

Prep News

"If nothing else, value the truth"

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Champs! Swim bills pull out the State stroke

Michael Leuchtman
Reporter

The Jr. Bills captured their second Missouri state swimming title with a grand show of team depth and sportsmanship last weekend. The Swim bills dropped a cannonball into the pool of competitors to win the final meet of the season, a goal they had dreamed of since the first practice of the season.

The Bubblebills owned the Rec-Plex, sinking the competition with a score of 238, trailed by Parkway South (177), Chaminade (167), Rockhurst (164), and DeSmet (143.5). The Jr. Bills scored points 16 times in ten out of the 12 total possible

events.

"We had swimmers in every area to get the job done. The only events we did not score in were diving, which we have struggled in all year, and the 500 freestyle, which Adam Trafton barely missed in preliminaries," said senior Winslow Tandler.

The State meet consists of the same events as a dual meet: eight individual swimming events, three relays, and div-

ing. Swimmers qualify during the regular season for the preliminaries by beating

predetermined times. In prelims, each swimmer is allowed to swim either two individual events and two relays, or all three relays and one individual event. Based on the times from this meet, the top 16 swimmers are grouped into two



Junior Nathan Harris prepares for the 100 Butterfly. He finished 4th.

heats. The consolation heat determines see **VICTORS, 8**

Two security breaches may spur increased patrol *\$6500 electronic system stolen*

Matt Hoffman
Editor in Chief

Thieves stole an estimated \$6500 worth of electronic equipment from senior Dan Baker's pick-up during school on Wednesday. Baker's entire car stereo system—which included the head unit, speakers, two sub-woofers, two amps, two TVs and a Playstation II—was stolen from his truck, which was parked about six cars west of the entrance to the Oakland lot.

The thieves broke Baker's door handle, disconnected the entire system, then transported it into another vehicle. The robbery probably took a fairly long time, but there were no witnesses. "I don't know how they had so much time," said Baker. He added, "I don't know how someone didn't see it."

Facilities Director Patrick Zarrick said

that Baker's car was high enough off the ground that the thief could have bent over to avoid being seen. In addition, the security guard who patrols the Oakland lot does not have a primary responsibility to patrol Oakland. "It wouldn't have been right for our guard to go off campus," said Zarrick.

According to Zarrick, the duty of the guards is to "look for intruders, look for strange people on campus, and monitor cars the best they can....It is outside of our guard duty to approach people in cars." Even if a guard had seen somebody in a car, the guard should not have approached him, considering many people eat lunch in their cars or work on them during the day.

Baker's system was custom-built for his Ford truck. To accommodate the sys- see **BAKER, 3**

C. Clark's car vandalized in alley

Dan Sinnett
Core Staff

Isn't it ironic? Don't you think? Amidst the recent trend of damage done to cars in and around SLUH, Director of Security Charlie Clark's car was vandalized. "(The perpetrators) looked to be about eleven," said Clark.

First on the scene were Spanish teachers Myriam Aliste and Charlie Merriott, who were on their way to their cars at approximately 4:00 p.m. The two entered the alley through the doors near the middle corridor. Said Aliste, "All of a sudden, I saw this kid (by the Jesuit wing)." The person did not initially seem suspicious to Aliste, however.

see **CLARK, 8**

Robot Club's *Six Dollar Burger* shipped to FIRST competition in St. Charles

Tom Fontana
Reporter

Picture a foreboding medieval castle sitting atop a rocky promontory. Inside, a deranged lunatic and his loyal hunchback brood over a table, tinkering with various parts until a lightning bolt jolts their mechanical creation to life. A maniacal scream pierces the darkness: "It's alive! It's alive!"

However, for a far more accurate picture of the SLUH Robot Club, picture a group of guys sitting around Room 221c trying to hone their robot's sensors so it can drive along a straight line of tape under its own power while the theme from *Shaft* plays in the background. This was the scene on Tuesday as the Robobills fine-tuned their robot before packing it up



Six Dollar Burger trapped in its wooden cell on Thursday.

in an enormous crate to be sent away on Thursday for entry into this year's FIRST (For the Inspiration and Recognition of Science and Technology) National Robotics Competition. The original deadline was Tuesday, but terrible winter storms that gripped many areas of the country caused FIRST to push the deadline back to Thursday.

Junior David Burghoff and senior Justin Luner sat in front of a laptop computer pouring over lines of code to try to improve the robot's performance while in autonomous, or self-control, mode. During the competition,

the robot will be able to act under its own power for fifteen seconds, and the Robobills were determined to take full advantage of that time period. In this year's
see **MYSTERY BOX**, 4

Close-Up trip cancelled for second year in a row

Kevin McCarthy
Reporter

For the second year in a row, SLUH will not participate in the Close-Up Foundation's trip to Washington, D.C. because of lack of interest. The Close-Up Foundation, also known simply as Close-Up, is a political group for young people interested in political science and government activity. Every year Close-Up receives hundreds of students from all over the country.

History teacher Tom Wilson, who has been the faculty moderator of the trip for the past few years, attributed the cancellation of last year's trip to the terrorist attack on Sep. 11. "Before 9/11, I had as many as eight to ten (students) express interest in the trip; after 9/11, I had maybe two (students)," recalled Wilson.

Wilson believes that many parents and students were concerned with the issue of security on the trip. Furthermore, Wilson admitted the trip had been
see **FAR-AWAY**, 7

14 Students named National Merit Finalist

Compiled from sources

On Friday, Feb. 7, 15 seniors received letters in the mail from the National Merit Scholarship Corporation. These lads were Denis Agniel, Jim Fox, Brian Guntli, Steve Hirsch, Patrick Hogan, Justin Luner, Jim Martin, J.R. Strzelec, Joe Thomas, Carl Thompson, Chris Wagnitz, Chris Wojcicki, Joe Wright, David Zychinski, and David Mosely. Fourteen of the young scholars will move on to become National Merit Finalists, while David Mosely has become a National Achievement Finalist, an award given specifically to African Americans with superb PSAT scores.

Every SLUH student who attained the Semifinalist stage continued on to become Finalists. Nationwide, 90% of all Semifinalists become Finalists. The application process included the students submitting information about leadership and community activities, SAT scores, grades, and a letter of recommendation. By reaching the Finalist stage, these students make themselves eligible for 8,000 scholarships sponsored by either the National

Merit Scholarship Corporation, a corporation, or a college.

NATIONAL MERIT FINALISTS

Denis Agniel	J.R. Strzelec
Jim Fox	Joe Thomas
Brian Guntli	Carl Thompson
Steve Hirsch	Chris Wagnitz
Patrick Hogan	Chris Wojcicki
Justin Luner	Joe Wright
Jim Martin	David Zychinski

LETTERS TO THE EDITOR

Westlund sees Big Brother ending school spirit

To the Editor:

Thinking back to my freshman year at the U. High, I remember everyone's reaction when the STUCO Belly Brigade made their rounds to each homeroom, pumping the student body for the weekend's big events. In a weird way, their topless antics worked, as there would always be a huge turnout, whether it was for a football game or Spring Fling. Through their efforts, I came to develop what I believe is a strong sense of school spirit. Actions like the Belly Brigade, bombardments of flyers advertising social events, or funny impersonations over the intercom livened up the atmosphere.

Something has changed though. These once vivacious halls are under attack. SLUH spirit as we know (or knew) it is under attack. The downfall began with the elimination of the Belly Brigade, reasons unclear. Student Council can still parade through the halls, but with shirts on. Doesn't this small change defeat the purpose of a Belly Brigade? Soon after, STUCO was criticized for its "Ball Till You Fall" advertisement for the Fall Ball. All posters carrying the phrase were removed because a select few had problems with its mistaken message. The Fall Ball was suddenly masked with the euphemized Autumn Social. Recently, student voices heard over the intercom faded because of complaints. During hockey season, an attack was made on conduct at hockey games. Yes, conduct at hockey games occasionally got out of hand, but this problem corrected itself last year. Last week, the long-awaited Valentine's Day collaboration was banned for unspecified reasons. Personally, I can see why the axe was lowered on the joke-filled issue, but a compromise seems more logical than absolute abolishment. Maybe it's me, but little things here and there, previously having contributed to SLUH's tradition of great school pride, are slowly being edited out of our lives.

This letter may seem like another complaint commonly heard in the hallways, but I look at this as more of a realistic perspective. I'm a typical student, involved in school activities, but I do not happen to be a member of STUCO. On the other hand, I've always turned to them for school spirit, but I find this task is becoming harder. For example, instead of listening for elected

officials over the intercom, I now have to seek them out to ask them about weekend activities. How will underclassmen become aware of school events if the mouths of our student body leaders are being taped shut? 2002-03 may be a "guinea pig" year, but as a student I see extreme censorship taking place. Without spirit, students simply have an uninspiring daily routine of getting up, going to school, and going home. As strange as these disposed-of traditions may seem, they're part of who we are as a student community, and to wipe out tradition is no better than running around the building, kicking holes into the walls. Damage is certainly done; only the school can repair sunken-in drywall within days. Past classes have had tremendous success in promoting excitement in the halls. Why can't we? I believe the main source of anxiety within the student body stems from a failure to compromise on behalf of the administration. If negotiations were to take place, the chances are both parties would walk away satisfied. Finding the middle ground seems more reasonable compared to what has already taken place.

I believe these recent changes are part of an effort to promote an elite image a select few deem SLUH should possess, but in trying to advance this superficial standard, the opposite effect has taken place. The effect has become all too obvious. Not only has school spirit suffered, but the well being of SLUH itself is also at stake. Are students sleeping on pews such an eyesore, or does the real travesty reside in what visitors might infer? Why should tour guides at the Open House avoid the side of the building overlooking the alley?

The class of 2003 will be graduating in less than four months, and SLUH's affairs will technically no longer be our problem. My concern is for the classes that follow and for the school itself. In what direction is SLUH headed as a community? Will future underclassmen be introduced to a lively SLUH spirit by upperclassmen? How will upcoming senior classes shape their sense of school spirit? How will they accomplish such a feat with Big Brothers critiquing their every move?

Andrew Westlund, '03

BAKER

(from 1)

tem, the back seat was removed and rebuilt around the amps and subs. The sun visors which had the TVs in them were "ripped right out," according to Baker. The truck has large Superior Sounds and Security (the company that sponsored his system) graphics on it. The sticker may have been a giveaway that his car had expensive electronic equipment, but, by letting them sponsor him, Baker saved money on the system.

It is uncertain what time Wednesday the thieves struck, but it was probably a planned heist, considering the amount of equipment stolen—which would not fit in a car—and the techni-

cal know-how required to disconnect everything. Zarrick suspects that the thieves have stolen from cars on Oakland before.

After the incidents in the alley and this incident, the guard who usually patrols the Oakland lot will be making more rounds in the alley and on Oakland. In the future, Zarrick said, "We are going to be exploring alternatives." Some ideas include more cameras, an updated camera system, and somewhat restricted parking.

However, Zarrick said, "If young men are going to park on Oakland, Brother Thornton Way, or Berthold, they absolutely must not leave anything valuable in sight."

Valentine's issue cancelled permanently

Issue will end after 22 years of publication

Nick Odem
Staff

Last Friday, many students eagerly awaited the SLUH Valentine's Day publication, which has entertained students for many years, but this year it did not come.

Over the past few years, many felt that the valentines had become obscene. Some of the published valentines contained inside jokes that some could take as offensive. Assistant Principal for Student Affairs Eric Clark was upset by the fact that "some of (his) colleagues were made fun of." He was also upset that "young ladies from other schools were sending very sexual (valentines)."

STUCO Moderator Brock Kesterson tried to offer some explanation as to why the issue was cancelled. He said that this year there has been a "focus on (the) respect of SLUH students." Kesterson said, "There

MYSTERY BOX

(from 2)

competition, robots will work in teams of two to push and stack boxes in their scoring zone. The boxes, which resemble large Tupperware items, will have strips of reflective tape on their sides. The team looks to use optical sensors to track and move the boxes even while in autonomous mode. During the competition, the judges will have control of switching between autonomous mode and manual control.

While Burghoff and Luner tried to work out the kinks in the robot's programming, other club members took the robot for several test runs. To demonstrate the robot's power, junior Greg Eschelbach sat in a chair while fellow juniors Frank Havlak and Brad Witbrodt piloted the robot as it pushed Eschelbach across the room. The robot is able to push around four hundred pounds of material.

While a noticeably miffed Burghoff complained about the funky beats of *Shaft* assaulting his eardrums, the group debated over what to name the as-yet-unnamed robot. The "Name the Robot Contest" published in the *Prep News* yielded a veritable cornucopia of names that were interesting, to say the least. Submissions ranged from

(were) some bad, nasty, malicious, mean-spirited things (submitted)."

Originally, the *Prep News* carried the responsibility of printing the Valentine's Day issue. This tradition began in 1980, when three sides of paper were filled with valentines. The 1999 issue had 18 sides, and the 2000 issue had 36 sides of paper. Aside from laying out the gigantic issue, hundreds of valentines would have to be read and evaluated for their appropriateness. Evaluating the valentines was a fairly difficult task because many of the inside jokes could appear benign. Although the *Prep News* edited and cut hundreds of valentines, some inappropriate ones would make their way into the issue, causing serious offense to some students. Trying to create an issue that would not offend anyone began to border on impossibility. According to an editorial in the Feb. 9, 2001 issue of the *Prep News*, "When even one valentine that brings about

suffering is published, the spirit of the entire publication is wasted." STUCO took over the responsibility of printing the issue in 2001.

This year, STUCO wanted to keep the tradition alive, yet they also wanted to make sure that the valentines were kind. Kesterson said that STUCO did "everything (they) could to make it a quality issue." STUCO was also under pressure from the student body to publish the valentines.

Clark explained that the "administration, faculty, and staff" all helped inform this decision to permanently cancel the Valentine's Day issue.

"I completely understand the administration's point of view," Kesterson remarked. He is hoping that the Valentine's issue will eventually "fade out" of memory and won't be a problem anymore.

Clark commented, "It is unfortunate that it couldn't be done in good taste."

the unimaginative ("The Robot"), to borderline inappropriate ("Botulism"), and downright strange ("P. Botdendistel"). The two finalists were "Quicksilver" and "The Six Dollar Burger." After a lot of squabbling, the members declared an uneasy truce and decided on "The Six Dollar Burger."

After six frenzied weeks, the efforts of these students and their fellow team members—senior Bob Purcell, juniors Joe Marincel and Nick Berndsen, two consultants from Boeing, and a smattering of students who dropped by occasionally to offer aid—have finally culminated in the creation of 129.1 pounds of robot. The robot is made mostly of aluminum, but it also contains wood and steel. The team controls the robot with two joysticks mounted on a portable control panel. An aluminum frame rests on four wheels. Each wheel is powered by an individual motor. Luner explained that though the wheel motors are "all independent, we programmed them so that each joystick controls one half of the robot." Two wings stand upright, one on each side of the robot. They fold down to either side to create a wider surface for pushing boxes. A tangled heap of wires sits atop the back of the robot. Though the heap

of wiring may seem incomprehensible to an outsider, the team knows each wire's exact place and function.

One final adornment is a team flag, a foreboding black Jolly Roger. The flag features a menacing skull that sits across two crossed cutlasses, mocking any foe that would dare cross its path. Eschelbach commented that, although FIRST supplied them with a large box of parts, the team "spent almost all of our thousand dollars from NASA" on other parts for the robot.

On Wednesday, once again under the guidance of moderator John Shen, the team finished up the project and packed the robot in its crate to be sent away on Thursday. The regional competition begins on Thursday, March 6, at the Family Arena in St. Charles, Mo. The day will begin with final robot tune-ups and will then progress into preliminary rounds of competition. The regional contest will continue on March 6 and 7. The Robotics Club looks to have fun and try to contend in its rookie year.

Correction

Last week's *Prep News* stated that repairing the drywall would cost \$30-\$40. The repairs will cost \$130-\$140.

Hockey season ends in disappointing weekend

TEAM DEFEATS FT. ZUMWALT SOUTH, LOSES TO DESMET TWICE

Chris Wojcicki
Reporter

The Icebills came into last Friday night's game against Fort Zumwalt South already looking ahead to DeSmet. All it would take was a victory or a tie in the game, or even a win in the mini-game, for the Jr. Bills to advance.

Zumwalt South was not going to be easily deterred, though, refusing to be shut down in the early first period as they had been in the prior game. Junior goalie Charlie Effinger was forced to make several remarkable saves in order to keep them off the scoreboard.

After withstanding the early barrage, the Jr. Bills got their first goal on sophomore Mike Tangaro's rebound off a shot by Howie Place. With just 6:40 left in the first, junior Matt Pijut added to the lead with a backhand just under the crossbar.

The second period was full of Jr. Billiken penalties, resulting in an extended 5-on-3 which was killed successfully. It was not until the end of the period, though, that Tim Mudd was able to strike, extending the lead to 3-0.

In the third period, Effinger again stonewalled the Zumwalt attack, keeping his shutout while Mike Mudd finalized the victory with a goal with just a minute left in the game.

Coming off the 4-0 win, the Puckbills

faced DeSmet in the quarterfinals, with the same two-win format. Just over a minute into the series, DeSmet took the lead on a shot from the point while Effinger was screened in front. DeSmet continued to dominate, but did not score again until the beginning of the second period.

The Spartans proved to be just too much for the Jr. Bills, tying them up in front of the net, gaining rebounds, and screening Effinger. That rebounding resulted in DeSmet's third goal halfway through the third period. DeSmet's final goal, during a 5-on-3 power play, all but ended the game, 4-0.

The Busiebills came into Monday night's game much more motivated. This game was a must-win for the club. Their determination showed, as they applied a lot of early pressure to the DeSmet goaltender. However, none of the shots snuck through. DeSmet got on the board first, following a Jr. Bills' turnover in their own end. The shot from the point went in, no doubt due to the chronic traffic in front of Effinger.

The second period opened with another DeSmet goal in front of the net, making the score 2-0. At this point, things began to look bleak for the Jr. Bills club. A tie would not be enough to ad-

vance to the mini-game. They needed a win.



Tim Mudd (#18) shoots over a Ft. Zumwalt South defender's stick.

Another DeSmet goal halfway through the third period basically put the game out of reach for the Jr. Bills, and their 2-on-1 goal with a minute left ended any hopes of the Bills advancing. While it was a valiant effort, the team still fell, 4-0.

After the game, coach Charlie Busenhart commented that he was proud of the way the team played, but DeSmet just got all the breaks. He was very proud of the team's overall performance during the season as well.



Mike Mudd (#6) and teammates celebrate Matt Pijut's first period goal against Ft. Zumwalt South Friday night.

HOCKEY BY THE NUMBERS

Record: 16-6-2 (not including Tournaments)	
Goals:	
Matt Pijut	23
Tim Mudd	17
Assists:	
Brad Naert	19
Goals Against Average, Team: 2.00	
Goals For (GF):	98
Goals Against (GA):	45

Wrestlebills send seven wrestlers to State

Mike Smallwood
Reporter

At some point late in the season, a wrestler's focus must turn completely to his personal achievements—his advancement into the state tournament. This past weekend, the Singlebills qualified a school record seven wrestlers to the tournament.

Coach Tim Curdt was not merely "ecstatic with the seven that qualified," but also with the fact that "other guys had great shots as well."

Sophomore Phil Clerc (112) will be gaining some early experience in the State tournament since he came from behind in his semifinal match against a tough DeSmet wrestler to qualify. Two weeks earlier, the Spartan wrestler had pinned Clerc, but with the chance of going to the State meet on the line, Clerc stepped up with two aggressive reversals and then a takedown

in the third period to triumph, 15-11.

Rob Nahlik (119), who has been the team's immovable example of dedication and leadership throughout the year, blew away his first two opponents, pinning them both. However, in the finals he faced off against a three-time State placer who is



Sophomore Phil Clerc (right), squares off against an opponent. Clerc is participating in the State meet, which began Thursday and ends today.

expected to be the state champion in his weight class. Nahlik simply shrugged off

any intimidation he might have felt and instead went onto the mat to wrestle aggressively. Although Nahlik lost 12-6, this type of match will be important for Nahlik. According to Curdt, "He can't just be happy to be (at State)...He can't be surprised to win."

Also qualifying was junior Nick Born (125). He suffered a tough 7-5 overtime loss in his semifinal but came back to win his final match, claiming third.

"He wrestled pretty tough and that's important for us because he will have to be one of our leaders next year," said Curdt.

Justin Clerc (140) will return to the State meet for the second time after a decisive victory over an opponent from CBC to whom he had lost just a week before at Districts. With his pin at 3:42, Clerc guaranteed himself a return to State.

Chris Wagnitz (152) will also be returning to State, this time as a Sectionals winner. His toughest match, like Nahlik's, came in the finals. He faced off against a DeSmet wrestler who had beaten him at

see SEVEN, 7

Basketbills go 0-2 against MCC competitors

Kyle Poelker
Reporter

With their first win in three games last week at Mehlville, the Basketbills looked this week to build on their most immediate success, trying to get their first MCC win since a 57-54 upset victory against DeSmet on Dec. 20. And for all but the last 1.6 seconds of their game against Vianney on Friday, it looked as if they would break their three-game MCC losing streak.

The Jr. Bills came out hot on Friday, blitzing Vianney in the first quarter of the game behind the heroics of point guard Jason LaFlore. LaFlore hit several threes in the first quarter and, combined with the efforts of his teammates, took an 18-9 first quarter lead over the Golden Griffins.

But early success would not be duplicated in the second quarter. Vianney

made a run and overcame the Jr. Bills' lead. Scoring less than half of their first quarter total, the Jr. Billikens fell behind 30-26 at halftime.

The resilient Jr. Bills came out of halftime and Phinney Troy and Pat Ostapowicz opened up the half in high fashion, tying the Griffins at 30.

However, the Griffins began to pull away towards the end of the third quarter, ending with a 44-38 lead.

The beginning of the fourth quarter brought much of the same for Vianney, who further stretched their lead.

Despite this fact, the Jr. Bills showed some serious gumption and began a run that would take them to a tied score with five seconds left in the game.

A key three by junior Andy Lowes, along with another one of LaFlore's five three-pointers, started the Jr. Bills' run that concluded with two LaFlore free throws to make it a tie game with 1.6 seconds remain-

ing, and overtime seemed as if it would be the game's deciding factor.

Of course, the most reasonable things aren't always the answers. With Vianney bringing the ball up the court, a ticky-tack foul on LaFlore sent Vianney point guard Paul Paradowski to the free-throw line.

Paradowski hit one of two, and the Jr. Bills weren't able to convert on a desperation chance, and the game ended with a 58-57 Jr. Bill loss.

LaFlore finished with 19 points, going five of nine on three-point shots.

While a solidly played and exciting game, "It just wasn't good enough," junior Chris Luth said. "We put on a hell of a run at the end, though."

So with a moral victory in place, the Jr. Bills had to get ready for another tough MCC challenge against the Metro top-ranked Chaminade Red Devils. It seemed as though the Jr. Bills were well prepared

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MCC

(from 6)

for the task at hand.

This game was another in which the Jr. Bills came out on fire. In the first two minutes of the game, the Jr. Bills hit two triples, and Ostopawicz added a third at the 3:07 mark to take the lead, 11-8.

The Basketbills continued their tear when Lowes hit his second three of the quarter, and then junior Jeff Milles added the quarter's fifth trey with three seconds left in the period to give the Jr. Bills a 19-17 lead.

The hot streak continued in the quarter, with LaFlore and Andy Lowes hitting threes in quick succession to put the Jr. Bills up.

But despite the Jr. Bills' hot streak, the Red Devils were able to counter every step of the way, and they ended the half with a 31-26 lead.

The third quarter was stagnant on both ends of the ball, and the Jr. Bills and Chaminade traded baskets that led to a 43-38 lead for the Red Devils.

The beginning of the fourth quarter was do or die for the Jr. Bills, and they chose do.

Junior John Kaminski used a power post move to score a layup which was

followed by a Jason LaFlore three that pulled the Jr. Bills to within two of the area's number one team. But this was the closest that the Jr. Bills would get to the Red Devils, and they were held in check for the rest of the game, coming no closer.

The game ended with a 60-48 loss at the hands of the Red Devils.

Commenting on the game, Lowes, who led the team with 13 points on the night, said, "We felt the only way to keep up with (Chaminade) was to shoot well. I was open, and then I shot." On the breakdown of the team near the game's end, he said, "They hit some big threes that just put us down."

Junior center Chris Luth echoed Lowes's sentiment, saying, "It was another game that we let slip away."

The Jr. Bills have one last chance in the MCC to not let the games "slip away." They play the DeSmet Spartans on Friday at SLUH at 7 p.m. The game is to be immediately followed by the STUCO produced talent show to benefit the Kids with Cancer foundation. The basketball team encourages all to come to the game and then egress to the talent show in the nearby theatre to help support a truly good cause.

SEVEN

(from 6)

the SLUH-DeSmet dual meet. However, Wagnitz came out victorious this time around with a 7-4 decision in which he controlled the entire match.

John Kister (171) overcame a Chaminade opponent that had beaten him once before to get himself into the state tournament.

Rounding out the group of seven that will be going to Columbia this Thursday and Friday is John Stathopoulos (275). After a disappointing loss in the first round to an opponent whom he had previously beaten, "He got his nerves worked out, and we saw the real (Stathopoulos)," said Curdt. Stathopoulos would end up beating this opponent once more in the finals by a score of 7-4 to claim a third-place finish.

It was overall "a great weekend for us," Curdt said excitedly. It surely promises to be an even more exciting weekend as these seven wrestlers battle the 15 other top wrestlers in their weight classes from around the state. They are already in the group of elite wrestlers and they can become State placers from here.

FAR-AWAY

(from 2)

diminished somewhat following September 11th. "After 9/11, places we were usually able to get to had been restricted," Wilson said. "There are now restricted areas (in Washington, D.C.) in which students are no longer allowed."

Fellow American Politics teacher Steve Casey concurred with this assessment. Casey said, "You cannot take a tour of the White House."

This year, Wilson was once again forced to cancel the trip due to a lack of student interest. Wilson and Casey offered several explanations for this. First, there is the obvious factor of missing a week of school. Casey believes this is a big factor at SLUH, where some students are even "afraid to go on retreat because they don't want to miss school."

Second, the Close-Up trip is just one

of many opportunities that SLUH students have for off-campus trips, and Wilson believes, "A lot of students are taking those other options." Casey also worried that the Close-Up trip may not seem as attractive an option as others to students wanting to take a trip with the school. Casey connects this to a problem he has often seen in his students here at SLUH. "I think young people have a feeling of alienation from political affairs," he said. "There's this feeling that 'my vote doesn't matter.'"

Finally, both Wilson and Casey believe that the issue of security remains a major concern for many students and parents.

SLUH has participated in Close-Up for a number of years. The Close-Up trip is handled by the History Department, which rotates the moderator every few

years. The trip is open to sophomores, juniors, and seniors. Wilson describes the Close-Up trip as "a trip to Washington, D.C., to see how government works in the Beltway."

Wilson, however, is optimistic regarding the future of Close-Up here at SLUH. "We are hoping to try (the trip) again next year," Wilson confirmed. "If not," he went on to say, "(the History Department) will try to plan a similar type of trip that we ourselves organize."

Casey, who attended Close-Up when he was a senior in high school, also expressed his hope that Close-Up would continue to be offered at SLUH. "One of the neatest parts of the trip that I think people don't recognize," he said, "is mingling with people from all over the country, and even all over the world, in the lobby of the hotel you live in for a week."

VICTORS

(from 1)

places sixteen through nine while the Championship heat is for positions eight through one. Any given swimmer may only move up or down within the heat he is placed in for the final meet, not out of it. Each individual swimming and diving event is worth 20 points for first place down to one point for sixteenth. Relay races count for double the individual point amount.

The preliminaries last Friday created a stir of excitement within the team. The team lacked individual top three finishes, yet had multiple top sixteen placements. Coach Fritz Long and assistant coach Jim Knapp, S.J., worked out the numbers and realized things looked really good for the following day's State meet.

Relays gave the Jr. Bills a major advantage over other teams at State. SLUH placed second to Parkway South in both the 200 medley relay and the 400 freestyle relay and won their only first place slot in the entire meet with their 200 freestyle relay, beating out Rockhurst. These three finishes netted the Fishbills 108 points alone. Each of the races was pretty tight, as all were won or lost by about one second.

"Our relays were huge. They did what they needed to do," commented Knapp.

The widespread individual contribution by swimmers also contributed to the team's success. The brothers Heafner, senior Tom and sophomore Tim, scored the team 28 points apiece, with each making a fourth and sixth place finish in four separate events. Juniors Kurt Doll, Nathan Harris, Gabe Toennies, and Nick Konczak earned 22, 19, 16, and 14 points respectively and each scored in two events. Sophomore Adam Trafton joined in on the scoring frenzy, adding his own three points to the mix by placing 14th in the 200 freestyle.

"It was a team effort where everyone swam well. We didn't have a (Michael) Woodson like (Parkway) South or a (David) Zenk like MICDS. We had lots of individuals step up to make it happen," said captain Kevin McEvoy. "Because we didn't have one sensational star, we went in appearing as an underdog but came out as top dog."

The Jr. Bills first-place finish is their best since 1977, when they finished fourth. It is their second state title of all time; the first was in 1956. Back in 1956, just 11 years after World War II ended, the swim

team won all five of its dual meets and the Normandy relays, under the direction of Tom Kelly, S.J. and assistant coach Alex Ikeda. The meet was held at Washington University and the Jr. Bills won with a score of 57 points over Principia's 27. It was the first year the 200 medley relay was swum, and the team set the record that year with a time of 2:04.5. This year in State, the Splashbills swam the same event in a time of 1:39.64.

"It is funny to think that the last time we won State was the year my own father was born," said Nic Rottler.

This year's being Long's first as head coach of the team after former coach Terry Murray took a position at MICDS adds to the impressiveness of the team's winning its first state title in 47 years.

Long said, "The guys not only worked hard and made sacrifices, but they trusted me, listened to my coaching, and believed in what I told them. This is what it got us."

Murray commented that he "was proud of their accomplishment," adding, "Coach Long did an outstanding job getting this group prepared to win. Watching them on Saturday, I was most impressed with how

relaxed the team was and how each swimmer had their best meet. (This attitude) says a lot about Coach Long."

Physics teacher Paul Baudendistel, who helps with the swim program at home meets, was unable to attend the State meet because he was getting married at the commencement of the finals. Jokingly stealing some credit, however, he was "glad to be able to inspire the boys without even being there."

With the lane lines wrapped up, blocks aside, and flags down, the team is undoubtedly pleased with their 2003 Missouri state swimming title. With this year's success, it is hard not to look to next year with hopes of turning the team into a new dynasty with multiple repeats. Judging from the number of juniors scoring points individually and the team's losing only one senior who scored points in individual events (Tom Heafner), things look promising for next year. The Fishbills are hoping for the talent that is there to continue to grow and new talent to arise. For diving, they are hoping a couple of individuals step up and score points next year under the direction of Long and Knapp.

"As far as I know, I'll be back," said Long.

CLARK

(from 1)

"I thought it was one of our students at first. I thought he maybe needed a ride," she continued. Soon after noticing the person, the situation turned curious.

"I see this kid throwing a rock. I said 'What are you doing?' And he just looked at me," she said. The vandal was soon joined by four other boys who were nearby. After this, the incident seemed over. Aliste remarked further on the boys' demeanor: "The only thing that struck me was how calm they were."

Aliste went to the switchboard and alerted Clark of the disturbance. Once Clark realized that the rear-driver's-side window was broken, he set out after the minors on foot: "I chased them all the way up to Forest Park...past Macklind." Clark, however, "didn't want to confront them off (of school) property." Clark was on the phone with the police as he pursued the suspects, trying to let the police know of his location so they could help. "I didn't want them to split up in five different directions."

Clark had a plan so as not to be spotted

while trailing the suspects: "Every time they turned around, I just acted like I was getting into a car."

Clark became frustrated because the police were nowhere to be found. "I just went up and stopped them past Forest Park Community College," he said. Although the pursuit went on for quite some time, Clark said, "I probably could have caught them earlier." Once Clark had the perpetrators in hand, "The police took them into custody, questioned them, and are investigating (the incident)," he said.

This last incident in the alley has led to some changes in the security procedure. "Instead of being primarily on the Oakland side, the guard is going to be, for a short time, in the alley just so the bad guys can see that we have somebody there," Clark explained.

The damage done to Clark's Camry is estimated at \$246. Clark expressed his feelings about the recent rash of break-ins: "As disappointed as I am when any break-in happens, I'm really disappointed about this one."

Teenage weightland: food and health

W. David Mueller
Core Staff

According to the National Institutes of Health, the United States is the fattest nation in the world, and St. Louis is the second fattest city in the country, bested only by Houston. A report from the National Center for Health Promotion and Disease Prevention (NCHPDP) says that people who are 30 or more pounds overweight lose roughly seven years off their lives. Overweight people are more prone to a hereditary predisposition towards diseases such as diabetes, heart disease, cancer, stroke, circulatory problems, arthritis, and kidney disease.

Today's eating habits have created an obese culture, which starts with the youth of America, who are steadily becoming heavier. According to the Centers for Disease Control and Prevention, the average weight of Americans is increasing two pounds a year. The younger generations are putting on extra pounds as their metabolisms decrease. Teens that have bad eating habits will most likely continue with those habits as they pile up the pounds.

The most important element to a person's weight is what he or she eats. Stephanie Brusca, Director of the Diabetes program at the John Cochran V.A., said, "It's at the center of your health." Even those athletes in first-class condition who overeat are subject to disease. The opposite is also harmful. "Starving yourself unnaturally is unhealthy and destructive to the body," said Brusca, "especially with males because their metabolic growth is high anyway. (They) need to eat more calories."

According to an NCHPDP report, for a man 5'8", a healthy weight is 164 pounds or less; for a man 5'11", a healthy weight would be 179 pounds or less; and for a man 6'2", a healthy weight would be 194 pounds or less.

The easiest way to become overweight is to consume a high fat count. "Only 30 percent of a diet should be fat, and five percent from saturated fat or fat from animals, like cheese, milk, butter, eggs, meat, and cream," said Brusca. The suggested daily consumption of fat is 65 grams, and 20 grams of saturated fat. By keeping his or her fat content down, one prevents a lot of the fat from going to cholesterol deposits in the arteries. This problem, once thought to be a disease of old age, has now been found, through autopsies, to start very early in the human life cycle. For all these reasons, Brusca stressed, "Everybody needs to be taught about nutrition."

Brusca said that one place about which people need to be informed is McDonald's. There is a high amount of saturated fats in the McDonald's super-sized french fries, which have 610 calories, including 29 grams of fat and five grams of saturated fat. Considering the suggested calorie intake (from NCHPDP) for most active men of 2400, a super-sized fry order comes to roughly one fourth of the suggested calorie intake for the day; the numbers don't include the sandwich and soda which would probably accompany the fries. The fries have nearly half the daily

recommended fat count and one fourth of the recommended saturated fat count.

Health teacher Scott Gilbert said it is possible to eat well at a fast food restaurant; people just need to make good decisions. He also said, "We dedicate a chapter to weight management (in Health class). We do a lot of education on being overweight. We talk heavily about the nutritional value of foods: (carbohydrates), fats, proteins, etc." The class also learns that the other 65 percent of energy from one's diet should come from carbohydrates and proteins, 300 and 50 grams, respectively.

The class also discusses the food pyramid, which according to Brusca, "keeps changing." She continued, "The most important (category) used to be the starches, and now dietitians are rethinking that." Nevertheless, the pyramid now suggests 6 to 11 servings of starches, 3 to 5 of vegetables, 2 to 3 of fruits, and 2 to 3 of both dairy and meat products. At the smallest region are the fats, which the pyramid suggests to use sparingly. "One thing we stress," Gilbert said, "is to know how to read labels. A serving size is not always what you think. It's almost never the entire box of cookies or the whole bag of chips."

One has to look at the serving size carefully; it cannot be taken for granted. An Oreo cookie has seven grams of fat per serving size, 11 percent of the suggested daily value. However, the serving size is three cookies in a package of 14 cookies. Another example of serving size confusion is a 20-ounce bottle of Gatorade, which contains 2.5 serving sizes.

The most common deficiency in teens is a lack of vitamins and minerals like Vitamins A, B, and C, along with iron and calcium. A lack of iron produces fatigue. For more energy, protein is needed. The results of not having energy are multiplied in teens, who have an increased demand for energy, vitamins, and proteins because of their higher metabolisms and their physical and chemical changes.

Gilbert said that he knew the kids in his classes were not eating as healthily as suggested, and that it comes down to food choices in places like the cafeteria that make the difference.

Are SLUH students making health conscious choices? Are students aware of the implications of such choices? Where can better choices be made at SLUH?

Most students do not make the nutritionally conscious choice. Sophomore Timothy Weir said, "I would say that (the class) hasn't changed my views on health... It was only a quarter long." He went on to say that the Health class did not make him conscious of his food choices any more than before: "Occasionally I try to get whatever is healthy (in the cafeteria), but most of the time I just get whatever I want."

Sophomore David Schwarz agreed: "I don't think I make good decisions about (the food I pick in the cafeteria)."

Freshman Geoffrey Miller, however, said that he has changed his mind about Health and decisions since taking the health class.

The cafeteria is run by Food Service Inc., which is headed at SLUH by Kathy Hylla. Gilbert said of the cafeteria, "My opinion is that there is a lot of fried food there like corn dogs, pizza, and

by Brian Fallon

Calendar

Feb. 21-Feb. 28

FRIDAY, FEB. 21

Schedule R
 All-Star Faculty BB vs Juniors @ AP
 B BB vs De Smet @ 5pm
 V BB vs De Smet @ 7pm
 WR @ State TBA thru 2/22
 Talent Show @ 8:45pm
 Bosco Sticks & Little Charlies

SATURDAY, FEB. 22

Muny Auditions
 BB @ Districts thru 3/1

SUNDAY, FEB. 23

Family Mass @ 9:30am
 Muny Auditions

MONDAY, FEB. 24

Special Schedule
 College Visits:
 Creighton University @ AP
 Junior Retreat through Wednesday
 Belifino Pizza

TUESDAY, FEB. 25

Schedule R
 College Visits:
 Missouri, University of Rolla
 Bosco Sticks & Pasta

WEDNESDAY, FEB. 26

Schedule R

College Visits:

Missouri, University of St. Louis-
 Honors College @ AP
 Freshman Class Liturgy @ AP
 Senior Tux Measurements @ AP
 Garlic Cheese Bread & Wings

THURSDAY, FEB. 27

Schedule R
 Senior Tux Measurements @ AP
 Onion Rings & Pizza

FRIDAY, FEB. 28

Schedule R
 Pretzels & Little Charlies

SKINNY

(from 9) burgers, but there is also that salad bar." He continued, "My overall feel is that there is room for improvement." Gilbert also said that it is possible to eat healthily anywhere, like at a fast food restaurant, but the consumer must make health conscious choices.

Hylla reiterated his comments and added, "(This is) like any other facility. If you don't offer what people will buy, then you are spinning your wheels." She said, "(For) most products that we have, (the nutrients) are on the labels." However, Food Service Inc. is not federally funded to serve SLUH; therefore, they are not required to have nutritional facts readily available. However, Hylla stressed, "There is a nutritional value in meats and cheeses as well as salad and fruit," all of which the cafeteria provides.

Hylla maintained that Food Service Inc., "is pretty health conscious." She said that they serve not only hamburgers, corn dogs, hot dogs, grilled cheese, doughnuts, chips, and candy, but also salad, fruit, yogurt, soup, and milk. They also have a deli bar. She commented, "At high school you have an option...(The healthier foods) are there every day; you just have to look for them."

In the front of the cafeteria, where the

food is displayed, many of the fatty, saturated, and sugary items are placed either at the checkout line or in the center under lights. Hylla says it is a misconception that Food Service Inc. has purposely designed the display to attract students to what are considered the unhealthy choices. There was a remodeling of the cafeteria and now "things are put in places according to electrical logic," Hylla said. She continued, "The deli bar and salad bar are where they are because there is no electric needed." If things were rearranged, there would be price increases to compensate for the new electrical bill, raising the cost of salad from 35 cents an ounce.

Other issues in the cafeteria are the drinks provided. "There is nothing in soda," said Brusca, "only caffeine, calories, and carbonation." Since caffeine is a diuretic, it makes a consumer thirstier and hungrier after consuming it. Brusca suggests water, skim milk, and non-caffeinated beverages, but she also suggests to be wary of juices; she said to check the labels for fat content and other potentially harmful ingredients. Some juices may just be sugar water with no fiber or nutrients.

The drink most prominent around SLUH is Pepsi. The school has a contract with Pepsi right now, the contents of which

cannot be disclosed according to the contract, to sell only Pepsi products. Food Service Inc. furnishes the machines, and Vice President of Administration Brian Sweeney said, "People from Food Service took a look at traffic (around school) and planted them accordingly." SLUH is the indirect benefactor of the soda machines via revenue sharing. Pepsi won out in a 1998 bidding war between Coca-Cola, because, as Sweeney put it, "Pepsi provided hard dollars."

One question raised for SLUH in particular is: "Do we have a moral obligation to respect our bodies and eat well?" Theology teacher Charlie Martel said, "I think we have a moral obligation to maintain our health...not only for the sake of yourself, but to be an example for others."

Brusca agrees, "The young generation looks to its parents as examples, and the habits they start now will probably continue throughout their lives."

PN Nightbeat**NAHLIK DEFEATS STATE CHAMP**

Thursday night in Columbia, Mo., wrestler Rob Nahlik (119) defeated defending state champion Chris Beutler, from William Chrisman High School. Nahlik moves on to the quarterfinal today.