

Capital Punishment

Flip to Viewpoints to read two students opposing views on the death penalty. He said: The death penalty is right. She said: It's not.

VIEWPOINTS/ P3



Food

Food is the subject of this month's Centerspread. Topics range from dieting to food obsession. Critiques of several area restaurants are also offered.

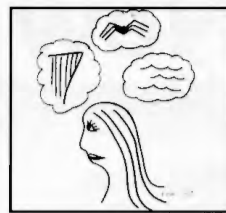
CENTERSPREAD/ P4 & P5



Phobias

Diana Szymanski investigates what makes students truly afraid. From spiders to darkness to closed-in spaces, a variety of phobias are probed.

EYE CANDY / P3



The Review

Riley High School / 405 East Ewing

Issue 6, Volume 28 / April 1998

Review leads to five-year accreditation

Kylea Asher
Copy Editor

A recently released report from the a state P.B.A. committee, which visited Riley last March, announced that the school received full accreditation status for the five years until the next review.

A few of the highlights included in the committee's extensive review:

- Riley has a good mission statement prominently displayed around the building. It elicits a common focus from administrators, faculty, and students alike.

How Riley gained accredited status

- Members of the PBA team evaluated Riley's academic and social environment.

- Team members noted student-teacher interaction, as well as teacher-teacher interaction. They also noted the administration's interaction with both students and staff members.

- They also spoke with various students and staff members on a one-on-one basis.

- Building administrators are visible and accessible.

- Student Council and class sponsors are parents. There is an attempt to make people outside the school a part of the Riley

community.

- The Wildcat Den is a hands-on approach to the business world. Students operate and manage the store, and all profits are filtered back into the school.

- Over 70 per cent of the student body is involved in at least one form of extracurricular activity.

- Teachers voluntarily offer study sessions and extra help for students.

- Mutual respect for one another is shared by the administration, faculty, and students.

- There is a wide variety of class options, and students have many opportunities to pursue areas of individual interest.

- Riley is a safe, friendly environment.

Around the School News Affecting Riley

Speaker on Riley

"He was a humanitarian who believed in people and the hope that those people can lead humble lives," said Thomas Williams, who spoke on April 15 about James Whitcomb Riley, the namesake of our school.

Williams wrote a book which was published in 1997 entitled *James Whitcomb Riley—The Poet as Flying Islands of the Night*. He is an expert on Riley's works and life. Both Riley and Williams were born in Greenfield, a small town in southern Indiana.

Williams donated his book to the Riley library with the following inscription: "To the students of James Whitcomb Riley High School South Bend. I trust you will remember the warmth and humanity that Riley personified towards others. You bear this heritage."

Williams spoke

"I trust that you will remember the warmth and humanity that Riley personified. You bear this heritage."

for an hour about Riley, his childhood experiences, and his poetry and other works.

He also told a story about how Riley first was discovered. He submitted a poem of his under the name of Edgar Allen Poe. It was found and thought to be one of Poe's lost poems. The poem gained widespread recognition, and Whitcomb was later discovered to have written it.

"I was honored to have been in a school actually named after James Whitcomb Riley," said Williams.

NHS inducts 61 new members

Early planning crucial in meeting elite criteria

Rebecca Cripe
News Editor

Freshmen plan now if you want to be inducted into the National Honor Society.

It takes not only excellent grades, but proof of character, leadership and community service.

Sixty one members of the junior and senior classes recently met this elite criteria.

The selection process consists of many steps.

According to James Stebbins, NHS faculty adviser, students are first nominated for NHS induction if they have a 3.0 GPA or higher. Those who meet this academic requirement are called to an informational meeting during which they are told about NHS and given an application.

The application can be very long and tedious to complete.

"The hardest part about filling out the application was getting all the signatures (for character references), because I am involved in so many different things with different people," said junior Jill Baldwin, a new member.

On the application, students are also asked to detail their activities both in school and the community.

Students have approximately two weeks to complete and return their applications to either Stebbins or the other NHS faculty adviser John Koellner.

Having reviewed the applications, Koellner and Stebbins select students who reflect the four qualities which NHS members embody: scholarship, character, service and leadership.

According to Erika Barlow, junior, she exhibits these qualities in her actions.

"I display scholarship because I strive for excellence, leadership because I am a section leader in band, character because I always try to do what is right, and service because I do a lot for the community.

Like Barlow, other nominees were involved in community service projects.

"I am amazed at how many activities and service projects that these students are involved in. The are affecting the community in a positive way," said Stebbins.

Some students are more involved than others.

"I was nervous about getting in (to NHS) because I was not sure if I had done everything I needed to do in high school," said Baldwin.

According to Barlow, her most important community service venture was the *Relay for Life* project in which volunteers walk to raise money for cancer patients. She said some patients actually came up and thanked her at the end of the walk.

The list of chosen students is presented to a selection committee for final approval.

"It is very enjoyable to be involved in the revision of the applications. I get to know students in a different way than in the classroom. Also, it is gratifying to work with students who are so committed to something," said Stebbins.

Not all students, however, are accepted into NHS.

Rejection can greatly disappoint students.

"The hardest part about the selection process is notifying some students that they were not chosen and explaining to them why they were not chosen," said Stebbins.

For those who are chosen, membership in NHS is quite an honor.

Baldwin feels that it means she has a higher level of everything you need to succeed in life than the average teen does.

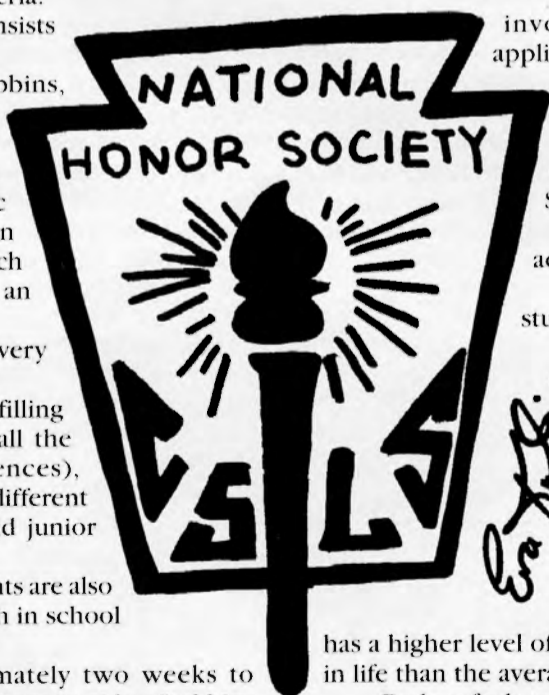
Barlow feels an obligation to do all that she can for the organization.

"I plan to take an active role in NHS because it is such an honor to be in it," said Barlow. *National Honor Society* is for an elite group of students who will apply for colleges now or in the near future.

Colleges look for involvement in clubs and organizations such as NHS according to Paula Howard, guidance counselor

"It is important because it is a distinction that shows you have good grades, character, development, involvement in the community, and people have a positive perception of you. Also, it shows that you are college bound," said Howard.

She continued to explain, "Colleges will notice a student quicker with the distinction than without it. Involvement in NHS such as being an officer is only looked at in scholarship selection."



Student Council Elections

The Riley Student Council recently voted on and elected officers for the 1998-99 school year. The board will include the following students:

President: Jason McFarley, junior

Vice President: Erin Miller, junior

Secretary: Jacinta Martin, junior

Treasurer: Melissa Wibbens, sophomore

Sergeant-At-Arms: Porschea Vines, sophomore

Historian: Crystal Wigfall, junior

All members of the 1997-98 council were eligible to run for office. Those elected will comprise the board of the present Riley's last Student Council.

New Building



New class offers a new way of learning

Class offers new opportunity for foreign language students

Rebecca Cripe
News Editor

Next year a new Spanish class will be offered with a whole new approach. The class is designed for juniors and seniors who do not have to have a prerequisite in Spanish. The teacher for the new class will be Laura Vanderheyden.

She had to get it approved by writing a proposal that had to be passed by the curriculum board. Then, it had to be passed by the school board; it was successful.

However, Vanderheyden had to come up with the idea first.

"I came up with the idea when I was in Ivy Tech's teacher internship program. I worked for Glaval Industries and taught Spanish to all levels of management to allow them to communicate with their workers," said Vanderheyden.

She continued to explain, "As a result, I saw the need in industry for bilingual internal support. The Spanish class would fulfill this need by preparing students for skilled, high-paying jobs that do not require a college education."

According to Vanderheyden, the success of the program will depend on the students' desire to be able to communicate in Spanish. The new class will extend beyond the classroom.

In fact, it will extend to business in the community.

"As a class, we will connect to local businesses through computers and

develop a co-op program with them," said Vanderheyden. The co-op will offer an opportunity for a job for the students after high school.

According to Vanderheyden, there will be a variety of job opportunities in the workplace such as health care, law enforcement, and manufacturing. The jobs will be incorporated into the Spanish speaking business world.

The class will be taught using the system called TPR (Total Physical Response Theory) which was developed by Dr. James Asher according to Vanderheyden.

"TPR is a method of teaching language that enables students to internalize a large

"The advantage of the new class is that it will offer a creative alternative for those students who do not do well in the traditional foreign language classes."

amount of a language with quickness. The students internalize the language through physical action and the use of dialogue, stories, and patterned drills," said Vanderheyden.

She continued to explain, "An example would be the instructor doing an action such as jumping jacks and modeling it for the student. Then, the student would perform the same action."

This quality makes the way of learning a language fun.

According to Vanderheyden, there are many ways in

which it will be different than a regular Spanish class.

"The differences will be speaking in Spanish from day one, a totally different learning style, linked with the community, and physical involvement in learning," said Vanderheyden.

However, it is not meant to replace the current foreign languages classes or the traditional way of teaching, according to Vanderheyden.

"It is only meant to enhance the current foreign language program and offer a creative alternative to traditional teaching. Also, it will offer a new opportunity to students."

"The class will be harder to teach than my current classes because it will involve more talking and activities. Starting any new program is taking a risk."

Vanderheyden is not sure if the new program will have the results she anticipates.

"Just like any new program, there are circumstances beyond your control. However, you hope it will be a success," said Vanderheyden.

However, she does have goals for the program and her students.

"I hope to teach my students to speak Spanish, give them a greater awareness of the cultural diversity in the area, give them the skills to find employment immediately after high school, and give them the skills to be successful in life," said Vanderheyden. ■

Benefits of new class

I. Student Benefits

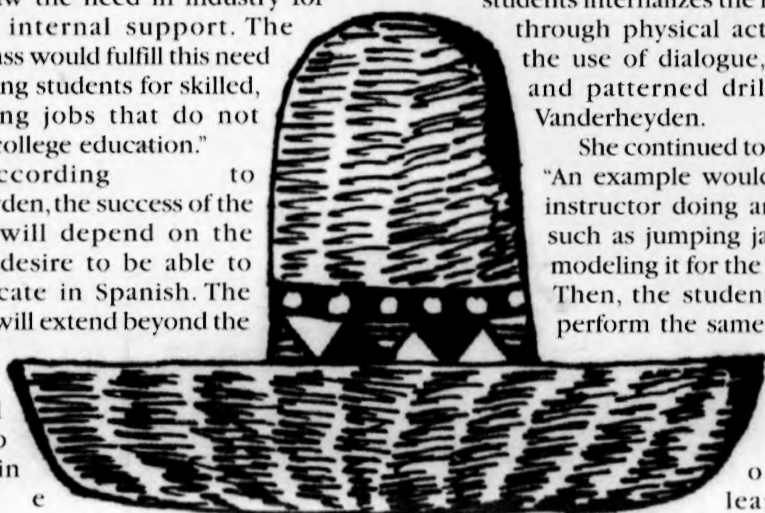
✓ Students will be trained to fill a position after graduation that satisfies a need in the business community for bilingual mid-level management.

II. SBCSC Benefits

✓ This program would allow the corporation to interact directly with many businesses in the community. In this way, the program can give something back to a community that has generously supported its endeavors.

III. Business Benefits

✓ They will be able to train current personnel in Spanish by the distance learning and help to train future employees.



IN-DEPTH FEATURE

Student-teacher rapport affects classroom success

Rebecca Cripe
News Editor

The student-teacher relationship can greatly hinder or enhance the classroom.

"I think the student-teacher relationship is very important because if there is not a good relationship with a particular student, then the student will act out in class or start a verbal argument with the teacher which could get out of hand," said Gregory Ruchti, junior.

There are many factors the student-teacher bond; some are more influential than others.

According to Dave Dunlap, social studies teacher, the most important thing in the student-teacher relationship is that the teacher genuinely cares about young people and their lives.

"I think that the most important part is the teacher getting to know the student personally and not treating them like a number in the classroom," said Kristina Paris, junior.

A student's feelings for a particular teacher are revealed in the classroom.

According to James Spears, social studies teacher, "A student's feelings for a teacher does affect his or her behavior in

class. However, the student has to be mature enough to realize what I am trying to do for them."

Many factors affect the student's feelings toward a particular teacher.

"I believe the ability of the teacher to be able to convey an empathetic feeling for the student is what contributes the most to the relationship," said Dunlap.

"My chemistry

Baldwin, junior.

A teacher's ability to treat students fairly and respectfully also affects the student's feelings toward that teacher.

"I think that the teachers are treating the students more and more with respect and fairness. In high school, everyone is treated equally," said Paris.

There are many things that contribute to the relationship, good or

teacher relationship. Treat teachers as human beings rather than as objects," said Dunlap.

Each teacher has his or her pet peeves regarding students.

"The hardest thing to deal with is when students are not sensitive and empathetic to one another's feelings. Also, it is hard to tolerate somebody who calls attention to themselves at somebody

tremendous respect for students who are responsible and accountable. If they are going to be gone, they turn the work in ahead of time instead of waiting to turn it in late," said Dunlap.

According to Spears, honesty in students as well as respect toward him are the behaviors that he likes to see.

"They do their own assignments, and do not cheat," he said.

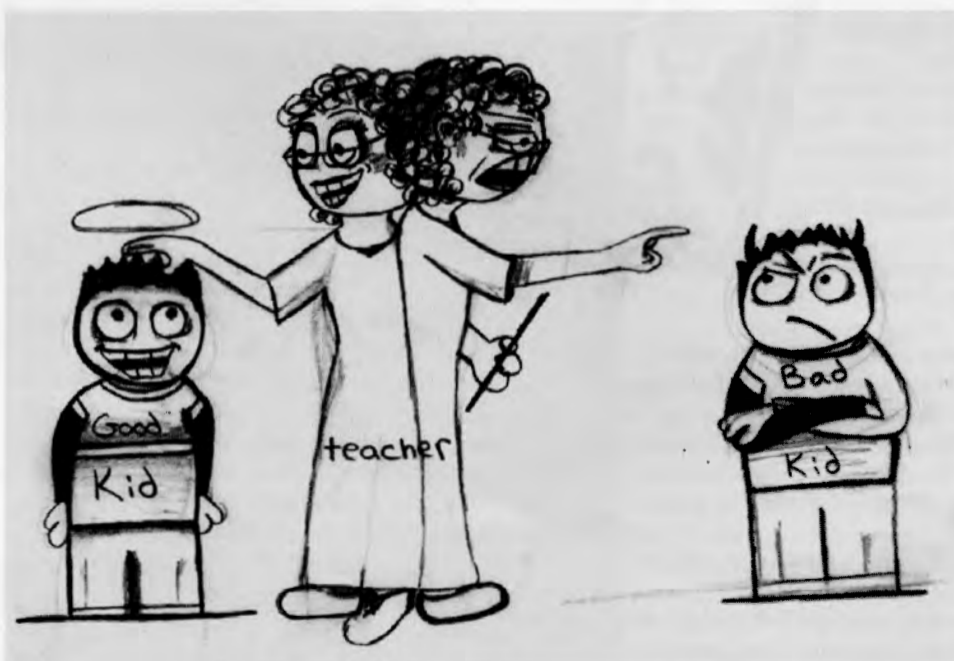
These are all positive aspects of a healthy working relationship as well as a friendship.

"The best relationship you can have with a teacher is being able to go to them directly and talk to them," said Paris.

A good student-teacher relationship can only bring students positive benefits in class.

"I think that it is best to get along with a teacher. The teacher sees the student as cooperative and able to get along with other people," said Spears.

He continued to explain, "It is best for them in the long run because later the teacher can say good things about them and reflect on the student in a positive light for recommendations." ■



Eva Kalwitz

bad, that a student has with a teacher.

"I think getting to know the teacher on a personal basis is what makes a good student-

else's expense," said Dunlap.

"Conversely, there are also students who exhibit good behavior.

"I have

News Briefs

■ Prom

The prom will be held on May 8 from 9 P.M. to 1 A.M. at Century Center downtown in the grand ballroom. The colors for the prom are silver and purple. The prom is sponsored by the senior class. Music and refreshments will be provided.

The tickets are on sale in the bookstore for \$23 per couple until tickets run out. The tickets for after prom are on sale in the bookstore for \$3 per person.

The after prom will be held at Scottsdale Mall from 1 A.M. to 5 A.M. that morning. The theme is Mardi Gras in Las Vegas. After prom will be all over the mall. The \$3 provides for unlimited use of the arcade. However, extra activities such as paintball and food cost extra money.

■ Cap and gown

Cap and gown distribution for seniors will be on May 26 in the school auditorium. Distribution will be from 7-9 A.M. and after school from 2:45-3:30 P.M..

Viewpoints

Riley High School / 405 East Ewing

Issue 4, Volume 28 / April, 1998

Editorial

Small price to pay for parking stickers

This spring, along with the administration's end-of-year safety regulations, comes the crackdown on parking lot violators. The warning: cars can and will be towed if they are not in full accordance with the rules enforced to keep the parking lot in safe, orderly condition.

All cars, for instance, must be tagged with a Riley parking sticker displayed in full view in their rear windows.

Drivers must also park their cars between the set spaces, marked by yellow lines, in the parking lot. No cars should block aisles within the lot; and in cases where there are no available spaces, drivers are to park in designated areas around the school.

Any cars which infringe upon these rules are subject to towing.

While *the Review* recognizes the inconveniences posed by some of these rules, we do not see the real difficulty in complying with these set standards.

The use of the school parking lot is a privilege and should be treated as such, and thus respected.

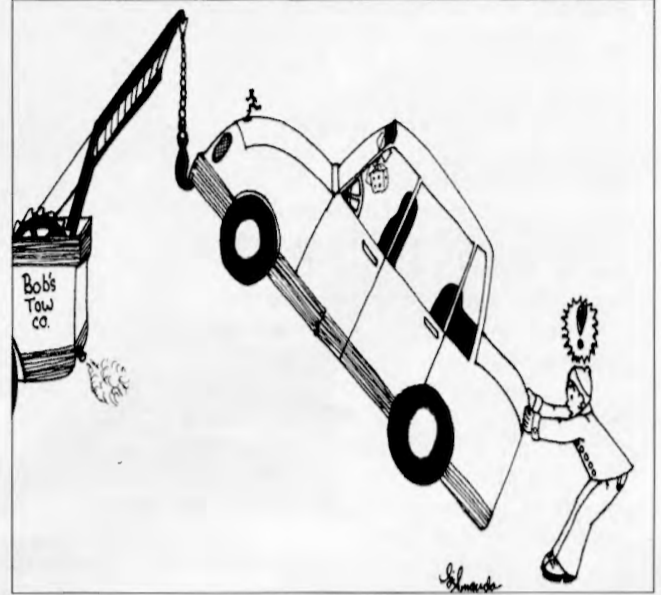
The \$2 cost of a parking sticker is virtually nothing to pay for the use of the lot for an entire year.

And, with the exception of snowy grounds, there is no justifiable reason for parking cars outside of established boundary lines.

All these rules have been laid down for students in guide manuals and various handbooks. Some students' oversight of the parking rules stems from their ignorance of the rules themselves, while others' comes from sheer defiance of them.

Whatever the case, the administration's message this year is clear: *Tow the line or be towed!*

Stick em' up



He said: Death penalty fair justice



Jason McFarley
Editor-in-chief

I'll be the first to defend the genuine worth and inherent goodness in mankind. There is, after all, much to be said for a mother's unflinching devotion to her child or a man's eternal love for his wife.

But what am I to think when, in a heated instant of anger, the mother violently bludgeons her baby to death and moments later tosses him in a nearby dumpster; or when, in a whirlwind of blind rage, the husband brutally rapes and beats his wife to her suffering end?

The law often responds with the utilization of the death penalty. And rightly so.

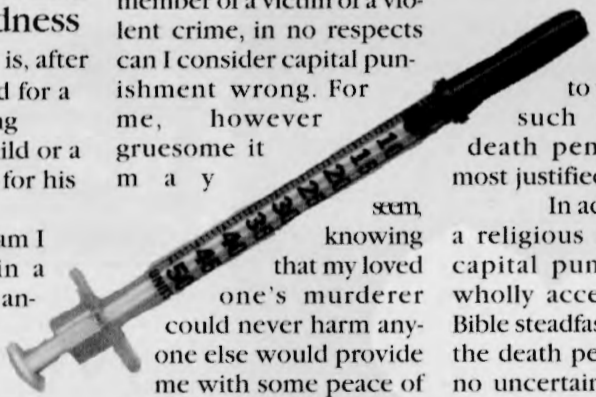
Yet capital punishment remains a hotly-debated, highly controversial issue hitting at the very core of our criminal justice system, raising questions of both ethics and morality.

Staunch opponents of the death penalty would have you believe that its place in American government represents the ultimate of hypocrisies, the long arm of the law's —

which strives so hard to prevent man's heinous atrocities against one another — blatant abuse of power.

They would first see heartless killers 'suffer' in cable-TV-equipped cells or be given countless chances at societal redemption through parole opportunities before they would support any policy which in principle says that it is acceptable to put a man to death. Two wrongs, they would argue, certainly do not make a right.

But when I put myself in the place of a family member of a victim of a violent crime, in no respects can I consider capital punishment wrong. For me, however gruesome it may



seem, knowing that my loved one's murderer could never harm anyone else would provide me with some peace of mind and allow me to sleep easier every night. With all the legal proceedings and rehash of painful testimony and evidence involved in trials, as well as criminals' hard-fought appeals and long stay on 'death row,' the death penalty, no doubt, provides families of victims with some sort of moral consolation.

At the same time, opponents may argue, the death penalty is not the best application of justice for all criminals nor in all cases. Incarceration, they think, is the better, more humane option; and there is no opportunity for criminals to reform when they are sentenced to death rather than imprisoned.

But from all the in-

sight which I have gathered on human nature and from my day-to-day exchanges with people of diverse backgrounds, I have come to know that things — and especially people's attitudes and feelings — don't change easily. Simply stated, it is hard enough to bring about a complete overhaul of the average person's thoughts, much less the diabolic, if not unstable, criminal mind.

Moreover, not all criminals exhibit those qualities conducive to reform; some are too far beyond reform or unwilling to yield to it. In such cases, the death penalty seems most justified.

In addition, from a religious standpoint, capital punishment is wholly acceptable. The Bible steadfastly supports the death penalty and in no uncertain terms says that those who take the life of another shall have their own lives taken. That is, killers shall be killed.

While capital punishment's place in our legal system may not speak much for our progress from the *eye-for-an-eye* days of *Hamurabi's Code*, it may instead signify the system's correct role in the carrying out of the justice process through the years.

And in the interest of justice, may the common good of the public at large forever be placed above the welfare of cold-blooded, calculating killers. Case closed.

She said: Life-long sentence better than death



Erica Costello
Diverse Idea/Viewpoints
Editor

Imagine yourself sitting in a courtroom. According to the legal system, you're innocent until proven guilty. As the jury hangs in the balance. Every second determines whether you will live or die.

As long as crime exists, capital punishment will remain a blemish in the American legal system. Capital punishment defies the laws of civility. It encourages feelings of anger, resentment and hostility. A person is believed better off dead than rotting in a jail cell.

Don't get me wrong, I do not condone convicted criminals receive a "lighter" sentence. I do, however, believe that the death penalty is not the best way to rid the world of crime. It's a cop out way to approach a serious problem. Many people believe if we simply "eliminate" the problem, the world will instantly become a better place.

However, how is justice properly served by condemning a person to die for a crime they may or

may not have committed? What right do we have to determine whether a person should live or die.

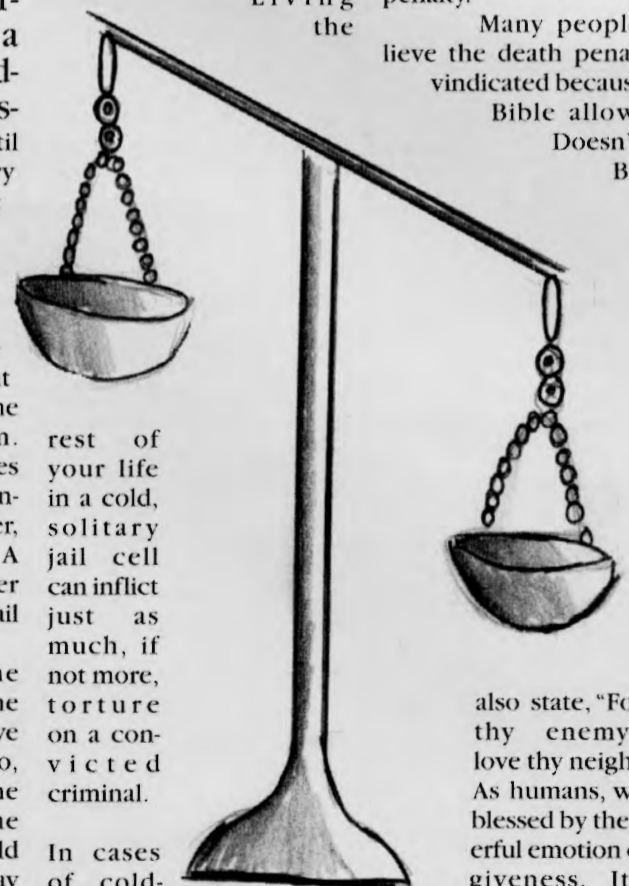
Although there is an overabundance of prisoners in America's jail, "killing them off" will not solve any problems. We must ask ourselves the purpose of jails. Jails are not only used for the sole purpose of punishment. They are also places of reforming and rehabilitation. The death penalty overlooks the principal foundation of why we have jails.

Living the

it will torment those who still survive. Besides, *Hamurabi's 'an eye for an eye' law* does not justify taking someone else's life.

What makes the death penalty so severe? Simply stated, there is no turning back. Once the switch is pulled or poison injected, no one can reverse the decision. Two lives have been tragically taken. One by innocence, the other by choice. While we condemn murder, in essence, we become hypocrites by using the death penalty.

Many people believe the death penalty is vindicated because the Bible allows it. Doesn't the Bible



rest of your life in a cold, solitary jail cell can inflict just as much, if not more, torture on a convicted criminal.

In cases of cold-blooded murder, it is understandable for those associated with the deceased to want the inhumane killers to die. However, two wrongs definitely do not make a right. Killing the murderer will not bring back the deceased. Instead

also state, "Forgive thy enemy and love thy neighbor". As humans, we are blessed by the powerful emotion of forgiveness. It was once said, "To err is human, to forgive divine". In the end, we must each ask ourselves, would you be able to pull the switch? ■

PERSONAL EXPERIENCE

She 'gave it a week', and that was enough!

Erica Costello

Diverse Ideas Editor/ Viewpoints Editor

Give us a week, we'll take off the weight!

I don't know how many times I've seen the *Slim-Fast* advertising slogan. Like many people who diet, I've tried just about everything to lose weight. (At one time, I even considered the stairmaster to be my nearest and dearest friend)

One night, while driving home in silent desperation and with \$7 to burn in my pocket, I stopped in the nearest *Walgreens*, looking for additional help in losing weight. Walking down the aisles, I suddenly saw it...A picture of two models holding a *Slim-Fast* drink in their hands. Perfect, I thought. I mean, how many times have we seen the "before" and "after" pictures of Tommy LaSorda?

Gingerly picking up the 6 pack container, I read the nutritional contents. Willing to try just about anything at this point, I spent one week's worth of lunch money purchasing my first container of *Slim-Fast*.

I remember tasting *Slim-Fast* for the first time. Imagine drinking chocolate flavored battery acid. Although I've never tasted battery acid, if I did, I imagine it would taste like *Slim-Fast*. The thick, brown solution finds a way to ooze down

your throat, leaving behind a chalky after taste.

Despite the sickening flavor, I faithfully kept up my diet for the first week. Each morning, I would drink one can while driving to school and have another can during lunch. For the first week, it became routine. After I was done with the first container,

I even bought a second one. This time I opted to buy vanilla flavored *Slim-Fast*. I found the second container tasted worse than the first. Nevertheless, I continued to faithfully take the vanilla flavored, battery acid. Surprisingly, I was losing weight, but I missed my Mexican pizzas from *Taco Bell*.

One day, during the second week of my diet, I went to Charlie Asher's law office to practice with my mock trial team. While I was there, we ordered three *Eduardo's* pizzas. Temptation was staring me in the face. (To those of you who don't know, *Eduardo's* pizza is filled with layers upon layers of cheese!) With everyone eating pizza, I looked down at my can of *Slim-Fast*.

The pizza was calling to me. Placing my *Slim-Fast* in the refrigerator, I committed the sin of all dieters...I ate the cheesy, greasy pizza. I can now honestly thank *Eduardo's*. That day made me realize dieting is definitely not worth the life you miss. To

this day, my half-empty can of *Slim Fast* still remains on the second shelf of Charles Asher's refrigerator, never to be thought of again.



The ultimate prom dining experience

Kylea Asher
Copy Editor

As the countdown to prom gets closer, thoughts naturally are jettisoned in a thousand directions.

Girls obsess over everything from the millions of hairstyle possibilities down to finding the perfect shade of pink nail polish.

Boys worry about everything from matching their tuxedos to their dates' dresses to taking out a loan to pay for the spectacular gala.

Which leaves just one question — who is going to worry about where you eat?

We've got the answer for you. We have tried and tested various area restaurants to find the perfect one for you. Read on and find your perfect prom restaurant. And whatever you do — please, don't drink from the finger bowl!

The Carriage House

Let me just say this: during the car ride to this fine restaurant you have the opportunity to share biographies with your date including from the day you were both born all the way up to what you each ate for breakfast.

And that romantic horse-drawn carriage that you've dreamed about taking to prom all of your life is out of the question, unless, of course, you leave a day early.

However, the long ride is well worth the wait.

Walking into the restaurant, you instantly smell eucalyptus and are transformed into a relaxing state of country-dining. But don't be fooled, this 'country' Carriage House is extremely elegant, with classy decor obviously picked out by a well-traveled, sophisticated individual.

The food is rich and delicious. It begins with crackers and pate, and ends with an overwhelming decision about dessert which is presented on a beautiful cart, filled with mousses, cheesecakes, and lots of chocolate! The main course is excellent — I suggest the salmon.

The meal is expensive, but well worth every cent, after all, how many proms do you go to in your life?

LaSalle Grille

My personal favorite. This hip, New York style restaurant in the heart of downtown South Bend

provides an exceptional menu. The menu changes daily, but basically only with the way the food is garnished and prepared.

The food is presented in a gorgeous manner, which makes it hard to justifiably eat. But after one bite, you won't want to stop.

The atmosphere is chic with paintings for sale displayed on the walls. The staff is friendly and personable. The appetizers are a must. They are excellent, and along with the salads and bread with olive oil, provide a great intro to a fabulous entree.

Desserts are also wonderful; I suggest the creme brulee.

Beware: because the food is so good, it is easy to roll out of there extremely full and those prom dresses and tuxes might not fit as well as when you bought them.

Tippecanoe Place

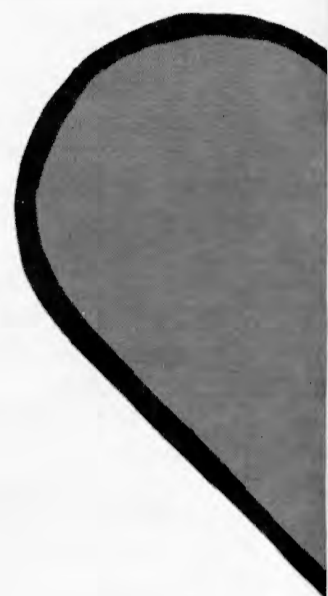
Housed in the Studebaker mansion, this beautiful restaurant provides an intimate, reserved atmosphere. The rooms are fabulously decorated, replicated to the style of the original home. The entrees are good, and the desserts are scrumptious. Like the *Carriage House*, the desserts are served on a large, brass cart and patrons have the opportunity to choose from many selections. Although the food is excellent, the atmosphere is the restaurant's greatest attribute.

Francesco's

This intimate, *ma'* and *pa'* Italian restaurant is an excellent choice for any celebration. The food is home-style Italian, and you will magically be transformed into the old country with every bite. The pastas are fresh and the sauces are delectable. This is the least expensive of all the restaurants we reviewed. On busy nights, it tends to be understaffed and sometimes the food takes a long time to be prepared. Just another indication, however, that the food is fresh and homemade.

All four of these restaurants are excellent candidates for any promgoer. Remember that these restaurants are extremely busy because of proms and college graduations, so it is crucial that you make reservations as soon as you know the number of people in your party. Also, be sure to bring more than enough money to avoid the embarrassing situation of washing dishes before heading to the *Century Center*. Lastly, be sure to tip your waitress/waiter at least 15%.

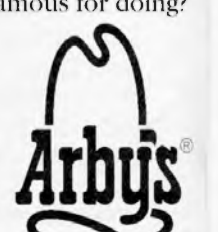
eat



OU



Have

Nick Schafer
Centerspread Editor

Has a described one fast-foods as "a a plate?" Chan son wasn't as far off

In America, Mac' and Whopper everyone's vocabular into a sort of new na have favorite fast-fo favorite baseball tear is nothing wrong wit can be too much of

Take, for ex commercial that adv large fries, and large to eat that meal, yo grams of fat (81 p allowance), 14 gran per cent D. A.), 85 cholesterol (28 pc whopping 1,010 ca A.). Speaking of who much better since it mgs of cholesterol, that's without the fr

But instead which just about e unhealthy, what a 'substitutes.' Why no hamburger for roast famous for doing?

OPINION

Help! I'm addicted to Nutty Bars!

Dan Janča
Senior Staff Reporter

I'm down to two packs a day. No, I'm not talking about cigarettes, I'm talking about *Little Debbie Nutty Bars*. That's right. I'm addicted to what *Little Debbie* calls, "wafers with peanut butter." Every time I see that yellow box it seems to call to me, "Hey Dan, you only had two packs today. What's one more Nutty Bar?"

I don't remember exactly when I began my compulsion with the four and a half inch long bars, but I believe it was around my freshman year. Before that time, I stuck to boring chocolate snacks such as *Little Debbie Swiss cake rolls* and *Pop Tarts* but I now have succumbed to the non-nutritional goodness of *Nutty Bars*.

I am on a schedule of two packs a day; that's four bars, one pack at lunch and one pack in the afternoon.

People ask me, "You eat just two bars a day right?" I tell them, "No two packs!" I would have to say my record was one box in a day; that is a total of 1,740 calories and 960 of that was fat. I have to admit it did give me a stomach ache, however, so do vegetables. I guess *Nutty Bars* can't be that unhealthy.

What makes them so great is first they are a snack that takes no time to prepare, and second the combination of peanut butter, wafer, and chocolate is delicious. The bar is chocolate coated with four wafers and peanut butter between them. They taste so good because all of the

ingredients are balanced perfectly. When you take a bite there is no feeling of too much chocolate or not enough peanut butter which I find in snacks such as peanut butter cups.

To me, *Little Debbie Nutty Bars* are the Michael Jordan of dessert snacks. You should accept no substitutes when it comes to the *Little Debbie*. I have tried the generic brands; I think one was called nutty buddies, and believe me, the taste was as bad as the name. You simply cannot clone the quality and precision that is the *Little Debbie Nutty Bar*.

What is also superior about them is the price, for \$1.19 you receive twelve bars twin wrapped. I recommend this snack definitely to seniors who will be entering college because this is a cheap meal. Where else can you get twelve of something so good for around a dollar? Maybe at *Goodwill*, but I wouldn't put anything in my mouth from there.

I also have memorable *Nutty Bar* stories. Last fall we had about six college

students from Boston College who came down to see the *Notre Dame vs. Boston College* football game. We had them all for dinner and had steak and tons of good food, but what they were the most excited about was all of our *Nutty Bars*. I believe they went through two boxes. After they ate them, I think they were a little 'nutty' because they actually believed that Boston College had a chance in the game. I guess that just shows that *Nutty Bars* are loved nationwide and there may be more addicts out there besides me.

I have also found that *Nutty Bars* increase athletic performance. There have been no official studies done but I have found that I run much better when I am on a strict diet of two packages a day. I have tried to encourage some of my cross-country and track teammates to try this athletic enhancer, but for some reason they don't feel like eating a pack of *Nutty Bars* after running seven miles.

Maybe one day I will kick the habit or at least cut down on consumption, or maybe I won't because they are just too good. The only thing I like as much as *Nutty Bars* is *Seinfeld*, but since it is going to be off the air, I will have to increase my *Nutty Bar* consumption on Thursdays.



your
it



you ever ordered "heart attack on a plate?"

/ Copy Editor

nyone ever of your favorite heart attack on ces are, that per- as you thought. where the words 'Big seem to be a part of y, fast-food has evolved tional pastime. People ods just like they have ns. And although there n eating fast-food, there a good thing. mple, the McDonald's ertises their *Big Mac*, soft drink. If you were u would consume 53 er cent of your daily is of saturated fat (70 mgs (milligrams) of r cent D. A.), and a ories (51 per cent D. pping, a *Whopper* isn't has 39 grams of fat, 90 and 640 calories (yes, ies).

The *Regular Roast Beef* from *Arby's* gives you 29 per cent of your daily fat and 43 mgs of cholesterol. As you can see, its numbers are better than burgers but can hardly be considered 'healthy.'

Out of all fast-foods, probably the biggest surprise is the chicken finger (nugget, tender, etc.). Just two chicken fingers at *Arby's* have 290 calories and 16 grams of fat. And at *Dairy Queen*, who is famous for its chicken fingers basket, they can start calling it the 'heart attack basket.' A basket, complete with four chicken fingers, medium french fries, Texas toast, and gravy has 1,000 calories, 55 mgs of cholesterol, and 50 grams of fat (77 per cent D.A.)!

Heading south of the border, surely *Taco Bell* is healthier than 'American' fast-food right? Wrong! If you can hold yourself to two tacos then you'll be fine. However, portions are small at *Taco Bell* and that encourages larger orders.

Only five hard-shell supplies your with 100 per cent of your daily saturated fat (115 per cent if you prefer soft-shell). In addition, the trademarked item *Nachos Bellgrande* is as bad for you as a *Whopper*. Its only redeeming quality in comparison to a *Whopper* is that it has only 35 mgs of cholesterol rather than 90.

Considering those facts, exactly how willing are restaurants to share the nutritional information about their food with their customers?

Out of ten randomly selected restaurants, six of them (*Arby's*, *Dairy Queen*, *McDonald's*, *Subway*, *Taco Bell*, and *Wendy's*) had pamphlets for their customers that contained nutrition facts. Of the other four, *Burger King* and *Kentucky Fried Chicken* had wall displays and *Pizza Hut* and *Rally's* had no information available.

Since the majority of fast-food is unhealthy, are there any fast-foods that are healthy? Certainly, but there aren't many

people who go out to eat and look for the absolute healthiest thing on the menu. *Wendy's* offers a plain baked potato with no fat, saturated fat, or cholesterol. But as soon as you add butter, cheese, or sour cream, it is no longer a healthy snack.

On the whole, *Subway* is probably the healthiest. Seven six-inch sub sandwiches are offered that have six grams of fat or less and the highest cholesterol level of those seven is 48 mgs. The fat totals include bread, vegetables, and meat. However, the addition of cheese, mayonnaise, or other condiments does alter the nutrition content.

So what do I recommend for eating your favorite fast-foods? After all, you shouldn't be expected to just give them up. The answer lies within the philosophy of foreign language teacher Laura Vanderheyden. Besides teaching German, French, and Spanish, Mrs. Vanderheyden is a health nut with a weakness for a good *Whopper*. However, she swears that she never has more than one a year. "Every year on spring break, I cut loose a little and have a one," she said. Vanderheyden also admitted to an increasing weakness for gyros.

Although she may be a bit strict with her fast-food regimen, Vanderheyden is on the right track. Even if you don't have the will-power to eat only one *Whopper* a year, at least try not to make fast-food another major food group. Your arteries will thank you.

BEWARE!

Fast-food Black List

✓

BIG BACON CLASSIC

Wendy's

✓

BIG MONTANA

Arby's

✓

BIG MAC

McDonald's

✓

NACHOS BELLGRANDE

Taco Bell

✓

WHOPPER

Burger King

✓

CHICKEN STRIP BASKET

Dairy Queen



Up & Coming Events

- ✓ Baseball game at Jackson Field at 5 p.m. versus Adams on May 7.
- ✓ Sectionals begin on June 1 and last through June 6.
- ✓ Softball game at O'Brien Park at 4:30 p.m. versus Washington on May 7.
- ✓ Sectionals begin June 1.
- ✓ *Goshen Relays*/ Girls' track meet at Goshen High School at 9:30 a.m. on May 9.
- ✓ Sectionals begin May 19.
- ✓ NIC meet at Elkhart Central at 5:00 p.m. on May 12.
- ✓ *Valpo Relays*/ Boys' track meet in Valparaiso at 4:30 p.m. on May 8.
- ✓ Sectionals begin May 21.
- ✓ NIC meet at Penn at 5:00 p.m. on May 14.
- ✓ Girls' tennis match at Leeper Park versus Penn at 4:30 p.m. on May 7.
- ✓ Sectionals begin May 22 and last through May 25.
- ✓ Boys' golf match at Erskine Golf Course versus Elkhart Memorial and LaSalle at 4:30 p.m. on May 8.
- ✓ Sectionals begin June 5.
- ✓ NIC meet at 11:30 a.m. on May 30.

LAURA PIPPENGER

Tennis team begins a tough season

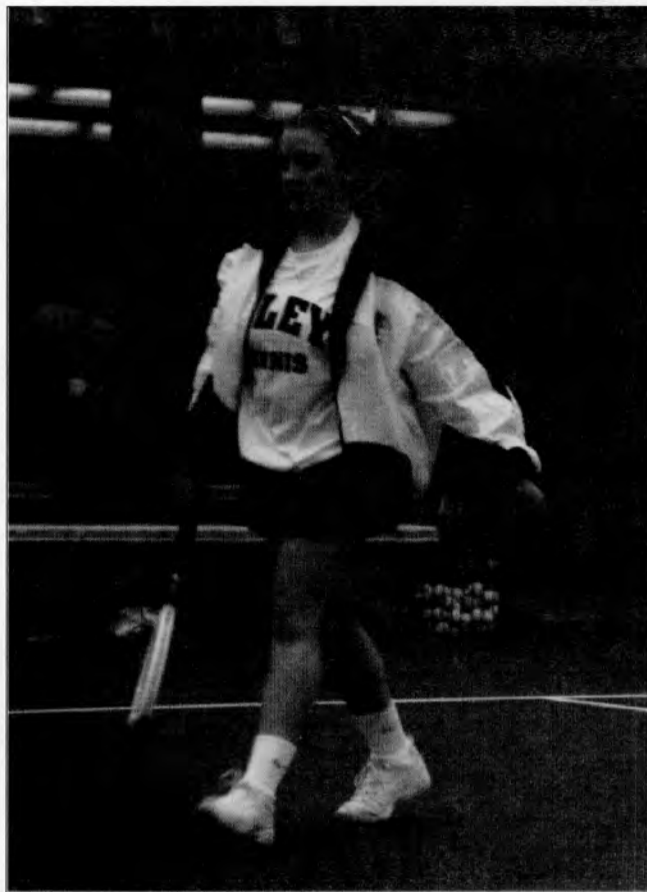


PHOTO COURTESY OF THE RILEY HOOSIER POST

MARCHING TO BATTLE/ No. 1 singles player Natalie Garrett, senior, focuses on the match ahead of her while making her way to her court at the South Bend Racquet Club.

Laura Pippenger
Sports Editor

The girls' tennis team lost all their singles players, and their number two doubles team from last year, but their coach, KaRon Kirkland, hasn't lost faith in them. Kirkland is entering his ninth season coaching the girls' tennis team, and he also coaches boys' tennis.

"This is definitely a fundamental rebuilding job. The new girls need to gain valuable experience in a very short time span," said Kirkland.

The team's two captains, Whitney Dueringer and Sally Skodinski, express the same sentiments about the team as Kirkland. Dueringer and Skodinski were semi-state runners up last season, and according to Kirkland, are the "glue that holds this team together."

The team prepared for the season with countless hours of conditioning, which started in the end of February.

"We ran sprints, jumped rope, and practiced at the *South Bend Racquet Club*," said Dueringer.

"Sally and Whitney had a goal to make it to state last year. They continually improved, and eventually made it to the state finals. The team now has a philosophical and motivational tool to use. If they continue to work hard and concentrate, they can reach their goals as well."

According to both Kirkland and Skodinski, the rookie players need a lot of work and determination to improve.

"Our team simply lacks aggression, but I'm sure that confidence will build over time," said Skodinski.

Kirkland sees promise in many of the players.

"I see great promise in players such as Ellen Downey and Alisha Brazelle, sophomores, and Katrina Roach, junior," said Kirkland.

According to Kirkland, the team has to completely rebuild their confidence, and simply

needs more experience.

"Senior leadership from Dueringer and Natalie Garrett has helped the young players to adjust," said Kirkland.

Skodinski has hope that the team will improve and play well against their conference.

"We've lost a lot of matches, and we would like to win some more, but our ultimate goal is to win sectionals," said Skodinski.

The conference, according to Kirkland, will have some very difficult opponents.

"Penn will be tough, they will probably be top ten in the state, and Elkhart Central, Clay, and Mishawaka should be very good this year," said Kirkland.

According to Kirkland, the team has looked at the spectacular performances of Skodinski and Dueringer for support.

"Sally and Whitney had a goal to make it to state last year. They continually improved, and eventually made it to the state finals. The team now has a philosophical and motivational tool to use. If they continue to work hard and concentrate, they can reach their goals as well," said Kirkland.

According to Kirkland, the team will, "have it's ups and down's, but we continue steadily progressing throughout the year."

Runner concludes her track career

Annie Gustafson
Centerspread Editor

I quit track. I gave up the sport which originally defined me in high school, and I feel guilty.

With the conclusion of high school only a few months away, it occurred to me in March that track was simply not a priority in my life. I was worried about my senior paper, my college decision, and honestly wanted to spend more time with the classmates I will never go to school with again.

Maybe it was a selfish decision, but I still feel it is the right one for me. At a time when I'm trying to figure out where I'm going to spend the next four years of my life, running in circles on black asphalt did not sound appealing.

I still enjoy running, and have continued the sport on my own. However, I miss the camaraderie of the team. During season, those were my closest friends; the

people who would listen to anything from what I ate for lunch to my opinions on U.S. foreign policy.

If running is a career and college is seen as retirement, than I simply quit early. I didn't finish something that I had started, and that's what gives me the bad conscience. However, it would have been worse if my motivation to run track had been only to earn the jock award of getting a blanket for eight seasons of participation. My record currently stands at seven seasons.

I have a love/hate relationship with running. There are times when I despise practice and other times when it has been some of the most rewarding challenges in my life.

I didn't give up my sport, just my position on the team. I still consider myself an athlete. So what have I gained from quitting the team? I don't really have increased peace of mind or hours of spare time to spend with my friends, but I do think

OPINION

I saved myself some anxiety. I don't have to worry about taking the precise amount of carbohydrates and protein before a race, or be concerned with getting double-digit hours of sleep the night before a meet.

Without track, I am unrestrained; it's like freedom after breaking up with a serious boyfriend. I have time to do important things like watch Oprah or take a nap. Maybe not to that extreme, but I can, for example, go on the Biology Club camping trip.

Runners have fierce spirits. We demand from ourselves as much as our teammates and competitors depend on ourselves. Runners are in all races alone. If mistakes are made, we can only blame our own performance, not the combined effort of the team. If running fosters independence, I have taken an extra step in achieving that goal. ■

Softball team has positive outlook

Darrin McCorquodale
Staff Artist

The Wildcats softball team is on the prowl. The loss of seniors and the loss of a couple games doesn't get them down, it makes them try harder.

According to head coach Mike Megyese, "Determination, will power, and potential will take the girls to the top."

The outlook is positive. "They still need work, but I think the loss to Saint Joe will make them try harder," Megyese continued.

Kelly Carson, Mindy Moore, and Vanessa Richards, are team captains this year. Each of them are working with the coach as well as the team to achieve their goals.

Moore said, "We have a determined team this year. We have chances to succeed through the hard work of the freshmen and the upperclassmen, but we will prevail."

Lisa Cowper agrees that the captains have a great work ethic.

"We need to work



ALISON PIEKARSKI

IN THE HUDDLE/ Members of the girls' softball team gather before their upcoming game to talk about strategy.

on going from middle school to high school. It's a big change; the teams here are more competitive, but so far everyone seems to be rising to the challenge."

The team can probably expect some wins and losses, but everyone expects to have an exciting and memorable season. There are also some rivalries which need to be addressed. The team is especially looking out for LaSalle, Penn, and Mishawaka.

Maintaining a

"We need to work on going from middle school to high school. It's a big change... but so far everyone seems to be rising to the challenge."

positive attitude is important to the captains and the coach. Megyese said, "I think this team can do it! Go lady Cats!" ■

Golf team has good outlook for season

Dan Jancha
Senior Staff Reporter

With a team consisting of only freshmen and juniors the Riley men's golf team is looking to swing into the new season with some sub-par performances.

Even without one senior the team is still looking for a productive season and their main goal is to improve so they will be experienced for next season.

"Juniors Tyler Back and Jesse Ault, and freshmen K.C. Wiseman and Mike Pryzgod, are the best golfers and they all have been competitive amongst each other,"



ALISON PIEKARSKI

QUIET, PLEASE/ Junior captain Tyler Back practices his chipping before a match at Erskine Golf Course.

said junior Jeff Cohn.

The team has shown promise for the future with some key performers who are freshmen and juniors.

"We are a young team with only one returning letterman so this year we want to gain experience and play for the future," said head coach Chris Jurkaites.

The team is 0-4 right now with losses to Wawasee, Plymouth, Mishawaka and Penn.

"We are trying to gain experience from each meet; right now we are second to last in the conference but hopefully later in the season our work will pay," said Back.

"We all need to work on being more consistent. Everyone has individual weaknesses we just have to take the time to work on them at practice and on our own," said Cohn.

The juniors are forced to be the leaders without any seniors, so they are the ones who have to step up and help the freshmen.

"I think our leadership has been average; right now we juniors are not playing up to our expectations. Fortunately there are a few more matches where we can try to lower our scores," said Back.

The team is not satisfied with its performance and no wins, but according to the juniors the team has put in hard work during practice and on their own time.

"At practice we go out and play nine holes. Personally if I have a problem that day I practice chipping or go to the driving range. I know a lot of others work just as hard and play extra rounds," said Cohn.

"We are practicing match situations that prepare the team for what they will see this season during match competition," said Jurkaites.

Right now the team is near the bottom of the conference but there are a lot of important matches and 18 hole invitationals left before the end of the season.

"We need to improve our 18 hole tournament play but by the end of the year we could surprise some teams," said coach Jurkaites.

With a good attitude the team is looking to move up in the conference pack by the end of the season and gain experience to be a threat in the conference next season.

"The team has been very upbeat. Our season didn't get off to a great start but everyone has showed a good attitude and they are looking forward to the end of the season matches," said Jurkaites. ■

Jock Talk



NAME

Jeff Steele

POSITION

Shortstop
boys' baseball

YEAR

Senior

What are three words that best describe your playing style?

Smart, fast, aggressive

Who is your sports hero?

Cal Ripken, Jr.

(professional baseball player)

What is the best part about being an athlete?

The competition and winning

What is the worst part about being an athlete?

Maintaining, a time schedule

If you could watch any athlete perform, who would it be?

Greg Maddux

(professional baseball player)

What is your proudest moment as an athlete?

Winning two state championships in baseball

Frisbee-golf an up and coming sport

Bill Coleman
Staff Reporter

Are you looking for a day of relaxation? Or maybe you just want to unwind for a couple hours after school? Do you enjoy the feeling of satisfaction after accomplishing a difficult task? Do you like the sun on your back, your friends at your side, and nature's beauty all around?

If you answered yes to any or all of these questions chances are you would love frisbee golf. Courses are easily accessible at Rum Village or a little farther away at Wilson Park on Dragoon.

You see, I used to go to Marian High School and over there frisbee golfing (aka. golfin' or discin') is as much a part of life as football or basketball games. The only difference is that anyone can disc.

It was routine to go to Wilson at least three times a week and once every weekend. Personally, I tried to get in nine holes everyday.

"By the end of the 18th hole you are so completely satisfied with yourself and life that you feel ready for its most difficult problems."

Right now you may be asking yourself, "Why? What can be so fun about frisbee golfing? Oh yeah, and how do you play?" Well, I've already given a general description of the pleasures of discin', so, let me explain the mechanics of the game.

There are 18 holes on one course. However, they are not technically holes because it would be a little difficult to fit a frisbee in something the size of a golf cup. Instead of holes there are metal baskets. The basket is about five feet tall.

The basket itself is approximately a foot and a half in diameter and three feet off the ground. Each hole is about 80 yards from tee off to pin. Similar to golf, each hole is assigned a specific par (number of shots expected to complete the hole) usually about three or four.

Throwing the frisbee is a skill acquired with practice. The frisbee is held parallel to the ground, brought behind the body and released in a forward throwing motion towards the pin.

That's it as far as mechanics.

"Why is it so fun?" you ask.

OPINION

Imagine walking through a forest with your friends on a beautiful day. The sun is shining there are no parents, teachers, or bosses as far as the eye can see. You are enjoying a game and you are improving every time you throw the disc.

You and your friends are competing, but you are more interested in the conversation than the game. Camaraderie between you and your acquaintances builds after each hole. Time seems to stand still, and all that you can think about is how much fun you are having.

You forget about the pressures of everyday life, and your mind begins to operate more clearly than it ever has before. By the end of the 18th hole you are so completely satisfied with yourself and life that you feel ready for its most difficult problems. After a few days of good discin' it becomes more than a game; it becomes a new way of living. ■



BILL COLEMAN

A GAME OF FOCUS/ Sophomore Matt Coleman puts all his effort in his next drive at Wilson Park.



NAME

Mindy Moore

POSITION

Catcher
girls' softball

YEAR

Senior

What are three words that best describe your playing style?

I play with heart, enthusiasm, and aggressiveness

Who is your sports hero?

Dot Richardson

(Olympic softball player)

What is the best part about being an athlete?

The winning and being part of the team.

What is the worst part about being an athlete?

Very time consuming

If you could watch any athlete perform, who would it be?

Dot Richardson

What is your proudest moment as an athlete?

Winning sectional and regional titles in 1996

Diverse Ideas

Riley High School / 405 East Ewing

Issue 6, Volume 28 / April, 1998

Letters to the editor

Where are the parking spaces?

Dear editor,

I am writing you a letter in hopes of bringing about change. For the past three days (April 20, 21, 22) I have not been able to find a parking space in the Riley Student parking lot. I have also been late for my third hour all three days of my ordeal.

I am a cadet teacher who leaves the building at 8:50 a.m., I return at 9:50 a.m. This has never been a problem before the 20th for me. I don't have a clue as to why there has been a surge of automobiles in the student parking lot.

At the beginning of both the 1996-97 and 1997-98 school years, I purchased a Riley student parking permit. It is always visible in my front windshield.

I have parked nearly a block away from Riley after second hour because I'm fearful of being towed.

For those of you who think a good walk would do me well, I don't want to walk. If I wanted to walk, I wouldn't drive.

I think there are solutions to my problem and to the deformed parking lot (illegally parked cars). The administration could set up a program such as a teachers parking lot. Students who have parking permits should have a numbered space. Those who park in a space other than their own will be towed. This would eliminate illegal parking and frustrated drivers who can't find a space.

I hope that by the end of this year some solution can be found.

Sincerely,

Monica Swintz

Editor's Note: See related editorial on Viewpoints, P3

Breaking Away

the pains of senior separation

Kylea Asber
Copy Editor

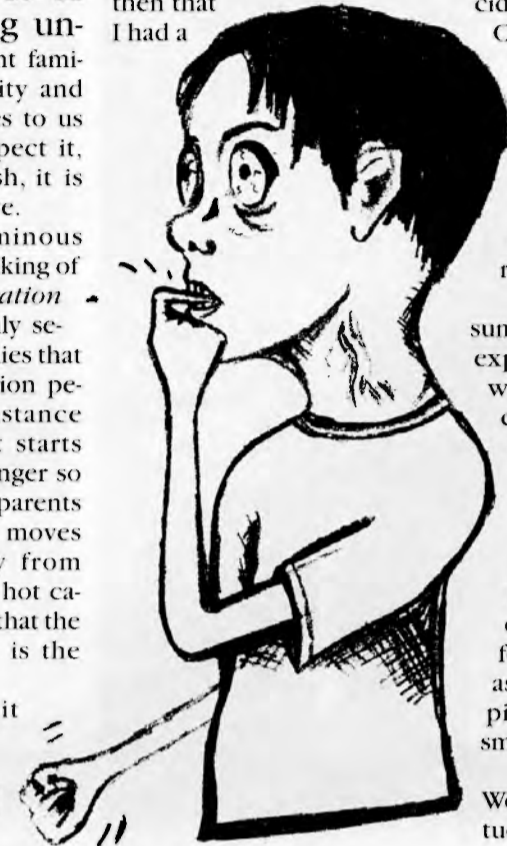
It happens to all of us. Embarking on the darkest of nights, robbing unsuspecting, innocent families of their serenity and happiness. It comes to us when we least expect it, and then, in a flash, it is gone. And so are we.

The ominous event that I am speaking of is the *senior separation period*. It is not only seniors and their families that go through separation periods (take for instance when a child first starts school and is no longer so dependent on his parents or when a couple moves 1,000 miles away from home in pursuit of hot careers). It just seems that the *senior separation* is the first big *Kabang!*

Recently, it occurred to me that in nearly three months I will be far away at school. Immediately, I was filled with complete awe. I was proud and excited that soon I would be on my own, taking care of myself and taking advantage of all liberties I had ever wanted.

500 miles away from curfews and rules, and yet at the same time, seemingly a million miles away

from home and the comfort of knowing that I'd be unconditionally cared for by family and friends. That's when I panicked. I knew then that I had a



from home is risky and I will be able to grow both intellectually and socially," said senior Annie Gustafson, who recently decided to go to Bowdoin College in Brunswick, Maine, next year.

Although Gustafson will be 1,000 miles away from home, she is confident that everything will be all right.

"I've had summer camp and other experiences so I know what to expect, especially with new classmates from different areas of the world," commented Gustafson. "I am a little nervous that the *New Englanders* will expect that my main form of entertainment as a *Hoosier* is cow tipping," she said with a smile.

According to Welber, Gustafson's attitude is healthy.

"Confidence and the ability to meet the challenges of the changes in store is key," said Welber.

"It is not all bad to have a little *separation anxiety*," said Welber. "In some ways, it is positive. It shows that you have had great experiences at home, but it only gets better. That strong family foundation that you will miss helps you to build your own house."

"My dad put it a great way," said Gustafson. "Using the ocean as a metaphor, he explained that the shoreline is safe, but you can't see much from there. However, as you break away from the shore, you encounter more predators and the waters are more unpredictable, yet you are given the opportunity to see the coral and all of the exotic fish. It is a risk everyone should take."

Welber has three suggestions for anyone planning to swim away from the shoreline next year:

"Find a school where you feel comfortable and where you feel you will fit in."

"Second, think about why you are going and what your goals are. You are more likely to approach uncomfortable situations if you know that there is a particular reason for your doing such. Having thoughts about a positive future can cushion the sadness and fear of leaving home."

"Lastly, as the *Nike* ads say, *'Just do it'*. It gets better, but in order to build muscles and strength, you have to lift the heavier weights," concluded Welber.

good dose of *separation anxiety*.

Separation anxiety can take many forms. Tensions in the home and school tend to rise. Arguments erupt over the most trivial of issues. While teens struggle to break away, at the same time they yearn to hang on, often parents tighten the ropes in a misguided attempt to keep their children forever.

Separation anxiety can sometimes warrant a constant limbo between the children leaving and the loved ones staying behind. And in other cases, parents and children are brought closer together as they understand that their remaining time together is limited.

"Before I made the decision to stay home and go to *I.U.S.B.*, I was insecure about leaving home," said senior Mindy Moore. "You grow up in a town and live in a house, with a close family and the same friends for 18 years, and then suddenly, two months after graduation, things change forever."

"Sometimes *separation anxiety* happens because kids are not sure that everything will be okay at home. It is not so much that kids are scared about going away, but rather scared about leaving home. Sometimes they worry that something bad will happen to their parents," said Barb Welber, family therapist at *Family Learning Center*.

"I know I will miss my parents and brother; I think our relationships will change. It will not necessarily be for better or worse, just different. I know I will miss them, but going far

Traveling with parents takes a backseat

Annie Gustafson
Centerspread/Copy Editor

The words family vacation strike fear into the hearts of most teenagers. Most of us conjure images of long hours in a station wagon with too much family bonding time and not enough leg room in the back seat.

Even during the evolution from a baby's car seat to a regular sized car seat, it became apparent to my parents that my brother and I were not hardy road warriors. Although I have no recollection of these years, my first car memories are of getting in trouble for not wearing a seat belt. My dad would make threats, even slam on the brakes only to have a live simulation of crash test dummy demonstrations. He had hopes we would *'Learn our lesson'*, but we were stubborn little rebels.

I vividly remember my dad pulling over on the highway in a furious rage, yanking my brother David out of the car, and actually spanking him. I'm sure this was an interesting speculation for other highway observers traveling at 70mph. I can almost hear their comments, "Look, there's a bird, and oh, there's an active example of child abuse." I guess David and I take faith in the phrase, *'live and learn'*, but those were definitely hard lessons.

So after we had the seat belt routine down, we began to fight over territories. After all, there is only room for one elbow on the seat divider in the back seat. This would start out at slapping and escalate into kicking.

Upon hearing cries of the brawl, my parents would get involved. While trying to drive, my dad would also assume the role of referee. This meant keeping one hand on the wheel while the other arm was ejected into the back seat in an attempt to break up the fight. Of course, he had to keep his eyes on the road so the action of his arm can be compared to a flailing fish out of water.

If the situation could not be controlled, there

was reason to pull over the car again and be subjected to punishment from one of my parents/ road trip peace-keeper.

As the years progressed David and I developed different problems with traveling. Luckily there were no other kids to worry about, but animals were soon introduced to the atmosphere of the family car trip.

The dog always started out in the middle of the back seat, but ended up on someone's lap within the first five minutes. This was particularly annoying the summer she had fleas. Other problems with *'man's best friend'* was the dog's occasional problem of leaking. Our enriched traveling environment was now complimented with animal excretion and jumping parasites.

In order to shorten the joy of family road trips, I usually attempted to sleep. However, I didn't always remember to bring a pillow. My head would crack against the glass of the window after a sharp turn, or I would fall asleep in an uncomfortable position. Sometimes I would awake with the fear that I had broken a vertebrae in my neck and would be paralyzed for life. Obviously I have never experienced this result, but I would produce a crack in my neck that everyone could hear.

Because we always ran out of conversation topics within the first 20 minutes, and Indiana doesn't have exciting scenery, my mom decided to use the wonderful resource of the public library in order to check out books on tape. I have painful memories of listening to enriching selections such as *The Agony and the Ecstasy*. It felt more like the Agony and more Agony.

My trials in the family station wagon have been valuable life experiences. I have learned to spend long hours in close quarters with animals, stay on my side of the car, and have recently adapted the method of listening to my disc man in order to avoid motivational, academic pump-up speeches at all costs. I don't appreciate all of these experiences yet, but maybe someday I'll look back and think to myself, "It wasn't *that* bad."