Russian actress Natalie Negoda in its May centerfold.

Pop culture, too is showing pro-Soviet tendencies. All the action and

mystery films which featured Russians as the culprits have vanished to be replaced with love ballads to "Nikita" (Elton John, 1988). Russian language classes and exchange programs have achieved unprecedented success with high school and college students alike.

This unbridled enthusiasm is certainly healthy for the international climate since it has called a definite halt to the Cold War which began in the fifties, but, if it follows the beaten path of other national fascinations, it may prove to be at best a futile and ineffective step toward better world relations.

The Russian people themselves show a clearer perspective of the situation. Although Time's poll of over a thousand Moscow residents showed a 79% full or partial support of Gorbachev, other majority percentages indicated a widespread sentiment that, although an increase in Glasnost was necessary, it would also increase difficulty in the life of the ordinary citizen because of strong political

dissent and resulting disruption.

The stability of the program is also seriously questionable due to the speed with which has been applied and the aforementioned political protest. Russian theorist Dmitri Vasiliev claims that Premier Gorbachev "has no clear thoughts and no perseverance." Furthermore, although strict adherence to atheism is no longer expected, Russian Jews and Ukrainian Catholics still suffer persecution under the communist regime. Even the phenomenal world effort to help during the Chernobyl was marred by the fact that the Kremlin kept it a secret for two full days after it occurred, which could have increased the seriousness of the consequences for parts of the free world near enough to feel the effects of the radioactivity.

Although the current interest with Russia is healthy and profitable, the change in the U.S.S.R. should not be regarded as a national trend; it should rather be regarded as the stepping stone of a still powerful and influential nation.

Cancer risks can be kept minimal

by Jeff Thompson
Co-editor-in-chief

The month of April marks the beginning of Cancer Awareness Month. The American cancer society has a residential and national campaign. On the residential campaign, they have a Public Education Program which gives practical guidelines to help reduce the risk of cancer. These people train other people to give this information to businesses, clubs, and to the general public. In this area there are about 800-1000 people distributing this information.

Many astounding facts and figures are associated with cancer. One out of every four people will be affected by cancer in their lifetime and about one out of every three will have already been affected by it in their lifetime. Currently, in men, prostate cancer is the highest in incidence at 21% out of all cancer cases. In women, lung cancer is the most prevalent, and it is the leading cause of death by cancer patients overall. An estimated 142,000 deaths is predicted for 1989 by lung cancer. Breast cancer was the highest in women for fifty years and not until recently did it change. For youth, leukemia was the highest in incidence with an estimated 18,100 deaths in 1989. For the state of Indiana an estimated 11,500 deaths is predicted for 1989.

Every year the American Cancer Society concentrates on a certain topic about cancer whether it's a certain type of cancer or something that helps prevent it. Last year the topic was breast cancer. This year the topic is "Eating Smart," and will be the topic next year too. Eating smart will help reduce the risk of getting cancer.

One of the first steps to take to eating smart is to avoid obesity. Obesity is linked to uterine, gall bladder, breast, and colon cancers.

People should also cut down on total fat intake. A high fat diet increases the risk of developing breast, colon and prostate cancers. The total fat intake shouldn't exceed 30%, but Americans on the average take in 60%. They should consume about 80 grams of fat a day.

Increasing the fiber in a person's diet may reduce the risk of developing colon cancer. People should consume 4-6 servings of high fiber foods a day. They should eat quite a variety of foods which include bran cereals, whole grain breads, apples, raisins, sweet potatoes, and strawberries.

Another tip to eating smart is to add food rich in vitamin A and C. Vitamin C helps maintain the functioning of many life processes in a person's body. Vitamin C comes from citric fruits, broccoli and many other fruits and vegetables.

It is also contained in the cabbage family which helps utilize fiber and protein and has been known to contain powerful enzymes to destroy carcinogens. Cabbage is the cruciferous group and they have been known to prevent certain kinds of cancers from developing. The cruciferous family has flowers with four leaves in a pattern of a cross.

Vitamin A may help protect against cancer of the esophagus, larynx and lungs. Foods that contain vitamin A are dark green or deep yellow vegetables including, spinach and squash. Vitamin A is useful in preventing nitrates to combine with proteins.

When salt-cured, smoked and nitric cured foods are eaten frequently there is a more incidence of cancer of the esophagus and stomach. People shouldn't have frequent servings of hot dogs, certain cold cuts and sausages.

Not only does a person have a reduced risk of developing cancer when he/she eats right, but they look and feel better too. Martha Erickson, a diet specialist in South Bend, has performed group tests on how well a person feels depending on how they eat. The group that ate well was full of energy, and it contrasted greatly to the group that ate junk food, who had less energy.

The main key in preventing cancer from causing any complications or causing death is to catch the cancer in its early stages. People should have at least one cancer related checkup every three years and women should perform monthly breast exams also. (All material taken from American Cancer Society pamphlets.)



Freshmen David Katz and Toby Hlade put the finishing touches on their model.

Freshmen build canal

by Jay Zych
Feature editor

One of the most massive undertakings in modern civilization was the Panama Canal. It was completed nearly 75 years ago by an expert American team that succeeded where many others had failed, and two freshmen at Adams are doing their part to commemorate this event. David Katz and Toby Hlade recently completed a scale model of the Panama Canal as part of an extra credit assignment for Mr. Fiwek's social studies class.

"The model, which is workable and fully watertight, took about a month to finish," said David Katz. "We worked pretty seriously on it after we found out it was extra credit, but it was a lot of fun anyway," Katz continued. The pair teamed up in an effort not only to gain extra credit but also to gain practical experience and to learn about a geographic landmark thousands of miles away.

Mr. Fiwek originally came up with

the idea for the project for students in his world history class. The class is offered to freshmen as a way to learn about the different social and economic issues involving the world as a whole, so particularly motivated students were given a chance to earn extra credit for work outside regular class time. The students could choose from among a number of projects, and Toby and David chose the Panama Canal.

Not many people realize the importance of the Panama Canal because many people go through life without a chance to see it. Those who have seen it know that it is an engineering feat unrivaled by modern man.

The model is nine feet long, with four locks that serve to raise or lower ships to the level of a central lake. It is constructed of plastic, wood, and cardboard, and is painted as an excellent likeness to the real canal, which runs through the isthmus of Panama for approximately 40 miles southeast from Colon on the Caribbean to Balboa.

Drama takes home first place

by Paula Winicur
Feature Editor

The weekend of April 14-16 was very important one for the members of the John Adams drama club. Mr. Joseph Good, the drama director at Adams, took 54 delegates to Indiana's Magic Kingdom, otherwise known as Carmel, Indiana for the Indiana State Thespian Conference. This was the third time Adams had gone to the conference, and this was the largest delegation it had ever taken. In fact, out of the 18 high schools there, Adams had the second largest number of people. "This year was our largest and strongest delegation and that resulted in our walking away with the most awards. I was really proud of all of our students," said Mr. Good.

The conference consisted of many programs and activities such as seeing shows, crazy competitions, a trivia game, a cabaret style talent show, workshops, competitions, auditions, and lots of fun. There was always something to do and there were always new people to meet. "There were too many things to do and not enough time to do them," said freshmen Rachel Dowty, "We met a lot of talented people from all over Indiana and got to spend time with them."

The Adams delegation got to Carmel around four o'clock on Friday and registered. Then they were sent to two rooms to decorate the doors and get

settled for the opening, done by Carmel High School's song and dance group band. Then Carmel presented the first show, "Flowers for Algernon."

A new and less serious attitude was taken when the next event, called crazy competitions, began. Each school was given a bag with balloons, streamers, and other decorations in it to create their best Disney character. A trivia game took place to test everyone's knowledge of Disney which brought back childhood memories and proved that everyone is just a kid at heart.

On Saturday, many new activities were introduced. After seeing a few shows, the workshops started. There were many different workshops all concentrating on different aspects of thea-

ter. Employment choices, musical training, makeup application, improvisation, directing, and auditioning were all represented.

The most fulfilling event for John Adams were the competitions. Novice and experienced students got to compete in many different categories such as dramatic, humorous, mime, musical, and even publicity. Adams swept up the awards winning the most out of all of the high schools at the conference.

The firsts went to Doug Booher for publicity, and Chris Langheinrich and Jim McDonnel for their dramatic duo. Heather Curlee won a second for her dramatic solo as did Sonia Johansen for her solo mime. Other seconds were given to Anna Lindzy and Sarah Hayes

for their dramatic duo. Pilar Anadon, Megan Conway, Angela Dentino, and Shelley Ernspenger won third for their humorous duos. This is the first year Adams had entered the competitions and they did very well.

"Cinderella Wore Combat Boots" was performed on a sidestage on Saturday. Adams also presented their show "The Saga of Sagebrush Sal" as a dinner theater piece on Saturday night. This won an honor for a mainstage performance. Adams' two state board members were reelected for the year of 1989-90. Mr. Good was also reelected for the adult state board for the upcoming year. An audition was held for all of the graduating seniors for scholarships. Chris Langheinrich won the scholarship and will be attending Depaul next year.

There were a few added twists that made the weekend more exciting. A dance was held Saturday night after the mainstage production of "Noises Off." This allowed all the delegates to release some of the built up energy from the weekend. The sleeping arrangements were changed due to the unsafe conditions of the Carmel High School gym. The conference members were taken to Warren Central High School to sleep in the gymnasiums there. The weekend was a very successful one for the members of John Adams troupe #1464. All who participated in the conference should be congratulated for a job well done.



Volunteers donate blood

by Rachel Friend

Sometimes while sitting in class, a subject is brought up that really makes you stop and think about something you've never even thought about before. This week in health class, something my teacher said had a great impact on me; the fact was that out of all Americans, only one percent of our population donates blood. Blood banks are starving for contributions, yet they are breaking even with their demands only by recruiting the same donors year after year.

The reason blood banks don't get many donors is probably because so few people even consider volunteering to give blood. Donating blood is not an every day idea, so new donors are hard to come by. In fact, some people have the attitude that donating blood would just be a waste of time, and they even shun others from contributing. People sometimes get started donating blood if their parents were donors, or maybe if their family has an emergency in which a member needs blood. But for most people, donating blood just isn't a priority. They need an incentive to volunteer. But what can hospitals do to increase the number of donors?

In past years, hospitals offered money for the donation of blood, but recently they have been forced to change that policy. Donors must answer vital and sensitive questions pertaining to their health, so hospitals can be sure their blood is safe. But when money was offered, people would lie about the

answers so they would pass the test. Now, all that hospitals can offer volunteers is free cookies and juice following their donations, and free blood in any amount for them and their immediate family in case of an emergency where blood is needed.

Donating blood is a relatively easy process. First, the questions about health must be answered, and if they are "acceptable", a sample of blood is taken. This blood is then screened for diseases such as hepatitis and AIDS. The common misconception that these diseases may be acquired by donating blood is false. Finally, after blood is determined to be healthy, a person is allowed to make the donation. Following the drawing of blood, the donor is required to stay in a waiting room for at least 15 minutes, to be sure the donation doesn't adversely affect him. The donor may then leave, and in two to three months the hospital will request the person's donation again.

Anyone 17 years of age, and in good health, can make a great contribution to the community by donating a small amount of blood each year. This donation will reach several different needy people, as all the components of the blood (namely red cells, platelets, and serum) will be separated and used as necessary. The process of donating blood is easy and harmless, and offers a great reward; the satisfaction of helping a person recover from a serious injury or illness. There is little reason not to donate blood, and your donation can make a world of difference.

Love beads still promote peace

by Jay Zych
Feature editor

Imagine yourself watching T.V. when you come across a channel with girls wearing beads, army jackets, and peace symbols, all dancing to psychedelic music. Have you come across your parents' old home movies by mistake? Not likely, because this is a scene that's common these days. From paisley to peace symbols, there are many aspects of the 60's generation that are still present today.

One of the most highly visible influences of the 60's counter-culture upon our generation is music. Almost all of the "Alternative" music popular in high schools and colleges today can trace almost direct roots back to pschedelia. Two bands that are especially representative in this area are R.E.M. and U2. These bands reflect the 60's style in their dress, style of music, and their social awareness. R.E.M. is a major backer of Greenpeace and U2 is active in Amnesty international. This social awareness is almost a trademark of the late 60's that has made a widespread return in the 80's seven Top 40 acts are finding causes to support. Prince, who epitomizes the psychedelic influence on our generation, has had numerous successful singles that deliver an anti-drug message. This social awareness is one of the better influences on our times.

Another aspect of the so called "free

generation" that is slightly less conspicuous is clothing. The paisley prints, beads and army jackets worn are so commonplace today that they are not thought of as things from another generation. Round "John Lennon" glasses and peace symbols are considered to be on the edge of modern fashion even though they first hit the market about 25 years ago. This time capsule effect shows how deeply embedded the 60's are in our generation.

To really see how a society functions, the way they entertain themselves must be examined. If our forms of entertainment were examined for long, several concrete examples of sixties influences would clearly be seen. How many people these days watch Batman or the Brady Bunch reruns? During the summer, anyone who throws a frisbee continues a fad started over 20 years ago, and anyone who buys a skateboard is "sidewalk surfing" just the way they did it in the sixties. Of course, there are also the obvious mirrors to the sixties such as movies like 1969 or the re-release of Woodstock. Whether you know it or not, many things we do for fun originated in that decade.

It's pretty evident that we owe a lot to our past. Without that turbulent era collectively referred to as "the sixties", we wouldn't be where we are today. So it's about time to click off the old T.V. set, but not before one last video by the Monkees.

Fury over animal rights undeserved

by Mark Bartholomew
opinion editor

In the past few years the battle for animal rights has really heated up. Animal activists have put considerable pressure on companies and universities who conduct scientific testing on lab animals. In fact, there are over 7,000 animal protection groups in the country all of whom seek some change in our present standards for testing lab animals. But when looking at the facts, this cause clearly does not deserve all the emotion and the violence that these protestors have shown. By examining the animal rights problem in both a factual and ethical perspective, it can be seen that our present testing standards need very little change whatsoever.

The activists claim that we should not inflict pain or kill these animals. But if that was the case, then we'd all have to become vegetarians. The activists also cite the massive numbers of lab animals used in testing; in 1987 180,169 dogs and 50,142 cats were used. But another

statistic makes this seem insignificant. Last year animal shelters took in at least 22 million dogs and cats. Of these, 12 million were put to sleep. When we have this tremendous waste of animal life, it seems pointless to argue about the fates

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—Frank Stilley, author of
The \$100,000 Rat

of those few lab animals who are actually promoting good through their use in scientific testing. The activists need to do something about the tremendous pet population before worrying about the small percentage that are lab animals. Reducing the birth rates of dogs and cats would go a lot farther in helping animal welfare.

Moreover, the fact is that animal testing has greatly improved human tech-

nology and medicine. The CAT scan, the polio vaccine, sulfa drugs, and insulin were all developed, at least in part, because of animal testing. And these medical advancements have saved and enriched countless human lives.

But there are still many diseases which haunt the human race. Activists have shut down some tests which could have helped those with cystic fibrosis and those suffering from drug withdrawal and addiction. They are saying that the living conditions of some lab rats are more important than the fates of little children with cystic fibrosis or the tremendous pain of an addict trying to kick a cocaine habit.

The fact is that lab animals are less complex, both psychologically and physically, than humans. They usually have a shorter life span as well. Also, medical research tends to eventually help other animals. According to Frank Stilley, author of *The \$100,000 Rat*, "Virtually everything learned for the benefit of man through animal experimentation is of the same benefit to animals."

And the truth is that the situation of the lab animals is getting better. In 1985 Congress passed a series of amendments to the federal Animal Welfare Act to help better the condition of animals. Many institutions have implemented their own reforms in response to the pressure of animal activists. Fewer and fewer lab animals are being used as scientists find other methods of testing. Clearly, the violence of many of these activists is not merited. Fires and break-ins, traced to the militant Animal Liberation Front, have caused millions of dollars of damage in labs across the country. Poisonings and bomb threats have also been attributed to some animal liberationists. Such actions must be stopped.

Diseases such as cancer and AIDS are troublesome reminders of the desperate need for animal experimentation. Scientists should be encouraged, not fire-bombed, to seek clues to the treatment of such illnesses lest we all live in a world where non-reasoning animals are safe but people are plagued with incurable disease.

Attitudes need changes towards environment

by See-Ming Phan
co-editor in chief

Calling himself the environment President, George Bush won the 1988 election due, in part, to one of his many campaign promises providing for government's larger role in environmental safety. Yet, a month after the

Editorial

tragedy at Valdez, Alaska, Mr. Bush has yet to deliver a convincing indication that he will act against the tremendous waste going on with many of the larger American corporations.

But the importance of environmental issues during last year's election might indicate a fairly new trend in the attitudes of the American public. Sparked by recent problems in coping with natural disasters, humans have become more sensitive to the plight of our deteriorating Earth.

Amid the chaos inspired by America's largest oil spill in history, one month ago, Americans have been forced to reevaluate the state of their surroundings. They are becoming increasingly concerned in a world that seems to be falling apart more quickly than expected.

Yet Exxon's problems in Alaska and the long term damage done by the spill was not the first indication toward this trend. Over the past year, Americans have come face to face with a score of natural disasters which are delivering a very clear message to the public—due to decades of waste and careless pollution, our world is slowly being destroyed by humankind. Within the space of one year, Americans have been repeatedly reminded of the fragility of our precious environment.

Perhaps Americans became most

acutely aware of their surroundings a year ago. Last summer several ominous threats from the Earth voiced themselves through the heat wave that lasted seven weeks in the United States. Through the extremely damaging drought, farmers saw their grain harvest reduced by more than 30%. The heat wave touched off fears that the "greenhouse effect" of global warming, due to excess carbon dioxide in the atmosphere might have already begun.

This devastating heat also spawned one of the largest, longest forest fires in Yellowstone National Park. The severe lack of rain from the heat wave ignited fires in forests all over the West, which raged almost uncontrollably, forcing people living nearby to evacuate their homes due to the quickly spreading fire.

And to amplify the huge problem, Americans also found out that their oceans are being polluted this summer. As sewage, garbage, and used medical equipment surfaced on the shores of beaches in the United States, they were becoming increasingly aware of the waste that they were creating. And hundreds of beaches that were discovered to be health hazards, were closed.

And with the coming of another summer, people are already preparing for the worst with the weather. New York City recently declared itself in a state of drought emergency, predicting a major drought this summer. Indicated by a severe lack of snow over the winter, and minimal rainfall this spring, the weather shows no tangible signs of improvement yet.

Unfortunately, these problems only serve to compound the environmental dilemma that has existed for so long throughout the world. Pollution in the North Sea, deforestation of the Amazon

jungle in Brazil, and the shrinking ozone layer have all contributed to the growing problem, and are ravaging the over-industrialized land from all areas of the globe.

In a departure from its traditional Man of the Year issue, *Time* magazine named planet Earth its Planet of the Year, directing an entire issue towards the problems facing our rapidly deteriorating Earth. This represents a the beginning of a change in public attitude towards conservation; the people are finally taking a look at the environmental problems they have created, and are becoming far more sensitive to the waste they have been responsible for.

During Ronald Reagan's term in office, the government seemed to condone waste and destruction. Government relaxed its federal requirements for fuel efficiency in cars, from 27.5 miles per gallon to 26 miles per gallon. This encouraged the production of gas guzzling cars, and also more liberal use of gasoline, among other things. Legislation like this during the past eight years advocated consumption, and played down the importance of conservation.

Americans can no longer dismiss this growing hazard. Though many people believed that problems with the environment would crystallize some time in the far off future, they have now come face to face with the reality of their planet's delicate balance of nature.

It's a bitter irony that the technology that has served humans so well, allowing them to thrive as the most dominant creature on the planet, is also destroying the world that sustains them. But hopefully, the slew of problems that have cropped up in the conflict between technology and ecology will force people to place more importance on protecting their world.

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The headlines in this section are sincerely dedicated to Mr. Joe Zanghino—thanks for the memories

Soccer pursues birth in State Cup

by Brendan Addis
sports editor

The Eagles soccer team began the '89 season with what seemed to be possible complication. Key players lost last year are striker Steve Wilson, center-midfielder Chris Loux, stopper Karl Roemer, and sweeper Hal Katz. In addition to the problems of filling these positions was the suspension of several players. The offense is led by seniors Matt Frankiewicz and Coley Cook, as well as junior Jeff Case and Mike Shide and sophomores David Klotz and James Quinn. The defense is composed of senior captains Chris McGrew and goalkeeper Jay Miller, seniors Joe Combes and Dan Bonham, juniors Jim McNamara and Matt Foley, sophomore Brendan Addis, and freshman Kevin Warner. Adding to the Eagles offensive attack are senior exchange students Alfredo Dilorenzo and Sacha Valasquez and junior Tri Do and sophomore Tuan Nguyen.

Although the odds seemed to be against



Coley Cook lines up for a shot against a Washington defender. photo by Root Photographers

the Eagles, they roared to a 5-0-1 record early on. They opened their season with a 1-0 victory over Munster. Momentum carried the Eagles to a 3-1 win over Clay with goals put in by McGrew, Valasquez, and Quinn.

The first away game was played at Penn, and the Eagles met with difficulties early on. Two quick goals were scored

on Miller, followed by a third shortly after. Senior keeper Jaimie Laskowski replaced Miller, who switched to playing field. The second half began, and the Eagles fought back to a 3-3 tie with goals credited to McGrew, Valasquez, and Miller. "The Penn game showed us where our weaknesses lie and what areas we need to work on. It's the type of game

one looks back on and learns from," stated Miller. Coming off a near loss, the Eagles were pumped for the game against Elkhart Memorial which was reflected by the 2-0 shutout recorded by Laskowski.

On Friday, April 14, the Eagles faced the Riley Wildcats who had previously beaten them the year before. Prepared for the game, the Eagles defeated the Wildcats 3-1 in which David Klotz had his first two goals of the season. The following night the Eagles faced Homestead whom they beat 1-0. Senior keeper David Van Laeke saved a penalty kick at the end of the first half to keep Homestead scoreless.

The Eagles soccer team has once again begun their season on a high note and look to be a powerful force in the N.I.C. "It's an unpredictable season and depending on who works best together at crucial moments, anything could happen once tournament time rolls around," commented Quinn.

Softball: a powerful force in the N.I.C.

by Amy Golden
and Tevor Wendzonka

The John Adams softball team reloaded for the '89 season and exploded onto the field as they beat the Mishawaka Cavemen on Tuesday, April 11. The Eagles beat the Cavemen 9 to 8 and did so with much experience in the infield. Four

power needed for the outfield positions. Freshman Leslie Wienert, along with Duman and Moloney, will be seeing a substantial amount of time on the mound.

Tuesday's offensive play was sparked by Moloney who had two doubles and batted in three runs. Cutter greatly contributed to the cause by doubling twice

"I think that as long as we work together and keep our heads held high, we can continue to be victorious throughout the season."

—Mari Whitcomb

year player Jill Cutter, who had the defensive play of the game by throwing out a runner at the plate, defends for the Eagles on first base. Junior Michelle Sharpe holds down second base, senior Amy Golden anchors the shortstop position, sophomore Anne Naffziger is at third sharing time with senior Megan Moloney, and senior Mari Whitcomb is behind the plate.

A novice in her new position in this year's plan is Moloney who played her first game as pitcher, but is also the veteran third baseman. Seniors Vera Marcello and Angela McCarthy provide the leadership needed for the outfield. Sophomores Anne McNarney and Carrie Foster and junior Molly Duman, who is also a pitcher, all tap that source of

with two RBI's.

"It's going to be an interesting year," said Coach Wiseniewski after the game. "We should go a long way in the N.I.C." Even more optimism was exemplified by McCarthy as she said, "We have a great amount of potential, and we should have a good chance at winning Sectionals." With all the experience Adams has, a successful season is easily foreseeable. "I do think we will go far this year. Our hitting needs some work, but we definitely have the best defensive infield in the city," stated Whitcomb. Her outlook for the season is also a positive one. "I think that as long as we work together and keep our heads held high, we can continue to be victorious throughout the season."

Irresponsibility pays its toll

Suspension awakens athlete to reality of the Code of Conduct

Everyone has been told at one time or another, "Do what you think is the right thing to do." I can now understand the severity of the consequences of this saying. Since I have been in high school, I have been exposed to many different people and many situations. I have had to learn to cope in certain situations and make numerous decisions which I have been faced with only since I have been in high school.

I made the decision my freshman year to participate in sports, and since then. I have sound success. By making that decision, I was accepting the responsibility of representing John Adams in high school athletics. Before an athlete can participate in sports however, he must go through certain formalities such as receiving a physical exam, turning in insurance money, and signing the Code of Conduct which states that an athlete will uphold the standards of high school athletics.

I took all of these formalities very lightly, especially the Code of Conduct which includes a statement stating that a student-athlete shall not have in his possession nor consume an alcoholic beverage.

One night in January, I and some of my friends had a small party at which we drank. It so happened that the party was found out by our parents. I was given several punishments at home, the least of which was being grounded for two weeks. Although I was given many punishments, my main concern was that soccer was

approaching, and if the administration found out about my drinking I would be suspended. Many athletes drink while they are on the Code of Conduct and most of them get away with it. I figured, why should I be any different.

My worst fear came true and a week later, I was suspended from participating in sports. The first offense penalty for breaking the Code is a 60 day suspension from all practice, and my only penalty was that I could not play in any games during that period of time. Often I look for someone else to blame, but the only place to look is in the mirror. I was the one who took the drink and now I have to live with the consequences. As a result, I am not eligible until the fifth game.

I never thought that I would get caught, but no one ever does. Nothing is harder than sitting on the sidelines knowing that I can't play. I have been told in the past that you never really appreciate something you love until it's gone, and now that saying applies to me. I have tried to find a way out of my suspension, but there is nothing I can do but wait. If there is one thing that I have learned throughout my suspension, it would be that if there is something you love, you should do everything possible to preserve it, and you should never jeopardize it. In my case, that happens to be soccer.

Due to the nature of this article, the name of the author has been withheld.

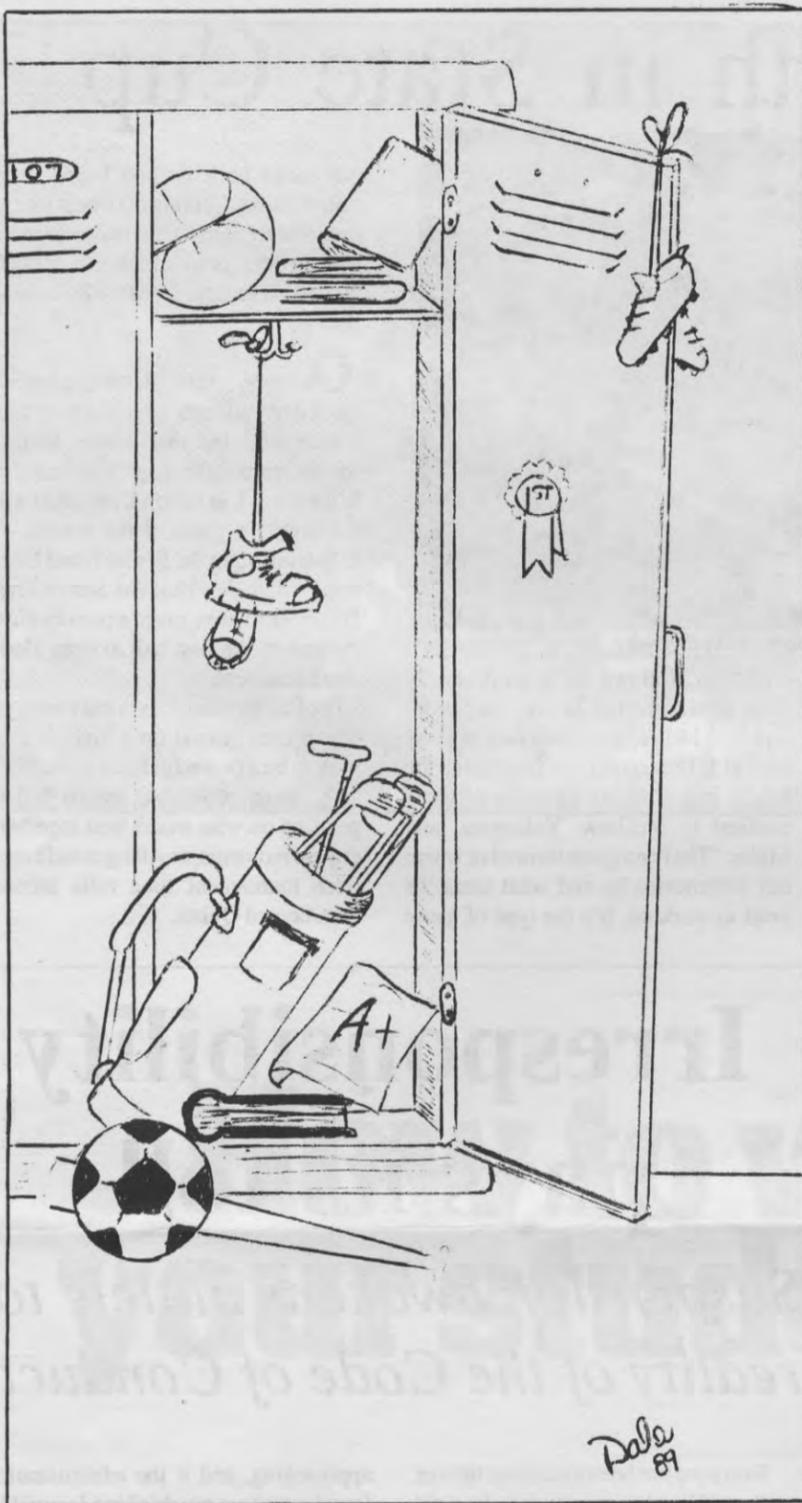
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Defending Champions

Eagles reload and look to return to the top of the N.I.C.

by Jason Kelly

With ten seniors returning from last year's 23-6 conference championship team, expectations are high for the 1989 John Adams baseball team. Under the leadership of veteran head coach Len Buczkowski the Eagles are off to a good start on the road to repeating as conference champions. Included in their impressive 5-3 record are wins over Buchanan, Rochester, and perennial state power Washington. Their only losses have come against powerful Concord, Adams Invitational champion St. Joe, and number 15 ranked Goshen.

If the Eagles are to fare well in the conference race and in post-season play they must rely on a potent offensive attack and strong pitching. Senior Gary Watkins is the team's most prolific hitter with seniors Pete Tulchinsky, Doug Naylor, Rick Bortone, B.J. Simpson, Joe Jones, Rob Bennett, Shane Bennett and junior Kirk Riffel also making strong contributions offensively. The pitching staff is led by seniors Kevin Brisson and Rob Bennett. Junior Andy Rassi and freshman Todd Gorski have also turned in some strong performances on the

mound. Defense has also been important in the team's early success. The infield is anchored by Watkins and Tulchinsky at shortstop and second base respectively, along with Jones at third and Shane Bennett at first. Kirk Riffel, the team's only junior starter, has been strong behind the plate while Naylor, Brisson, Simpson, and Bortone have turned in some impressive performances in the outfield. "We have a lot of talent at each position," said senior first baseman Shane Bennett, "not to mention experience and that will be helpful in big games."

The schedule won't get any easier for the Eagles as the season progresses. Not only is the conference schedule right around the corner, but the tough schedule also includes games against non-conference rivals Niles, Marian, Plymouth, Westview and Michigan City Rogers. "If we continue to work hard and improve we will be tough to beat at sectional time," commented Shane Bennett. The difficult schedule should be helpful to the team when post-season play rolls around. If all goes well throughout the season the Eagles should prove themselves to be among the area's best.

Sports a vital part of high school life

by Ann Naffziger

Athletics has long been an important part of high school life. However, in the past decade or two, sports has drawn an increasingly bad reputation. With the alarming trend of steroid use, extensive cheating in the scramble for a talented athlete, and pampered athletes, some wonder what good purpose, if any, sports serve. It is unfortunate that the stories hurting the image of athletics are more widely documented than the advantageous effects of participation today.

A big advantage of playing high school sports is the close friendships which are formed during the season. When a group

is ticing even when one doesn't feel like it. In this respect, athletes learn that to get something, one has to work for it.

This hard work approach also helps with academics while the sport is in season. For example, when there is an away game in Warsaw on a school night and the bus leaves at 4:00 and doesn't return until 11:15, the time management is indispensable. Some athletes claim that the work ethic utilized in their sport carries over to academics.

Some people have the misconception that coaches are only concerned about winning. Unfortunately, although this is true in some cases, it is certainly not

"I'll never give up sports. The lessons I've learned through sports are invaluable."

— Anne McNarney

spends two hours a day enduring the pain and sweat together, the group easily builds a close rapport. The team learns through experience, that in order to function as a polished unit, respect between the team members is essential. To rely on a teammate in a critical game situation requires trust. This trust comes from constantly working together for the same goal. Adams sophomore Anne McNarney says, "I've met some of my best friends through sports. Spending the time together after school allows us a chance to know each other better. Consequently, we perform better on the court."

Discipline plays a major part in sports competition. Playing on a team for four consecutive months, five or six days a week, takes a lot of discipline. Ike Trinh, an Adams wrestler, explains, "Wrestling has taught me discipline because I have to maintain a certain weight. I've really learned a lot of self-control." Regardless of the big-game glamour image, it is hard to give up every afternoon and some evenings to practice. Athletes learn by necessity that improving includes prac-

all. Many coaches fuel their players to succeed in life—not just the next game. Many a coach has opened up a new world for his players. To many players, a coach becomes a mentor and a second father. If a coach keeps the game in proper perspective, many advantageous opportunities are made available to the athlete.

Sure there are disadvantages of playing sports. As sophomore Adams cross country runner Brian Collier complains, "I just don't have any leisure time when my sport is in season." Another negative aspect of high school sports is the tremendous pressure to succeed in every game or meet. Yet, if dealt with correctly, the athlete can learn to deal with the stress and pressure placed upon him and turn it into a positive.

All in all, most participants seem to feel that the advantages of participation far outweigh the disadvantages. Many agree that athletics is a special part of the high school experience. "I'll never give up sports," says McNarney. "The lessons I've learned through sports are invaluable."

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