

The Review

James Whitcomb Riley High School
One Wildcat Way South Bend, IN
Volume 30 Issue 3
December, 1999

NEWS Briefs

AWARD

Jim Spears, history and government teacher, won the Riley high school *Teacher of the Year* award.

Spears has been teaching at Riley for 24 years. Along with government and history he has taught psychology and is the sponsor of the award winning Riley mock trial program.

He will now go on to compete for the *Corporation Teacher of the Year*.

FOOD DRIVE

Riley student council is sponsoring the annual mad dash for cans. Each year members of the student council go into the community and collect non perishable food items.

This will take place on Saturday December 11, from 12 p.m. to 3 p.m.

NIC Awards

Congratulations to the following athletes for making the 1st team NIC.

Adria Phillips was named the most valuable player in the NIC conference for volleyball.

Mike Mays, Reggie Swanson, Troy Anderson, and Aaron Bogunia made the 1st team for football.

Chad Tallman and Jeremy Wade made 1st team honors for soccer. Tallman also made the all district team.

Ben Allen and Chris Delgado made 1st team honors for cross country. Allen made the all state team.

Tragedy Hits Home

Fire leaves student homeless



Bryan Proven

ALL THAT'S LEFT / A charred porcelain doll was salvaged from the fire at Teres King's home on Donald Street. The doll belonged to Mrs. King's collection.

Ajaz Chaudhry

Editor-in-Chief

On Wednesday, December 1, at approximately 6:45 p.m. life for Teres King, sophomore, changed, forever. Her house caught fire, and was destroyed along with many possessions.

Over \$90,000 worth of damage was done. Most parts of the house, including most of the first floor and Teres' bedroom, will have to be rebuilt.

The fire, which started in the kitchen, quickly engulfed the entire house. The whole family, however, was able to escape without injury.

"At the time of the fire I was not home. My dad was taking me to driver's education class, only my mom and my two siblings were home," said King.

The fire was discovered by King's eight year old sister, Tiffany, who after seeing smoke coming from the kitchen, yelled for her mom.

"As soon as I heard her yelling, I ran to see what was going on. After seeing the smoke I got everyone out of the house," said Mrs. King.

Neighbors called the fire department, which arrived but could not salvage most of their possessions.

"I lost all of my possessions, except for a few things which I was able to salvage," said King. Mrs. King lost her collection of porcelain dolls which she had collected for a very long time.

The cause of the fire is currently under investigation. According to the fire department the most likely cause of the fire is an over heated pan left on the stove.

SEE HOUSE FIRE ON PAGE TWO

Plan: Three absences and you're out

Ajaz Chaudhry

Editor-in-Chief

Three strikes and you are out; or, in the case of the new attendance policy proposal, three absences and you're out of luck.

At the start of this year the attendance policy allowed students to have two unexcused absences and as many excused absences as parents could provide notes for.

Members of the attendance committee are not satisfied with the way the current policy is working out.

"In my classes students are missing more days than they ever did last year. Students feel they can

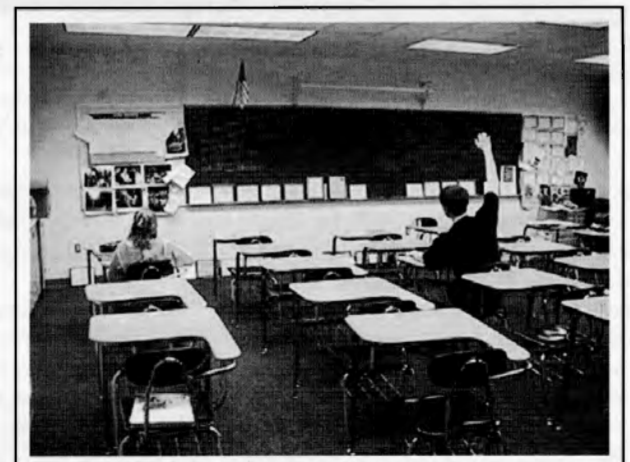
miss as many days as they want as long as they bring a note," said Joanne Engles, English teacher and a member of the Riley attendance committee.

Many teachers share Engles' sentiment, and believe that the current policy is being abused by students.

"Many students will skip and then bring in a note saying they were sick, and the five days they missed can't count against them. We need a better system," said Bryan Focht, English teacher.

Engles, along with Beth Horban, dean of students, is spearheading the new proposal, which

SEE ATTENDANCE ON PAGE TWO



Bryan Proven

ATTENDANCE / This is a hypothetical example of what could occur if students were allowed to miss an unlimited amount of days from school.

Chewing

Tobacco use in school. See news page three.

Dokes

Ronald Dokes commits to *Ball State*. See sports page one.

1999

The best and worst of 99'. See centerspread.

Bulimia

Life is more than what you weigh. See opinion page one.

Technology in Schools

Electronic lessons captivate students

Beth Marhsall

Centerspread Editor

It's hard to deny that the society we live in is one of convenience. Computers, cellular telephones, automobiles, fax machines, e-mail, and voice mail are all evidence of our hectic, not enough hours in the day, get out-of-my-way, lifestyles. We are a generation that's short on time and even shorter when it comes to attention spans.

Many teachers, including some at Riley, have turned to alternative methods to teach their classes. These methods designed to capture and retain the attention of their students. One of the most popular is using their computers and television sets to present notes to their classes.

Teachers in the new Riley have the capacity to design presentations and notes on their computer using a program called *PowerPoint*. Distributed by *Microsoft*, this program enables teachers to create hi-tech slide shows for their students. The fun begins when the computers are hooked up to classroom TVs so everyone can enjoy the show.

Riley teachers hope this technology will decrease boredom and make class more interesting.

Brian Focht, third year English teacher, implemented television notes in his classes for the first time this year.

"I realized that doing the same thing over and over again gets boring for students. I thought this would be a break from the normal thing, putting notes on the over-head or the blackboard," said Focht.

Despite the short trial period, Focht's students seem to be responding well.



Shane Johnson

"It's easier to follow," said sophomore Teodoro Urbina. "I have to see it or it's harder for me to understand. I think that's true for most people."

Focht argues that the new technology benefits everyone.

"It saves me time, I no longer have to type my notes, print them out, and recopy them on the blackboard," said Focht.

When teachers spend less time teaching the entire class, they have more time to provide students with individual instruction. So far, this technology has been applied mainly to note taking, but Focht and others are looking to expand its usage.

"Maybe students can use this technology for their own presentations. For their speeches, maybe. One of their visual aids could be their own notes on the screen," said Focht.

34-year history teacher, James Spears is also developing more uses for the *PowerPoint* program. He's creating a slide show that includes all the US presidents. He hopes to complete the project in time to use it in his history class next year.

There are, however, still arguments as to the appropriateness of this technology. Teenagers today spend more time than ever before participating in activities that involve computers and television, and many believe that school shouldn't be fostering such media.

Others believe that the integration of television into traditional class rooms will become the norm.

"It's one of those things that probably everyone will adapt to," said chemistry teacher, John Koellner.

Focht believes that school must evolve with the times.

"We're an entertainment based society, and notes on the blackboard aren't very entertaining. We know that teenagers these days are drawn to television and movies and such. If we can use those mediums in an educational way, I think that's the perfect solution," said Focht.

Attendance
Continued from Page one

will limit the number of missed days to three regardless of the reason. Waivers for religious and other absences will still be given. If a student misses more than the three days he or she will have to attend after school credit redemption. There will be no changes to the current credit redemption schedule.

"With this proposal we are trying to limit the number of missed days to three unavoidable absences," said Horban.

This new proposal was presented at the faculty meeting on November 18, and was expected to be voted on at the same meeting, however due to the many questions teachers had, the vote has been postponed.

"We want everyone to understand the policy, it can only work if everyone understands it and enforces it in the same manner, explained Engles.

The one obvious concern about this system is that it allows students to skip three days of class without having to bring in a note. "This is a concern, but absence and truancy are two different things. If you are truant you will be dealt with according to the student code of conduct," said Engles. Under the code of conduct truancy can land you after school suspension, as well as out of school suspension for up to five days.

Many of the students do not share the faculty's view on how this would improve attendance.

"People who skip now will continue to skip class," said Grant Jones, junior.

Some students agree that there is a problem with too many people missing class, but disagree with the new proposal.

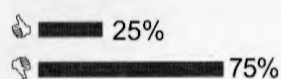
"I think it's wrong how in this new proposal you only can miss one day for an in-town funeral. If a close relative dies you have to make a choice to go to school the next day or attend credit

WILDCATS
Respond
Policy Change

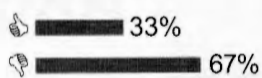
1. Do you believe the current attendance policy is working out.



2. Do you agree with the school's decision to switch to the new attendance policy?



3. Do you think this will make more students come to class?



This was a random survey of four different grade classes. Total of 100 surveys were given with 99 responses.

redemption. I think that is really unfair," said Reggie Swanson, junior.

The administration defends the new proposal, stating that they are trying to make high school more like the real world, where you can't miss an unlimited number of days.

"We as educators try to prepare you for the real world. This is another way to get you ready. In any job you cannot miss an unlimited number of days no matter the reason, that is what should be done here," said Lauren Wiand, English teacher and a supporter of the new proposal.

The vote on the proposal will be taken before winter vacation and if approved, the new attendance policy will be in affect starting January 24, the beginning of the second semester.

House Fire
Continued from page one



Shane Johnson

The family, however, offers a different explanation.

"The day after Thanksgiving, we started having electrical problems. We were not able to contact the landlord right away, and we feel the fire started in the wiring," King.

King looks back at the time with shock, as she remembers what happened. She is also grateful to have escaped the tragedy which might have happened.

"I am very hurt and saddened by what happened, but the things we lost were just possessions. They can be regained. It just scares me that if it happened while we were asleep, we would not have been able to escape," explained King.

The Riley community as well as the entire south side community, have come together to support this family in need.

"We will take up a collection for the family, and a clothing drive has already been started," said Michele Lodoen, student council advisor. The family has also received clothing, food, and other items which

were lost in the fire, from the *Granger Community Church* as well as many other members of the community.

"It is amazing how many people are pitching in to help us. People that we never knew are sending donations and other items to help us," said Mrs. King.

The family is currently living with King's grandmother, and

hope to move into a new house soon. "It would be a great if we could move into our new house before Christmas, that would make a great Christmas present," said Mrs. King.

The family is accepting donations from the community, which can be sent to 1310 N. Elmer, South Bend, IN 46628.

Mrs. King expressed her deepest thanks to the community.

"We cannot thank the community enough for all they have done. I would like to say that everyone should practice a fire drill and have a plan to escape. I had always planned on having a fire drill but never got around to it," said Mrs. King.

"We cannot thank the community enough for all they have done. I would like to say that everyone should practice a fire drill and have a plan to escape. I had always planned on having a fire drill but never got around to it."

-Terri King
Resident of the house

Think twice before taking a dip

DECAYING GUMS/
An anonymous student, shown here, has placed some tobacco into his mouth, this is called a dip. This is illegal for youngsters under the age of eighteen but is still seen around the Riley campus. Tobacco is a harmful drug that causes cancer in America.



Bryan Proven

Chris Henry
 News Editor

In the last few years, dipping has become a new fad. Mostly among the guys, this new fad has caught on and many are trying it. Dipping has a couple of names that it goes by, for example; dipping, chewing, and it is sometimes called a 'chelse'.

Dipping is the act of placing an amount of tobacco in between the lower lip and gum of your mouth.

Little microscopic pieces of fiberglass cut through your skin letting tobacco juice seep into your lip and gums creating a buzz (nicotine effect).

Then chewers just let it sit in their mouth and when the liquid builds up, they spit the liquid out into a can or the ground.

"People don't realize how many people do this stuff. I don't see what the big deal is," said junior, Ian Kollar.

To legally be able to dip you must be 18 years old. But just like with cigarettes, it is incredibly easy to buy and is very prominent around South Bend. "Its disgusting, and not to mention a huge turn-off," said senior Lyndsey Frushour, about guys who chew.

Downsides to dipping are increased chances of lip cancer, mouth cancer, gum cancer, and yellowing of your teeth, and loss of them.

"One of my close neighbors actually had to live with just half of his face for 20 years, before finally passing away from the effects of mouth cancer," said Riley publications teacher, Marcia Kovas.

Early warning signs for problems in your mouth are a sore that bleeds easily and doesn't heal, a lump or thickening anywhere in your mouth or neck, soreness or swelling that doesn't go away, a red patch that doesn't go away, and trouble chewing, swallowing, or moving your tongue or jaw according to the American Academy of Otolaryngology off its internet website.

If you were to fall asleep with a 'chelse' in your

mouth, and you happened to swallow it, you would inevitably vomit whatever is in your stomach. "Chewing tobacco is one of worst things out there, and I wish that I had never started this horrible habit," said junior, Chris Howard.

One of the main sports that promotes the chewing of tobacco would have to be baseball.

"I used to watch Major League Baseball games all the time when I was younger, and during close up shots you could see the dip protruding from their lower lips. I thought that if they did it and they were cool, that if I did it, I would be cool too. Plus I like to lay back and have a 'chelse' with my close friends," said an anonymous senior.

Some people think that chewing tobacco tastes good, but the truth is that very few people actually think that. Most of the people that participate in this activity do it not because it tastes good, but because they need to experience the buzz (nicotine effect) that comes with it.

"Chewing tobacco is a very addictive substance. It is just as addictive as cigarettes. Long term use can cause many types of cancer and other problems," said Dr. Robert Barret, of Memorial Hospital in Canton, Ohio.

Chewing tobacco contains many dangerous chemicals. It contains: Polonium 210 (nuclear waste), N-Nitrosamines (cancer-causing), Formaldehyde (embalming fluid), Nicotine (addictive drug), Cadmium (used in car batteries), Cyanide, Arsenic, Benzene, and Lead (nerve poison).

"I like to have an occasional dip during school because you're not allowed to smoke in school and you can conceal a dip in your lower lip without anyone seeing during your lunch period or a passing period," said an anonymous senior.

Kids have told me that probably the main reason that they decide to do it in school is that "punishment for doing it in school does not fit the crime, it is not strict at all."

"If a student is caught doing it or possessing it in a South Bend school, on school grounds, or at

school activities, the punishment is parental contact and two days out-of-school suspension," said principal, George McCullough.

"The risk of getting caught for me does not compare to enjoyment of getting a buzz in school," said an anonymous senior.

If a student repeats this offense s/he will be subject to the same punishment as if s/he had done it only once. At St. Joseph's Hospital, there is a tobacco program that takes place in the evenings that tries to help kids to kick

"I think it is a disgusting habit. Nothing good comes out of it and you are just wasting your money."

-Adam Nevel, sophomore

the habit of many forms of tobacco. The students can sometimes be referred to take this program rather than be given the two days of suspension.

A lunch aide in our cafeteria has witnessed first hand kids doing it in the cafeteria. "I have seen chew on the wall in the cafeteria and the puddles of spit on the floor. Last year, the kids would just leave their cans of spit just laying on the table for the kids at next lunch to look at," said lunch aid, Marty Connor.

Drinking fountains are places where chewing tobacco is often found.

"Many times I have gone to the water fountain to get some water and when I tilt my head down to indulge myself, there it is, a fat wad of chewing tobacco staring back at me," said senior, Jessica Marvel.

This is a disgusting sight to witness.

"This is a problem in our school, and we are going to catch the person or people doing this act," said McCullough, "We are taking action as we speak to catch the people."

"I see guys walking in and around the campus of Riley, with big lower lips and Powerade bottles full of a brown liquid. I think it is a nastier habit than smoking and they don't need to show everybody," said an anonymous sophomore.

Tobacco will always be legal in the United States until someone realizes the harmful effects. ♦

HARMFUL EFFECTS OF CHEWING TOBACCO

- Gum Cancer
- Lip Cancer
- Mouth Cancer
- Bad Breath
- Yellowing of Teeth
- Loss of Teeth
- Death



* All facts from Peter J. Casano, M.D.

WHAT IS YOUR VIEW ON THE TOPIC OF DIPPING?



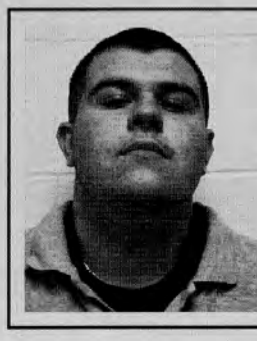
Chad Tallman
 Senior

"I think it's for stupid idiots and is retarded."



Lyndsey Frushour
 Senior

"It's disgusting, not to mention a huge turn-off."



Ian Kollar
 Junior

"People don't realize how many people do this stuff. I don't see what the big deal is."

* All photos by Bryan Proven

Y2K

A Look at

Party like it's 1999

Beth Marshall / Cameron Stouder

Centerspread Editor/Sports Editor

HAPPY NEW YEAR!!!! It's a statement made by millions of people every January first, but this year, it holds a special significance. The jump from the year 1999-2000, not only marks the beginning of a new year, but the beginning of a new century and a new millennium. People around the world are planning millennium celebrations for December 31. Even Riley students are planning to 'party hardy.'

"I'm planning on going to a party this year with my friends," said junior, Jesus Rodriguez.

Rodriguez isn't the only one. "It's my senior year, and we're the class of 2000," said senior, Amy Garner. "I'm going to a friend's house to party."

While Riley students are worrying about planning raging parties, their parents are concerned about their teenager's safety. Their main concern: underage drinkers.

"You can't just worry about *New Year's*," said Shelley Spark, Riley parent, "You have to teach

your kids about drinking, and how to make the right choices from the time they're little. I trust my daughter. I know she'll make the right choices when it comes to alcohol."

Still, despite life long lessons, some teenagers are convinced that the only way they can have fun is with alcohol.

"My parents sort of know what's going on, however, they don't know that there may be drinking involved," said senior, Amy Garner.

Dinky basement parties aren't the only option for South Bend teens this millennium. The city of South Bend is also hosting major parties, like the one sponsored by radio station, Sunny 101.5. This bash, scheduled to be held at South Bend's *Union Station*, is designed to provide fun for the entire family. This gala is open to anyone who wishes to purchase a ticket. There's also a gathering to be held at the *Century Center*.

Other cities are celebrating as well. *New York City* plans on spiffing up their famous *Times Square* celebration with the addition of a new ball. The ball, which will drop at midnight to signal the start of 2000, is being

built specifically for the millennium by *Waterford* (a large crystal company), and is worth over 12 million dollars.

The millennium hype has spawned new ways of celebrating. Major cruise lines are offering cruises across the international dateline, giving vacationers a chance to experience the new year twice. Other millennium fanatics are booking round the world trips on the *Concord*. These folks, however, are few and far between. All in all, the results of Y2K haven't made much of a dent in the travel industry.

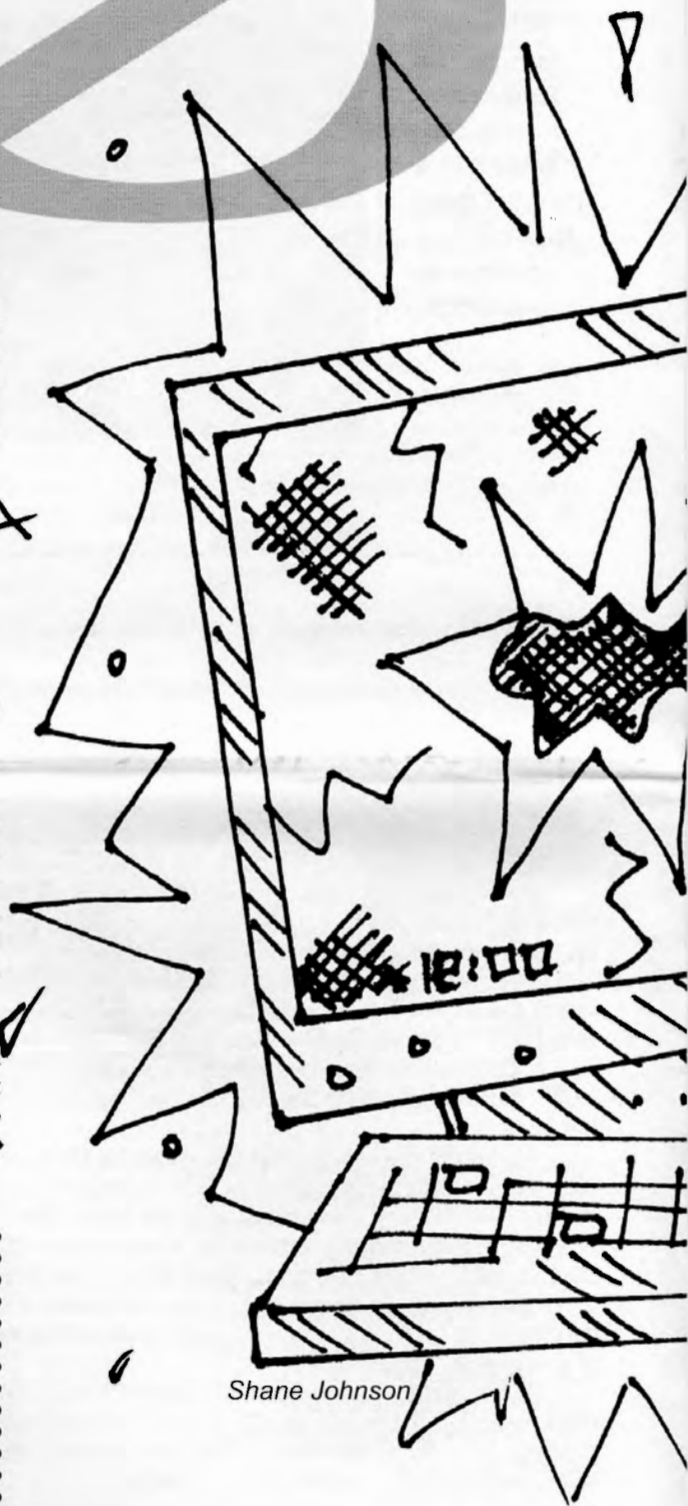
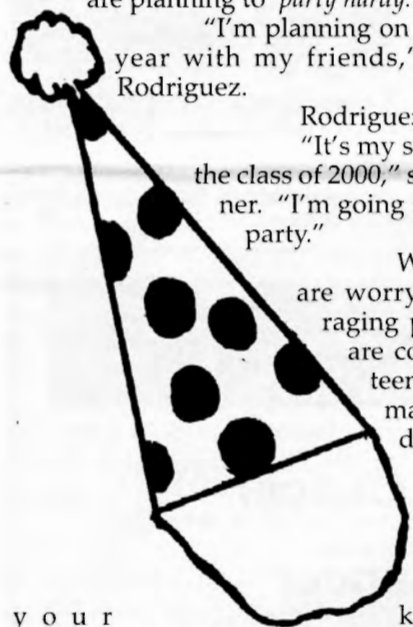
"The holidays are always a busy time of year," said John Anthony, owner of *Anthony Travel*. "This year is a little busier than normal, but not as busy as expected."

According to Anthony, it's not the new, radical destinations that are drawing partiers, but the same timeless destinations.

"People are interested in warm climates this time of year," reported Anthony.







Giant balls, family gatherings, and dateline cruises will all be a part of the *New Year's* celebration, a far cry from *New Year's* 100 years ago. According to social studies teacher, James Spears, the world has come a long way since the ringing in of 1900. At the end of the last century, Americans celebrated with bon fires and church services.

Still, whatever your plans for *New Year's*, be it alcohol with five friends in a basement, or a million person bash in *Times Square*, there's only one thing that can be said about this new year: it's finally time to 'PARTY LIKE IT'S 1999!!'



Shane Johnson

Think before you drink drunk driving statistics

-  Teenagers age 15-20 compose 6.7% of the total driving population
-  21 % of fatal crashes involving teenagers were caused by underage drinkers.
-  2/3 of teenagers killed in motor vehicle crashes are males
-  41 percent of fatal crashes involving teenagers are single car crashes
-  65 percent of teen passenger deaths occur when another
-  In the last decade 68,000 teens have died in car crashes.



← Best &

199

K: the year

Is Riley ready for the millennium?

Beth Marshall

Centerspread Editor

With over 600 computers, 13 computer labs, a TV production studio, and a distance learning lab, it seems that Riley has entered the era of technology. George McCullough, principal, calls Riley a virtual high school.

"We have the capabilities to pull in information from anywhere in the world, and that's what we mean by virtual high school," said McCullough. "I don't think

the students realize it, but we are on the cutting edge."

"Most of the Y2K problems are going to be caused by the people who are really afraid of Y2K. By trying to prevent certain problems, people are going to cause even more."

- Dale Swafford, Art Teacher

However, there are some trade-offs to being a cutting edge school. With high-tech high schools, come high-tech problems, problems such as the Y2K computer bug.

Just the phrase Y2K strikes terror in the hearts of computer obsessed Americans everywhere. The mere suggestion of a computer shut-down conjures up images of riots, financial crashes, and nuclear weapons firing at will. Still, some believe that Y2K is much adieu about nothing.

"Most of the Y2K problems are going to be caused by the people who are really afraid of Y2K. By trying to prevent certain problems, people are going to cause even more," said art teacher, Dale Swafford.

Despite the controversy, many are taking the 'better safe than sorry' approach to Y2K. The government, private industry, and even private citizens are speedily stuffing the wallets of computer techs around the globe, protecting their beloved machines from the computer bug of the century, but is Riley ready for the new millennium?

Mary Chris Adams, curriculum facilitator for South Bend Community School Corporation is leading the charge to make sure that all SBCSC computers will survive the new year.

"All of the instructional computers and other instructional equipment at Riley are prepared for the year 2000. The equipment at other schools necessary for instruction is Y2K compliant," assured Adams. The project began in 1997, and is still in progress. The first step was purchasing new, compliant computers and software.

The fact that 600 new computers were purchased for the new Riley gave the school a step up on the year 2000.

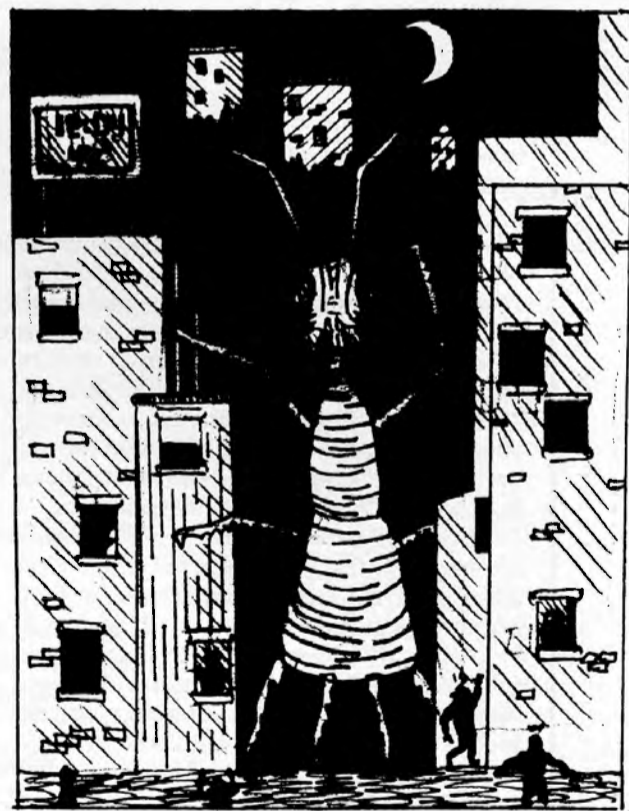
"When all of the equipment was purchased for Riley, the vendors were required to verify Y2K compliance," said Adams.

Despite the benefits of new equipment, high-tech problems did come into play. According to Adams, the extensive networking systems at Riley required the corporation to do extra testing to assure that all systems were compliant.

Adams and her team will be working up until the end to make sure Riley is ready. There are corporation computer tests scheduled as late as December 20, to eliminate problems.

Even with all the precautions taken by Riley and SBCSC, no one can guarantee that the year 2000 won't cause computer difficulties. Consequently, the corporation has developed a policy to deal with possible problems.

"There will be a notice sent out to all buildings with directions on what to do if they think they have problems due to Y2K," said Adams.



THE STREETS WERE EMPTY AFTER THE Y2K BUG SWEEPED DOWN TOWN ON NEW YEAR'S.

Worst →
99



*All pictures courtesy of the Internet

AJAZ'S Agenda



By
Ajaz
Chaudhry

Taking AP classes pays off in cash

Free education is something public school students take for granted. Each year the tax payers' pay for our schools not our parents. Things, however, change after high school is over and the real world begins. Except for a very small number of athletes and an even smaller number of people who receive full academic scholarships, college is not close to being free.

With the yearly costs ranging anywhere from \$11,000 per year for a state school such as IU to almost \$30,000 for private colleges such as Notre Dame, college becomes an investment, not a chore. With college classes costing hundreds of dollars

each, many students start to ponder if they should have taken tougher classes in high school, when they were free.

Studies done by *TIME* magazine show that students who challenge themselves in high school by taking tougher classes have a much higher chance of graduating from college, than those who take the easy road. This is due to the fact that in high school an average class consists of less than 30 students, while in colleges, classes can be very large and sometimes reach into hundreds of students per class. This makes individual attention all but impossible.

Even though all public schools in the South Bend Community School Corporation offer honors and advanced classes, less than 25 percent of the people actually take them.

The counselors and teachers make an effort to move kids that are doing well in regular classes up to a more difficult level. "It's a team effort, the teachers inform us about students they feel need to be moved up, and we encourage the student to make the change," said Beth Gavin, counselor.

Taking AP classes in high school can pay off in cash. Most colleges across the nation allow students to skip basic classes if they take the AP exam and do well. If you were to take an AP class and the AP exam in the following subjects, math, English, biology, chemistry, history, foreign language, and do well enough to miss just one college semester out of each, at \$300

apiece you would save \$1800 just in tuition costs.

This is something students must realize early in their academic career. I don't suggest that everyone become a book worm and not enjoy high school socially, they should however challenge themselves while they are in high school. Students need to take advantage of the free education offered to them. After all, high school is the only time in their lives they will get it. ♦

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Bryan Proven

DRIVING HOME / Tom Stewart, sophomore, who recently became a driver, gets ready to go home.

New drivers feel restricted

Tara Stokes

Staff Reporter

Getting your license is probably one of the coolest things in a teenager's life. I am fifteen and I cannot wait to get behind the wheel all by myself without the supervision of my mom or dad.

Some adults feel that teenagers are not mature enough to handle the responsibility of driving. I do agree that a minority of teenagers do not need to be on the road, but why punish the majority?

Limiting teenage driving has already begun. Two years ago, it was decided that teenagers would be given probationary licenses. A probationary license prohibits anyone under the age of eighteen to have anyone under 21 with them in their car

for three months.

I understand where the legislation is coming from. They are trying to ensure the safety of young adults driving. But if they were capable enough to get a license, then why should they be denied having people in their car with them?

Most likely, a rapist or mugger is not going to confront a group of three or four girls. But he or she is going to go after a young girl or guy alone. Especially at night.

Recently, there was a segment on *WNDU Channel 16 News* on the dangers of teens behind the wheel. They placed a camera in the car of a willing teenage girl. The camera caught everything she did.

How fair is it to degrade teenagers for not concentrating on the road at all times when adults do the same thing? I

cannot even count how many times I have been in the car with an adult and they have tried to get something from the back seat.

True, adults have more experience driving than teenagers, but my driver's ed instructor always told me, "An accident can happen in the blink of an eye."

There have been rumors that a new law may be enforced that does not allow people under the age of 18 to even be able to get a driver's license.

Fortunately, there has been no move towards making that a law.

There are a number of reckless teen drivers on the road, but there are also a countless amount of reckless adult drivers. We should not be punished for making the same mistakes that adults do. ♦

WHAT WE

Think SAT class needed

SAT's have become synonymous with the word college. Everyone who wants to go to college must take either the SAT or the ACT for entrance. The scores you get on these exams can also determine if you get any scholarship money or not.

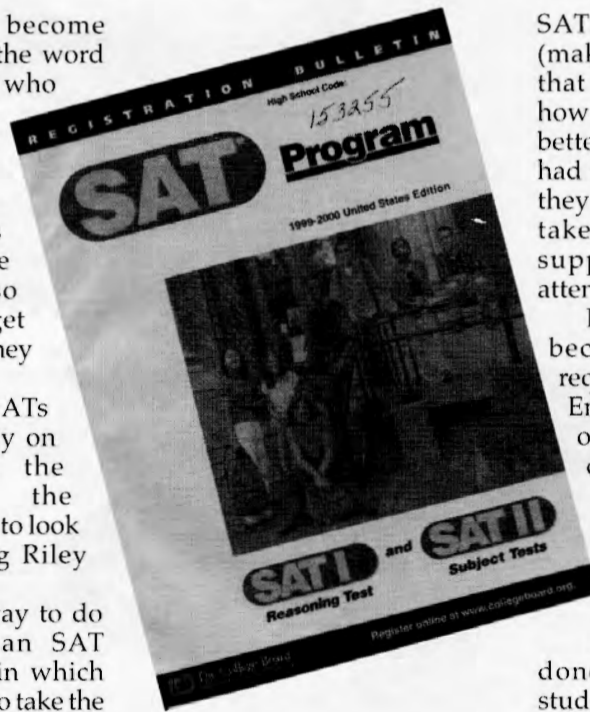
With the SATs weighing so heavily on your education, the school and the administration need to look at a way of giving Riley students an edge.

The simplest way to do this is to offer an SAT preparation class, in which students learn how to take the

SAT. The College Board (makers of the SAT) admit that the people who know how to take the test do much better than those who have had no advice. Even though they offer books on how to take the SAT, that cannot supplement individual attention.

Ever since the ISTEP has become a graduation requirement, the math and English departments have offered preparation courses during the summer and after school. These courses have helped many students score higher.

This type of tutoring needs to be done for the SAT to give students the best chance. ♦



Visiting the toilet gods; a personal story

Cassie Hamilton
Guest Writer

I guess it all started the summer before eighth grade. I left my house on a Sunday to go to camp weighing 115 pounds, and I came back on a Friday weighing 105 pounds. I didn't know how it happened, but it did. I didn't really notice until the size five shorts I had borrowed from a friend to wear home were sagging on me.

The next week was my birthday and I went to the mall with a few friends to spend my money. I pulled a size seven jeans off the rack and ended up having to put it and the next size five back. I was so excited!

I've always had this fixation with my legs. People used to make fun of me when I was younger and call me 'chunky.' I would run home from our local pool crying to my mom about hating my body and hating her for giving me her genes! But I remember the feeling I had when I fit into those size three jeans. It was excitement and joy and happiness all mixed into one, and for once I could look in the mirror and actually focus on my legs without wanting to curl into the corner of the dressing room and never come out.

And people started to notice!

My next door neighbor looked at me one day and said "Wow! You've lost weight haven't you?" I felt so good about myself that I could hardly keep from bursting. I could finally go to the pool or the beach without feeling insecure, and I could wear shorts that didn't hang all the way to my knees!

I began to have this confidence about me that I could do anything and be anyone that I wanted.

I got compliments from everybody that summer, and I was ready to go back to Jackson with a

new attitude and a new way of seeing myself.

And then school started, and my weight increased while my self esteem plummeted.

I didn't notice it at first. The weight kind of crept up on me gradually. One day it would be a half of a pound and the next it would be another half. Then all of a sudden I stepped on the scale one day and started to freak out! My weight was peaking to 110 pounds! My eyes were fixed to the scale and I remember screaming and crying to my mom about how I was going to get fat and that people weren't going to like me anymore!

She told me I was crazy and that I needed to stay off the scale. I had nothing to worry about until my clothes started to fit tighter. But I didn't believe her. I also hadn't noticed that I was growing too. I grew at least two inches between the beginning of that summer and November, which meant I was supposed to gain weight. But I didn't know that.

It was scary for me. I didn't want to go back to being insecure about my body and always wondering if people were looking at my legs and laughing.

I didn't know what to do! I knew I hated running, so exercising was out of the question. My mom wouldn't let me drink those *Slim Fast* shakes, so that option went out the window! And then I got it! I just wouldn't eat for awhile. I had remembered one time when I had strep throat and I couldn't eat for a few days, and how I had lost about five pounds. But the starving approach didn't last too long. I love food so it was hard to control cravings, and the weight I did lose was just water so I was thirsty all the time.

And that's when I made one of the dumbest decisions of my life: I

pounds for awhile. But then my throat began to hurt all the time and I got strep throat a few times.

Then one night in November, my mom came home and heard me throwing up. Busted!

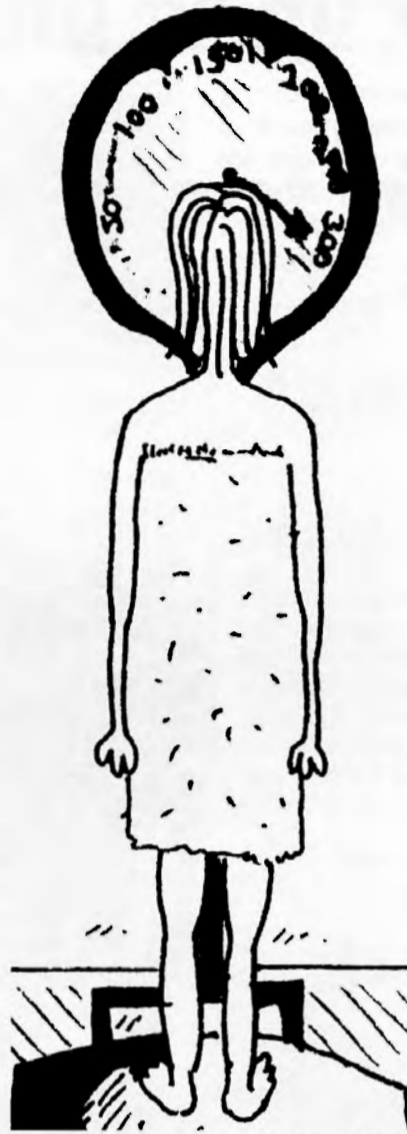
All I remember about my dad was him being mad. Not at me, but maybe at himself. Or disappointed. The family decision (basically my mom's and dad's) was for me to go see a therapist. I was so scared. I mean, how could somebody who didn't even know me be able to help me? But it was either that or keep doing it and hurt my body, or even worse, die. So I went. Marge was nice and all, but she didn't really get to the bottom of my problem.

My mom even threatened to take me off the basketball team if I didn't stop, but that didn't even seem that important anymore.

What really hit home for me was telling my best friend Lauren. She just sat there on the phone and let me cry. She told me that I was a beautiful person, no matter what size I was. I wanted to stop because I realized that people liked me for who I was, not the size I could fit into.

Now I weigh about 107 pounds, and I'm a much happier person. I can go to the mall and try on clothes without feeling bad, and I can still wear bathing suits with as much confidence as I used to have. I eat what I want and stay off the scale! I swim, which is a great way to exercise, and I eat a lot more fruits and vegetables. There are so many more things important to me now than my weight.

My advice to anyone who has this problem: let your family help you. Let them be there for you, and make your priorities higher than your jean size. ♦



Shane Johnson

would eat and then throw up. I became bulimic for about three months. I would eat anything I wanted, and it was so easy just to stick my finger down my throat afterward. I would feel like such a pig, but when I threw up, I felt like I could do anything.

My weight went back down to 105, and it even got close to 100

“And that's when I made one of the dumbest decisions of my life: I would eat and then throw up... I would feel like such a pig, but when I threw up, I felt like I could do anything.”

LETTERS TO THE

Editor

Unfair Absences

Dear Editor:

I am very upset about the fact that we only have three days of unexcused absences. If you miss three days then you don't get any credit. If we go back to six days, it would be much better.

If you are very sick, or out of town for a few days, it really doesn't hurt you. Since it's only three days you can't do these kinds of things.

Some of the smartest people don't get grades because of only three days absence.

I think it would be a lot better if we went back to six unexcused absences.

Sincerely,

Jesse Bragg

Jesse Bragg

Mouse Traps

Dear Editor:

My problem is that I have seen a mouse. It came from behind the vending machines on the first floor.

I think there should be some mouse traps placed around the school to kill the mice.

It would work because it would get rid of all the mice around the school. Someone needs to do something about these mice, because right now they are running all over.

The school probably hasn't laid down any traps yet, but they should soon.

Sincerely,

Freda Alford

Freda Alford

The Review

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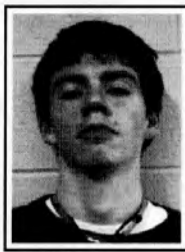
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The Review is a self-supporting publication

Students speak out on: Marijuana

Grow up to get pot legalized

👍 Yes, marijuana should be legalized. The government has no right to make decisions for the American public. They don't need to protect people from themselves. And there are also so many benefits.



Bill Hamilton
Staff Reporter

Suppose we legalize pot. Let's be rational and seriously think about the drug marijuana being legalized. First and foremost, why is pot illegal?

The government would have you believe a refer madness situation. Pot doesn't debase your moral fiber in any fashion. If one looks hard at the drug war, it becomes a weak attempt to persuade American people that basically, they can't make decisions for themselves.

The government tried to take away alcohol with prohibition in 1920, while the *Mafia* took full advantage of this new option to make cash galore. At the time, it wasn't a social lacking to come home or be in a public place having had a little too much to drink. Even on lunch breaks people were able to knock back a few martinis without thought of repercussions.

This provided a rabid demand for booze. Bootlegging went on until it was causing blood baths in the downtown areas of major cities.

Prohibition was gotten rid of in 1933, and things have been fine since then. We are gluttons who bask in our wealth and greatness, and *God* forbid if all drugs were legally put into the greedy palms of America. It would be a catastrophe if anybody could get high and with our government's consent! You know, since we are a perfect country and all!



What really should keep you from making a bad decision? Your own backbone! The government feels it must protect you from yourself, and that simply isn't true. It's not the government's job to regulate people's personal choices.

What we really need to do is prove that we can be responsible with drugs like marijuana. But people are going to do it anyway, legal or not. It's like telling a kid not to take that cookie before dinner. He's going to do it anyway because it's human nature to break the rules.

And other countries seem to be able to handle it just fine.

Polish exchange student, Marek Nowakowski, said, "Where I come from, it is legal. So I guess it should be legalized in America too."

He said that his country's laws are pretty much the same across Europe. In Poland, it is legal to smoke, possess, and grow marijuana. But it is illegal to sell drugs. This implies that anything that is considered a drug is legal in Poland.

And is Europe overrun with crime and degenerates running around high and crazily drunken?

"Not really. Most of the crime in Poland I hear about are car thefts, but nothing like a dealer being shot for his cocaine," he said.

"It's totally relaxed. No one really cares, as long as you are responsible. You can get beer at *McDonald's* and in the movie theaters, and when you do drink, you just never drive. We take the bus or get a cab because it's all about responsibility."

So how do we solve this issue? To be honest, I don't see

Cannibus sativa being legalized anytime soon. I think what we need to change is the fallacy that pot is some wild mind-bending drug. First off, marijuana should be legal for it's medical properties. A recent look into marijuana's medicinal properties has proved that using marijuana medicinally diagnosed by a doctor can be very therapeutic.

So basically, marijuana is ready for America, but I am not sure that America is ready for marijuana. ♦

Marijuana: Not what America needs

👍 We have enough problems in this country, and we don't need to make marijuana a top priority. It may have some benefits, but the problems associated with drugs are much greater.



Cameron Stouder
Sports Editor

With illegal use of marijuana skyrocketing throughout the nation the debate about legalizing marijuana continues to be a hot topic. I am against legalizing this harmful drug.

In California doctors can prescribe marijuana to patients with painful and eventually fatal conditions. Even this is not acceptable. This is like fighting a losing battle.

How do you decide who needs marijuana and who doesn't? There are plenty of pain medications available to doctors to prescribe. There is no need for another one, one that is illegal, extremely addictive, and very harmful.

Marijuana impairs judgment, lowers sex drive and lowers sperm count. I don't believe it should be legalized for these reasons.

There is also the problem of what happens after a patient becomes immune to the effects of marijuana. After the *Civil War*, morphine addictions were high because morphine was used as a pain killer for injured soldiers. Doctors tried a new drug to help ease the addictions. This new drug was heroin.

Little did they know what the effects of heroin were. What will the doctors use to cure marijuana addictions? Cocaine? Crack?

Maybe they'll use another drug that has yet to be discovered that has far more problems than marijuana.

There will be more car accidents related to marijuana than to alcohol.

"Marijuana has similar effects as alcohol on drivers," said Sergeant John Floyd, Riley security guard and police officer.

"It also gives the user a different type of high than alcohol. However it can be more dangerous than alcohol," said Floyd.

Marijuana has a negative effect on people's reflexes. It tends to make people go in slow motion even though they think that they are going at regular speed.

"There is a fear of marijuana causing more cancer than cigarettes. It has nearly 20 percent more tar than do cigarettes," said Kevin Large a substance abuse counselor at *Quiet Care* which is in *Madison Center*.

Marijuana has a higher concentration of tar.

"Cigarettes have nicotine which makes it addictive. Marijuana doesn't have nicotine. People take marijuana because they think they physically need it.

The problems of legalizing an illegal drug are obvious. Problems that will arise from legalizing marijuana are too numerous to list. It is not a good idea. It is also one that is doomed to fail. ♦



WHAT YOU

Think

ABOUT MARIJUANA

Will Campbell
Senior



"Yes, I think marijuana should definitely be legalized. It has so many medical benefits, and it's good for people with diseases like cancer and stuff. It should be allowed in this country legally."

Renee Chapman

Sophomore



"I think marijuana should be legalized at 21 because that's the legal drinking age, and marijuana has the same effects as alcohol. People should get to choose what they put in their own body"

Takahino Ito

Junior



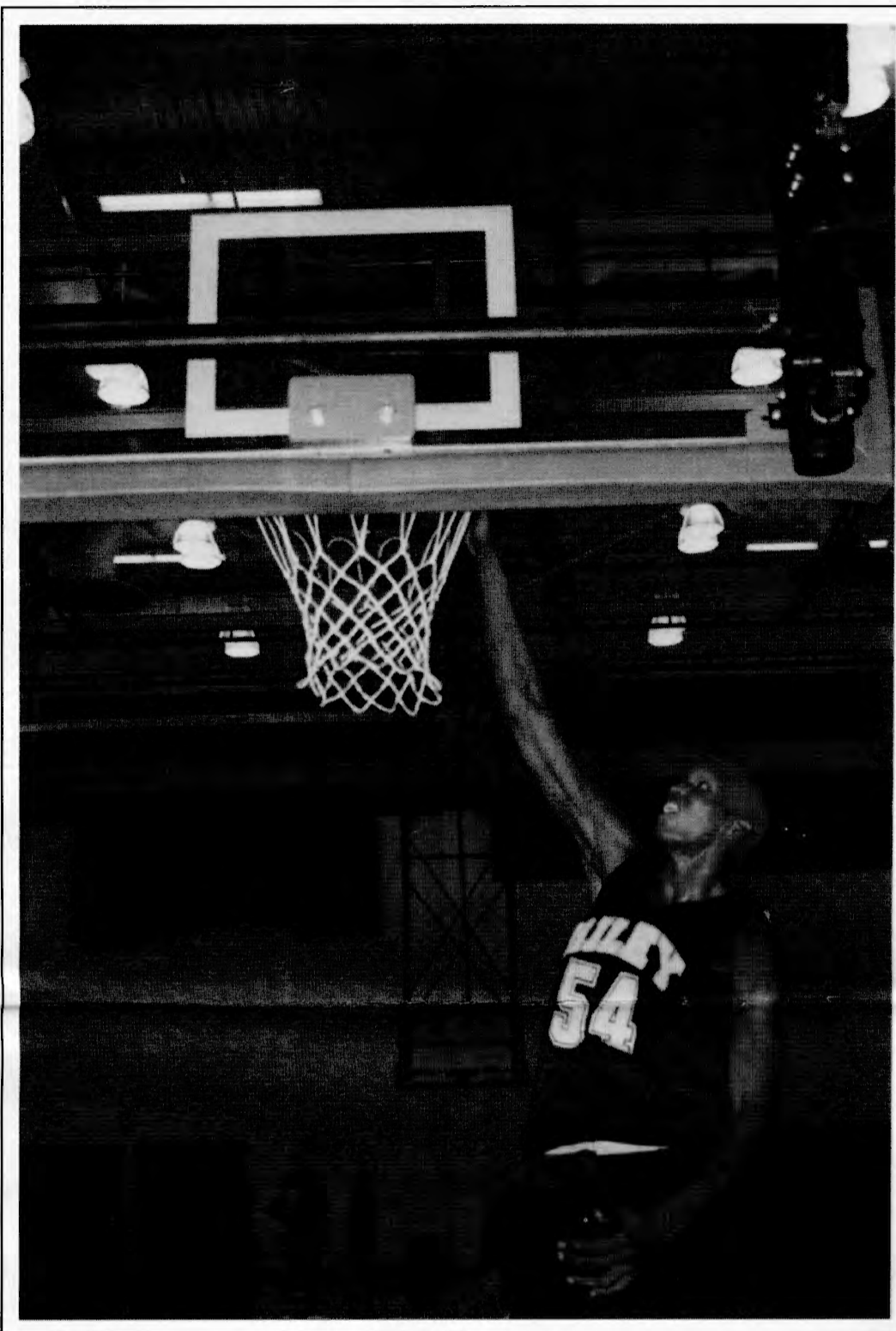
"I don't think it should be legalized because it's really bad for the body."

Procon

Hard work and dedication

Captain commits to Ball State

POWER PLAY/
Senior captain, Ronald Dokes, taking it strong to the basket brings the thunder during practice. Next season, Dokes will contribute to the Ball State front court. His focus this year, however, is to lead Riley past the first round of sectionals for the first time since Coach Tom DeBaets arrived two years ago.



Grant Jones

Steve Wilfong

Senior Staff Reporter

Senior Ron Dokes's parents had no idea that he was going to be 6'8" when he was growing up. Ron's father is a nice 6'2" and his mother stands at 5'8".

"I didn't know that he was going to be that tall," commented Ronald Dokes, the father. "He is

still growing. At his last doctor's appointment we were told he should get up to 6'10", 6'11"."

Ron and his height are now committed to play basketball at Ball State. Ball State is a division one school and participates in the Midatlantic Conference (MAC). Dokes was recruited by several other MAC schools like Ohio, Bradley, Northern Illinois, and Southern Illinois.

Those four teams along with Ball State have competed in the NCAA tournament of 64 and the

postseason NIT. Other schools that showed Ron attention were Nebraska, Central Michigan, and Dokes received a letter from Auburn, a team ranked in the country's top five.

Why did Ron go with Ball State?

"I like head coach Red McCullom. I like the way they handle their big men there. I know a lot of the players and went to a lot of the games last year. When I visited the campus it felt like home," explained Dokes.

"I chose Ball State so people can still hear about me back at home. Games come on television and Ball State is talked about in the papers. I don't want any rumors going on about me like I didn't make the grade, or that I flunked off the team," said Dokes.

If you attend a Riley basketball game you can't help but notice the presence of Ron's father. He is a vocal fan who is a regular at every one of Ron's games. He hopes to continue that trend during Ron's college career.

"Unless my van breaks down or the weather's poor, I plan to make all the trips possible to as many games as I can," commented the older Dokes.

The recruiting process was one of the exciting experiences that Dokes, his family, and Riley head coach Tom DeBaets experienced this past year.

"When Ron was being recruited it was a nervous and exciting experience. Getting home and seeing all the letters we got in the mail from colleges was fun. I think I am going to keep them all in a box and keep them for a while," said Ron's father.

"It was very fun for me when I was being recruited. All the letters I received and the coaches visiting my house. Now I can't wait to get down to Ball State," said Ron.

"I must have received a hundred calls regarding Ron," added DeBaets.

When Ron arrives at Ball State he wants to play. He doesn't want to sit out a season.

"As a freshman I want to play. I do not want to be red-shirted and sit out a season," said Ron.

Does Dokes have the abilities to contribute as a freshman?

"I was real honest with coaches when they called and asked about Ron. I told Ball State he could be a contributor his freshmen season, and a top player by his junior year," said DeBaets.

Ron has had a lot of mentors over his career to help him get to this point in his basketball career.

"My dad was the person that got me interested in the game. He bought me my first basketball hoop. He used to rebound for me while I shot. He used to work with me on my post moves. I owe a lot to him," stated Ron.

Dokes's game started to develop when he reached the high-school level. His first coaches in high-school were Bob Berger and Ty Lax.

"Since I was on junior varsity my freshman year, I didn't really work with coach Berger. I did learn from him though. I attended varsity practices and

**SEE DOKES ON
PAGE THREE**

Creatine: Are Riley athletes cheating in the race for muscle?

Justin Cole

Staff Writer

Every athlete has to compete, whether it is against themselves, other teammates, or against the other team. Competition can lead these athletes to do things they normally would not do. Taking physically enhancing drugs, such as creatine, is one thing they do to improve their performance.

"I took creatine to help my legs get bigger. I was 16 when I started, said Dave St. Clair, freshman in college.

What is creatine you ask? Does it really work?

Creatine phosphate is found in meat and fish and is produced naturally in the body by the kidneys, liver, and the pancreas. Taking five to 20 grams a day, it can increase muscle creatine and enhance anaerobic activity or short-term exercise. It is used mostly by weight lifters, track and field athletes (mostly throwers and sprinters), and football players.

Creatine helps maintain the ATP (adenosine triphosphate) level during workouts. ATP is the

amount of stored energy in the body that is ready to be used. This allows for the athlete not to feel the burn. It also increases protein synthesis and has an aerobic effect on muscular tissue.

"Creatine helped me out a lot. It made me get bigger in a shorter amount of time and a lot stronger. It makes you feel ten feet tall and bullet proof," said Chris Unrue, weight lifter.

"Creatine can help you get bigger and stronger. But I think it is more psychological than anything. They take the creatine and they think it will help, so they work out harder. It does slow down athletes who play in speed oriented sports," said John Coddington, physical therapist at *Quest Therapy*.

Since creatine is a new drug, the long term side effects are not known at this point. Most major professional sports allow athletes to use creatine at their own risk. The side effects that are given right now are minor things such as muscle cramping, thirst, weight gain, and heat intolerance. Most athletes who take it are looking to gain weight anyway. Long term damage to the heart and kidneys remain a concern. People who take it should drink extra water, but that is the only known difference.

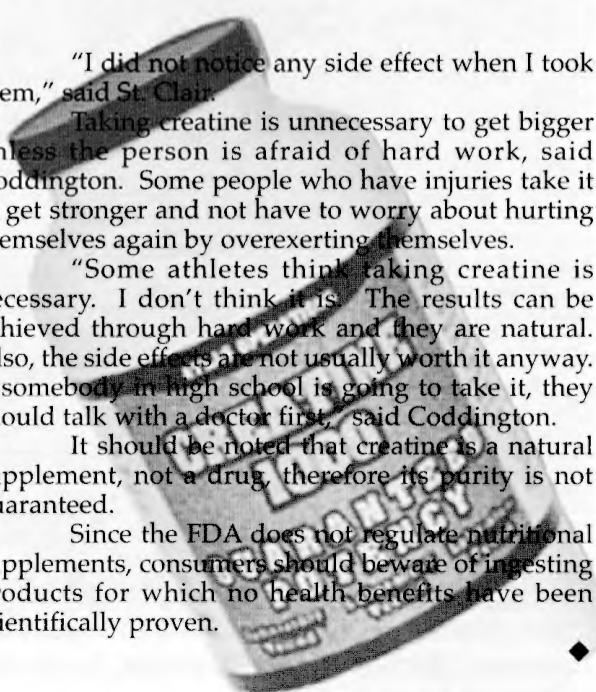
"I did not notice any side effect when I took them," said St. Clair.

Taking creatine is unnecessary to get bigger unless the person is afraid of hard work, said Coddington. Some people who have injuries take it to get stronger and not have to worry about hurting themselves again by overexerting themselves.

"Some athletes think taking creatine is necessary. I don't think it is. The results can be achieved through hard work and they are natural. Also, the side effects are not usually worth it anyway. If somebody in high school is going to take it, they should talk with a doctor first," said Coddington.

It should be noted that creatine is a natural supplement, not a drug, therefore its purity is not guaranteed.

Since the FDA does not regulate nutritional supplements, consumers should beware of ingesting products for which no health benefits have been scientifically proven.



Grapplers in action: New coach, center-stage

Steve Wilfong

Senior Staff Reporter

Rebuilding seems to be the theme around the Riley athletic department. Another team on the move to rebuild is the wrestling team. The wildcat grapplers suffered through a dismal season last year (6-17). There were many off-the-mat distractions as well.

The chief of this rebuilding pow-wow will be Bill Flatt. Flatt was a stud wrestler back in his day at Mishawaka. He owned a career record of 49-3 and went on to wrestle at Concordia College, a Division 3 school where he was a two year captain. This is his first head coaching job. Riley's excellent facilities are one of the main reasons that Flatt came here.

"The facilities here are tremendous. The weightroom and wrestling room are excellent. With the size of the wrestling room we can have everyone practicing at the same time instead of in shifts," said Flatt.

Flatt's coaching philosophy is simple. Learn ten moves excellently.

"On this level (high-school) I feel that if you know ten moves excellently you will be successful," said Flatt.

"The facilities here are tremendous. The weight room and wrestling room are excellent. With the size of the wrestling room we can have everyone practicing at the same time instead of in shifts."

- Bill Flatt
Head Coach

It will especially be the lightweight's responsibility to learn ten moves. The weaker part of the team has to get stronger for the wildcats to be competitive.

The six weight classes, 103 pounds to 135 pounds, is very inexperienced. Those six wrestlers have combined for only nine varsity wins. A positive for the lightweights is sophomore, Brandon Sandefer. Sandefer, who participated in the Northwood Invitational, went 5-0 and took first place.

There are three middle weight classes. The wildcats feature an unproven but decent lineup. Leading the way is junior, Bryan Proven. Proven had a record of 14-16 the season before but ended the season with winning 12 of his last 14 matches. That momentum needs to carry over this season. Senior, Dan Malone will wrestle at 140 pounds and freshmen, Rodney Sleepers will wrestle 152 pounds.

"If we can get to 160 pounds with a close score, I feel good about our chances of winning the meet," said Flatt.

The heavyweights, the strong part of the



Bryan Proven

PURE STRENGTH/ Senior, Aaron Bogunia, during a meet, is working to counter attack his Washington opponent.

lineup, have many established wrestlers. Senior state qualifier from last year, Aaron Bogunia, will represent the team at 275 pounds. Bogunia was ranked 2nd in the state in the preseason. He achieved first team all conference honors last season. He is one of the team captains.

The other team captain is Aaron Balog. Balog was a member of the conference's third team last year. Complementing the two Aarons will be 160 pounds senior, Jason Basker, 189 pounds junior, Brent Lootens, and 171 pounds freshman, Mike Markham.

Markham also ran the table at the recent Northwood Invitational going 5-0.

"I like my team. They are a good group of kids," said Flatt.

Flatt has a couple of goals he would like to have the team meet.

"I want to be a .500 team this year. I want the wrestling program to become competitive for years to come with everyone. I want these goals for the kids not for me. If they feel good, I feel good," explained Flatt.

"The team has a lot of heart. If they work hard there is no telling what is going to happen in the future," said Flatt.

99'-00' Varsity Roster

Wrestler	Weight Class
Adam Batton	103 pounds
Brandon Sandefer	112 pounds
Josh Rinniger	119 pounds
Todd Howard	125 pounds
Brad Weston	130 pounds
Dan Malone	140 pounds
Bryan Proven	145 pounds
Rodney Sleepers	152 pounds
Jason Basker	160 pounds
Mike Markham	171 pounds
Brent Lootens	189 pounds
Aaron Balog	215 pounds
Aaron Bogunia	275 pounds

The most dangerous sport: Cheerleading



Miranda Porte

CHEERING / Senior Nicole Waldron, leads the cheers at a pep assembly.

Ashley Coker/ Justin Cole

Staff Writers

What is the most dangerous sport at the high school and college level? You said football. Wrong. What about hockey? Wrong again. The sport that is the most dangerous is cheerleading.

Cheerleading?

According to a study done by *The Physician and Sportsmedicine* for *Sports Illustrated*, cheerleading has an average of 28.8 days per injury, during this time they cannot compete, making them more injury prone than any other sport.

The University of North Carolina found that cheerleading is responsible for nearly half the high school and college injuries that lead to paralysis or death.

It's crazy, isn't it? We have these girls building human pyramids, flipping each other into the air, and we give boys helmets?

"In my eight years as a certified athletic trainer, I've worked with athletes in football, soccer, and other sports accused of bloodletting, but I must say that some of

the worst injuries I've witnessed occurred in competitive cheerleading. From torn ligaments to broken arms to skull fractures, I've seen a lot. And I always end up asking, 'Why,'" said athletic trainer Ray Carroll.

Junior, Tasha Mays, remembers an injury to a fellow teammate. "One of the most memorable injuries was when Erica Barlow broke her wrist doing a stunt. That was difficult for us to get through," she says. However, the team works out hard to avoid injuries.

"To avoid injuries we stretch, lift weights, and do everything we do during the games in practice," said head coach Heather Shaak.

John Coddington, athletic trainer, has witnessed many cheerleading injuries.

"I have witnessed over 100 cheerleading injuries since I started in 1975. They have had broken ankles, fractured collarbones, torn ligaments, and injured necks and backs. Injuries are going to happen, no matter what. The best thing to do is train year round to

try and avoid them," he said.

According to sophomore cheerleader Diana Szymanski, our cheerleaders train long and hard for the season. Practices are two to three times a week, developing skill and confidence. They lift weights three times a week to develop strength.

"Practice, practice, practice," said Szymanski, with a smile.

Grueling practice is not the only requirement for a cheerleader. Cheerleading also takes dedication and commitment. "Cheerleading takes a lot of time. You have to be willing to give up a lot and even drop plans at the last minute. I don't have time for much else, but it is worth it," said Szymanski.

"You have to like cheerleading to be in it. Just one girl with a bad attitude can bring everybody else down," said junior cheerleader Melissa Turner. "I have had to give up a lot for cheerleading, especially this year. I have given up a lot of free time

SEE CHEERLEADING ON PAGE THREE

Baseball field plans flawed; players upset

COLE'S Comments



By

Justin
Cole

As construction of the baseball field was being completed, there was one minor problem. It was messed up. With a brand new school and a new field, it was expected to be ready for play. When the field is corrected, it will be a top notch facility. But until then, we can only think about when it will be done. It is expected to be ready for play next spring.

What is actually wrong with the field? The field is not playable. As of right now, it would be dangerous for the athletes to play on. The corner outfielders have to run uphill to make a play on a ball between the outfielders. The mound is so soft, it would be damaged within the first week. Also, the grass is not thick enough because it was planted too late and then we suffered through a drought during the summer.

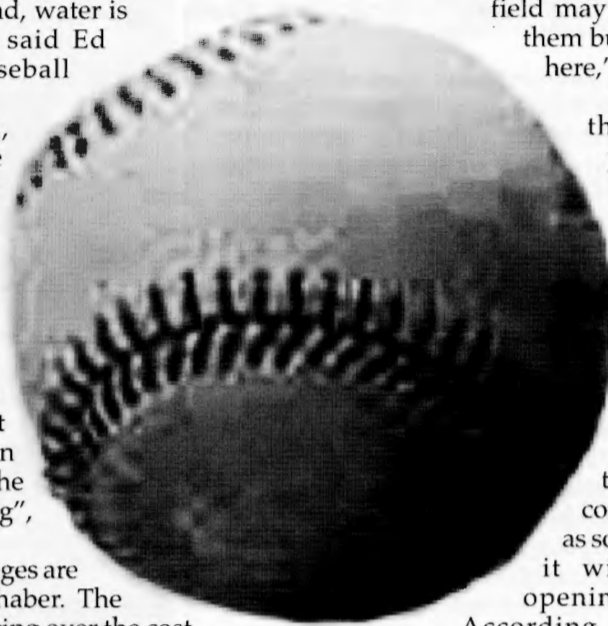
"There is a crown going the to left and right and the mounds are made out of moondust, instead

of clay. The bullpens are too close to first and third. Also the drainage in right field is bad, water is not drained from the outfield," said Ed Faulhaber, math teacher and baseball coach.

According to John Berta, athletic director, officials realized the field was flawed early in the construction. The project was discontinued as soon as they realized the field was not right. That is why the field was not playable for this past year.

"It was disappointing to see the design was approved even though it was wrong. We did not have a chance to change it. Downtown would not allow for any changes to the design before we realized it was wrong", said Berta.

The price to pay for the damages are estimated at over \$200,000 said Faulhaber. The construction crew and Riley are fighting over the cost to fix it. The crew claims it was not their fault, therefore argues that the repairs should not be their responsibility. The construction company will pay for the damages to the outfield. But moving the bullpens back, may cost extra since their placement was in the original plans. The field was originally modeled after a field in Michigan that was in a flood zone, but they messed up somewhere.



"The designs for the other field may have been fine for them but it could not work here," said Berta.

"As of right now, the field is not playable. I don't know if the grass is thick enough, and the ball may go in ten different ways before it finds a fielder," said Faulhaber.

To make the field playable, the outfield needs to be fixed. If construction is started as soon as possible, then it will be ready for opening day next year.

According to Faulhaber, if delayed, then the field will not be ready and the team will have to play on their old field, behind Jackson.

"Jackson Field is good, although the infield does not drain, it needs to be built up. It has nice big dugouts but the area behind home plate should be further back. It has been our home for years but we are looking forward to making the new field our home for years," said Faulhaber. ♦



Miranda Porte

STRETCHING/ Varsity cheerleaders Melissa Turner, Tonnis Phillips, and Nicole Waldron stretch before a football game.

Cheerleading

Continued from page one

for practice, and I would like to spend more time managing the swim team," said Turner.

Cheerleading also requires a lot of athletic talent. According to Mays, it takes a lot of athletic endurance. According to Szymanski, working out and keeping up is the key. Sophomore Lindsey Hab mentions strength.

"We have to be strong, especially when we lift each other, including leg strength for all the jumps," said Hab.

Cheerleading can be frustrating and difficult sometimes too. "The hardest part of being a cheerleader is when you are in a bad mood or are sick or having a bad day, but you still have to have a smile on your face and support the team," Hab said. According to both Mays and Szymanski, teamwork, tolerance and patience are the only keys to overcome disagreements

with teammates or coaches.

The Riley team has had many successes this year. Hab said that the program is more disciplined and organized this year, and Szymanski is excited for the girls headed to the national competition held in Chicago, which Riley has never done before, according to Turner.

This is one of the rewards of cheerleading.

"My favorite memory in cheerleading is when we learned we would be going to nationals. We were at a camp and they gave our coach a paper saying we could go. We have never done this before," said Turner.

Some people however, believe that cheerleading shouldn't even be considered a sport. They think that all they do is stand on the sidelines and distract the crowd and the team. Sports help us prove we are still alive with emotion. If cheerleading does not meet this criteria, than what does?

"We do more than look on the

sidelines and look pretty. Cheerleaders have to lift weights and run so they can do some of the moves," said Shaak.

"We put in as much effort than any other sport. We also compete. We can't participate in any other sport while cheering, so it has to qualify for the sport for the season," said Hab. How then could someone not consider cheerleading not a sport?

"We cheer because it's our sport, not for popularity or recognition," said Hab.

"The reason why I am a cheerleader is because I love it," says Turner.

Szymanski realizes that the rewards of cheering are worth the sacrifices, misconceptions, and struggles.

"You get to make people laugh and see the excitement on their faces. It's a really good feeling when you see people having a good time," said Szymanski. ♦

Dokes

Continued from page one

I learned that you had to work hard if you wanted to play this game," said Dokes.

Berger retired and DeBaets became the new head coach. He has gotten Dokes to be more confident in his game. DeBaets stressed to Ron that he had to lose weight and get stronger.

With a strong work ethic, Ron managed to lose pounds and get stronger. By watching his diet and running, Ron lost 40 pounds and gained 60 pounds on his bench press. Being stronger will make him more of a force down low this year.

Down low is where DeBaets wants his star this season.

"I want Ron to be around the basket 85 percent of the time this year. That is where he is most effective," said DeBaets.

The strides Dokes has made from his sophomore year to the present are tremendous.

"Ron is 150 percent better now than he was two seasons ago. Credit that to his great work ethic," stated DeBaets.

This summer Ron played against top competition. His AAU team was ranked 15th in the country. They played in tournaments in Florida where Ron played against bigger and stronger players.

"I like playing to a challenge. It makes me want to play harder," explained Ron.

Ron also attends a summer basketball camp hosted by Pat Magley (former Mr. Basketball from LaSalle high-school). Players like Jaraan Cornell, Cedric Moodie who plays at Ball State, and former Notre Dame standout and NBA player Montie Williams play at this camp.

"Playing against top players like the ones at Magley's basketball camp make me a better player," said Ron.

In Dokes' last season at Riley, all Ron wants to do is win.

"I don't care if I score 10 or 20, I just want the team to do well," said Dokes.

When asked to put Ron's basketball career in perspective, DeBaets told it like this. "Ron learned to love and work at the game. He has a lot of physical potential, and can have an outstanding college career," said DeBaets. ♦

First Time City Champs...

Girls' swimmers ready to dive into championships

Katie Grembowicz
Viewpoints Editor

It's 5 a.m. in the morning, and the doors of Riley have just opened for the day. Not by the janitors, or the principal, or the faculty, but by the girls' swim coach, Jeanne Troyer. That's right. Along with her assistant coach, Dick Beard, diving coach, Mike Lubber, and over 40 girls, who get up every Monday, Tuesday, Thursday, and Friday, to go swim.

Troyer says that's one of the benefits of the Riley swim team. "We train twice a day, which I don't think any other team does," she said.

And that's what may make Riley stand out from any other swim team this year.

The team won their first city title in eight years on Saturday, December 11. The team took a first place in the 200 medley relay while Maureen Warter took a first place in the individual breaststroke event. Laura Dobsaw took a first place in the diving event.

But they didn't have time to celebrate for long. Troyer wants the team to start working for bigger and better things now.

She said at the team's first early practice since city "You know, girls, I don't want to sound like a grouch, but we can't just sit back and rest on our laurels now. We have two meets this week (LaSalle and Marian), and then we can have some time to focus on some intense training."

Riley has one of the biggest swim teams around. The girls top out with 42 people this year, one of the biggest teams in Riley history. You'd think they'd have huge problems with all those girls in one place, but captain Warter says that just isn't so.

"We have such great chemistry," she said, "That's probably one of our best qualities. Everybody is friends with everybody else and we're so together!"

And since there is such great teamwork by everybody, the team has set their goals very high this year.

"Along with winning a city title, we want to make a run at sectionals and get more people down to state than in previous years," said Troyer.

Along with Warter, Erin Beutter, senior, and Ashley House, junior, are also 1999-2000 captains. They were elected by the team last year and seem to be doing a great job.

"Being elected by your teammates is a great feeling," said Beutter, "It lets you know that people



Miranda Porte

MAKING A SPLASH/ Junior captain, Maureen Warter, practices her breaststroke during an early morning swim practice. This is Warter's third year on the team.

notice how hard you work, especially to help the team."

You'd think with losing so many strong seniors like Katie Cavadini and Becky Dobsaw that the team would be faltering a bit, but that's another problem the team hasn't had to face. The team is off to a 6-1 start, losing their third meet to *Goshen High School* by only two points.

But the girls' team has faced a little bit of adversity this year. The new pool had to be drained and refilled with garden hoses the first two and a half weeks of practice because there were problems with chemicals and algae. So, the girls had to hightail it every morning and afternoon to *Jackson Middle School* to complete their practice regimen.

This caused the new swimmers not to be able to start off of blocks until two days before their first meet

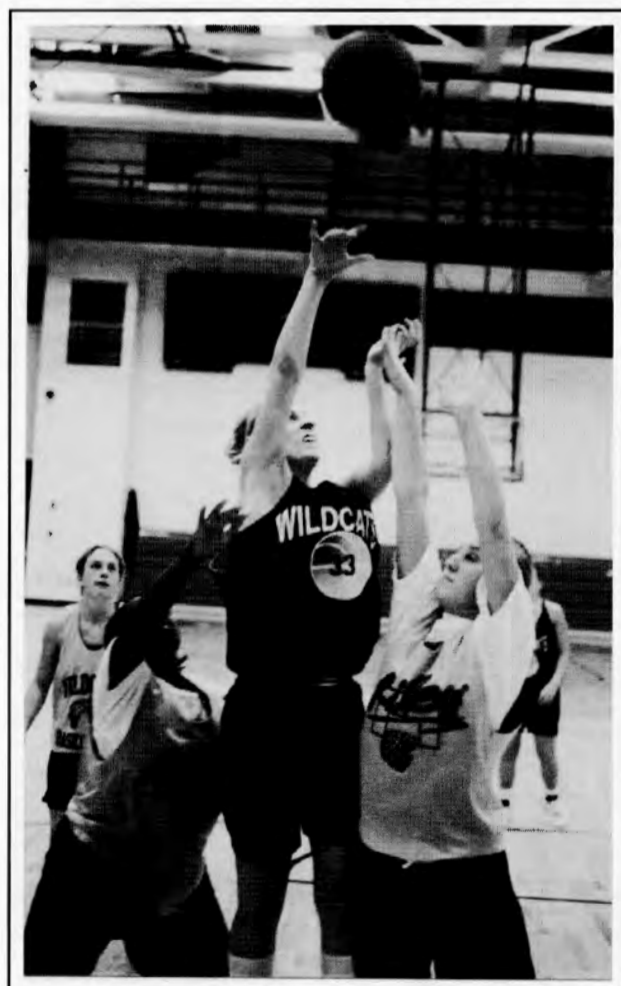
because Jackson only has one, and the pool isn't as high-tech as Riley's. This made some newcomers very nervous.

"I was so scared to go off the blocks for the first time! I thought I was going to do a bellyflop or something because I'd never done it before!" said Amanda Jones, sophomore.

But they accomplished it and have come out of it to a seemingly good start!

So, as the season continues, the girls' swim team will continue to work hard (and lose plenty of sleep while doing it) to bring home a trophy for Riley. ♦

Lady Cat basketball shooting for state title



Bryan Proven

SHOOTING THE ROCK/ Senior, Beth Lesar, guarded by junior, Stephanie Onax, puts up a shot during practice. Due to hard work in the off season, this year's lady cats are ranked 19th in the state.

Tara Stokes

Senior Staff Reporter

Girls' sports have been hot this year. Both volleyball and girls' soccer had excellent seasons with incredible records. Girls' basketball is proving to be no different. So far, they have been doing tremendous on the court and winning with ease.

Riley has an excellent group of girls for basketball this year. They are hardworking and are determined to be number one.

Their coach, Mike Megyesi, wants more than just winning. He wants the state championship.

If anyone can get the girls to state it is Megyesi. He has been a girls' coach for eleven years. He has coached at Riley for four and believes the girls have the potential to make it to state.

According to Megyesi, he has never been this excited about a team.

The girls have been working very hard. Not only during the season, but also in the off season. They have been getting better every day. Their newfound skills are shown when they hit the court.

"We have some tremendous talent on the court this year. They're quick and have a lot of desire to win," said Megyesi.

So far the girls are off to a

decent start. Their record so far is 5-2. The girls are not satisfied with this, however. They are determined to achieve more.

Tannis Phillips, senior, has a goal of her own. "I wanna beat Penn." This seems to be on the minds of most of the girls' players this year.

"We're really set on making it to regionals, and also to set new records since we are the first girls' team to play in the new school," said Phillips.

Phillips, and the other seniors on the team, have had to step up and take charge of the younger players. The less experienced players, especially freshmen, look up to their seniors. They are a very important part of the team. They are excellent leaders.

The team did not only lose seniors, they also lost a number of younger players.

Coach Megyesi says it was never a concern.

"I understand that not everyone can commit to

“We have some tremendous talent on the court this year. They're quick and have a lot of desire to win.”

-Mike Megyesi,
coach

basketball," said Megyesi.

"Basketball is the longest girls season in the school. It is six months long. It is a huge responsibility. It is fine that the girls did not try out this year."

Crystal Norman, Suntana Granderson, and Sheryl Mariscal, freshmen, all have varsity spots on the team. All three girls have worked hard to earn their spot on the team. They work just as hard as the seniors.

Norman has been averaging 24 points per game and Granderson has an average of 18 points per game.

Norman has even broken the record for points and rebounds per game with 39 points and 25 rebounds in the game with LaPorte. Riley won that game with a score of 101-94.

The girls' basketball team at Riley has always played one of the toughest schedules in the state. They go up against excellent teams. Most of these teams have won 80 percent of their games. This is not easy to go up against, but the lady Wildcats are up for the challenge.

The girls have made a tremendous start in what seems will be an exhausting season. With the support of their fellow Wildcats, they will be sure to have an excellent season. ♦