

INSIDE SPORTS

See how varsity diver Matt Vondra is influencing South's team.

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Get an update on women's gymnastics and their hopes for the state meet.

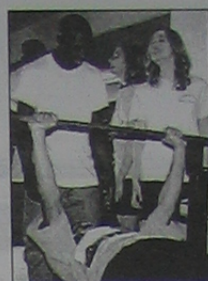
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IN-DEPTH

Is losing weight and staying fit one of your new year's resolutions? Then, take a look at places to go to achieve your goals.

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PRIVATE EYE

Find out the current drug and alcohol situation at South. Get some exclusive info on the recent *TIME* article about New Trier.

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THE GLENBROOK SOUTH ORACLE

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Good Luck on Finals!

Friday, January 17, 1997

As schoolwide debates continue...

GBS trashes recycling program's success, misunderstands agenda

by Christopher Kim
News Editor

The failure of Glenbrook South to recycle a significant amount of its reusable waste material cannot be contributed or be held accountable to any one particular group, individual or organization.

Recent speculation had been circulating that the night maintenance crew was disposing of the recycling bins in the trash dumpster. The speculation arose after Ecology Club discovered that certain recycling bins did not have any materials inside them even after months of placement in classrooms.

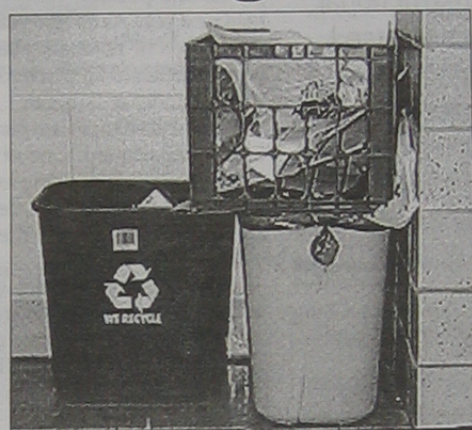
"The [understanding] is that a lot of what people put into recycling bins [at GBS] is never actually recycled, but rather disposed of by the night-maintenance crew men," Ecology Club Sponsor Dr. Jay Amberg said. "Over the past few years, the school's emphasis on the recycling program has been diminishing."

The club has expanded recycling efforts schoolwide. Before the establishment of Ecology Club, GBS had less than eight recycling bins available for students' use. Amberg suspects that the problem began because the maintenance crew discovered that a number of bins in certain areas were not being emptied by students or members of the Ecology Club.

Ecology Club is responsible for gathering papers while the stage crew is responsible for the collection of the aluminum cans from the cafeterias.

The main difference between the two organizations is that the district needs to allocate its funds in order to bring the necessary trucks to haul the collected papers away, unlike the aluminum cans which the school is paid to recycle. The school pays about \$23 each time the trucks come, which is presently about once a week.

Yet according to Mike Gulli, the assistant plant operator for GBS, the night-maintenance crew only disposes the recycling bins if there are other things in them besides paper or if they are just overflowing with materials. "Some teachers have actually asked us to throw out the bins because they are stuffed with papers," he added.



72% of GBS was unaware of the current speculated problems surrounding recycling.

According to Amberg, the Ecology Club, on some occasions, does not recycle as well as they would like to.

"The bins are not being used as well as they used to be," Plant Operator Mike Calucci said. "The problem is that students look at the recycling symbol on the bins and think anything recyclable can go in there. As soon as a can of pop is thrown in there, the entire contents of that bin are contaminated."

"I don't understand how the Ecology Club members can even get into the rooms seeing that they are all locked or should be at 2:45 p.m.," Calucci added.

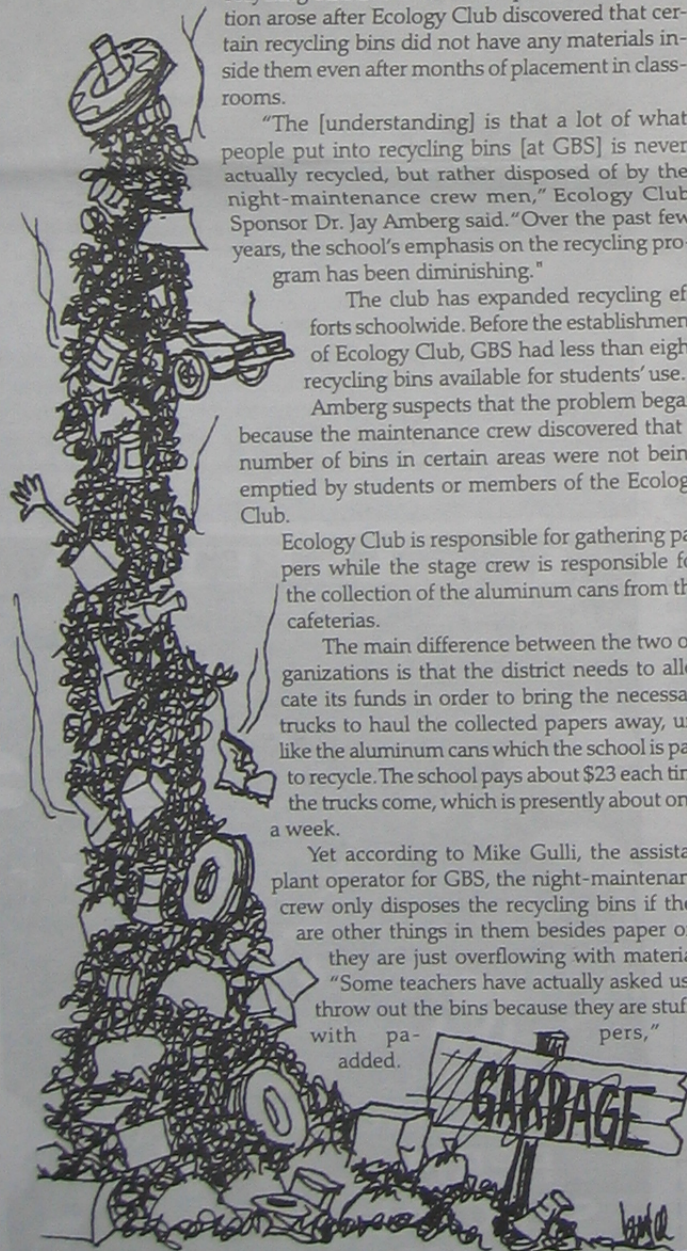
According to Amberg, the teachers are expected to leave their recycling bins outside for collection. An unidentified teacher stated that there's a possibility that many teachers are not aware of the fact that they are supposed to leave them outside.

According to Calucci, GBS is recycling only one percent of the reusable materials it controls. He stated that the three trash dumpsters are filled with papers every single day.

"If you think about it, emptying the recycling bins requires more work for the maintenance crew, so it would be a win-win situation for them to simply leave the bins alone," Amberg suggested.

"This is nobody's fault and recycling is something that can only be done if everyone gets involved with it...it's a big job," Gulli added.

A recent *Oracle* poll, which was conducted last week, surveyed 100 random freshmen, sophomores, juniors, seniors and faculty members. It discovered that 72 percent of South was unaware of the current problems behind the school's recycling agenda. In addition, it found that 96 percent believed that GBS should immediately correct the situation if any problems are indeed present.



SINCE OUR LAST ISSUE...

District office break-in leads to security questions

A break-in at the District 225 Office resulted in the loss of \$7,000 to \$8,000 in damages. This crime took place on Dec. 12, sometime overnight.

The perpetrator(s) hammered in a back window and came in through one of the administrative offices and took a half dozen computers and some new items. Also, the thief opened some of the computers and took some memory chips.

"We currently have no security system at the district office, but, ironically, were in the process of installing one," Superintendent Dr. Jean McGrew said.

He mentioned that it was not terribly difficult to know that computers were in the building. After all, the lights are visible on the outside.

"It is unfair to speculate who committed the crime," McGrew explained. "Whoever took part in the break-in had no way of knowing that the building did not have a security system."

McGrew said that this event does not lead to any long-term conclusions. "It is important to keep this event in perspective. Although things that were important to us were taken, most things can be or have been recaptured," he concluded.

- by Scott Issen

Winter dance lets South celebrate new year again

Although the New Year began on Jan. 1, GBS had its own celebration last Saturday. About 250 students attended to the Winter Dance in "quarter formal" wear and watched the lightning bolt drop.

The dance was new to GBS, many schools have had dances such as this for a long time, such as Evanston Township High School.

The idea of a dance where dates would be optional was thought up by Student Council and Student Activities Coordinator James Shellard. "I think it's a good idea," Sophomore Class President April Williamson commented, "because this way everyone is involved."

The majority of GBS agreed when approximately students arrived, ready for the festivities. "The purpose of the Winter Dance is to give all of South's students a chance to come to a school sponsored dance without the pressure of trying to find a date," Shellard said.

Shellard added that there will be a Winter Dance again next year.

- by Kelly O'Bryan

GBS in '96

First student directed
play in over 15 years:
Women In Wallace

1996 Variety
Show: "Time"

Talk show host Jerry
Springer made a guest
appearance on WHWA

Men's gymnastics team
took eighth in state for
a record-setting season

Summer
Vacation

Seniors required to
verify residency to
attend school

Haunted Home-
coming: GBS
beats Evanston

Oracle places
fourth in nation

Food Drive ends with over
53,000 cans, Claus fami-
lies collected \$1910.40

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Social Studies Department

After the death of the instructional supervisor... Teachers unite to handle responsibilities

by Sachin Jain
Staff Reporter

With the death of David Pasquini, the Social Studies department has implemented a committee of teachers to take over the job of Instructional Supervisor.

The 1996-97 school year was Pasquini's first year as being the Instructional Supervisor, with Carl Pallasch of the History department as Assistant Instructional Supervisor.

The Social Studies department decided there would not be a replacement by one single person, but by a committee of teachers that would handle the job for the remainder of the school year.

According to Dr. Betty Brockelman, Associate Principal at GBS, it would be too hard to get someone to take the job after the school year has started because teachers have already committed themselves to other tasks and teaching.

Brockelman is nominally in charge of the current committee that has taken over the job of the instructional supervisor. Her task as Associate Principal includes being in charge of the school curriculum. All the instructional supervisors at GBS report to Brockelman, as she is also in

charge of the instructional program.

Brockelman has been a teacher longer than she can remember and used to be an Instructional Supervisor of the English department at Maine West

"Pasquini's death was a tremendous loss and we are trying to help each other through it. However, I enjoy being part of a committee acting as Instructional Supervisor because I enjoy the teachers and talking to students, as well as getting back into the classroom."

Betty Brockelman

High School in Des Plaines. This is her third year as being Associate Principal at GBS.

Brockelman's assistants include Pallasch, Terry Jozwik and Hilary Rosenthal, all of whom teach in the Social Studies department.

Pallasch is in charge of day to

day absences and tardies among students in the department while Jozwik makes classroom observations and is responsible for writing teacher evaluations for the department. In addition, he also is working with the department's budget. Rosenthal is in charge of taking care of staff development tasks and has duties such as deciding what to do for the new schedule that GBS has planned for next year.

The Social Studies department plans to announce an opening for the Instructional Supervisor this spring, so people may apply for the position that will be held next year. As for this year, the committee of teachers plans to work together to fill in the role for the remainder of the year.

No new changes are planned for the department. One of their main priorities is deciding exactly what they want to do as a department for next year with the new block scheduling.

"Mr. Pasquini's death was a tremendous loss and we are trying to help each other through it," commented Brockelman. "However, I enjoy being part of a committee acting as Instructional Supervisor because I enjoy the teachers and talking to students, as well as getting back into the classroom."

Lip Sync more than another event Money raised from event feeds families, children

by Jennifer Hur
Staff Reporter

The GBS annual Lip Sync event will take place in the fieldhouse on Feb. 7.

This particular event is sponsored by the Interact organization. All students are eligible to perform their favorite songs and dance with their friends.

According to Interact Club sponsor, Kathy Coskey, this event is a fund-raiser for saving two kids; a boy and a girl named Kenold from Haiti and Naomi from New Mexico. The donated money will be spent on the entire family or

community where the two kids are currently residing in educational and survival areas.

"Interact has sponsored this

"Interact has sponsored this event for 10 years and students seemed to be deeply interested in this event."

Kathy Coskey

event for 10 years and students seemed to be deeply interested in this event," Coskey said.

Interact Club has been pre-

paring for this event through publicity, offering money for prizes, and looking for teachers to judge the performance. Interact expects at least 20 groups of people, the same amount of people they attracted last year. There will be prizes such as gift certificates for winners.

"Interact is a service club which is dedicated to help people who are less fortunate than we are. A little care can mean a lot to these people. The admission fee to Lip Sync goes a long way in terms of feeding these kids," Coskey said.

The admission fee is set at \$2 with an activity ticket or \$3 without.

NEWS in Brief

Students 'to be or not to be' in Shakespeare competition



Glenbrook South students will once again compete in the annual Shakespeare Competition, sponsored by the English-Speaking Union.

According to Paul Burkhardt, competition coordinator and club sponsor, the competition entails two distinct parts.

The competition will take place Tuesday, Feb. 11 at 3 p.m. in the English department. Judges will include English teachers Karen Muskat and Doug Kornely.

The first prize winner from the contest held at South will receive a \$50 U.S. savings bond along with the opportunity to perform with 25-35 competitors at Goodman Theatre in Chicago. The winner of this competition will be awarded a \$1000 scholarship as well as a trip to New York City to perform at Lincoln Center.

Burkhardt predicts that GBS will do well this year. In 1993, the first year GBS participated, senior Emily Bergl won the local competition, as well as placing 3rd in New York City.

-Riffe Orbach

Orchestra spends holiday at Disneyland for performance



The Glenbrook Symphony Orchestra (GSO) traveled to California during the winter break right after Christmas and celebrated New Year's Day there.

This year, the orchestra team performed at Disneyland.

"This is one of the strongest groups that I've had," said Carl Meyer, Director of the GSO. The GSO is a combination of both GBS and GBN Orchestras, including band members from each school.

Emily Rosenbaum, a GSO member, said, "I was very excited for the orchestra trip, and I thought that it was a lot of fun."

Becca Rosenbaum, another GSO member, added, "We worked very hard for the trip, and we should be really proud of ourselves."

According to Rosenbaum, orchestra members worked really hard to help pay for their trip through fund-raising. They sold everything from cheesecakes, citrus fruits, pasta, to a variety of candy.

-Temi Chung

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January 17, 1997

Recycling Under Fire

Recycling trends in America fading

Nation doesn't follow through in promotion of recycling

by Christine McNamara
Assistant News Editor

A growing concern in the United States surrounds its recycling agenda and its dying impact on American life. Solid waste, such as newspapers, glass bottles and aluminum cans, does not conveniently vanish after it is created.

"It seems as if recycling is no longer being pursued by the U.S. even though it emphasizes the value of it," sophomore Kanishka Mapa said.

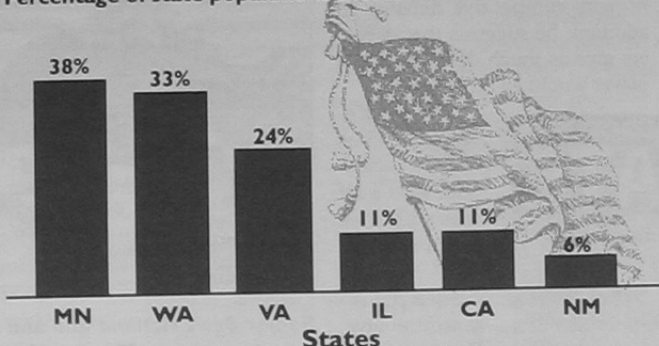
Legislation has continued to concentrate on air pollution and water pollution because, while they remain invisible to the human eye, still pose a greater threat than solid waste.

The major way of "getting rid of" solid wastes has been to dispose of them in landfills. As time went on, however, a process called recycling was developed. Some materials can be reused for their original purpose and recycling makes this possible.

"Why not use something that is otherwise thrown away as a local resource and get it back into the manufacturing stream?" Laurie Aunan, a policy analyst for the National Environmental Law Center, said.

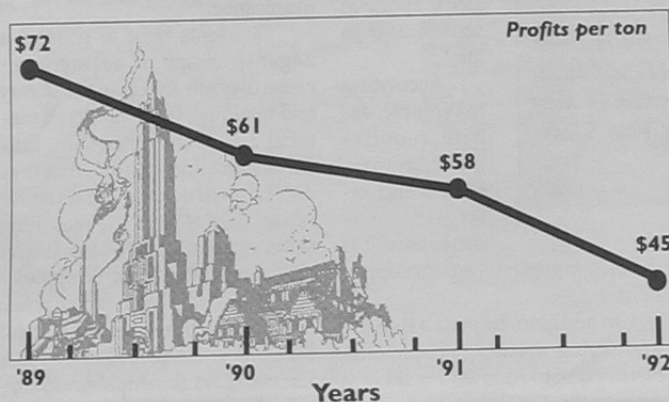
State Recycling Rates

Percentage of state populations that are known to recycle.



Recycling Industries Feeling the Heat

In recent years, the recycling industry has continued to suffer from an ailing market arena with poor profits and returns.



Sources: The Economist, 1993, American City and County, 1994

Cleaning up contaminated land is the most expensive and controversial aspect of American environmental policy. National research completed shows that the method is not at all widely used.

A major hurdle in the devel-

opment of recycling is the current waste disposal system. The current system promotes the more-developed practice of land-filling over the less-developed recycling.

Although the US is currently the leading industrial nation in

production of garbage, it is actually one of the worst of the advanced countries in using its recycling technology.

According to *The Economist*, standards for landfills have continued to rise, while standards for recycling have remained the same. They also acknowledge that the US continues to hold onto out-of-date methods by sorting recyclable materials by hand, refusing to invest in technological improvements.

Cost is another factor that prevents the development of recycling. "We lose money on recycling," Bill Brown, director of environmental affairs at Waste Management, Inc., said.

But some recycling is able to pay for itself. Precious materials are recaptured from industrial processes. Printers gather up offcuts of whitepaper. It costs individual households nothing to put out an extra bag of recyclable materials.

The federal government as well as all 50 states and more than 120 municipalities have legislation, executive orders or policies favoring products made with recycled content.

Last year, President Clinton issued an executive order requiring federal agencies and the military to buy paper made from at least 20 percent post-consumer recycled fiber with a 30 percent goal set for the end of 1998.

"Recycling is important, but it's not a cure-all ecological problems. Let's work on curbing back on littering first, then worry about what bin to put it in," assistant band director Jon Carreira said.

NEWS

• AT • A • GLANCE •

V-Show makes final preparations

February is just around the corner and this year's theme for the Glenbrook South Variety Show is "Common Threads." Although this production is run by Director Stevie Marks, she wants the students to know that they are the most important part of the show.

"Glenbrook South has such a diverse student population with different talents. (The theme "Common Threads") will see that and celebrate that," Marks said.

The dates of the show are Thursday, Feb. 20 to Saturday, Feb. 22. The comedy troupe, singer/dancers, and back-up singers have already been cast and are working on putting together what will hopefully be a great show.

"The variety acts and bands are the student driven portion of the show," Marks added.

According to Marks, the bands are a large part of the student culture here at South. "There's so much we can do with the lighting and live videos."

As for the variety acts, according to Stevie Marks, they have grown in their polish and capabilities. The improvement of these acts makes a big difference in the show.

Producer and Variety Act Director Jim Shellards said, "We're anxious to get everyone involved. It's going to be a great show."

Sophomore females to be honored by Science and Math Departments

A chosen number of sophomore females will be honored for their success in science and mathematics at a breakfast among successful female researchers and scientists on Friday, Feb. 7.

Female sophomores will be chosen to attend this breakfast. The basic criteria for attending is good performance and proof of motivation, this does not necessarily mean only "A" students. In the end, the science and math teachers decided who will attend.

Warren Bjork said, "Successful women researchers and scientists will tell their stories." In many cases these stories include the obstacles faced by females being in advanced classes with only males and being submerged within a male dominated field.

The basic goal of this assembly is to encourage women to seek out jobs within science and mathematics fields, and to let women know that there are options for them. This recognition breakfast is held to encourage continued success and involvement in the sciences for women.

If any questions arise regarding the breakfast or the particular even general, Dianne Lebyk, a science teacher, will be able to answer them.

Briefs Contributed by
Kelly O' Bryan and
Nicki Flocca

Students interact in community activities

From clothing drives to picnics and parties, members get involved with children, school

by Riffe Orbach
Staff Reporter

Interact, a service club at GBS, has been involved with a variety of community service events this year.

With nearly 100 junior and senior members, Interact provides services in Glenview as well as throughout the Chicagoland area. This year began with a very interactive Halloween party with children from Columbus-Maryville. Over half of all the Interactors participated in clothing and paper good drives.

Clothes were donated to homeless and runaway teens through an organization called "The Teen Living Program" while paper goods were given to an organization called the "Hearts for the Homeless."

The club is sponsored this year by math teachers Kathy Coskey

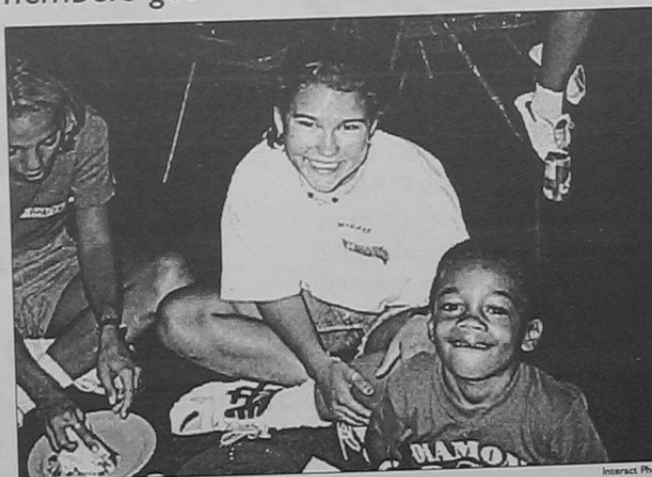
and Mark Gallagher.

"This is the way I try to fulfill my personal community service goals," Coskey said.

Senior officers include Melissa Marinelli, Lauren Hannah, Bromleigh McCleneghan, Erin Millender and Erin Veenker. Along with newly elected junior officers Christine Whims, Julianna Thewis, Yi Leng Lee and Madhuri Pydisetty, these students work together to organize and plan the events.

Club members also participated in mandatory hosting of Parent-Teacher Conferences. According to Coskey, approximately 45 teachers were assisted each conference night. Other events have included a Yard Clean-Up with the Helping Hands of Glenview, and the collection of over \$660 for UNICEF, an organization helping needy children throughout the world.

Interact also participates in the



Junior Jennifer Jamison entertains a child at the Columbus-Maryville Picnic. The Interact activity took place last September.

ongoing sponsorship of two children through the Save the Children Foundation; a boy from Haiti and a girl living on an Indian reservation in New Mexico.

Recent events include a

Christmas Party with foster children on Dec. 6, and Battle of the Bands on Dec. 13. Interact hopes to raise at least \$800 for service organizations throughout the course of the year.

GLENBROOK SOUTH

Timeline

January 20 through February 11

January 20
• Martin Luther King's Birthday (NO SCHOOL)
January 21-23
• Semester Evaluations
January 24
• Glenbrook Day (NO SCHOOL)

January 25
• North Shore Jazz Festival
January 27
• Second Semester Begins
February 7
• Lip Sync

• Women in Science Breakfast
February 10
• Sophomore Assembly
February 11
• Mardi Gras

Christine McNamara and Christopher Kim

Oracle
TIME
capsuleEditor's
Note

This issue we will be fast-forwarding into the new year and entering the late 70's and early 80's. After reading all of the interesting, yet corny information about South, test out your knowledge. Enjoy!

1979

- Blizzard of '79 (with a record 89.7 inches of snow) caused school to close for eight days
- Winter Play: "One Flew Over the Cuckoo's Nest"
- Variety Show Theme: "Out of This World"
- Exchange student arrives from West Kentish, Tasmania - February
- Math team ranked eighth in state - February

1980

- Freshmen Class wins canned food drive
- Junior Class sponsors "Mr. Ugly Legs" Contest - January
- Variety Show Theme: "Hit the Road"
- Spanish teacher Shirley Novack pursues singing career on weekends and hoped to put out a record
- Debaters placed in tournaments at Harvard and Western Illinois Universities: weekend of Feb. 15

1981

- Home Economics Dept. holds annual fashion boutique - Jan. 15
- Variety Show Theme: "A Midwinter Night's Dream"
- Senior Timm Bernardi invited (through a letter) Brooke Shields to prom, she declined - February
- Key Club sponsors racquetball round robin tournament - Feb. 2
- Board of Education approves competency testing program - Feb. 2

Time Trivia

1. What was the theme and title of the 1982 Variety Show?
2. How many cans did the students collect in the 1982 canned food drive?
3. Who did the students elect as the 1981 Decorator of the Year?
4. In what Chicago arena did a North vs. South guys basketball game take place in 1982?
5. Why weren't there doors in all of the bathroom stalls until 1982?

Answers

1. Superheroes, "A Hero is More than a Sandwich"
2. 13,000 and at that time it was a record!
3. Nancy Reagan for refusing to use paper goods.
4. The Rosemont Horizon
5. Because the students kept tearing them down.

Source: Oracles from 1979 to 1982

Debate looks to future with success

Expectations, achievements and goals launch debate to next level

by Stephen Hong
Staff Reporter

The GBS debate team has established its expectations for this season and is presently working towards accomplishing all of them.

The team is not only recognized for their various achievements in the local and state level, but at the national level as well.

There were a number of debate achievements in 1996. A third place finish in the Mid-America Cup Classic, Des Moines, Iowa by Brad Helfand and Adam Goldstein, along with a first place finish in the New

Trier National Debate Tournament by Brian DeGraff and Adam Goldstein and a second place finish in the Homewood-Flossmoor Debate Tournament by Bryan Rahning and Mike Luft are just a few of the accomplishments per-

formed by its members.

According to Matt Whipple, debate team administrator, it takes a great amount of time, energy and commitment in order to be a nationally competitive debater. In addition, he suggests that debaters give as much dedication as a player would an athletic team.

Junior debater James Cahn stated, "Debate's a lot of work, but it's worth it in the end."

Sophomore debater, Patricia Soler said, "Debate gives me a basis for thinking logically in the actual sport, in school and in life."

According to Whipple, debate requires the ability to research and interpret evidence as well as

develop arguments against opponents.

In addition, he stated that the underlying debating characteristics needed to succeed are skills in "critical thinking, reasoning analysis, decision making, knowledge of



Senior Brad Helfand and sophomore Nolan Sit study their debate evidence. The team is preparing for a series of upcoming tournaments and competitions.

current events in the political, economic and social arenas of communication."

"Students tend to possess a negative image of debaters because they are always in the library and reading a wide variety of material not in the classroom. Students don't understand what they do. The great debater stands above others because of their reasoning skills, analytical skills, persuasive skills and poise," said Whipple.

The debate team is composed of several different sections. These sections include policy debate, Lincoln-Douglas debate, and congressional debate.

Junior Eunice Park, a Lincoln-

Douglas debater, placed within the top 16 at the University of Southern California.

Currently the debate team is striving to reach the ultimate goal of winning the state debating championship in each of the different styles of debate. In addition, they hope to qualify a number of debaters to national tournaments.

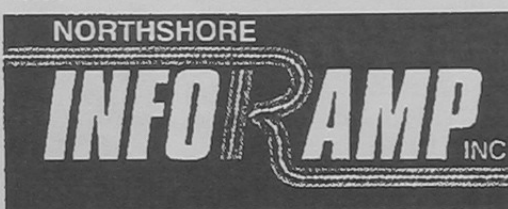
The last times this feat was achieved was in 1981 when the GBS debate team captured the national policy debate title, and in 1989, when the team clinched the state title in policy debate.

According to Whipple, he encourages more students to get involved in debate.



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January 17, 1997

Editorial

Supreme Court should vote to resolve ban on doctor-assisted suicide cases

Patients that are facing a terminal illness should at the very least be allowed to leave this world with dignity and respect

The topic of Jack Kevorkian's practice of assisting terminally ill patients in ending their own lives has gotten explosive media attention over the past few years. While polls show that the majority of Americans support euthanasia (mercy-killing), there seems to still be a political and moral outrage after each of Kevorkian's 46 supervised deaths.

And now this topic is again in the headlines. Last week, the Supreme Court began hearing two appeal cases concerning doctor-assisted suicide for terminally ill patients. *Vacco vs. Quill* and *Washington vs. Glucksberg* are cases that started in 1992 and

have now reached not only the highest court in the land, but the conscious of the country as well.

In the New York case, *Vacco vs. Quill*, the appeals court decided that since the Supreme Court has already ruled that patients have the right to refuse life-prolonging medical treatment, they also have the right, under protection of the 14th Amendment (equal protection), to help in ending life. In *Washington vs. Glucksberg*, the ap-

peals court ruled that a competent, terminally ill adult has a "strong liberty interest in choosing a dignified and humane death," rather than die a death full of suffering. Both of these cases repre-

sent the fundamental reasons that proponents of doctor-assisted suicide want the Supreme Court to rule in their favor.

Shouldn't patients that are facing a terminal illness at least be allowed to leave this world with dignity? Letting the hopelessly ill have control of when and how they die can protect them from what they fear most - excruciating pain, the financial costs and being a burden to loved ones.

The Facts of Life

- A nationwide Gallup poll showed that 75% of Americans support doctor-assisted suicide for the terminally ill.
- Oregon is the only state where citizens have passed a referendum allowing euthanasia.
- Retired physician Jack Kevorkian has assisted 46 people in committing suicide.
- In the Netherlands, assisted suicide is common but strictly regulated.

Source: Time

professionals. One-fifth of all doctors and nurses questioned said that they have helped a terminally ill patient die gently. Just look at Kevorkian. He has not been convicted of criminal charges after assisting in almost 50 deaths. Maybe legalizing euthanasia will actually lead to reforms and safeguards in this area and help patient care.

Why is it that some patients can refuse to have life-sustaining support, while other patients can't avoid the same torturous death? Also, when an animal is suffering, it is considered as an act of kindness to give it a merciful, gentle death. Can we not extend the same com-

passion to our fellow humans?

Not everyone who has a terminal illness wants to commit doctor-assisted suicide. It is of course, a very personal decision. But why can't those patients who do want to opt for a compassionate way to die be entitled to it? While the Supreme Court's decision is expected sometime in July, it seems to be an incredibly long way off for all of those ill patients (and their families) who are suffering terrible pain unnecessarily.

THE GLENBROOK SOUTH ORACLE

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Letters to the Editor

Hanukkah song not much to celebrate

Every year for the past four years I have looked forward to the Holiday Assembly. And every year I cringe as the "Annual Hanukkah Song" is announced, for this token of political correctness is hardly ever the highlight of the assembly, except perhaps in criticism. Every student knows there will be at least one Hanukkah song included, to show that GBS is a school open to diversity, welcoming of all faiths.

This year's selection, reminiscent of a cross between a funeral march and depressing chant, was particularly bad. Not only was the song not a traditional Hanukkah song that anyone I know has ever heard of, it was partially in Hebrew. While this may seem a nice touch to some, I object to the fact that very few, if any, of the people in the audience knew the meaning of the Hebrew, and even fewer of the talented Master Singers singing the words did.

To add insult to injury, Hanukkah had ended by the time this so-called "Hanukkah carol" had been sung. Hanukkah has never been, and will never be, the Jewish equivalent to Christmas - the only thing in common between the two is the season in which they are celebrated.

As a Jewish student, a member of the minority, I would prefer to see no Hanukkah song included in what should be called the Christmas Assembly than see a holiday about triumph, pride and miracles portrayed as gloomy, foreign and secondary to Christmas.

The Holiday Assembly is a beautiful display of the musical talent at our school, but perhaps we should simply appreciate and enjoy the beauty and spirit of the Christmas season rather than contaminating it with a meager effort at misguided political correctness.

Melissa Marinelli

Melissa Marinelli, '97

Student thinks IMC rules don't stack up

I am sure everyone, at least once, has been prohibited from entering the IMC because they do not have a pass.

Last time I checked, the library was supposed to be a place where students can go to study and research during their free time if they choose to. However, most of that free time is during lunch mods. If we miss entering the IMC at the correct time, our free time becomes invalid no matter what plea we give.

What right does the school have in prohibiting us from using materials our parents paid for during certain times of the day?

Lindley A. Johnson

Lindley Johnson, '97

A Note from the Editor:

For years the Oracle has been given letters on good old pieces of paper. While we are certainly not out to hinder tradition, we are offering a new way for our dedicated readers to write us about what's on their minds.

So we came up with an Oracle e-mail address. We can be reached at the following location:

oracle@glenbrook.k12.il.us

We'll check it periodically, and we still ask you to include name, year, and e-mail address in case we need to get back to you. Start turning on those computers and type your mind!



Comic books losing popularity, audience



by Christopher Kim
News Editor

It's a dilemma that could result in the death of one of America's most precious and cherished roots.

The comic book industry is on the verge of destruction and although the business has sustained a wide gamut of discouraging sales before, the present numbers are the deepest comic sales have ever declined in its history of existence.

Since 1993, comic sales have plunged over 47 percent, losing over \$400 million in profits. Such a drop has placed Marvel Entertainment on the ropes and DC Comics skirmishing to survive.

The stocks for Marvel Entertainment have fallen 78 percent in just the past eight months. This has compelled investors to pull out, leaving this corporate giant to hang in the gallows with little hope of regaining its former economic status. In addition, economic experts have already predicted the comic industry's extinction to take place within the next two years.

A November 1996 edition of *Time* has acknowledged that the hobby of comic-collecting has now become nothing more than a corrupted scaffold of impeccably built superheroes with flashy hair designs that no longer exploit American values, but rather violence, sex and corruption.

Comic books have long been a tradition and a historic monument of the United States. Ever since their creation, comics have delighted, entertained and cultivated the youth of this nation. Such prominent superheroes from the man of steel to the caped crusader have all sprouted their origins from a customary and yet convoluted comic book.

The difficulty in this market comes from a generation of children and teenagers that are much more entranced with motion and audio entertainment, rather than the typical pictures and words which comics offer. Despite advance technological breakthroughs in the comic world, the industry is failing in its attempt to compete with other major mediums. Distractions and competitors ranging from the Internet to high-tech video games are just a few reasons why the industry is unconsciously sliding.

Yet regardless of the industry's major problems surrounding its lack of morals and content material, comics still represent imagination at its finest. It isn't just another story written by another artist and author, but rather a book that exploits the limitless capabilities of the mind as well as offering to children a role model they can look up to for years to come. These very pages of brilliance have brought about the development and the concept surrounding a hero or heroine—the idea of pursuing the pathway towards excellence and beyond.

Every miniature detail and every distinct page displays the creativity of an artist, and behind all their flamboyant costumes and super powers, these characters each help to maintain a message that this nation has long stood under. That message that mankind can pursue global harmony knowing that in the end, good will conquer evil, is a hopeful one.



Don't rush to judge new Ebonics trend



by Brian Christensen
Opinion Editor

Last month, by an unanimous vote, the Oakland school board voted to recognize Ebonics as the "primary language" of many of its students. Since the decision, the topic of a mixed English and African language has been the topic of many debates and heated discussions.

The term "Ebonics" was first used in 1973, and it refers to a grammatically consistent and rich African-American speech pattern that originated in West Africa. Some of the key components include not conjugating the verb "to be" ("I be joking") and dropping the final consonants from certain words ("hand" becomes "han"). Some linguists think that Ebonics is just another type of dialect, while other professionals believe that another distinct language is in the making.

But while the jury is still out about what to consider Ebonics, the Oakland school board is implementing the practice. With the majority of its students being African-American, they're trying to bridge the gap between this so-called "black English" and standard English.

The teachers and administrators in this inner-city district are just trying to help the students to have a better grasp on the English language. This is not an attempt to teach kids a certain kind of slang. Instead, it calls for teachers to accept Ebonics as a more-familiar language and teach students to translate into standard English, rather than correcting them for speaking wrongly.

And based on the studies conducted thus far,

Ebonics is helping these students to achieve more. In a recent study of inner-city college students, those that studied material containing Ebonics were actually less likely to use Ebonics syntax in their writing than if they were taught strictly standard English. "The limited data is all positive," Stanford linguistic professor John Rickford told *Newsweek*. "It's clearly a shortcut process to standard English that really works."

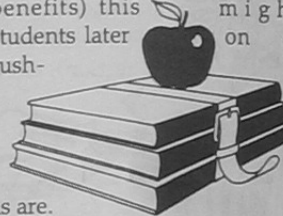
This subject has been splashed over the front pages of newspapers and has found itself to be the latest topic of the television media. Opponents say that all American children need to be educated with the skills that will make them productive members of society and by teaching certain students a different way of speaking,

it can be potentially harmful for them down the road.

Proponents feel that the schools should be reaching out to those students that need it. An Oakland school board member was quoted as saying, "African-American students come to school with a home language other than English. We're going to bridge that gap

and make sure our children learn."

What bothers me about this case is that both sides are convinced that they are right, for whatever reason. They have failed to take into account that teaching these students Ebonics may help them now, but time will only tell what potential hardships (or benefits) this might cause for these students later on in life. Instead of rushing to judgement right now, wait a few years to see what the long-term ramifications are.



Extra Ebonic Entertainment

• In an American Online poll on Ebonics, "black English," drew more responses than one asking people if OJ Simpson is innocent or guilty.

• California Gov. Pete Wilson said that he would not fund such a "ridiculous theory." He is, however, funding Standard English Proficiency workshops for teachers to learn how to teach this innovative program.

• The African-American students in this school district performed below every group, scoring an average of 1.8 of a scale of 4.0 on a proficiency test. Many contribute this to the failure to properly communicate with the minority students.

Senior gives helpful hints to combat forgetfulness

My memory is so weird that I can't seem to remember a quote from Shakespeare, but I know that my best friend wore pink boots that change color in third grade. Now, I have to put pink Post-it notes all over everything I own to remind myself of all the things that need to be done.



by Princess Reyes
Asst. Opinion Editor

Here's the scenario: you are walking into a room to get something, but by the time you get there, you forgot just what it was you came to get. You stand in the middle of the room, scratching your head with a dumb look on your face. Sound familiar? Unfortunately, this is my life story. Could it be because I'm getting older? Doubtful. Could it be hereditary? Probably not; I simply don't have a good memory.

I am envious of those people who can memorize the Gettysburg Address in a matter of hours. I am envious of those people who can ace a quote test in English and those people who can remember all of the formulas in math. Also, I'm on the speech team, which requires me to memorize tons of material. That always takes me at least a couple of weeks to let it all sink in, and maybe then, I will be able to perform it.

I don't understand why I seem to remember the most insignificant details. For example, if you were to ask me what I wore on the third day of freshman year, I could tell you. I could also tell you what my best friend's boots in third grade looked like (they were pink with a blond girl on one side, and they changed colors depending on the temperature).

However, I can't seem to remember those important quotes from *Hamlet*, which would've helped me pass my English test. Nor can I remember calculus derivatives.

Forgetfulness can be a real downfall. My friends sometimes get frustrated with me when they ask me to do something for them, and I don't because I simply forgot. I always hate being in this situation because who doesn't feel guilty after letting their friend down?

I have been getting better, though. The solu-

tion can be summed up with three words: Post-it notes. Yes, they actually work! If you ask anyone who knows me, they will tell you that I am the type of person to have her room and locker cluttered with bright pink notes. I have reminders on my mirror and even by my night stand to remind me things to do. Sure, having Post-it notes on your locker or bedroom isn't necessarily the most attractive, but hey, they do the job!

There are some people who opt for writing on their hands to remind them to take that chemistry test after school or pick up their little sister at 3:30. If the idea of getting blue ink all over your precious hands doesn't annoy you, then go for it! After all, if it works for you then it's worth the extra scrubbing in the shower.

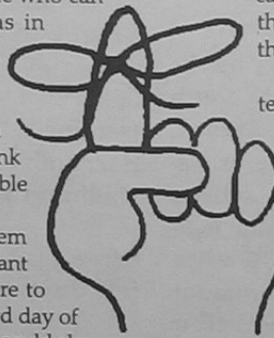
You could also write things over and over because I heard that it helps you see the words; thus what you're writing effectively stays in their memory.

I also heard a rumor that eating peanut butter while studying helps a person to remember better. How does peanut paste relate to an enhanced memory, you ask? Couldn't tell you. However, I was told that peanut butter's stickiness can help the material "stick to your brain." If you really believe that, then try it.

Personally, I am not fond of peanuts and I think that reason is just too far-fetched, yet clever. I think that it's just a gimmick used by Skippy. But whether you choose to believe or not is up to you.

There are some people who use their bad memory as a scapegoat. You know, those type of people who never call back because they claim that they forgot? Okay, okay I admit that I am culpable of doing that sometimes. (I owned up to it, and now you should, too.) However, there are times when I sincerely do not remember something I'm supposed to.

If you are one of those people who I used the wimpy excuse to and I forgot to apologize, I'll take this opportunity to say "I'm sorry". I'm also apologizing now for all of the times in the future that I'll be forgetting, so remember it now.



January 17, 1997

Hey, Rodman! Your antics are getting old



by Anand Shah
Co Sports Editor

Somehow, the Dennis Rodman world tour has taken over the city of Chicago. It is impossible to get through a single news-cast without some mention of Rodman and his antics. Chicago fans have been captivated by all his book signings, television shows and interviews. But now, after almost a year and a half of Rodman mania, even the biggest Bulls fans, like myself, are getting sick of his act.

Last year, Dennis' behavior was exciting to Bulls fans, because they had never seen anything like it. But now we're sick of seeing his face on the television set. We no longer care that he is going to get another suspension or whether he dates women, or men or a mixture of both. We just want him to go out and play basketball like we know he can. Instead of being an athlete first and an entertainer second, his roles have reversed. He is being paid big bucks to go out there and play solid basketball, not to take off his shirt, curse at refs and act like a raving lunatic.

Dennis Rodman has always been known as the symbol of unpredictability. People never know what crazy gymnastics is going to happen next. But Chicago fans have become immune to his antics. For instance, we are no longer surprised to hear Rodman swear in a public arena. He's done it at the Grant Park rally, during a recent interview and at the Stone Temple Pilots concert. It has come to the point that if Rodman starts talking, you know you're going to get a foul-mouthed response. Kids, close your ears.

The city of Chicago has always been hypocritical when it comes to sports. In the late 80's when Rodman terrorized the Bulls while playing for the Detroit Pistons, the Chicago management said he made a mockery of the game and that he should be suspended indefinitely. Now, he's one of the key players.

Dennis Rodman is always trying to shock the world with different gimmicks. Instead, he should come to the next game with black hair, no piercings and he should keep his mouth shut the entire game. Now that would be crazy!

Rules should change in IMC



by Madhuri Pydisetty
Co In-Depth Editor

Having isolated myself in an inconspicuous little corner of the IMC, I take full advantage of my free mods to cram for the next period. Ahead of me sits a gargantuan heap of material to study—a 100 pages of unread text, twenty pages of barely legible, doodle-heavy, "why is this class so boring?" lecture notes and a zillion different review sheets that the teacher has painstakingly prepared. My head throbs painfully as a flood of foreign material fills every nook, cranny and crevice in my brain.

Cram, cram, cram... as I cram away diligently, a new sensation of pain enters my system. It's the worst kind yet—utter, excruciating pangs of hunger. I try to push back my desire for food, but the pain constantly reemerges, its magnitude increasing exponentially. My stomach is begging me to go to the cafeteria and get a bite to eat. Unable to endure it any longer, at exactly 10:33, I grab my wallet and head out of the IMC to grab a bagel to alleviate my hunger.

After gulping down my bagel and juice, I arrive at the IMC doors with renewed vigor, ready to cram some more. Sitting in front of me is the usual, oblivious parapro enveloped in a magazine. I give her a friendly smile and charge into the IMC, assuming that I would automatically pass through.

"Hold on. Where do you think you're going?" demands the parapro.

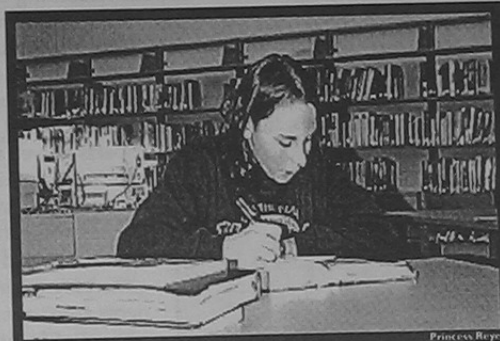
"Ummm...I'd like to go to the IMC." After all, I did leave all my belongings on a table inside.

"No, you need a pass. It's 10:35. Read the sign."

What? I've never needed a pass before. I look up to see the sign. Emblazoned across the top window of the IMC in those all too-familiar white letters is the list of times that students need a pass to gain access to the heavily-guarded library.

Panic strikes. I am doomed, doomed, doomed! This lady is truly giving me a hard time. I've had it and am truly ready to kill someone. Furiously, I demand again only to get refused once more. "This is unfair."

Sensing my frustration (and truly enjoying every minute of it), she nonchalantly goes back to her magazine as I stand there helplessly like a royal idiot. "Hey, I didn't make these rules. Go to the Dean's office if you want to complain. I'm just doing what my job tells me," she replies. Which, I guess is true.



Freshman Dan Alkohvsky diligently works on his homework in the IMC. Unfortunately, the IMC requires passes during lunch mods.

Of all the mindless rules, restrictions, and necessities that students get shoved down their throats, the IMC policy is by the most idiotic. Perhaps the goal of the administration was to keep the IMC's population down during lunch mods, but if this were the case, it is severely flawed.

First of all, the IMC is not restricted to students with passes continuously throughout lunch mods, but rather it is restricted intermittently, with sporadic 20 minute unrestricted intervals. (Parapro nap time?) Secondly, the IMC isn't the ideal place to hang out with your friends during your lunch. Even if the restrictions were taken off, making the IMC open to even students without passes during their lunch mods, I would highly doubt a mass immigration of noisy, rambunctious students from the cafeteria would flock there. Most people probably

wouldn't even care. Those like me, who find the whole system to be nothing but mindless, trivial protocol, actually do care and feel that it can use some serious revising.

It is the school's job to foster an ideal academic environment by encouraging ambitious students to seize full advantage of the carefully invested-in golden resources that are allocated to them. Complicating the situation by enforcing petty rules isn't exactly promoting this ideal of universal education.

Students are blatantly deprived of their right to escape the chaos that pervades the cafeteria and peacefully seek refuge in the GBS IMC during their lunch or free mods.

Consumer reveals truth behind false advertising



by Scott Isсен
Editor-in-Chief

Congratulations! You now qualify to win 10 million dollars. Read on to see how all of your dreams can be fulfilled through our once in a lifetime offer.

First, fill out your entry blank and buy a subscription to one of our wonderful magazines such as PQ (Piercing Quarterly) or Plaidweek. Then, wait for us to stop by your front door and deliver 10 million dollars. As a special bonus, we will present you with a year's supply of microwave popcorn. It's as simple as that, don't you think?

Have these and other offers been filling your mailbox? Do you get excited when the commercials come on and interrupt those annoying programs? Well, then you may be part of the population that falls for phony advertising claims... Don't be embarrassed to admit it, because we've all been there.

Example: Lisa sees a sale on jeans at her favorite clothing store. All she has to do is buy one pair of jeans at regular price and then she can take another pair at half off. Translation: The store either raised the regular price to offset the cost or is selling you cheap merchandise. Advice: Don't buy it! Also, stay away from buy one, get

one free offers because the store is trying to unload some old, outdated goods.

I have fallen for many of these "bargains" in my day. Those free CD offers looked good, but the enormous postage costs outweighed the wonderful sales. Offers in magazines seem good, but aren't. There are not many legal ways that one can make thousands peeling stamps off of envelopes, so don't get your hopes up.

Remember that anything could look exciting in commercials or in magazine ads. Colors look different, the clothes look (sometimes) better on the models and those action figures probably aren't life-size. Most products in these ads are air-brushed, touched-up, or otherwise adjusted. They're called special effects, look into them!

Now let us enter the world of phone services and the notorious 900 numbers. Can you honestly tell me that person on the other side of the phone is really interested in you? Or what about those psychic friends? Hmm...you spend \$4 a minute to find out inaccurate information about what lies ahead in your life; maybe you'll even be stranded on a desert island with the guy/girl of your dreams. But then again, if they could actually foretell the future, they would have already known my feelings.

As consumers, we have the responsibility to act intelligently. I am not saying that we should

Remember that anything could look exciting in commercials or magazine ads. Colors look different, the clothes (sometimes) look better on the models and those action figures aren't life-size. They're called special effects, look into them!

stop buying, but we need to choose our purchases carefully. Watch out for offers that seem too good to be true because most likely, they are.

The labels on foods are a perfect example because they include meaningless phrases like "50% less salt" or "Light." It is almost necessary to research everything we buy so we don't get ripped off. And even if it happens once or twice, you'll come out winning in the long run. So start practicing!

Don't be afraid of all advertising because some companies have the customers in mind and want you to save. The thing is that you have to watch out for the ones that don't.

As to the sweepstakes offers that claim they will bring you millions...could you really live with that year subscription to Quilts Monthly without 10 million dollars on your side?



HOT

...the end of first semester. The Center for Disease Control (CDC) has declared that a severe case of senioritis will be plaguing certain members of the student body.

...the new Snacktime Cabbage Patch Kid. Now we don't have to pay to get haircuts.

...the amount of space that the newspapers have been giving to GBS students (namely the girls' basketball team.) It's nice for a school to be recognized outside of the Police Blotter.

...the craze that Tickle Me Elmo has started. We hear that Playboy has come up with their own version of the toy.

...the early success of Madonna in *Evita*. It shows that we love her, so we shouldn't have to cry for her.

...all of the country musicians that won on the People's Choice Awards. Yee Haw! Ride 'em, cowboys!

...No Doubt's *Tragic Kingdom*. Even though she's just a girl, she's climbed her way to the top.

NOT

...all that damn confetti coming out of everyone's locker.

...Newt Gingrich. ...Jenny McCarthy's leaving Singled Out. We suggest RuPaul as her replacement.

...the blizzards that we've been having. I think something a little bit more than Jack Frost is nipping at my nose.

...Northwestern's humiliating loss to Tennessee in the Citrus Bowl. When given lemons, make lemonade.

...the Countdown Dance. Hope you both had a good time!

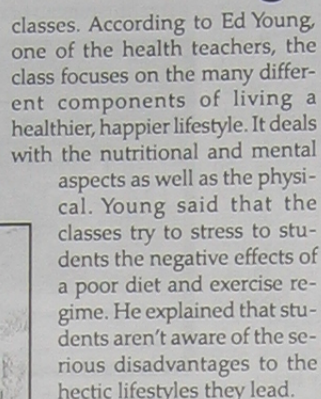
...the new TV rating system. Now we know exactly which shows are most "suitable" for our viewing entertainment. ...the new V-Show theme "Common Thread." It's knot funny.

Health, Physical Education activities help to promote students' well-being

In the age of America's growing obsession with health, GBS strives to keep up with the current trends. Yet a growing number of US students are not considered to be physically fit. Is GBS doing what it needs? And what else can be done to change this growing problem?

According to Kurt Hasenstein, physical education teacher and boys' cross-country coach, "One of the best options for students to stay healthy is the elective physical education classes." There are many different types of classes for all interests, including cardiovascular, weights, aquatics, aerobics and physical management training. These classes are very flexible with students' schedules as they are offered for both early bird and during the day. They provide a more focused curriculum for those that are bent on improving their personal health.

health if taken advantage of. In the freshman curriculum, for example, there is an entire unit devoted to promoting health and fitness. Although the classes are taught on a general basis, teach-



According to Young, health class, a mandatory course taken during the sophomore year is probably one of the most worthwhile classes ever made available. The information learned pertains to students' lives beyond their high school years. The classes allow students to get feedback from speakers such as nurses and police officers to spread the message of self-awareness.

Young feels that the class and sports options available at the school help promote healthy lifestyles. The classes should be taken seriously and not be dismissed as a waste of time. He feels that the problems many students face arise from the stressed, rushed lifestyle they lead, as well as outside influences.

ers are always willing to sit down and talk with students on a personal basis to work out a more structured, individual program.

Another place where physical fitness is promoted on a day-to-day basis is in the health

"I occasionally go to gym class and drink water."

- Bryan Rahning, '98

"I am active in karate, weight training and I also use those ski-machines."

- Rajeev Patel, '97

"I use my ab flex roller, exercise, and go to Poms everyday."

- Victoria Thanoukous, '00

"I play a lot of sports. I play lots of basketball and soccer and usually run off-season."

- Angela Cholewa, '97

"I mostly rely on my gym class to keep me in shape. Unless you count going up and down the stairs, I'm pretty much like every other lazy American who won't exercise unless by force."

- Babs Marcus. '98

"I play basketball and use the ever-so-popular Ab Roller Plus."

- Pritesh Gandhi, '97

"I run with friends sometimes and try not to sit on my butt 24/7."

- Jenny Ha. '98

"I don't give a rat's royal behind as long as it's not toxic and doesn't taste like a shoe."

- Steve Silca, '98

by Jasmine V. Hernandez
Co In-Depth Editor

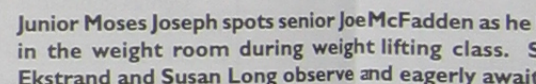
With the widespread interest of staying in shape, many new health clubs and fitness programs have opened to suit everybody's personal needs. Hoping to gain popularity and members, there are often special deals and offers available.

Health clubs often offer special rates to attract new members. Bally's most recent offer is a rate of \$25 down and \$26 a month, for people over 16, to become a member. Members are entitled to use the weight equipment, sauna, pool, racquet ball courts, track and other facilities. The club also offers aerobic classes and the personal trainers for individual attention (at an extra cost of course). If a family member is part of the club, teenagers can have their name added on to the card for \$489. That allows them to be a member for two years, otherwise, a two-year membership would cost \$979. Only those people that are very serious and dedicated to working out should consider joining a health club because it's *very* difficult to cancel a membership.

Glenview Park District

With a various programs to choose from, the Glenview Park District makes it easy for people to stay in shape. Their classes are offered at the Rugen Community Center, 901 Shermer Rd., classes are six days a week.

the teen step aerobics and the cardio-combo class. Those are both offered after school to accommodate students. For those that don't mind waking up early on Saturdays, there are also classes in the morning. Prices vary according to the class chosen. Punch cards can be purchased and there is also the regular individual class registration. With over 10 different classes to choose from, deciding which one to take is difficult.



Use a "Get Fit for Free Pass," found in the Park District 1997 Information booklet, and sample a class.

For additional information
on the classes contact:

Jan Peterson 847/657-3203
Judi Harris 847/724-4778

North Suburban YMCA

For young adults, over 16, the North Suburban YMCA offers a variety of fitness classes. Located on Techny Road, the YMCA caters to a wide variety of people. Step aerobics, circuit training and a step'n sculpt program are a few of their 20 classes offered. Later this year, the YMCA hopes to introduce more health enhancement classes for adolescents. Those classes would provide more weight training programs. Look for those later in the year. Prices vary for each class, and nonmembers pay additional fees.

For more fitness and health enhancement information, at the YMCA, contact fitness director: Harlan Stritchko at 847/272-7250 (ext. 34)

At Glenbrook and senior students enjoy a variety of gym classes. The Physical Education Department offers six different courses, including weight training and aerobics. Each class is 40 minutes long and meets once a week for one semester. To make the most of the classes, talk to your advisor. After school, the gymnasium is open until 8 p.m. for students to use. The track that is always

Multip

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exercise, better lifestyles

e Workouts



senior Joe McFadden as he bench presses in weight lifting class. Seniors Emily observe and eagerly await their turn.

Pass," 1997 ample nation -3203 4778 MCA ver 16, CA of- classes. ad, the variety circuit pt pro- classes ar, the ce more sses for classes weight ook for ces vary members

At Glenbrook South, junior and senior students have a variety of gym classes to choose from. The Physical Education department offers six different electives courses, including aquatics, weight training and dance. Each class is 40 minutes long and lasts one semester. To register for any of the classes, talk to your counselor. After school the weight room is open until 4 p.m. for students to use. There is also the track that is always available.

Multiplex

Available to everyone fourteen and above, the Multiplex, in Deerfield, offers a large variety of fitness options. This club, where you may find a Chicago Bulls' player working out, contains a wide range of equipment to use including a full weight room, bikes, a swimming pool, a track and basketball courts. Teenagers can become members under their teen membership program. Until February, the club is offering students a special deal. Their promotion invites teens to join at an initiation fee of \$75 and \$59 for each following month. However, un-

der this membership teens are not allowed the same privileges as adults in that they are prohibited to use the club during designated times including before noon on Saturdays. For further information call 498-4030.

Women's Workout World

Located in Niles, Women's Workout World caters to the special diet and fitness needs of women. This female-only club offers members full use of all fitness equipment including weight machines, treadmills, bikes, and aerobics and step classes. Resisit-a-ball classes are also available.

Employees at Women's Workout World give their members frequent "care calls" to ensure regular attendance.

During the month of January, the club is offering a two-year membership for \$312, paying \$13 each month to cover the fee. Women from the ages of 16 to 18 are permitted to exercise there with parental consent. Girls under 16 are only allowed to work out if accompanied by a parent. For further information call 967-0100.

Society has placed a tremendous burden on the shoulders of its members to look and act in a certain way. While exercise and staying in shape may enhance a person's appearance, there are also other more important long-term benefits. Studies have shown that exercise boosts self-esteem and confidence. After every workout, a certain amount of "endorphin" or "good" hormones are secreted, proven to produce that happy, satisfied feeling. Regular exercise improves one's overall health and gives one more energy to perform daily tasks, it also helps promote the ever-desired ideal of prolonging one's life.

Joining a health club or an exercise class are not the only ways a person can stay healthy, or stay in shape, but they have been pretty successful in helping people maintain their regular personal fitness regimen. Additionally, it is equally important to maintain a balanced diet.

Predictions: Students foresee the future of foods in the new year

Last year, the world was filled with new exercise videos, magic fitness machines and non-fat food. Will people in 1997 still be concerned about staying in shape and make it another fitness year? Or will the world return to french fries, cheeseburgers, milkshakes and fast food restaurants again?

"I think people are finally realizing that junk food is really damaging to one's health. And it's not a craze, just a revelation."

- Seth Shapiro, '98

"I hope so! Dieting is a craze just like coffee; it'll go away soon."

- Mary Meyer, '00

"Everyone will stay in shape because there is more criticism about being overweight."

- Kathy Kostecki, '99

"There will always be some people who are serious about staying in shape and others who don't care."

- Mark Kopera, '98

"People are looking for quick fixes, not really solutions. The desire for quick fixes will continue, it's in our nature. But as for fitness, well..."

- Tim Blackwelder, '98

"I'm pretty sure '97 will be more of a fitness craze. Health clubs are getting really popular and exercising is getting to be fun. Also, more and more compa-

nies are producing reduced and zero fat products."

- Linda Lim, '97

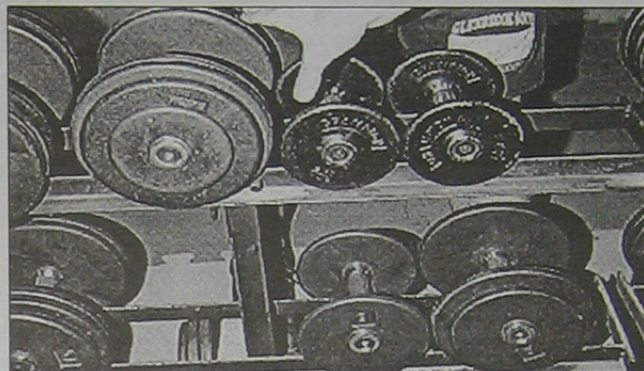
"It's too hard to explain."

-Ricardo Indacochea, '99

"I think some people are going through a fitness craze right now. Those who really want to stay in shape and look good will continue with it."

- Jennifer Hennig, '98

I hope it will be another fitness year



Madhuri Pydimetty

"I think everyone has already gone back to the greasy stuff!"

- George Logothetis, '99

"Yes, I do feel it's a craze, however, I believe it will have lasting effects. Already, restaurants are being responsible about offering more healthy conscience options. Fast foods will always be popular but not necessarily to the degree they once were. Everyone needs some good greasy fries and a hamburger every now and then- in moderation nothing will kill us."

- Virginia Bachman, English Department

because going back to cheeseburgers and french fries would defeat the purpose of trying to stay in shape."

- Kelly Rupp, '00

"I only think that a small amount of people really go for the fitness way of life. Most people don't really care about what they eat."

- Bragdon Bonamasso, '98

"I think that lots of people want to be in good shape, but lack the discipline and dedication. They say they're going to get in shape but are lazy. Most people are hopelessly out of shape anyway."

- Nick Alef, '98

Hectic schedules hamper healthy habits

by Joy Bolger
Staff Reporter

A healthy diet coupled with regular exercise is very crucial for living a healthy lifestyle. However, due the hectic schedules of today's students many fail to see the importance of them and resort to eating fatty foods.

According to health teacher Ed Young, one of the most important things GBS needs to do is to extend lunch periods for students. He said that many students have lunch periods as short as 15 minutes or even no lunch at all. With no time to eat and make choices, students often make unhealthy decisions or end up eating a lot at once. He thinks that the options in the cafeteria are fine, but that GBS "needs to educate students and give them time to make better choices. We need to make healthy food more appealing."

Young also has mixed feelings about how food is used at the social events in the school, especially during the holidays. While he agrees that the activities are fun and that students, in fact, need

them to relieve stress, he questions the role that food always seems to take. He said that he "doesn't see a lot of real nutritional food going around," and for that reason the food aspect is banned from health classes. It is also banned from peer groups, where people play games, and

"Health and nutrition in this age especially in this fast food, high-fat culture. . . Poor health is a risk we run when kids have such a busy lifestyle."

Ed Young

participate in activities where food doesn't need to be involved.

The most serious and distressing problem regarding students' health is the increasing number of students with eating disorders. Anorexia and bulimia have reached new heights in this day and age. He attributes these eating disorders mostly to the media and outside factors but said that there is a lot the school can do to help.

Young suggested that teachers should be trained to recognize

the signs of eating disorders before they become fatal and be able to refer them to professional help. He also thinks that more counselors or trained staff should be available for students to talk to. These people need to be approachable and non-threatening. Teachers and coaches are also good people to turn to for assistance.

South, Young also thinks, should model the wrestling coaches in stressing the health, not necessarily the weight, of their students. He thinks that being thin and losing weight, as opposed to being healthy, is too often emphasized.

Young feels that all adults need to promote a healthy lifestyle for students. They need to be educated about food and exercise and definitely should not set bad examples.

Young added, "Health and nutrition in this age is hard to crack, especially in this fast food, high-fat culture. . . Poor health is a risk we run when kids have such a busy lifestyle." However, it seems like there are now plenty of ways people can try to fix that problem.

Comedy group troupes on for spurring performance

by Jina Chung
Assistant Features Editor

The tension rises and the only question that seems to matter is, "Was that funny?"

Comedy Troupe

Ranging from Time Dog to Ringo Starr, South's Comedy Troupe are brought together to add a splash of funny to each annual GBS Variety Show.

The secret to Comedy Troupe started before the written scripts: THE audition. On Dec. 2 and 3 in the Drama Dance Room after school, those who auditioned were asked to be creative and funny on the spot with activities such as improvisational games. "We look for creativity, ability to work with others and obviously to be funny," stated Beth Barber, Comedy Troupe director.

Call backs were held on Dec. 4 and 5. This second audition is highly competitive, but overall the students have a lot of fun. "You laugh too," added senior Lisa Rowe, a comedy trouper as well as a member of the 96-97 Spur of the Moment.

Spur, with an additional 10 other students of all grades plus four assistant directors make up the 1997 Variety Show Comedy Troupe. These members include,

Spur's own seniors Evan Belgrade, Chris Feldmeir, Michelle Gilbert, Morgan Leavitt, Rowe, and Eli Schmit. Additional members include, seniors Matt Nudelman and Lindsay Wagner, juniors Laurel Felt, Laura Glyda, Liz Griffiths, Meg Griffiths, Andy Gershenzon, Matt Love and Arian Moayed and freshman Kevin Miller. Assistant Directors include senior Lisa Mead, sophomores Whitney Jaegers and Dave Weimer and freshman Neal Sachman.

Spur of the Moment

Although everyone in the troupe contributes to the end product, the writers of the actual skits are the senior Spur members.

To become part of this select group, students go through an intense version of a comedy troupe audition. In addition to an acting/improv audition, in the spring of their junior year, any interested senior must submit an original written script and teachers of the applicants are asked about the students' academic situation and personality type. "They have to be able to handle spur, I wouldn't want grades to suffer as a result of this activity," commented Barber.

Spur isn't just about acting and being funny, "The students may like to perform, but that's secondary," Barber said, "writing is the important and hardest part. Performing their own work



Comedy Troupe members Laurel Felt, Andy Gershenzon and Meg Griffiths practice for the 1997 Variety Show. Comedy Troupe scripts are written by senior Spur of the Moment members.

teaches them how hard it is. I want them to be proud of it."

Some people have labeled some of the skits "not funny," but they don't realize how hard it is to write these scripts. Barber explained, "It's not just a free form. A skit must be from four to five minutes long, develop a plot in that time, hit audience members of all ages, stay clean and unoffensive- basically stay politically correct and still be funny."

Overall, Barber has great faith in her students, "I'm so proud of them because it's a really hard thing to do, but they meet the challenge each year. I would like to challenge anyone else to try it."

Describing his own Comedy Troupe/Spur experience, Belgrade added very seriously, "it's like a giant cake. It takes a lot of time to work on and bake, but it's all worth it in the end when you see them smile and say, 'mmm...mmm'."

Correction:

In the last issue of the Oracle, the Local History Revolutionary War story stated "History to most students at Glenbrook South can be as boring and unrealistic as flipping through the pages of a long book" while it should have said "some students." We sincerely regret the error.

Say 'hello' to South's fresh new club

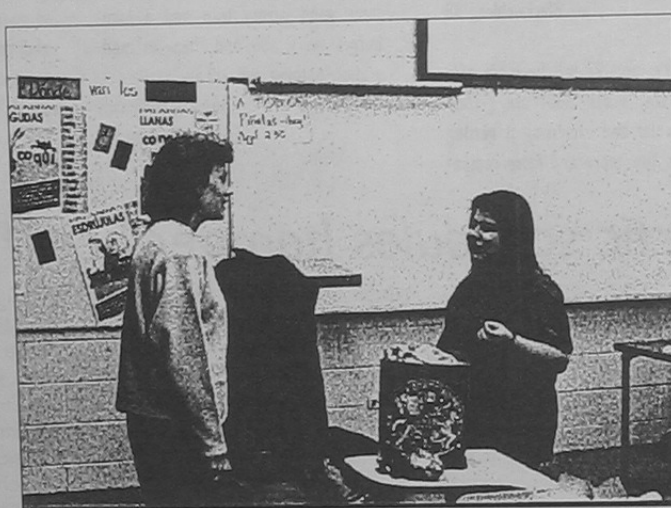
by Laurel Felt
Staff Reporter

Recipe for a successful new club: First, find a few dedicated sponsors, throw a group of interested students into the mix, stir in community service and cultural events participation and finally, add a dash of hot chiles for spice and flavor. The finished product will probably resemble something like HOLA. HOLA (Spanish for "hello" and an acronym for Helping Out Latino Amigos), is a fresh addition to the Glenbrook South Student Activities roster and can be sampled by the student body.

"The club's important because a lot of Latino kids aren't involved because of language. HOLA helps them to become united, involved, and really happy," stated senior officer Melissa Hernandez.

HOLA has already completed several items on its agenda. They participated in Homecoming by designing and painting a banner and cooking and has also constructed pinatas for Christmas-Around-The-World festivities.

Exposing the students to the possibility of higher education is a major goal of HOLA. "We want them to know that high school is not the end. The more education you get after high school increases



HOLA sponsor Danita Fitch discusses upcoming events with senior Melissa Hernandez. HOLA is a new club at GBS this year.

the amount of opportunities you can get in finding a job or doing something that makes you happy,"

stated Nancy Garcia, the club's leader.

HOLA has also made progress in reaching formerly disenfranchised Hispanic parents and including them in the GBS family. The first Spanish-speaking Parents' Night was held on Nov

25 this year. There, the GBS handbook was distributed among the concerned parents and an introduction to high school video was shown. The handbook had been translated and the narration of the

video was entirely Spanish. "This was a way to inform them, to make parents clear on procedures and guidelines of the school. And it's not the end, it's just the beginning," stated Garcia.

According to Garcia, the challenge for HOLA members is, "to get them to integrate and make them feel like they belong and are a part of this school." All non-Hispanic students are welcome to participate in HOLA as well. "It's not just because we need your help," Garcia expressed, "it'd be neat to see more interaction with our members." New-comers can also look forward to fun activities and community service," encouraged junior Pedro Arcos. The members can agree that with such interesting and enjoyable ingredients, HOLA boils down to one thing: sweet success.

Behind the Scenes

Auditorium stage crew builds more than just sets

by Jeff Ouyang
Features Editor

As the curtain rises and falls, and as performances come and go, one group will always be in the Watson Auditorium behind the scenes of every single production -- the Glenbrook South Stage Crew.

All year long the stage crew is responsible for helping put on productions ranging from the Variety Show to the Honors and Awards assembly.

Stage crew is much more than moving props between acts. This dedicated group works hard to ensure a smooth production. Five to six weeks before every play, show and assembly at GBS, crew is already starting to prepare everyday during countless hours after school. Most sets are designed by the auditorium supervisor, Rich Winship, and constructed at the hands of dedicated students. Although many crew members have no prior experience, new members learn as

they go along to ensure a smooth production.

In addition to building the sets, stage crew is also in charge of curtains, props, lights and sound. Many productions at GBS require more than 500 lighting cues and often just as many sound cues with a student as a lighting board and sound operator. To make sure that all tasks run smoothly, there is also

"They [stage crew] are asked to complete some complex and artistic things and they have exceeded all of my expectations."

Rich Winship

an stage manager directing the stage crew.

Winship commented, "I'm constantly amazed by the talent that they show. They are asked to complete some complex and artistic things and they have exceeded

all of my expectations."

Crew is a group open to all students that meets everyday afterschool in the auditorium. Crew demands hours of hard work and an eagerness to learn. Junior Mike Ritano described his experience with stage crew, "It's very enjoyable, the extra time just adds to the enjoyment."

So the next time the curtain rises and falls, remember that it took more than just the actors to make an incredible show.

January 17, 1997

Poms dance their way to success

Dancers' practice and perseverance lifts them to new heights

by Yi Leng Lee
Staff Reporter

Bright smiles and energized faces fly across the basketball court as a unison of 17 pairs of legs and arms move in beautiful majesty through perfect, effortless coordination. Clad in pink and black spandex uniforms, the pack of girls execute another Jackie Chan power kick, a cat-like leap and a twirl -- worthy of Nancy Kerrigan, all to pulsating music. Glenbrook South students look on with awe.

It's all in a day's work for the GBS Titan Poms.

Flying through the air with exuberant faces are the Titan Poms. The same group that danced at the United Center for cheering Bulls' fans, froze along with the Bears at a recent game and entertained a crowd of hundreds at Navy Pier.

But what makes the Titan Poms such a huge source of pride for GBS?

The Poms have come a long way since their birth in 1966 as the Titanaires. "The skill level has greatly increased [since then]," Melsa Bobrich, the Titan Poms' coach for 30 years, said. The Poms have had a string of victories in recent years as state champions in events such as kick and show at the Illinois Drill Team Association competitions.

This year, the Poms will be competing in the newly formed Halftime Illinois division which



The GBS Titan Poms enthusiastically entertain the crowd during the halftime show at a recent Bears' game. They were started in 1966 as the Titanaires and have been coordinated by Melsa Bobrich ever since.

Bobrich said is "in the best interest for the Poms." For the competitions that start this month, the Poms hope to qualify for state and to do better at the state level, added senior Catherine Choi, co-captain of the Titan Poms.

Bobrich explained that these competitions help to sharpen the team, improve their skills and learn how to work as a group. Junior Lesley Andersen, another cap-

tain, attributes the Poms' success to practice. Five days a week, after school, one will find the west cafeteria transformed into a dance studio by the group.

Choi noted that one of the Titan Poms' advantages was having a coach who had been involved with the team long enough to know exactly what qualities and techniques are important. "She [Bobrich] works us really hard, but

it pays off in the end," Andersen commented.

"One of the worst things about Poms are the practices which cut a lot of time from school work and other activities," Choi mentioned.

Junior Cynthia Chao, who leads the JV team, was quick to say enthusiastically, "It's so much fun!" Chao then added how Poms promoted friendship and gave her a

sense of accomplishment.

While Poms excel in their events and performances, it isn't just about perfection, Poms is also about friendship, dancing and school spirit, Choi said. Bobrich added "discipline, self-confidence and learning-how-to-deal-with-people" to that list. The girls learned how to win and lose, Bobrich commented.

Although Choi mentioned how this activity has improved her dancing skills, she also said that she learned how to be more outgoing and to have more self-confidence. Andersen added that through Poms, she learned how to "work with others and to be a leader."

As a freshman, Choi thought Poms was "the awesomest thing." Their enthusiastic smiles make their performances seem like "all fun and games" as Chao initially expected. But Chao, turning serious for a moment, concurred with Andersen saying, "It's a lot of hard work."

Back on the basketball court, the Titan Poms go through another fast-paced series of leaps, pirouettes, splits and high kicks before striking a pretzel-twisted pose and finishing their routine to a loud and enthusiastic applause. Their easy smiles and seemingly effortless coordination betrays the hard work and countless hours of practice that they have put in.

"But," said Bobrich, "they have to be really devoted to spend as much time as they do."

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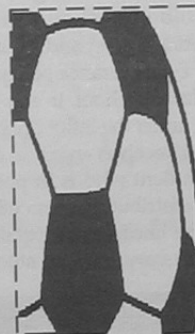
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South's Real Deal: Oracle examines current drug, alcohol situation

by Scott Isen and
Barbara Matthopoulos
Editor-in-Chief and Investigative Reporter

it's about TIME

Inside the Article

The point of the article was to show a "model school that is struggling with the issue of kids on pot." Its author, James Graff, said and later retracted, that three-fifths of students "currently use" marijuana. In a later issue, it was corrected to say, "have tried" marijuana.

Goals

The piece aimed to open the lines of communication between parents and their children, while it also illustrated the various programs at NT available to students who need assistance. Also, the article mentioned the Glenbrook schools and the zero tolerance policy.

Timely Reactions

NT Superintendent Henry Bangser said that the author completed his research prior to coming to school for assistance with his article. "I decided to go along with Graff because I wanted to discuss the student-assistance programs that exist at New Trier," Bangser added.

Additional Feelings

"The article didn't talk about alcohol abuse, and was primarily written to obtain readership. Graff admitted to poor writing and said that the article was not based on a scientific study," Bangser said. He also mentioned that the school did not receive "a lot" of parent or community reaction. "If there was no uproar and no controversy, then why was there a mailing that included a copy of the article and a letter sent to all New Trier parents?" New Trier senior Rob Dolin contrasted. Lynda Yast, Editor-in-Chief of the *New Trier News* said, "New Trier is used to both positive and negative feedback, but it all blows over in the end."

In Perspective

While eating breakfast, grabbing that first cup of coffee and trying to select the morning's literature, we came across a high-profile, international periodical. Bored, and thinking the same old articles would be inside, we were surprised to find the opposite. As our bagels were toasting, we noticed a piece which featured nearby New Trier (NT). Details about a student drug problem kept our interest until we noticed some smoke.

62 percent of the students surveyed have taken drugs during their high school career.

Relax, it was just the bagels in the toaster! Anyway, with this in mind, the *Oracle* investigative team decided to conduct a school-wide survey to find out South's real deal.

After perusing through the Dec. 9, 1996 issue of *TIME* magazine, the *Oracle* investigative team read "High Times at New Trier High" and we completed surveys that would allow us to find out the drug situation at GBS.

Before jumping to any conclusions, one must understand that no survey is completely accurate, and furthermore, realize that we are not suggesting that a drug problem exists, but rather are presenting the statistics that will help in forming conclusions. To make our data more representative of the student body, we surveyed 368 students (about one-sixth of the school's population.)

Investigation Results

Throughout the week of Dec. 16, 1996, investigators surveyed random GBS students in all grade levels. To insure anonymity as well as privacy, students folded their survey and personally placed it into a secured envelope.

Our first question was to determine whether or not students had ever taken drugs. We defined drugs as "including alcohol, excluding nicotine, caffeine and prescription and over-the-counter drugs." We found out that 62 percent of students have taken drugs during their high school career.

Of the 229 people who had taken drugs, 81 people said that they currently use drugs between

one and two times a month. Another 59 people added that they use drugs three to four, while 14 people use between five and six times a month. The number of students who use between seven and eight times is 20, while 44 people use nine times or more monthly. The remaining 11 people have taken drugs, but are not current users.

The next question asked students about which drugs they tried. (Multiple responses applied.) The three most popular drugs (and the number of students who tried them) included alcohol (202), marijuana (130) and inhalants (54). Cocaine (23) and heroin (6) finished the listed choices. Another choice for this question was "other" (with specification.) Forty-one people selected this choice and filled in a variety of drugs, the top four included magic mushrooms, LSD, opium and acid. Other responses included Ritalin, Ecstasy, morphine, nitrous oxide, Liquid G, PCP, Drano, White Out, Tide and whipsids.

Students estimated the percentage of students who have tried drugs during high school. The majority (46.5 percent) was correct in saying that between 61 to 80 percent had tried drugs. They also estimated the percentage of students who are current drug users. Over 35 percent of the students were right in estimating that between 51 and 60 percent are current users. Our statistics show that 60 percent (of those surveyed) are current users.

District 225 Drug and Alcohol Policy

Students should recall the Board of Education's drug and alcohol policy, also known as the zero tolerance policy. Read in classes on the first day of school, it emphasizes that a student found under the influence of drugs, but not in possession, receives an automatic 10 day suspension. Any student who is in possession of drugs or is found distributing them will receive a suspension with the likelihood of expulsion.

Our survey asked students about their feelings

on the district drug and alcohol policy. The results were too close to call because 49.6 percent of students surveyed were for the policy, while 50.4 percent were against it.

"I am for the current drug and alcohol policy because I don't know of one that is more effective," Superintendent Dr. Jean McGrew said. Principal David Smith believes that people feel positively about the zero tolerance policy because of the results of a schoolwide survey distributed last school year.

Remarks and Results

"It's not apparent that there is a drug problem at South, but I do not see every aspect of the school, making it difficult to make an accurate judgment," McGrew added.

McGrew thought that the number of students who had taken drugs during their high school career would be larger because alcohol was included. Smith agreed and said that alcohol is the drug of choice. They guessed that a small number of students use on school grounds. McGrew said that the number of GBS students who were expelled for drug and alcohol related problems increased from four last year to eight this year.

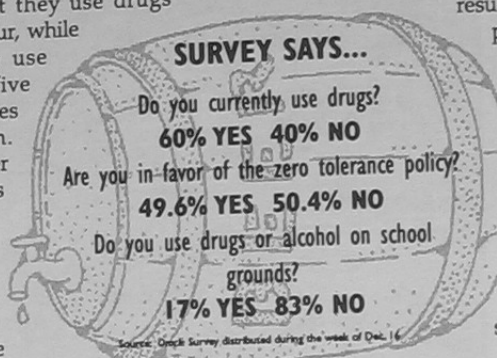
"In reality we are a drug culture and it's not the adolescents who are taking the most drugs -- it's the adults," Smith added.

The survey showed that 17 percent of the students use drugs on school grounds. Of the 229 people who tried drugs during their high school career, 117 admitted to coming to school while intoxicated or high. The number of students who came to school intoxicated or high

follows: one or two times (17), three or four times (8), five or six times (20), seven or eight times (20) and nine or more times (52).

Reflection

Now that we finished our bagels, investigated the drug situation at South and looked at how the *TIME* article affected New Trier and the Glenbrook, it is time to make some conclusions. Our investigation illustrated that there are different opinions on the drug issue, but the real deal is that statistics don't lie...

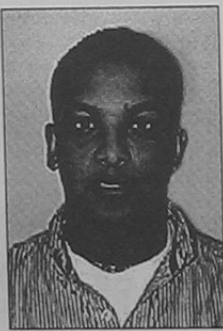


The top three drugs that students use or have tried are alcohol, marijuana and inhalants.

What are your feelings on the zero tolerance policy at South?

"I don't think expelling people is the solution because getting rid of the problem doesn't prevent others from arising. Some serious changes must take place."

- Peter Chirayil, '97



"I agree with the policy because it offers a good lesson through suspension and/or expulsion."

- Syeda Zahedi, '99



"I think the policy is good because it makes people think twice about what they might do."

- Nick Bultinck, '00



"I think they [the board] have their priorities mixed up because there are worse consequences if you're found in possession as opposed to found under the influence."

- Lisa Barsamian, '97



"I think it's a good policy, but not effective."

- Stacey Graham, '98



"What's the zero tolerance policy?"

- James Joseph, '99

January 17, 1997

Is the Packers versus Patriots the match-up America wants?

by Andrew Rudnik
Co Sports Editor

As is the late January/early February tradition, the Super Bowl will take place nine days from now, and we'll probably see a standard Not-So-Super Sunday.

Come 6:18 Eastern Standard Time a week from Sunday, after about 12 hours of "Non-Stop Pre-game" (as the Fox network is dubbing it), the Green Bay Packers will kick off Super Bowl XXX hoping to avenge their last 28 years of futility. They will be facing a New England Patriots team that is just trying to do better than their 46-10 drubbing at the hands of the Bears ten years (was it really that long) ago.

Is this the match-up any American really wanted to see at the start of the year? Does anybody, save the 300 residents of Green Bay, really care that the Pack is back?

Wouldn't the league have been better served with oh, the Carolina Panthers, or the San Francisco 49ers, or even those young punks in shoulder pads that regularly appear in the Dallas police blotter? What would the fans rather see, a bunch of green and yellow clad fans in the Superdome bearing oversized slices of cheese on their heads, or those famed Dallas Cowboy Cheerleaders? All I'm saying is, couldn't the NFL have pulled a boxing move, and fixed this thing so that anybody but the Packers was in the Super Bowl?

And now let's take look at the representative that the AFC gets to annually send to New Orleans, or California, or Florida to try to salvage some of the conference's pride: the New England Freakin' Patriots! Is this really the best that the AFC has to offer? Can't they do better than Drew Bledsoe, Curtis Martin, Ben Coates, and a bunch of guys that no one except for fantasy football geeks (myself included) has ever heard of?

It could have been the story of the year: veteran John Elway, after a decade of "close-but-no cigar," finally leading the Denver Broncos to a Super Bowl title.

Or Mark Brunell throwing the Jacksonville Jaguars to the promised land in only their second year of existence.

But Drew Bledsoe and the Patriots? Do we really need this?

Let's face it. The AFC in comparison with the NFC is similar to CBA in relation to the NBA: there is no comparison. For the last decade, the true Super Bowl has occurred two weeks prior to the official Super Sunday, when two powerful NFC teams clashed to see who got the privilege to make the AFC "champ" look funny.

It is expected that any NFC representative in the Super Bowl will absolutely dominate their lesser AFC foe, but isn't Packers-Patriots a little extreme?

Their is no part of this game, not even long snapper or field goal holder, in which the Packers hold the advantage. The Patriots boast Willie McGinest and Pio Sagapolutele as the leaders of their defensive line, as opposed to the total domination of the Packers' Reggie White, Gilbert Brown, and Sean Jones.

Is this the match-up any American really wanted to see? Does anybody, save the 300 residents of Green Bay, really care that the Pack is back?

The only minor advantage held by the AFC whipping boys is that of tailback Curtis Martin over Edgar Bennett, but Bennett is improving every day, and is a superior blocker. Pats' middle linebacker Ted Johnson is a budding NFL star, but he is not yet comparable to

even Ron Cox, who can always be counted on to make a mental mistake for the cheeseheads.

It is always a much anticipated, always hyped-up event. Super Sunday is truly an American holiday, comparable to Thanksgiving or July 4. On Super Bowl Sunday, just like on Thanksgiving, there truly is nothing to do after the cocktail weiners except sleep. This edition of Super Bowl Sunday, just like every year since Broadway Joe led the Jets (yeah, the same Jets) to a NFL Championship over the Colts (from Baltimore at that time) in Super Bowl III, will be a pathetic failure. A no-contest match-up, this time with Madden announcing.

Gamblers, take note. You were able to fix the 1919 World Series and cause Evander Holyfield to shock Mike Tyson. Isn't it about time you made something happen in the Super Bowl? America is praying, and their prayers involve something better than the Packers versus the Patriots.

Cagers rebound from slow start

Many players contribute to steady improvement as season progresses

by Adam Pinto
Staff Reporter

With the regular season about halfway over, the men's basketball team holds a 8-6 overall record and is 2-1 in conference play.

The Titans started the season 4-3, after a 1-2 Fenton tournament and impressive victories against Maine West, Prospect, Waukegan and Maine West. The Titans were led by the strong play of senior forward/guard Craig Mickey, who scored 15 points in the Maine West game.

The Titans dropped to 4-4 after being handed their worst defeat of the year to rival Glenbrook North 66-50. GBN got off to a good start hitting five three-pointers in the first half. The Titans got behind early and could never catch up. According to head coach Steve Weissenstein, the Titans did not shoot well during the contest.

Evanston handed the Titans their fifth loss of the season with a 54-52 victory. The Titans shot three for 28 in the first half.

GBS then took part in the Elgin Tournament over winter vacation, losing their first game to Rockford-Hononegah 71-59. According to Weissenstein, the Titans shot poorly again. More than half of Hononegah's points came from free throws; they hit 47 throughout the course of the game.

By losing their first game of the tournament, the Titans were put into the consolation round where they defeated Weber, Maine East and Wheaton North to earn the consolation championship.

According to Weissenstein, the effort of the team has been really good the last five games. When reflecting on the first half of



Moses Joseph scans the defense in a recent game against Waukegan. Joseph led the Titans to victory with 18 points.

the season, Weissenstein said that the rebounding has been a strong point for the Titans. He added, "The defense has gotten better every game. The team needs to improve on their shooting percentages from the field and from the foul line."

The leading scorer at this point in the season is senior center Kurt Anderson. Anderson is also the leading rebounder. Senior power forward Brian Whalen is second on the team in rebounds, and senior guard Kevin Taylor leads in assists. Senior point guard Jason Sherwood, a captain leads the Titans in three-point and free-throw shooting. Junior shooting guard Moses Joseph is the leader in steals.

Coach Weissenstein said there have been about 11 guys who have

been able to turn games around. The team has "good balance," he added. Among players who have given the team a spark is senior point guard Ryan FitzSimons, said Weissenstein. During the Wheaton North game FitzSimons came off the bench and took a charge, had a steal and hit a three-pointer.

Another player that has given the Titans a spark off the bench is senior Billy Thanoukos, who serves as a co-captain. Thanoukos is shooting 71 percent from the field and 82 percent from the free-throw line. Thanoukos said a reason for his high shooting percentage is because he has taken many high-percentage shots.

The Titans take the court tonight at Niles West at 7:30, following the sophomores.

Lady hoopsters shoot for state title

by Andy MacDougall
Staff Reporter

The women's varsity basketball team has continued to show their dominance through the early part of the season, wrapping up 1996 with a record of 18-0 (5-0 conference). The team had an exceptional performance at the recent Wheaton North tournament, where the Titans managed to finish first while beating four teams along the way.

Currently ranked number one in the Chicagoland area by the *Chicago Tribune*, the team displayed their talents over winter break at Wheaton. The Titans ousted Elgin in the first round in what proved to be a very physical

game. Later on they defeated Downers Grove North and Wheaton North to advance, and eventually met Lyons Township in the championship game where GBS once again prevailed. Senior Stacey Puccini commented, "We were very determined to win this tournament, and we overcame a big stepping stone by doing so. Now we can enter the new year with the confidence we need to continue to play well."

The starting lineup of guards Dana and Brett Leonard, forwards Susie McCreery and Erin Partaker, and center Stacey Puccini has been consistent throughout the year. Several other players, such as Jovanka Pavlovic, Diana Vardijan and Keagan Thalyn have also been key contributors for the team.

Individually, senior captain Dana Leonard received special recognition for her success, being named the *Tribune's* prep athlete of the month December. Leonard, who is headed for Northwestern on a scholarship, said, "It was a real honor to have been selected by the *Tribune*."

The Titans hope to continue their current success at the Chicagoland Prep Classic which starts Jan 20. Here they will be put to the test against several teams from both Illinois and other states. Former number one seed Loyola Academy will be at this tournament as well.

The Titans play at home tonight against Niles West, with the varsity game starting at 7:30, preceded by the JV contest.



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SPORTS
in Brief

The varsity hockey teams' 3-2 victory over Niles reversed the club's December losing streak. Backup goalie Tom Eddy started in Jan. 8's game due to captain Doug MacClure's three game suspension for fighting. Eddy frustrated Niles' offense with 15 saves in only his second appearance for varsity this season. South goals were scored by juniors Steve Lee and Luke Riehle and sophomore Adam Pinto. Commenting on the win, captain Tom Ethington said, "Everyone pulled together and gave 100 percent."

Injuries and suspensions have plagued the team, and they have not played with a full roster this season. With only two seniors, Peter Shin and Bill Moore, the young team has managed a 7-6-1 record so far. Their record places them in Tier Two for the upcoming state tournament. Members of the team see improved mental preparation as the key to future victories. According to Doug MacClure, "We need to come together as a team, take no team lightly, play solid hockey and place high for the state playoffs."

MacClure's good play paid off with his selection to the US National Hockey Team. The team plans to travel to the Czech Republic later this year for an international tournament.

The men's wrestling team is having a rebuilding season this year, according to head coach Tim Cichowski. The grapplers have an overall record of 2-7 and a conference record of 0-1.

The team suffered a tough loss to New Trier on Dec. 19 by a score of 48-16 in their first conference meet. Unfortunately, the Titans forfeited three weight classes in that match, costing them 18 points. Their closest defeat was at the hands of Glenbrook North, 35-34 in a CSL cross-over match.

One of the more impressive matches for the wrestling team was a victory over St. Viator by the score of 45-9.

Another highlight this season for the team was the Buffalo Grove Tournament, where junior Ryan Toole placed second, junior Stephen Hellerman third and junior captain Zlatan Pasic, sophomore Dave Shore, and junior Marty Morris all placed in fifth.

At the Russ Erb tournament, the longest running 16 team wrestling tournament in the state, hosted by Glenbrook South, individual honors went to junior captain Ryan Pritzloff, who was a consolation champion. As a team, the Titans finished 15th out of 16 teams.

Coach Cichowski commented, "It was a very good tournament. All the kids wrestled really well in the first round. The kids are improving everyday and every week and the more matches they have, the more experience they will have going into next year."

Briefs contributed by Josh Shmukler and Brad Helfand.

Experienced diver leads youthful team

by Andrew Rudnik
Co Sports Editor

Senior Matt Vondra has been making a splash in diving meets for four years.

Coming into Glenbrook South as a freshman, Vondra had aspirations of high school hoops stardom. But, according to Vondra, it happened that he was "burned out of basketball, but wanted to remain active."

In an effort to keep his activity level up, Vondra turned to swimming and diving. He had attended some diving camps a few years prior to high school, and this experience really aided him as he competed.

Vondra experienced early success in the pool, and became one of the team's top divers in his sophomore season. In that sophomore season, Vondra qualified for the state finals by winning the first of two sectional titles. He was unable to place in his first state meet appearance.

Come Vondra's junior season, he was considered one of the area's top divers. As a team leader, he once again took sectionals, and headed for the state meet with high expectations. Vondra placed seventh in the finals last season, earning him All-State honors.

This year, Vondra has been performing better than he ever has throughout his high school career. He commented, "My scores are better than last year's...things are definitely looking up." Among his highlights for the season, Vondra mentioned, "I scored a personal best the week before winter break."

Vondra's goals for this season are quite lofty. His primary aim is to once again qualify for the state finals, where he hopes to once again finish among the top 12 divers, which would be good enough to get him named to Illinois' All-State team.

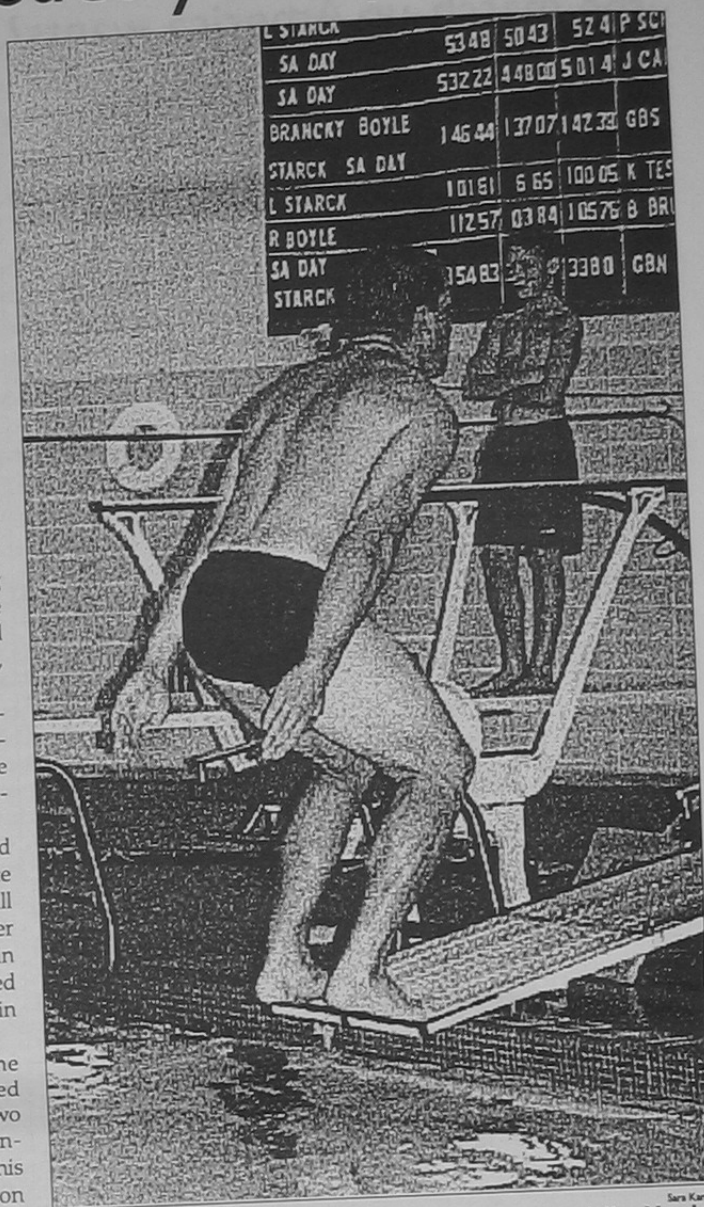
Although Vondra is one of the area's top divers, he is reasonable when it comes to winning a personal state title. Vondra believes that his chances at the state meet are "slim but present." Nevertheless, Vondra remains optimistic, stating, "Everybody's got a chance to win."

As a captain this year, along with seniors Brian Appel and Jim Ogle, Vondra is expected to be the leader of a young unit, consisting of five freshman. The youth of the men's swimming and diving squad caused Vondra to quip, "As a team, our average age is about 14."

Despite a young and inexperienced team, with only four seniors, Vondra believes that the prospects for the season are "looking pretty good."

Vondra will not be finished with diving after this year's state meet finishes. Instead, Vondra will open a Division One diving career at the University of Richmond, in Virginia. He had also considered attending DePauw University in Indiana.

Matt Vondra is one of the most experienced and talented divers in Illinois, shown by his two state finals appearances and earning All-State honors following his junior year. Vondra is one person for whom those storied "hoop dreams" did not come true, but he has definitely done well with his second choice.



Senior Matt Vondra positions himself for a backward dive. Vondra hopes to make the All-State team for the second time in his high school career.

UPCOMING GBS SPORTING EVENTS

JANUARY 17-23							
Home	Fri. 17	Sat. 18	Sun. 19	Mon. 20	Tues. 21	Wed. 22	Thurs. 23
MEN'S	Niles West 7:30 PM						
WOMEN'S	Niles West 7:30 PM			Chicagoland Prep Classic @ Willowbrook			
	New Trier 5:30 PM	Titan Invitational 9:00 AM					
	Next meet: January 28 against Niles West						
	Niles West 6:00 PM	Glenbrook North 10:00 AM					
	State Playoffs: Time and Date TBA						

Under
well i

by Chris
Staff

The men's swimming team is this season, with participation year, according to Doyle. The team underclassmen much-needed they can contribute to the season.

"We've got really young swimmers, and only losing four seniors at the end of this season, really help our position as a conference tender next year. Matt Vondra will be the hardest one to lose. Kevin Yam backstroke on Dec. 19.

Doyle pressed swimmer sophomore. This year's highest total South has past.

Doyle the future because of his performances. "We men on are extremely



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January 17, 1997

Men's Swimming

Underclassmen fare well in early meets

by Chris Wolf
Staff Reporter

The men's varsity swimming team is doing very well this season, with interest and participation way up from last year, according to coach Robin Doyle. The team, with many underclassmen, is gaining much-needed experience so they can compete better next season.

"We've got a good group of really young, talented swimmers, and

only losing four seniors at the end of this season really helps our position as a contender next year. Matt Vondra will be the hardest

one to replace," said junior Kevin Yamaya, who won the 100 backstroke against Maine West on Dec. 19.

Doyle continues to be impressed with the number of swimmers on the freshman, sophomore, and varsity levels. This year's team has one of the highest totals of swimmers that South has had in the recent past.

Doyle is very excited about the future of GBS swimming because of the strong performances of this year's underclassmen. "We have several freshmen on varsity this year. They are extremely talented and very

good at swimming. We have a lot of potential."

The team's goals this season are to place in the top three at conference and send as many swimmers as possible to state. Also, Doyle doesn't stress winning as much as he stresses going for a lifetime best time in a race. "If one of our guys doesn't win, but gets a lifetime best in a race, I'm just as happy with that," Doyle said.

With two practices every day but Wednesday, the team gets in a lot of work and can do

nothing but improve, according to Doyle. Recently, a freshman team of Greg Tracy, Andrew Kittrell, Louis Bowers and Dan

Robin Doyle

Gallagher set a school record in the 200 freestyle relay. "Our most consistent performers this season have been freshmen Nikita Poustovalov, Greg Tracy and Andrew Kittrell," Doyle added.

With a tough, hard-fought two-point loss to Glenbrook North and an important win against Maine West, the swimmers are gaining momentum as they continue throughout the season.

The team has upcoming matches against Evanston and Lake Forest on Jan. 24 and 28. The conference meet will be held on Feb. 14.

Gymnast hopes for state meet

by Anand Shah
Co Sports Editor

Despite a lot of injuries and illnesses, the women's gymnastics team has still managed to have a successful start, according to coach Jan Osowski. The team has a 4-1 record, with their only loss coming against Glenbrook North.

One of the team's best leaders is co-captain Lauren Anderson, a junior that has participated in gymnastics since the age of three. The team has won two conference championships, and hopes to win a third this year. The team also hopes to qualify many gymnasts for the state meet. Hopefuls to qualify are juniors Anderson, Jennifer Jamison and Therese Nash and sophomore Stacey Hall.

Osowski says that the team has lacked consistency this year, despite their success. "Our scoring has been up and down all year. We are hoping it all comes together now, in the most important part of the season." The team has two more conference meets and one more invite, followed by conference, regionals, and hopefully state," added Osowski.

Anderson has been one of varsity's most successful performers the last three years. Last year, she placed first in every individual event at the conference meet. Anderson says that her favorite pieces of equipment are the balance beam and the floor exercise. Assistant coach Phil Carello said, "Those are her two favorite events because she is able to express herself and perform freely. Those are two qualities she flourishes at."

This year, Lauren has had a couple nagging injuries. She has had a strained muscle since the beginning of the year, and now she has a reoccurring knee injury. Osowski is very impressed with



Junior Lauren Anderson practices her floor routine. Despite nagging injuries throughout the season, Anderson has continued to excel.

Anderson's ability to cope with her injuries. "She is a very tough athlete. She might be in a lot of pain, yet she has a strong desire to compete and help the team."

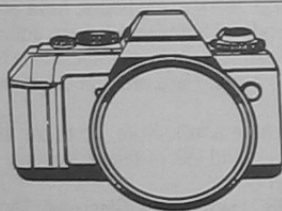
Despite the injuries, Lauren has continued to improve this season. Carello said, "Her routines have become more crisp, solid and precise. Now it's time for her to step to the next level, which is the state meet." Anderson and her coaches are hopeful that she will medal in this year's state meet.

Lauren deals with her injuries through a tough rehabilitation process. She spends a lot of time in the training room and performing specific exercises designed to recuperate her body.

But when the competition comes around, Lauren says that it is attitude that gets you through the pain. "I just don't think about the injuries during meets. I concentrate on my goal to have a successful routine instead of the pain," added Anderson.

Lauren has also had a lot of success while not competing. She is a great leader to all the gymnasts, and she does very well academically. Osowski said, "She is an excellent leader and role model. She's such a hard worker." Carello agrees, saying that Lauren shows "a great positive example."

The team has a meet against Niles West on Jan. 28, followed by the conference meet on Jan. 31.

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I love you baby, but what are we gonna do ♥ this Valentine's Day? ♥ money, money, money... ♥ young and the restless...

You're incredibly broke and you need a job, pronto. But in the mean time your social life is suffering. And with Valentine's Day around the corner, an emergency plan is your last resort. So gather up any loose change or allowance and listen up. Here are some great ideas for a small price.

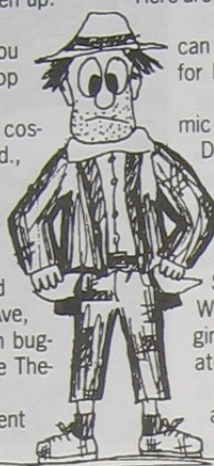
What To Do: Without spending a small fortune, you rent a bunch of romantic movies, go to a coffee shop to a reduced fee movie theater.

Where To Go: A popular bowling alley that offers cos- and Deerbrook Lanes, located at 10 S Waukegan Rd., mostly known as Deerbrook Shopping Center.) You from Blockbuster Videos, or for a cheaper price, store such as Glenwood Videos (3249 Glenview lates or even something more exotic, like places to go are Barnes and Noble (55 Old Orchard Skokie) and Borders Books and Music (3232 Lake Ave, missed those great flicks your friends have been bug- your date can catch up on those at Morton Grove The- Rd, Morton Grove).

What To See: Some romantic movies you can rent personal favorite which I highly recommend you've already seen it, *Ghost*, *Pretty Woman*, *When a Man Loves a Woman*, make sure to have a box of Kleenex ready the idea? Good. With movies like these you can't go wrong. But if you plan to go to Morton Grove for a flick, make sure you call first to find out what's playing. Their phone number is 847/967-6010.

Dinero Involved: Bowling at Brunswick and Deerbrook Lanes is \$3.55 per game of cosmic bowling. Movies at Blockbuster's are \$3.50 each, and \$3.00 for new release at Glenwood Videos. The prices at the bookstores for coffee or other drinks vary, but are pretty reasonable. The movies at Morton Grove Theater are \$1.75 per person.

Special Instructions: You may want to call the bowling alley before you go there because it may be packed. Instead of waiting there for an open lane you may want to go somewhere else.



can go cosmic bowling, for hot chocolate or go

mic bowling is Brunswick Deerfield (more com- can rent movies from a local video Rd). For hot choco- cappuccinos, the Shopping Court, Wilmette). In case you ging you to see, you and ater (7300 Dempster

are: *Untamed Heart*, a even if *While You Loves a* or *Mad Love*. Got

Valentine's Day is just around the corner. Unsure of what to do on that special day? Have no fear, Entertainment is here! We have devised a perfect plan for that perfect date. Get ready to sweep your sweetheart off his/her feet. We realize that everyone is different, so we have divided you guys up into special categories, each meant to serve your special needs. Here's a quick quiz to determine which category you fit best.

When it comes to dating, you...

- can't afford it. You are so poor you forgot what money looks like. Hey, life's a tough cookie (money, money, money).
- have absolutely no time for your social life. You are always in a hurry and scraping for time (I don't believe in time).
- are incredibly bored. There is nothing you haven't done or seen already and you are completely out of fresh ideas (young and the restless).
- are very intimidated. When you ask someone out, you call them up and say, "Uh, uh, you wanna go, uh, out sometime or something?" (for the shy in you).

by Vicky Dink and Derrent Wu

for the shy in you...

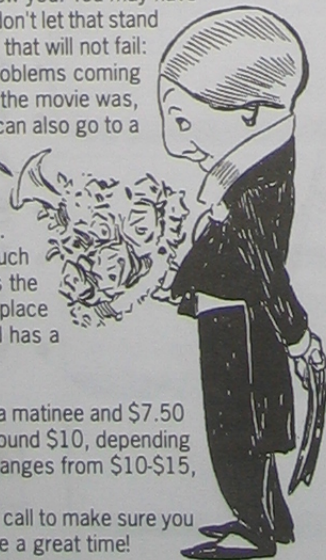
We know that dating is not easy for you, but there's nothing to stutter over. You may have had bad luck in the past, but this is a new year ready for a new you. You may have a problem starting relationships because of tension, but don't let that stand in your way. Here are some great first date ice breakers that will not fail:

What To Do: Go see a movie so you won't have any problems coming up with a topic later. You can always discuss how great the movie was, or how horrible it was and have fun ripping it apart. You can also go to a dance club which is a great place to break the ice while you're checking each other's moves out. For dinner, try a small place, but not too quiet, where you can get to know each other and yet, not be completely isolated.

Where To Go: To see a movie, try any local theatres, such as Golf Mill or Old Orchard. A great dance club to go is the Paladrome (555 E Dundee Rd., Palatine). For dinner the place to go to is a Hole in the Wall. It serves great food and has a great atmosphere. It really look like a hole in the wall.

Dinero Involved: Movies are usually around \$4.50 for a matinee and \$7.50 for a night show. The fee to the Paladrome is usually around \$10, depending on a theme of that night. The food at Hole in the Wall ranges from \$10-\$15, not including appetizers or drinks.

Special Instructions: Before you go to the Paladrome call to make sure you know how much to bring with you. But most of all, have a great time!



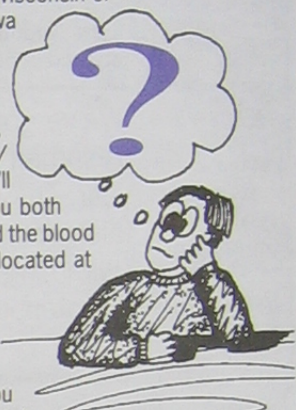
You used to be a connoisseur at coming up with great ideas, whether for dates or just hanging out with your friends. You've done everything, been everywhere and seen everything. But lately, it's been kind of dry and you are getting bored. Plus, you really want to impress your date with your ingenuity. Here are some quick ideas for the adventurous and the eccentric:

What To Do: If you have the whole weekend to spare, go camping or mountain climbing. Or if you feel like doing something that would benefit others, you can go volunteer at a soup kitchen or donate blood.

Where To Go: Camping, mountain climbing or any other outdoor activities are always fun. Without going too far, you can go to Wisconsin or Indiana for a quick trip. Or if you feel like skiing, Iowa and Michigan have some pretty good slopes. For camping equipment call A-House of Rental (1766 Waukegan Rd) 847/657-9020. To help out at a soup kitchen, a good place to go is Inspiration Cafe, located in Chicago. Their phone number is 773/878-0981. It'll make both of you feel good, plus it'll be a good chance to see what kind of cooks you both are.

If you feel like donating blood, or if you missed the blood drive at school, the place for you is Lifesource, located at 1205 Milwaukee Ave, Glenview.

Special Instructions: If you decide to go camping, make sure you take with you a map, blankets, food and a first aid kit. But if you decide on skiing, double check your reservations before you



leave, and take the above mentioned with you, especially if you are driving. For the soup kitchen, call before you go to see what day they need you to come because there are always volunteers there and they don't need more than 10-12 people at once. If you are donating blood together, make sure you are healthy, are of age and weigh enough. Call before you go just to be sure you have everything needed. After it'll be over, you both will feel good while enjoying cookies and orange juice. How cute!

I don't believe in time...

You are a busy bee. Relationships are just out of the question for you because you barely have time to breathe. Whether it's because you work many hours, have enormous mounds of homework or are actively involved in extracurricular activities, time has

always been a painful issue for you. But suffer no more. Here are some romantic ideas that don't involve too much time:

What To Do: Grab a quick bite to eat together, share a milkshake, go to the mall for a quick-shot picture, go to the park to take a walk and talk or take advantage of the snow on the ground now for a fun snowball fight.

Where To Go: For a quick meal go to Cafe Ari (980 Harlem Ave, Glenview). There you can get great Greek food, served fast and for a reasonable price. I highly recommend their paella and vegetarian sandwich on pita bread. You guys can get a milkshake at Wendy's or Love's Yogurt. Sharing food is one of those ro-

mantic traditions that never fail to work. Plus it'll give you guys a chance to bond - BONUS! To take your pictures together a good place to go to is Golf Mill. The quick-shot-camera booths are available by JCPenney and on the other side by Kohls. You can make goofy faces and laugh at them later. This will make a good memory for the both of you, especially if it's your first date. For a snowball fight or a walk you can always go to Flick, or John's Park, whichever is close to you. This will also be good bonding time since you may not have a chance to see each other or talk of-

ten. **Dinero Involved:** The food at Cafe Ari is very reasonable. For dinner you would need approximately \$10 for the meal, drink and desert. Not bad, huh? At Wendy's the milkshakes are 99 cents and at Love's, they don't exceed \$2.00. The pictures at the mall are really cheap also, so your date won't be too much of a drag on your wallet.

Special Instructions: Make sure that if you do go to the park it's not too cold. Freezing together is not too romantic. Also, Cafe Ari closes at 9 p.m. during the week, so if you were planning a late dinner, this may not be the place for you.

