

# Prep News

*"If nothing else, value the truth"*

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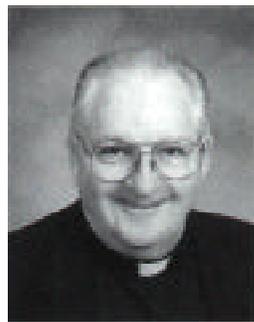
## Hadel, Houlihan celebrate 50-year Jubilee

**Geoff Brusca**  
Editor

The year 1952 marked the election of Eisenhower, the post-World War II American prosperity, the invention of the polio vaccine by Jonas Salk, and the beginning of the Jesuit careers of Ralph Houlihan and Dick Hadel. On Sept. 22, the Jesuit community of St. Louis celebrated the anniversaries of the start of Jesuit service for 22 priests, including Hadel and Houlihan, each for 50 years, and Martin Hagan, who celebrated 65 years in the order.

The Jubilee Mass was celebrated by Provincial Frank Reale, S.J. at St. Francis

Xavier Church at Saint Louis University. The choir was comprised of Jesuit scholastics, and about 650 people attended. A reception was held afterward in a SLU ballroom for friends and relatives of the Jubilarians.



Fr. Houlihan, S.J.

"The nicest thing for me was celebrating this with so many of my SLUH friends and family," Hadel said. "I was overwhelmed by their kindness, by their affection. You forget how many friends you made during your time here."

After the formal ceremonies,

Houlihan had another party in the Danis Lobby; Hadel had had his earlier in his hometown of Kansas City.

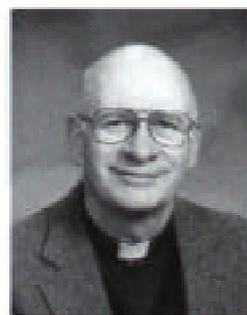
Houlihan recounted some of the work he has done in his time as a Jesuit: in addition to teaching the classical languages

and theology in which he was originally trained, he was also a school administrator for 26 years, including stints as the principal of SLUH and DeSmet, and president of Regis High School in Denver.

"Most of us don't think about the jobs we're doing, they just come to us," he said.

"I never intended to (work in administration); it all happened because of a need

see JESUITS, 12



Fr. Hadel, S.J.

## Sharon Byrd hospitalized for aneurysms

*Custodial Supervisor Dee Byrd's wife in stable but critical condition*

**Matt Hoffman**  
Editor in Chief

Last Thursday morning, Sharon Byrd, wife of Custodial Supervisor Dee Byrd, checked into Barnes-Jewish Hospital for a CAT scan, which subsequently revealed three brain aneurysms. One was immediately removed, another was removed Monday, and the last aneurysm cannot be removed.

The previous day Sharon Byrd had passed out and hit her head from accidentally inhaling fumes as she was doing laundry. Sharon Byrd lay unconscious for a short period of time until Dee Byrd and one of their sons found her with what Dee Byrd called "a huge bump on her head" and rushed her to the emergency room.

A CAT scan to check for possible head trauma as a result of the fall revealed three previously undiscovered brain aneurysms. A brain aneurysm, or a Berry aneurysm, is a weakening of a blood vessel in the brain, often the result of a genetic disorder, which causes the vessel to balloon with blood. Depending on the aneurysm, blood could continue to flow normally; however, if untreated, the vessel often bursts, or hemorrhages. Some people live a majority of their lives with brain aneurysms, while others die immediately as a result of a hemorrhage from a bursting aneurysm.

Brain aneurysms are somewhat unpredictable and not always treatable. "Whether or not an operation is possible really depends on the situation," said Carol

Bobnar, M.D. If the aneurysm is too deeply embedded in the brain, the operation to remove the aneurysm could be more dangerous than leaving it alone and hoping that it does not burst.

If an operation is necessary and possible, the blood vessel will be blocked using a process called coiling, which is basically wrapping thin wire around the vessel to prevent the blood vessel with the aneurysm from transporting any blood to ensure that the aneurysm will not burst.

However, according to Bobnar, "There isn't a lot of extra blood flow (in the brain)." Some blood vessels cannot be blocked off because they are the primary providers to parts of the brain. Consequently, aneurysms in these vessels can-

see BYRD, 12

# School looks to cut paper consumption

**Patrick Stephens**  
Core Staff

After President Paul Sheridan, S.J., asked faculty members last year to offer ways to reduce expenses within their departments, French teacher Dick Keefe made one not-so-obvious suggestion that could be practiced throughout the school: to conserve paper. Keefe, who formerly ordered paper for SLUH, stated that although teachers and students don't intend to waste paper, much consumption of paper around the school is wasteful.

The volume the school uses is larger than one might think. Under SLUH's current contract for 500 cases of paper each year, SLUH consumes 2.5 million sheets per year through its six copy ma-



Still life of paper, recycling bin.

chines, two risographs, and various printers. The contract costs the school somewhere between \$10,000 and \$12,000 each year. According to SLUH's Vice President of Administration Brian Sweeney, although paper is not one of the major yearly expenses of the school, it is still significant in the long term.

Keefe does not blame teachers and students for the large consumption of paper because, he says, "We can't help it." Keefe, however, wondered, "Have we ever really looked at this issue to see if reasonable economies can be made?"

Keefe stressed that no blame should be placed on any one group or individual for the problem because we have "lulled ourselves into unawareness."

Keefe noted as an example the exces-

sive use of paper for daily quizzes, but said the problem is not limited only to faculty members. Keefe also said that one of the problems that has arisen in recent years is the increase in computers the school uses. Putting more computers in the computer lab in the writing lab on the second floor, and in the library has given students more access to computers, but with that advantage comes the access to even more paper. Students' printing web and homework assignments at school increases the amount of paper used and increases the cost to the school.

Spanish teacher Kevin Moore echoed Keefe's concern and cited the use of transparencies as a more cost-effective alternative to paper usage during class. Moore said teachers could be using one transparency, which costs 25 cents, as opposed to making 100 copies of something, which he claims wastes more time, paper, and money. He said, however, that **see THE WHITE STUFF, 4**

## Wellness assemblies begin

*Drinking, drugs are discussed*

**Denis Agniel and Brian Kane**  
Editor, Core Staff

This past week saw the start of St. Louis U. High's wellness movement for the 2002-03 school year, with an all-school assembly during Friday's activity period and a parents' meeting on Tuesday evening.

The focus of Friday's assembly was to introduce SLUH students to the STAR (Supporting Teens At Risk) group, founded by Frank and Betty Nally.

Wellness Moderator Craig Hannick opened the meeting by announcing the distribution of wellness manuals in October, and encouraging students to become actively involved in the wellness movement. "When we had our Activities Fair meeting the other day, we had 135 kids sign up. What I would like to see is 1035 kids, which is our student body, as part of wellness," he said to the students. "Every one of you, no matter what your history is, can be a part of wellness," he added.

Josh Smith, a junior at UMSL and recovering drug addict and alcoholic, shared stories of his past experiences with drugs and alcohol. The topics included the easy accessibility of marijuana for teens, and how he fell into addiction. "Everything pretty much started to slide," he cited as a reason for seeking help.

Tim Ezell, a local news personality from Fox 2, also spoke. He discussed the consequences of alcohol abuse and told of his own recovery. In response to the belief that alcohol makes weekends more fun, he said, "Not fun is waking up and having the phone ring and being afraid to answer it because someone's going to tell you what you did that night before.... I lived in fear of that phone on a regular basis." He also stressed the need to seek help from family and friends to fight substance abuse problems. He closed by noting the miracle of his life: "By the grace of God, I'm not dead or in prison. Because I should have had an accident."

**see MOVEMENT, 6**

## Students discuss alternatives to war on Iraq

**Tim Friese and Joe Thomas**  
Reporters

When most SLUH students think of a Friday night spent in a room packed well past fire capacity, their thoughts turn to fond memories of the STUCO Back to School mixer. But Paul Barker, Jack Buthod, Tim Friese, Joe Thomas, Joey Mooney, and faculty members Rob Garavaglia, Bryan Mueller, Joe Koestner, Terry Quinn, and Brian Christopher, S.J., spent last Friday night listening and participating in a discussion of alternatives to the war on Iraq.

The event billed itself as a "town hall meeting" and followed that model. The meeting was centered around possible United States military action in Iraq. The **see ALT, 5**

# COMMENTARY

## What do we value as service?

**Dan Sinnett**  
Core Staff

Two weeks ago, I had a conversation with a SLUH faculty member. Together, we came to the conclusion that service must be a part of a SLUH student's life. However, we differed on the definition of service. This faculty member expressed regret that a SLUH student couldn't fit homework, after-school activities, and service into a jam-packed schedule. I feel that after-school activities, when done with the correct attitude, are legitimate contributions to the school and constitute acts of service. Unfortunately, when I brought up my opinion to the faculty member, she vehemently disagreed.

The question that came to mind, and that SLUH, as a community, must answer is: What do we value as service? Service is a vague idea. This faculty member, and others around SLUH, believe service happens only in the deliberate and organized helping of those who are underprivileged. Can activities such as theater, *Prep News*, art, or sports be considered service? Some argue that because such activities involve little selflessness and quite a bit of personal glory, they can not. A person seeking

glory in life is not serving the community. A person who seeks to improve the community through his actions, however, is service-minded. An athlete who works out fervently in the offseason to develop skills that God gave him is service-minded, just as one who works to put on a show or write an article or feed a hungry mouth.

As students at a Catholic high school, our goal is to have a life rooted in service. This objective can be accomplished without taking part in organized service. As long as a student keeps a spirit of selflessness in all of his activities, his life is one of service, regardless of which activity he chooses. It is not our job to criticize whose talents better serve the community. It is our duty to be thankful for all people who work to serve the community.

The SLUH community is both large and diverse. Every member of SLUH has been given great gifts to use as he or she wishes. These gifts, when used in an evil, counterproductive way, are wasted. When a person recognizes his gifts and makes the choice to develop them in a non-destructive manner, service happens. The SLUH community must begin to recognize service in a broader sense, a sense that includes the broad range of talent present at SLUH.

## LETTERS TO THE EDITOR

### STUCO! Sets Spirit Week agenda! Prepares for tomfoolery!

To the Editor,

Hey everybody, it's us again, those dashing, strikingly handsome TV stars from "The Bachelor" (Your STUCO)! We just wanted everybody to know about the upcoming Spirit Week to fix the lull in attendance! We noticed the problem when our only fan was Mr. Woodworth! "Mr. Who?" you ask!! Exactly! And then Sprint showed up to record their commercials at our stadium—they needed to hear a pin drop! That's when we hit rock bottom!

We wanna start the week off strong! Monday is the world-famous-no-undershirt-dirtball day where all you Bills will wear your favorite collared shirt without a "T"! During Activity Period, STUCO will host its Nth annual eating contest, featuring Reigning Champ Dr. Finan (accompanied by Big Mr. Barton), who will put his title on the line against 10 other hopefuls (two from each class and two from STUCO)!

Tuesday picks up right where Monday left off! Crazy Clothes day will be in full effect! Seriously!?! Does the fun ever start!?! Er...uhm..stop!?! NO! Dress to impress because the Science Department will be judging the best from each homeroom during Activity Period! Wednesday is Flannel Shirt day with a culmination of modern art and pork through dance—Wet Billies!! Next is Jersey Thursdee! Wear your old Jose Oquendo and Garth Butcher jerseys (but remember to have your collared shirt on

underneath)!! You can kill two birds with one stone if you'd like by wearing those swell Darryl Doran and Gooner International Soccer Jerseys!

Friday is the peak of the week as we steamroll into Blue and White day! During activity period, STUCO will host another press conference in the cafeteria, an intellectual debate between a Gifted Griffen and a Brilliant Billiken to discuss modern appreciation of the Gridiron and the morality behind taking a shower once a day! A SLUH-B-Que will take place after school, and you don't want to be the only kid in red!

Remember J. Bills, crank up that spirit for next week, cuz there's gonna be a whole lotta shakin' goin' on.

Sincerely,  
STUDco

### *Quote of the Week*

*"Who's there?"*

-Bernardo, *Hamlet*

# Rosenberg publishes article in *America*

**Joel Koehneman**  
Reporter

After three and a half years of research on Karl Rahner, S.J., and Hans Urs von Balthasar, S.J., and an independent study of the two at Aquinas Institute of Theology, theology teacher Randy Rosenberg wrote an article on how the two modern-day theologians' ideas fit together.

Many experts in theology seem to think that Rahner and Balthasar had conflicting opinions, but Rosenberg saw similarities in their ideas, especially in the setting of a high school theology classroom. So one August day Rosenberg sat down and wrote his article "Rahner, Balthasar, and High School Theology." His article was published in the Sept. 23 issue of *America*

## WHITE STUFF

(from 2)

if passing out paper for class purposes is necessary, that teachers should use both sides of the sheet and use the same hand-outs every year.

However, students' printing off assignments at school is only one small area of paper use in the school. One of the biggest paper consumers is the *Prep News*. Last year the newspaper used approximately 227,000 sheets of paper. This estimate doesn't include all the papers during editing each week.

SLUH mailings, including report cards, Mothers' and Fathers' Club letters, alumni updates and newsletters, and general information mailings, also constitute a large part of the paper budget.

Vice President of Advancement Thom Digman commented that even though these mailings are necessary, he is concerned about the amount of paper used in each mailing. He's trying to consolidate mailings and information to cut back on the problem.

When reviewing her own budget, Principal Mary Schenkenberg noticed that paper consumption is one of the heaviest expenses of her office. At a department head meeting, Schenkenberg raised the issue and encouraged faculty members to

magazine, a weekly Catholic publication edited by Jesuits.

Rosenberg assigned his junior theology class a "Who is Jesus?" assignment, and after reading one of his student's essays, he saw how Rahner's and Balthasar's ideas worked together in class.

Rahner believed that every person is searching for the truth or God. By asking questions, people are trying to find God. Balthasar, on the other hand, sees God in everything, for example beauty and everything in nature. Rahner follows his head to find God, while Balthasar believes in following the heart.

Rosenberg said that many high schoolers go through a "messy journey of faith," and his goal is to help students and teachers deal with the questions. He wrote the article so he "could help teachers" see what high schoolers are going through.

be especially "prudent about the use of color paper," because it is more expensive and more harmful to the environment than white paper. In the coming weeks, Schenkenberg will suggest that the faculty "continue to be conscious of these paper issues without compromising the quality of education" because "any educational institution is going to use a lot of paper." One future possibility in place is to place visible counters on the copiers to make people aware of the volume of paper used and prompt them to be especially conscious of the situation.

According to Moore, other area schools have tried reducing paper consumption by allocating a certain number of sheets to each department. Once a department hits its limit, it has to do without until the next shipment of paper.

Schenkenberg, however, won't resort to this practice because she doesn't want to restrict faculty members and she trusts them "to do what they need to do," and wants them to "feel free to make the copies they need to make."

Moore, for one, is hopeful about the future of SLUH paper work. "There is a solution out there; we just have to find it," he said.

Another facet of this issue is what

Theology teacher Ralph Houlihan, proclaimed the article, "excellent," and he noted how the article can be used in a theology classroom.

After writing the article, Rosenberg decided he should e-mail the editors of *America* magazine. After several e-mails between parties, Rosenberg accepted a contract article from *America* because he wanted to help as many people as possible. Rosenberg considers it an "honor" to be published in a magazine that he has been reading since he was nineteen years old.

Rosenberg enjoyed writing his article and has some other ideas that he may write on some day in the future. But right now he is focusing on his class, his family, and receiving his master's degree in theology. He will be putting off his writing until he gets some more free time.

faculty members and students do with the paper once they've used it. Most throw it away, although recycling is an option, even if only marginally used.

Recycling the paper helps the school gain back money used on paper. Facilities Director and AP Environmental Science teacher Patrick Zarrick is considering whether to move the recycling bin from the back lot to the upper lot, since people who use the bin on the lower lot aren't aware of its purpose and dispose of non-recyclable material in it, diminishing the value of the recyclable goods for which the school is trying to get money back. If the bin were to be placed on the upper lot, not only would SLUH be conserving the paper it already has, but also parents picking up their kids after school could dump off their excess paper, giving the school more goods to make a profit from. However, parking in the faculty lot is limited as it is, and Zarrick says that he doesn't want to take up an extra spot with the recycling bin.

Students are also getting involved in the recycling effort. Senior Matt Hoffman started the Recyclinators, a group formed this Tuesday to help the school recycle more. Every Tuesday, the group plans to empty each recycling bin in the school

## Quinn hospitalized for infection and inflammation of knee

**John Castelli**  
Reporter

Recently, English teacher Terry Quinn was hospitalized due to cellulitis, a bacterial infection causing pain and inflammation in the knee. Quinn first went to his doctor after noticing pain while walking. The doctor was "pretty alarmed by how quickly the infection was progressing," said Quinn. Despite treatment with oral antibiotics, the infection did not improve, so Quinn called his doctor the next day and was hospitalized on Wednesday, Sept. 11.

While Quinn was absent from his classes, English teachers Bill George and Frank Kovarik filled in for his second and fifth period classes while Rich Moran

substituted for his sixth-period class. Spanish teacher Greg Bantle was able to fill in for his fifth-period class the day he left for the hospital.

Quinn said, "I was mostly hospitalized because (the doctors) wanted to treat (the infection) aggressively so that nothing really serious would happen." During his 24-hour hospital stay, Quinn received two doses of IV antibiotics, which helped to minimize the possibility of the infection spreading to the joint. He also commented that he was "really quite touched by people's concern (for him)." Many family, friends, and people from the SLUH community visited him in the hospital. Quinn left the hospital with no pain and was able to return to his classes on the following Monday.

## Becvar receives Siemens Award for Advanced Placement

**Kevin McCarthy**  
Reporter

On Sept. 20, 2002, a curious package arrived on the desk of math teacher Tom Becvar. Upon opening it, Becvar discovered that he had been designated a winner of the 2002-'03 Siemens Award for Advanced Placement. The award recognizes Becvar's "exemplary teaching" and "dedication" to his students and to the Advanced Placement Program.

Becvar is one of 18 teachers in the nation to be so recognized this year, and one of three in the Midwest, which is comprised of the states of North Dakota, South Dakota, Kansas, Nebraska, Minnesota, Wisconsin, Michigan, Missouri, Illinois, Indiana, Iowa, Ohio, and West Virginia. Every year, the College Board recommends a number of teachers from each of the six areas of the Board to the Siemens Corporation. Last April, Becvar received notice from the Siemens Corporation that he had been nominated for the prestigious award. He was then required

to fill out a resume of his work in the College Board's Advanced Placement Program to assist the Siemens Corporation in choosing the award winners.

Becvar began working at SLUH in 1973, teaching a variety of math classes. He began teaching Calculus in 1981 with Calculus becoming an Advanced Placement class in 1985. Only AB Calculus was offered at SLUH until the class split into AB and BC sections in 1987. Becvar has taught BC Calculus at SLUH ever since.

In addition to Becvar's teaching of BC Calculus, he has been very involved in the AP Program. He has participated in AP grading for ten years and has become an integral part of the grading program. Furthermore, Becvar has served on the AP Advisory Council for the state of Missouri, which is made up of representatives from various high schools, and members of the Department of Elementary and Secondary Education and the Higher Education Board, for seven years. This advisory committee, said Becvar, meets to

see AP, 12

## ALT

(from 2)

meeting included a videotaped statement by former United Nations weapons inspector Scott Ritter. He did say that "America has an imperative to fight a war" if Iraq has weapons of mass destruction but questioned whether Iraq actually has chemical, biological, or nuclear weapons. If the U.S. knows that Iraq does have such weapons, he demands that Bush "put the facts on the table."

Citizens present were generally frustrated by Carnahan's aide. Fr. Jim Goeke, S.J., a former teacher at SLUH, called Carnahan's tentative support of military action in Iraq "politically expedient but morally questionable." Although essentially against a pre-emptive strike, Goeke noted that the decision "gets more complicated in case of a real danger." He further noted that political parties with anti-war platforms are not politically expedient.

This question of political expediency was on many minds, especially with elections coming up in November. Monica Bartz-Gallagher, Nerinx Hall senior, wants to "convince Carnahan" of the dangers of pre-emption as a policy. If Carnahan stays in support of Bush's war plan, Bartz-Gallagher will seriously consider voting against her and other Democrats in favor of the Green Party or others.

SLUH students also made impressive contributions to the discussion. Sophomore Paul Barker took advantage of his opportunity to address the assembly by comparing "the hate and anger behind saying 'Bush is stupid'" to "the same hatred that fuels war in the first place." Mueller was "touched by (Paul's) insights." Mueller went on to say "people are blind" to the fact "that this is primarily motivated by oil and economic reasons...that you boys might be subjected to this..." he trailed off, shaking his head sadly.

Garavaglia, who brought the event to the attention of the SLUH community, considered it "encouraging to see so many SLUH students take an interest in one of the more important, if not most important, issues facing our country."

WELL

(from 2)

The assembly received mixed reviews from students and faculty. Junior Andrew Hrdlicka noted the limited extent of the assembly's influence, saying, "These things work on paper, but in reality it's up to the kids to take that first step into recovery." But Hannick reported positive feedback.

Freshman Tim Malecek has some doubts about the program, saying, "I don't think the drug talks that they think are helpful are very helpful."

Science teacher Steve Kuensting expressed his appreciation of Ezell's talk. He specifically noted the fact that Ezell expressed the improvements that he has made in his life since he sought help for his addiction: "I thought that was a good message."

Several students and teachers mentioned a lack of appreciation of Smith's talk, citing the lack of a focused message and overall clarity.

The format used was different from what was reported in a preview of the assembly in issue 3 of this year's *Prep News*, which described a peer-to-peer student panel. Hannick explained that after discovering that the STAR group would be available at the same time, he changed the format so that the group could be introduced to the school.

The STAR group, who will return to SLUH periodically throughout the year to keep in contact, and comes at no cost to SLUH.

In conjunction with the President's Assembly, the Wellness Club also assembled a student panel for the parents' meeting held Monday in the theater. The event was supposed to "mirror," according to Hannick, the assembly from Friday, in an effort to "open the lines of communication between students and parents."

The panel was comprised of nine SLUH students: freshmen Scott Rice and Joe Holloran, sophomores Matt Spaeth and Tim Heafner, juniors Mark

Hardy, Andy Halaz, and Ryan French, and seniors Bob Kaestner and Clark Taylor, as well as one Villa Duchesne High School student, senior Kim Tobin. Hannick gathered these students by asking specific students, groups of kids, and others whom he would "run into around the school."

On Monday, the panel convened an hour before the 7:00 p.m. starting time to eat pizza and prepare for the evening. They were each then given a subject on a notecard about which they would talk "somewhat extemporaneously," as described by



Frank Nally addresses students with the help of Hannick.

Hannick.

"I did not want it to be scripted," he said later. "I wanted it to be genuine." He continued, "One of the things that is very common among our students is that they tell it like it is."

The students made use of their rhetorical skills by speaking individually about the subject on their notecard, covering such topics as reasons for using alcohol, smoking, curfew, drug culture, risky behaviors, parental attitudes, "second-hand" drinking, peer pressure, and parties. After they each completed their turn speaking, they asked for questions from the audience.

The topic of drinking dominated the discussion for most of the evening. Students described what they thought were the percentages of their classmates who drink. Rice thought that a "very small percentage...actually drink every weekend." Spaeth thought that "maybe five percent" of the sophomore class partakes in "binge drinking," while Heafner estimated

that fifty percent drink socially. They think that "if it's there, you might as well (drink it)," said Heafner. Hardy guessed sixty percent of juniors drink, saying that was a lower percentage than in the past. Rounding out the discussion, Kaestner thought seventy percent have tried alcohol, and thirty percent are regular users.

The panel emphasized that parents would have a hard time stopping kids who want to drink from drinking, saying that the teen has to make his or her own decision. "Kids have to go out and experience it for themselves," said Tobin. Holloran later commented, "Let us pay for our consequences." In summation, Heafner declared, "There isn't one thing a parent can say; (each student) has to learn from his own mistakes."

On the issue of trust, Holloran thought students deserved it. "I think parents should be able to trust their kids," he said. Taylor and Kaestner, however, spoke about teens in a less-flattering light. "Of course we're going to do stupid things," said Taylor; "we're kids." Kaestner later bluntly stated, "Kids are stupid."

Later, the panel discussed marijuana and the facility with which one can obtain it at SLUH. The students thought that it was very accessible and prevalent at SLUH, with Taylor commenting, "SLUH is known as being the drug capital of St. Louis as far as high schools are concerned."

Hannick countered later, "The reputation that SLUH has is one of drinking and some of marijuana, and we are fortunate not to face the problems of some West County schools in which harder drugs are much more prevalent."

Many students also commented on the fact that even the straight-A students were the ones with drug and alcohol problems. They also stressed that SLUH shares its problems with high schools across the country, saying that SLUH is not too different from other schools.

"We're just smart," said Hardy, "not smart and perfect."

# Footbills fall in MCC opener, drop to 0-3

**Dan Sinnett**  
**Core Staff**

The SLUH football team drove west to Chaminade on Friday, looking for its first win of the season. The team came home disappointed after a last-second 6-3 loss.

Coach Gary Kornfeld didn't put too much stress on the third loss. Kornfeld said the key was "to regroup and go from there," adding that "you have to take one game at a time." Right now, moving on to the next game and putting the losses behind them is important for the team. Kornfeld mentioned the danger in dwelling on losses, saying "You just dig yourself a bigger ditch."

SLUH was leading for most of the game, thanks to kicker Tim Simon's field goal in the first quarter. The lead held until Chaminade scored from one yard out with

4.4 seconds left in the game. Controversy reigned on the sideline. The referee stopped the clock to measure for a first down. The measure, though, was inconsequential.

Chaminade only had time to run one play, and the down wouldn't have affected the play call. Kornfeld said that the clock was at the referee's discretion.

Considering that the SLUH offense scored 45 points in its first two games, holding an opponent to six points should have meant a victory for the Gridbills. Unfortunately, two main factors arose to

derail the SLUH offense. With 7:56 left in the first half, quarterback Dossie Jennings limped off of the field to a stunned SLUH sideline. Jennings's injury is still day to day. Senior reserve Matt MacArthur came into the game to replace Jennings. Lacking an experienced



The Jr. Bills pile up with the Red Devils.

passer, the Jr. Bills looked to their ground game for a boost. Running back Brent Harvey contributed 110 yards to an offense in search of a playmaker. On the play directly following Jennings's exit, see 4.4 SECONDS, 11

# Polobills topple MICDS, Lindbergh

**Dave Marek**  
**Reporter**

On Saturday night, the water polo team held its head high after beating long-time rival, MICDS 10-4 in the Suburban Central Conference final at the St. Peters rec-plex. The confrontation was a rematch of last year's state final, in which SLUH defeated MICDS to become state champions. Also, SLUH defeated Lindbergh 9-6, last Tuesday.

During the first quarter of the Suburban Conference final, both teams had a hard time putting the ball in the back of the net. MICDS was unable to notch any goals in the quarter, despite their relentless second and third efforts on offense. The only goal in the quarter was scored by senior Billy Dahlmann, who shot the ball past the MICDS goalie on a rebound. This goal was only a foreshadowing of the dominant force Dahlmann became in the later periods.

The Polobills suffered a blow when sophomore sensation Tim Heafner suffered a broken left hand in the period while blocking an MICDS shot. The injury caused Heafner to be unable to play against Lindbergh.

During the second quarter, the Baudbills continued to dominate. Dahlmann scored the first goal of the period by whizzing the ball past the floundering MICDS goalie. To compensate for SLUH's effectiveness, MICDS became more aggressive with its fouls against SLUH's two-meter men, evidenced by the screams of protest by the Polobill moms.

Despite MICDS' new strategy, senior Phil Abram was able to score one more goal in that period, by turning MICDS' standout player David Zenk and then slamming the ball into the back of the net. SLUH entered the third quarter with a 3-0 lead.

SLUH's relentless offensive force did not abate as the Polobills began to pull away from MICDS in the third quarter. See BATHTUB, 11

## PN Nightbeat

### MICDS HANDS POLOBILLS FIRST LOSS

On Thursday night the Jr. Bills fought hard, mounting a massive third quarter comeback in which Tim Heafner scored four third-quarter goals. The Jr. Bills could not hold onto the 6-5 lead they held at the end of that quarter.

### SOCCER NIPS FT. ZUMWALT 1-0

After being frustrated for most of the game Thursday night, the Jr. Bills broke through with 8:35 left in the second half, when junior John Kornfeld saw an opening and made a perfect cross to Joe

Compiled by Matt Morris and Patrick Stephens

Germanese; who headed in the only goal.

"I was surveying the play and saw Joe throw his hand up; it was there," Kornfeld said.



Mike Leuchtmann shoots over an MICDS player in the Jr. Bills' 8-7 loss last night.

# Soccerbills fall to DeSmet, top St. Dominic's

**Dave Mueller**  
**Core Staff**

The Jr. Billikens had another rough week, going 1-1 with a 1-0 victory over St. Dominic and a 3-2 loss to DeSmet.

The week began last Saturday against DeSmet.

DeSmet worked extremely hard and never stopped running to make up for the skill difference.

"We got off to a bad start," said assistant coach Charlie Clark, "and we continued throughout the remainder of the game."

The first half proved to be an ugly one with neither team taking real control of the game until late in the first half, when DeSmet took advantage of the frustrated Jr. Bills by controlling the ball and the tempo.

Said Clark, "Our level of intensity was not what it has been."

The second half continued the trend, as the Spartans struck first on a dangerous cross to the middle of the six-yard box,

where the lightly-marked Spartan headed the ball past junior goalkeeper Devon Pratt. Noticing they were down, but somehow not letting it register, the varsity squad continued to turn the ball over and make sloppy passes.

"Our ability to pass was not sharp," said Clark, "and everything else fell like a domino effect after that."

The Spartans scored again to go up 2-0 on another cross as an unmarked Spartan tapped the ball past Devon, who had no chance at a save.

Then, miraculously, SLUH turned it around, led by senior captain Matt Kreikemeier who, with less than ten minutes to go, lifted the team by scoring. With the ball at the top of the eighteen-yard box, he beat the DeSmet defenders with pure speed and willed the ball to the back of the net, putting the Nevergiveupbills back into the game.

"People started playing with more intensity," said Clark. Then, once the urgency kicked in, the team showed the pre-

season rankings were not wrong, scoring again with three minutes to go in regulation off another goal by senior Adam Twellman, who seems to be on the end of every winnable ball in the box.

Alas, the Jr. Bills flirted too close to mediocrity against a formidable and underrated DeSmet team. The overtime was just underway when the Spartans found a hole in the Billiken midfield and finished a well-executed transition to score the golden goal and earn the victory, leaving the Sidenettingbills with a disappointing loss.

Clark commented, "I was impressed with our ability to come from behind. It reinforced that we *can* be mentally tough."

The team nearly capped off an amazing comeback inspired by assistant coach Clark, who took over the head coach detail for the day after head coach Charlie Martel's ejection against CBC. Clark employed on-the-fly adjustments, moving to three forwards and letting junior John Kornfeld roam the midfield. The strategy worked. **see FINESSE, 10**

# Varsity second seven places 8th at Sioux

**Pat Meek**  
**Core Staff**

Last week, as the varsity top seven took a week off to rest for this week's Hancock Invitational, the second seven, JV, and B cross country teams competed at the Hazelwood Central Invitational.

"We want to pull out all of the barrels at Hancock," said coach Tim Chik.

Because of this desire, Brennan Connor, Kyle Gonnerman, Geoff Stewart, Joe Marincel, Dan Flanagan, Chris Arb, and John Oliver ran in the varsity race. Running on what is traditionally considered the most challenging course in the area, Sioux Passage, the varsity put together a solid race with three of its top finishers ending up medalists by the end of the day.

Connor and Gonnerman, who were racing for the opportunity to compete with the varsity at Hancock, stayed to-

gether in the first mile with times of 5:24 and 5:26, respectively. The two of them then went on to conquer a hard second and newly-revamped third miles to come in with times of 18:07 and 18:30, respectively. These impressive times at Sioux Passage earned Connor a 16th place medal and Gonnerman a 34th place medal.

The rest of the varsity team came in with Stewart (18:30, 38th, medal), Marincel (19:07, 57th), Flanagan (20:11, 99th) and Oliver (20:15, 102th) all looking strong. The varsity team ended up with 244 points, good for eighth place behind powers such as Lee's Summit and Fort Zumwalt South.

Even with these results, Chik said, "I saw some individuals step up, but as a

team they didn't have a varsity team day."

The JV team also looked strong, with senior Kevin Mills leading the way up Manmaker, the notorious hill at Sioux Passage, with an impressive time of 19:34 to earn the medal at 7th place. Mills was followed by another senior, Dave Zychinski, who finished in 19:36 with a medal at 9th place. Even with these times, DeSmet was able to oust the Jr. Bills with 78 points.

The B squad was lead by stand-out sophomore Charlie Samson, who was able to obtain 7th place, while the B team kicked in for a 2nd place behind Jefferson City.

This week the varsity cross country team will be preparing to compete against some of the best cross country teams in

**See SPEEDRACER, 10**



Drawing by Howie Place

# Looking for an edge: weight supplements

**Tim Piechowski**  
Sports Editor

"I wasn't the biggest guy, and I wanted to do well in football. I felt like I needed it to get a lot bigger to play competitively at this level and in college," says one SLUH student (who wished to remain unidentified) of taking creatine.

Ergogenic aids (athletic enhancing aids) have been used in competition for years. In ancient Greece, Olympic athletes ingested mushrooms. In the 1800s, bicyclists took heroin to win races. The 20th century saw the introduction of steroids in the 1956 World Games in Moscow.

Today we hear of all types of supplement use, all still aimed at gaining an edge in competition or physical build. When college level or professional athletes use supplements, they are normally well-monitored by a team trainer or physician. It can be reasonably assumed that a sports team would not regulate its players if it thought supplements did not have serious side effects. However, at the high school level, athletes are not normally monitored by a health official. When a high school athlete takes these supplements, he tends to be on his own. With this in mind, it is important for athletes, or individuals who want to look buff, to understand what they are putting into their bodies.

Claims about the possible advantages of taking drugs or weight supplements for athletic competition have been made for the last several years, making many products popular among athletes.

Pediatrician Jay Noffsinger of Cardinal Glennon Pediatrics said that he has seen growth in the use of these products "before the high school level." Noffsinger continued, "There may be more supplement use at the high school level" than at any other athletic level, as high school students aren't tested for drug use.

Supplement use may include a number of products, ranging from anabolic steroids to stimulants containing Ma Haung (ephedrine), protein, or creatine. Steroids, on the other hand, are consid-

ered drugs, and are not sold over the counter.

Steroid use, whether oral or injected, causes testicular atrophy and increased acne in men, and a lowering of the voice and an enlarging of the ovaries for women. Most of these effects are permanent.

Are steroids used at SLUH?

"There have been some students I have suspected (of steroid use)," Athletic Director Dick Wehner said. "Every two or three years you look at some kids—and not all of them are athletes—who you think could be on steroids."

Ma Haung, which is banned by the Olympic Committee and the NCAA, is sold as an over-the-counter product under such brand names as Ripped Fuel. Ma Haung pills are equivalent to a megadose of caffeine.

"You'll get some high school students taking (Ma Haung). As long as the person has no preexisting conditions and is not taking any medications, there is no reason to believe the recommended doses should hurt an athlete," said Paul Ralston, an employee of General Nutrition Center (GNC) and a senior at the Logan College of Chiropractics.

"(Ma Haung) causes blood vessels to constrict and increases blood pressure," Noffsinger said. According to Noffsinger, Ma Haung may not be particularly harmful in a single dose but that athletes tend to develop a temptation of "If one is good, what about five or six?" In doses that high, the drug may cause a stroke as blood vessels constrict more and more.

Though anabolic steroids and Ma Haung are in use, the two most controversial supplements right now are protein and creatine. Protein supplements are usually served in a drink mix with different flavors.

The supplement is supposed to add as many as 30 grams of protein to an athlete's daily diet. Protein is essential for muscle

growth. Protein supplements, however, may have less of a positive effect than some believe.

"You have adequate supplies of protein in your body naturally," Noffsinger said. "Work hard, eat a good diet, get some sleep, and you will see results."

"High levels of protein may cause permanent kidney damage," biology teacher Steve Kuensting said, "If this is the only thing that ever damages your kidneys you'll be fine, but if you get sick later in your life, it could cause kidney failure, which would put you on dialysis."

Wrestler and football player John

Orbe, who has taken protein, said, "While taking (protein) I felt stronger, but I don't know if it was because I was working out or because I was taking the protein."

Football player

Phinney Troy said that he used to take protein regularly until he heard Kuensting talk about how it can damage kidneys.

Some SLUH athletes admit to taking protein bars in the hours preceding an athletic competition.

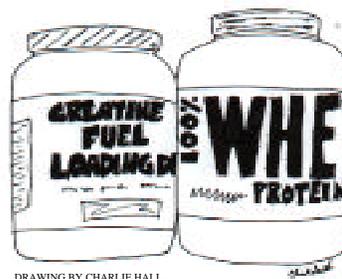
"It can't have any effect right before a game. (Athletes) need to think about carbohydrates; what they don't want (before a game) is protein and fat," Noffsinger said.

Athletes often opt to take protein with creatine or decide to take creatine by itself.

"Creatine is designed for power and strength athletes. Whereas protein is not ergogenic, meaning it doesn't aid in athletic performance, protein is something you take long-term to change the structure of your body," Ralston said.

Creatine is a natural part of any diet, often found in red meat. Creatine naturally aids in helping the body shift water from blood cells to muscles. When an athlete takes creatine supplements, it accelerates this process.

"Muscles get bigger from water en  
see **FUEL**, 10



**FUEL**

tering them and leaving blood vessels," Noffsinger said.

The end result is that if they are not careful enough to drink large amounts of fluids, athletes can become extremely dehydrated. The problem is further exacerbated during the first week of taking the supplement, as individuals often need to undergo a "loading period," taking up to four times the normal dosage.

"I took (creatine) this summer during wrestling camp, and I definitely noticed I sweated a lot more and needed to drink a lot more," Orbe said.

Creatine also has many of the same side effects as protein, with the body's liver and kidneys often having difficulties destroying the byproducts it leaves behind. Although he has no studies to confirm it, Noffsinger believes the supplement may lead to more incident cramps and muscle pulls due to the high amount of water in the muscles.

Most athletes feel weight gains within the first weeks of taking the supplement.

"I don't really know the science behind it," wrestler Jon Kister said. "I did it mainly because sometimes it's hard to see results from lifting. I took creatine just to see if I could get results faster."

"I gained five pounds of muscle mass, and lost seven pounds of fat this summer,"

another student said of his experience with creatine and protein.

"I wanted to gain a physical edge for sports to be the best that I could, (and creatine) was one way to help; it goes along with running, working out, eating healthy, and taking vitamins," said football player Chris Price.

Of all of the weight supplements on the market currently, creatine seems to be the most effective, as 70 to 80 percent of those tested have been found to grow more muscle.

"The more we find out, it seems to probably be safe, but we just don't know the long term data... No practitioner should be accepting creatine use in high school students until we know more," Noffsinger said.

"There haven't been enough studies done and a long enough history that would support that later in life there won't be some ramifications. I just feel at this level as long as you have a proper diet, you have enough rest, and you're exercising properly, you can be competitive," football coach Gary Kornfeld said. "I never recommend creatine."

Wrestling coach Tim Curdt commented on supplements by saying that he doesn't recommend them to his athletes, and that he talks about them on an indi-

vidual basis with his wrestlers.

Curdt said that when he began as the wrestling coach, he had a mentality of "any kind of supplement at all is bad." He has since changed that thought process slightly in the past few years. Still, Curdt has some major concerns: "I'm worried about the mindset an athlete has when taking creatine."

While supplement use may have its risks, there may be a larger dilemma to consider. If an athlete decides to take supplements, what does that say for his opponent? Must his opponent subject himself to supplement use just to remain competitive? Also, how does one go into athletic competition with a belief that "the best athlete will win?" Perhaps the opponent just takes a better drug.

**ANNOUNCEMENT**

The annual SLUH Mothers' Club Card Party is just around the corner! On October 20, 2002, SLUH moms and their friends are invited to a delightful Sunday afternoon celebrating "CARD"-OCOPIA." The Card Party begins at 1:00 p.m., doors open at 11:00 a.m. for shopping and lunch. Booths will offer a variety of items for early Christmas shopping. Billiken items will be on sale. For tickets, call Kathy Hill at 314-849-6653.

**FINESSE**

(from 8)

**SPEEDRACER**

# Underclassmen Sports Wrap Compiled by Tony Bertucci

*Strong midseason records: four teams undefeated*

## **JV Water Polo** (8-0)

"Undefeated and unchallenged," Coach Paul Baudendistel said. "We're good, but we'll get better."

Outscored opponents 82-25

Captains: Sophomores Tim Szewczyk, Rick Bettger.

Leading Scorers:

Dave Schwartz (15 goals, 7 assists)

Eric Applebaum (13 goals, 5 assists)

## **Freshman Cross Country** (undefeated)

Coach Jim Linhares: the team is "running very fast."

First of 25 teams at McCluer North Invitational

Defeated CBC and DeSmet

## **B Cross Country**

2nd of 23 at McCluer N. Invitational

Coach Jim Linhares: "Sophomores are

doing very well"

## **JV Cross Country** (undefeated)

Linhares: "As strong (a team) as we've ever had."

## **C Football** (5-0)

Outscored opponents 167-50

Defeated Parkway W. (22-12),

Chaminade (24-13), Kirkwood (23-7),

Fox (38-18), St. Mary's (26-0)

Next game: Thurs. Oct. 3, 6:00 p.m. in Stadium vs. Vianney

## **B Football** (2-2)

Defeated Riverview Gardens JV (23-6)

Gateway (13-8)

Losses to Parkway West (21-14),

Chaminade (21-7)

## **C Soccer** (3-1-1)

3 Shutouts: Vianney (1-0), Edwardsville (2-0), St. Dominic (4-0)

Loss: Desmet (1-0)

Tie: Vianney (1-1)

## **B Soccer** (4-2-2)

"I think the team is working hard and making progress," said coach Tom McCarthy.

Wins over St. Mary's, Kennedy, Vianney, St. Dominic's

Tie: DeSmet

Losses: CBC, Chaminade

## **JV Soccer** (2-2-1)

2 Shut outs; Gibault JV (3-0),

Lutheran St. Charles Varsity (7-0)

Losses: John Burroughs Varsity (1-3), CBC (0-2)

Tie: Jeff City (1-1)

Coach Gale: seen "tough competition," a "very solid team"

## BATHTUB

(from 7)

Senior Phil Abram initiated the period by confusing the goalie and his guard with a dynamic pop shot. Not to be outdone, MICDS immediately answered back with their first goal of the game. But SLUH continued to control the game, and the quarter ended with SLUH leading 8-2.

In a repeat of the beginning of the previous quarter, Abram racked up another goal against MICDS. The stunned goalie could only watch as Abram turned his guard and launched the ball into the upper corner of the goal.

MICDS would answer with back-to-back goals, but Billy Dahlman effectively said, "Not in my house" with a monster backhand from the four-meter to put the game away. SLUH went on to win by a final score of 10-4.

Some fans were shocked by MICDS' margin of defeat, having expected this clash of the titans to be much closer. One contributing factor to the large defeat was the standout role of Dahlman, who scored a total of five goals, one more goal than MICDS' total score.

Junior Andy Withington offered his theory on Dahlman's outstanding performance: "Billy sold his soul to the devil."

Goalie Cliff Reynolds explained that

SLUH won because, "We scored more goals than MICDS did."

The general consensus of the team was that the defense was the deciding factor in the definitive win. The stats support this claim. The SLUH defense forced MICDS to take bad shots, which led to their overall team shooting percentage of roughly 14%. The SLUH defense also shut down the usually productive Zenk, who scored on only one of nine shots.

Though the game was an enormous success, coach Paul Baudendistel predicted, "It won't be that easy next time."

Tuesday's game against Lindbergh was in direct contrast to the MICDS game. It was less organized in every aspect of the game. SLUH struggled to set up their offense and repeatedly lost the ball, while the SLUH two-meter-men had a hard time keeping their proper position. Despite these problems, SLUH defeated Lindbergh by an official score of 9-6, although this score was heavily debated.

There was a disagreement about the score because the SLUH scorekeeper recorded ten goals, while the Lindbergh scorekeeper recorded only nine. After much deliberation, the referees decided to support the Lindbergh scorekeeper (and

the rowdy Lindbergh crowd), despite the fact that Baudendistel described Mark Gloeckler's forgotten goal in detail. The SLUH Polobills were not discouraged because they still came out of the game with a perfect season record, with or without the disputed goal.

## 4.4 SECONDS

Harvey rushed for 25 yards. But the drive

(from 7)

stalled on the 37-yard line and SLUH punted away.

The second factor in SLUH's slow offensive night was a coaching staff that was unwilling to test MacArthur's arm. SLUH attempted only four passes with MacArthur leading the charge. While no passes were completed, three were catchable and were either dropped by the receiver or knocked down on a good defensive play.

Kornfeld said that the game featured running to "fit the quarterback's style of play."

Regardless of who is starting at quarterback, SLUH plays at Gateway at 6:30 tonight. Kornfeld expects the opposition to display speed. Gateway has a good quarterback who likes to

by Brian Fallon

## Calendar

Sept. 27 - Oct. 6

**FRIDAY, SEPTEMBER 27**

Schedule L

Mother/Son Liturgy

V FB @ Gateway @ 6:30 pm

College Visits:

Centenary College @ 12:15-12:45

Illinois, University of Urbana-

Champaign @ 12:15pm

**SATURDAY, SEPTEMBER 28**

V/JV/C XC @ Jefferson Barracks

**MONDAY, SEPTEMBER 30**

Schedule R

College Visits:

Rice University @ AP

Saint Louis University @ AP

Lumbuth University @ 12:52 pm

William Jewell College @ 12:52 pm

V Soc @ Edwardsville @ 7pm

**TUESDAY, OCTOBER 1**

Schedule R

College Visits:

Butler University @ AP

Illinois Wesleyan University @ AP

Knox College @ AP

Maryville University @ AP

Mother's Club Mass @ 10 am

V/JV H2O Polo vs DeSmet @ Chaminade @ 7 pm

**WEDNESDAY, OCTOBER 2**

Schedule E

Faculty Mtg.

College Visits:

Bard College @ 12:01 pm

Bucknell University @ 12:01 pm

V Soc vs. Rockwood Summit @ 6 pm

JV Soc vs Soldan @ 4pm

B Soc vs Rockwood Summit @ 4 pm

**THURSDAY, OCTOBER 3**

Schedule R

Dauphin Players *Time of Your Life* @ 7:30 pm

Sophomore Class Liturgy

College Visits:

Davidson College @ AP

Harvard University @ AP

Loyola University-Chicago @ AP

B FB @ Vianney @ 4:30 pm

C FB vs Vianney @ 6 pm

C Soc vs CBC @ 4 pm

**FRIDAY, OCTOBER 4**

Schedule R

College Visits:

Boston College @ AP

Colorado College @ AP

FB vs Vianney @ 7 pm

V H2O Polo vs John Burroughs @ 4 pm

**SATURDAY, OCTOBER 5**Dauphin Players *Time of Your Life* @ 5:30 & 9 pm

V Soccer vs Vianney @ 7pm

B Soc vs. Vianney @ 5 pm

V/JV XC @ Hancock Inv. @ 11am

**SUNDAY, OCTOBER 6**

Family Mass @ 9:30 am

Dauphin Players *Time of Your Life* @ 7:30 pm**JESUITS**

(from 1)

(and) I enjoyed them."

Neither Hadel nor Houlihan felt like it was yet time for them to be commemorating this anniversary.

"You go through this and you're busy, and, before you know it, you're celebrating a Jubilee," Houlihan said.

Hadel noted, "When I was a young Jesuit I used to listen to the guys celebrating their 50th anniversaries, talking about their history in the Society, and, I thought, 'Oh man, these are old geezers.' Now I'm one of the old geezers."

To recognize the milestone in the SLUH community, both were given a plaque during an all-school assembly, and they will say the Thanksgiving Day Mass together. Houlihan will be the main celebrant, and Hadel will give the homily.

Fellow Jesuit Jim Knapp reflected on their incredible service: "It's wonderful to see somebody make a commitment like that. That's 100 years of Jesuit life standing there, right in front of you."

**BYRD**

(from 1)

not be blocked off.

Sharon Byrd had one aneurysm removed last Thursday and, according to Sheridan, "doctors were very happy with the first surgery."

A second operation that successfully blocked off the blood vessel of the second aneurysm was performed Monday. Said Dee Byrd, "The operation was successful." Unfortunately, doctors cannot do anything about the third aneurysm. "It's real small, and they are going to leave that one alone," said Byrd

Sharon Byrd is currently in "stable, but critical condition," said Sheridan.

"She's progressing slowly, breathing on her own," said Dee Byrd, but added, "She hasn't opened her eyes yet."

"He is a man of great faith; she is as well," said Sheridan.

Maintenance supervisor Ray Manker, who knows Sharon through working with Dee, said, "She's a joy to know...She needs all the prayers we can give her."

**AP**

(from 5)

"see how AP can be better utilized in the state." The committee also corresponds with the Missouri legislature, working to get funding for such projects as the sophomore and junior MAP exams.

Becvar will attend the Siemens awards ceremony on the weekend of Nov. 22-23. Becvar stated that he was "honored" to have been nominated and "surprised" to have won the award.

There is no shock in the minds of his colleagues in the math department, however. Fellow teacher Jean Elliot stated that she was "not surprised" that Becvar had received the award, and George Mills agreed, saying that it was "well-deserved."

"(Becvar) leads by example, an inspirational example," said Dan See. Becvar's contribution to SLUH, however, was best summed up by Don Steingrubby: "I am amazed at the number of things that Mr. Becvar does at this school, and how every one of them is done with the utmost detail and care for students and people."