

Prep News

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ISSUE 17

Administration calls for departmental budget cuts

Andy Neilsen
Editor in Chief

Though consumerism always seems to be raging in the U.S., the terrorist attacks of Sept. 11 have put a relative halt to the storm of buying that characterizes the U.S. economic market. Because of this decline in the economy, the stock market, and SLUH's endowment, the administration has decided to ask all departments to make budget cuts.

"We want to make sure that what they can cut doesn't interfere with compromising the quality of education," said President Paul Sheridan, S.J. He continued, "the state of the economy, in terms of returns...has diminished, (and) more fi-

nancial aid being sought" are primary factors that precipitated the administration's call for budget cuts.

Economics teacher Peggy Pride explained that the attacks affected two of the four core indicators of economic welfare: consumption and investment.

Because of the fear that people had of impending war, they saved their money, and thus did not consume as much, particularly in automobiles and airlines. A tragedy like the one on Sept. 11 makes people unsure of the future, more likely to save money and not buy large items like cars. When consumption decreases, manufacturers like General Motors begin to produce less because their product isn't selling. When manufacturing decreases,

plants begin to close, jobs are lost, new technology isn't created, and a host of other events that make a stagnant market occur. When all of these things happen, investors are unwillingly to give money to such companies, money the companies need to stay on their feet. These factors, not the stock market, contribute to the economic recession that the U.S. is experiencing now.

For clarity's sake, a recession is defined as two consecutive quarters (about six months) of declining Gross Domestic Product (GDP).

Because SLUH's investments will take a blow, as all other stocks have in the last eight months of official recession, the

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Memorial Mass for Dunn held in gym

Patrick Meek
Core Staff

On Saturday, Jan. 19, approximately four hundred friends and family members of the late Edward "Ebbie" Dunn braved the snow to come together to celebrate the life of the legendary soccer coach.

Dunn, who coached the SLUH soccer team from 1955 to 1992, died on Jan. 10 from cancer of the esophagus.

The memorial Mass, which started at 10:30 in the SLUH gymnasium, was celebrated by Richard Bailey, S.J., a good friend of Dunn's. Friends of Dunn, including Emmet Hannick; John Scariot, Dunn's son-in-law; and Pat McBride, a former player of Dunn's, read the readings and commented on their personal experiences with Dunn as a coach, person, teacher, and father.

"When I think of a Man for Others, I think of Ebbie Dunn," said McBride, a former player of Dunn's who was inducted into the National Soccer Hall of Fame in 1994.

"The family chose the readers because they were the three people who were the most close to Dunn," said Jim Knapp, S.J., SLUH's pastoral director.

Following the readings and the Gospel, Bailey, a former SLUH principal, gave the homily, in which he commented on the virtues that best explained Dunn. The virtues included honesty, duty, family, generosity, teaching/coaching, and humility.

"Fr. Bailey said the Mass because he



Fr. Bailey celebrates the memorial Mass for Ebbie Dunn last Saturday.

was the the closest priest friend of the family's," commented Knapp.

Knapp went on to say that the general impression of the mass was good, adding that, "Mrs. Dunn told me (the Mass) couldn't have been better."

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Winter *Sisyphus* '02 will hit hallways Tuesday

Moran says issue is "one of the best in years"

Rico Bertucci
Reporter

Art and literature connoisseurs around ASLUH searching fervently for creative material need not wait much longer, because on Tuesday, Jan. 29, the Winter 2002 Edition of *Sisyphus* will become available. Co-moderator Rich Moran ranks this issue as "one of the best in years." Moran, a fifteen-year veteran of *Sisyphus*, describes this edition as "an intense issue, without being morbid," which seems to "reflect the hurt the authors have experienced throughout their lives."

Highlights for this winter include an anonymous piece of fiction named "At the End of the Day" as well two works of fiction by Brian Gilmore. Moran and co-moderator Frank Kovarik agree that you won't want to miss "Android Tears" by Chris Nausley.

Although freshman submissions are rarely chosen for the final draft, this year

Paul Barker represents his class with two poems. The most senior author, English teacher Bill George, will enlighten you on the experience of "Fishing on the Susquehanna in July." Another favorite of both co-moderators is a poem by Andrew Ivers, "Blouse-summer Breeze," which Moran describes as "the best poem that *Sisyphus* has ever printed."

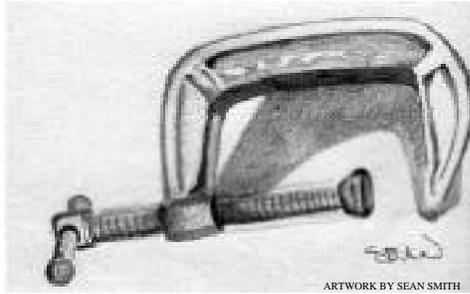
Art Editor Sean Smith, who designed the magazine cover himself, describes "Lonely," a print by Kyle O'Connor, as "phenomenal." Other favorites of Smith include "Eyes" by Brian Classen and "Faces" by Drew Noblot.

Kovarik brings a unique perspective to *Sisyphus* this year, having toiled on the staff as far back as his student days in 1991. Observing the evolution of the maga-

zine, Kovarik sees great improvement. An increase in both fiction writing and poetry classes has resulted in more submissions. He also noted that the submission dead-

line after Christmas, permitting students to perfect manuscripts over their Christmas break, has also increased participation. A larger format gives "a much more stylish layout" and art now stands on its own, says Kovarik, "improving the look and content."

The name *Sisyphus*, given 22 years ago while the magazine was under the watchful eye of George, both "suggests the ceaseless and frustrating effort that it takes to create art," and, says Moran, "creates joy despite the labor." Kovarik agrees that the name "is a nice symbol for what
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A Washington journal: Pro-Life 2002

Andrew Ivers
Editor in Chief

On Saturday evening, nearly 700 St. Louisians left on buses for Washington, D.C., arriving the next afternoon. The group members toured the city on Monday. On Tuesday, they attended the Pro-Life rally and march.

20th, evening—The 14th floor of the Doubletree Hotel in south Arlington is circular with glass on seventy percent of the walls. The windows allow one to see the full sweep of Washington—from south of the Pentagon to all of downtown to the northern-most runways of Reagan International airport. There are two yellow cranes sitting still in the golden sun, ready to continue rebuilding the Pentagon's west side on Tuesday, the next working day. I can see the way a plane would sweep into the perfect flat side of the building. It is haunting.

21st, late morning—We wrapped up the morning bus tour with a stop at Lafayette Park, on the north side of the White House. Some of us talk with the people protesting nuclear arms. They have been protesting since 1981. There is a group of five men, one of whom is there. The other woman, Connie (Conchita Picciotto), is alone. A few crates covered with blankets and newspapers surround her. She pops right out when we ask her a few questions. When she talks, her teeth stick out as her sickly gums pull away from them. Her whole face is crushed by a great circle of wig and scarf and pins that falls over her forehead. After a few minutes, most of the crowd leaves. "Crime has no race, no nationality, no religion," she tells us a couple times.

We end our bus tour and enter the Smithsonian Museum of Natural History's food court. It's a joke. A sandwich, chips and an orange is about \$10. I just feel sick

thinking about people dropping \$40 or \$50 on a family meal, hoping they can forget the world for a while and Connie out in the freezing rain. I think about how all the workers are Indian. I think how many of them don't have family here, live alone. You may catch a smile from some of the younger ones, the ones they put behind the cash register, but the ones bagging all the trash and trays do most of their work looking down, heads slightly cocked away. They feign care and interest. I tell the woman bagging my trash "Thank you—" "Thank you and have a nice day!" she says, cutting me off.

21st, 3pm—Georgetown Prep (high school) is a ten minute walk from the Washington Metro's eastern-most terminus in suburban Maryland. To walk from the gates of the grounds to the first building is another five. During the latter walk, one passes through a golf course. The

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Experimental freshman test schedule debuts

Dennis Agniel
Reporter

How many times can you remember having had four tests in one day? According to the Instructional Council of the department heads and Assistant Principal Mark Michalski, this year's freshmen have sometimes faced the challenge of four or more tests in a day. Although Michalski acknowledges that it happens "infrequently," he made it clear that it deserves attention and that it is certainly "a problem with the freshman curriculum."

After complaints from parents reached Michalski, Principal Robert Bannister, and Math department chair Tom Becvar, Michalski proposed the idea of a freshman test schedule to the Instructional Council. After discussion by the Council, a pilot

idea was hammered out in which teachers of freshmen will give tests only on three assigned days. Those three days will rotate from department to department in order to give students and teachers a variety, with the exception of history classes. Since freshman history classes meet only three days per week, history classes can give tests on any day of the week.

Using this plan, no freshman will have to take four tests in one day. More than three tests is "too much for anyone to prepare for in one particular day," according to Michalski. If a freshman recognizes that he will have more than three tests on a particular day, he has the opportunity to meet with his counselor and change the date of one of his tests.

History department chair Peggy Pride commented that the new system promotes a strong student-teacher-counselor rela-

tionship, adding that the plan is aimed at being "sensitive to students' need to know" about tests.

With the advent of the seven period day, a required two-semester biology class, and a quarter of health class (new this year), freshmen face a more intensive schedule than any other freshman class in SLUH history. In light of these facts, the Instructional Council collated data by requesting dates of first semester tests and major papers for all freshman classes. Evidence in hand, the Council identified the problem and began working on a solution.

The test schedule will go into effect as "an experiment" for the rest of the third quarter. The ultimate goal, according to Michalski, is "to reduce those peak moments of academic stress that create poor testing situations."

"I think freshmen," remarked Becvar, "certainly need to have a reasonable number of tests on a given day."

Michalski believes that the freshman test schedule "has a good shot at working."

ANDROID

producing art is like." Editor Geoff Brusca described working on *Sisyphus* as a "labor of love," and stated, "It is a fantastic magazine that every student and faculty member should read." He added that "the depth and quality of the manuscripts is indicative of the maturity of SLUH's writers."

Literary editors Andrew Ivers, Andy Neilsen, Joey Neilsen, Geoff Brusca, Matt Mourning, and Rico Bertucci sifted through 90 submissions. Initially all of the material was anonymous to prevent any favoritism. The editors didn't know the author of a work until a decision had been made on whether or not to include the piece. Layout editor Matt Hoffman organized the material in the final stages of the magazine's design.

At 25 cents an issue, a price far below the actual cost of publication, you can't afford to miss the Winter *Sisyphus*.

Schulte undergoes knee surgery

J.R. Strzelec
Reporter

For most of last week, any student who wandered into the Danis lobby during school hours probably noticed an ailing teacher sitting on a bench near the box office. SLUH theatre and math teacher Joe Schulte had been having pains in his knee for some time, but until last week the pain had been minimal enough that he had been able to avoid going to the hospital.

Finally, however, the pain became too great, and Schulte went to see his doctor, where he found out that the pain in his knee was being caused by a staph infection. A staph infection occurs when the bacteria staphylococcus is able to penetrate the skin and begin spreading throughout the interior of the body. The diagnosis led to Schulte's confinement to a hospital bed, where he received treatment for the infection. Ongoing antibiotic treatments are keeping the infection from spreading throughout Schulte's body while at the same time removing the infection from his system.

The infection came as a surprise not

only to Schulte, but also to the cast and crew of the Dauphin 2002 musical *Celebration*, which Schulte is directing. With treatment of the infection prohibiting Schulte's attendance at rehearsals, cast members in particular began to wonder about how rehearsals would proceed. Luckily, the three-day weekend provided extra time for the production team—associate director Kathryn Whitaker, choreographer Jan Strzelec, music director Joe Koestner, and stage manager Tom Recktenwald—to meet with Schulte and sketch out rehearsal plans for this week. The team gathered at Schulte's hospital room on Sunday (before the game, of course) to find out what needed to get done this week.

The extra time on Monday was used for additional preparation, and since then everyone on the team has been working to fill in for Schulte for varying aspects of the week's rehearsals. Schulte may be temporarily gone, but as Koestner said, "The show must go on. That's all there is to say." Schulte hopes to return to work on the show by Tuesday next week; that alone is reason for *Celebration*.

Assembly speaker educates freshman about STDs

Patrick Ivers
Reporter

This past Friday, the freshman class assembled in the theatre for a lecture on the rarely discussed topic of sexually transmitted diseases (STDs). The speech was given by Phyllis Edler, a nurse from St John's Mercy Medical Center who travels around the country talking about casual sex and the effects it can have on people: teen pregnancy, syphilis, genital herpes, chlamydia, AIDS, or any of the twenty-six sexually transmitted diseases.

Edler shared stories from her job working in the emergency room: how difficult it is to tell a young couple they cannot have children because one of them had an untreated case of herpes when they were younger, or to receive a phone call from a middle school principal wanting to know why a sixth grade girl had a medicine to treat genital herpes. Edler also criticized how some companies like Valtrex try to make some STDs seem like

they can be cured.

Throughout the speech, students were shown slides of chlamydia, herpes, and syphilis-infected genitalia, which proved to be too much for some. Eleven students had to leave, and one fainted.

Theology teacher Matt Sciuto said, "I think this was something that was really geared more for sophomores than freshmen. It's really graphic and scary stuff, and some people just can't handle it." Sciuto added that he would have liked the freshmen to have been more prepared for the assembly. Sciuto also thought parents should have been informed, noting that some parents would like to teach their kids about STDs themselves.

Biology teacher Tim O'Keefe, who, along with the Wellness Club, arranged for Edler's speech, said that freshmen attended the speech because it helps teach sexual reproduction, which freshmen will be learning about soon in their Biology classes.

Wellness Club moderator Craig Hannick said that they had not anticipated the response from the audience, but that the club was pleased with how effective the presentation was in raising awareness about STDs.

Reponses from parents and students have generally been good. Freshmen have noted how it made them think more about the consequences of sex. Freshman Stephen Flanagan summed up what a few freshmen were thinking by stating, "That was really disturbing and totally freaked me out."

In an e-mail she sent to faculty after the assembly, dance instructor and mother of two SLUH students Janet Strzelec noted that, "So many teens (and their parents) are misguided when it comes to diseases of any sort, so any information you can relay to them is extremely valuable. And if the presentation scared the boys away from sex until marriage, that's icing on the cake for me."

JOURNAL

(from 2)
course is closed today. It's Martin Luter King Jr. Day. Terry Tyrrell, who taught history at SLUH as an ASC member in 1999, is a residential advisor for sophomores. He meets us at the Metro station and shows us around campus.

400 students attend Prep. Tuition is 15 grand per year. For 95 of the students, boarding brings it to 30. For those students, the school is launching a \$50 million project aimed primarily at improving athletic arenas and fields and moving their library. I feel bad just standing in the heart of their quad; I try to distance SLUH from this place and seek for some redeeming quality to Prep. Standards must be high, I keep telling myself. The boys who graduate leave intelligent and fit. But I truly question how varied their exposure is. I try to tell myself SLUH exposes students to more diversity, but question even that.

21st, 8:30pm—Fr. Frank, a Bronx pastor who spoke to us, ended by asking

us to do something which exemplified what was wrong, I think. He told everyone that if they agreed with him, if they respected life, that they could express it by standing, linking arms, swaying, and



The Pro-Life rally in front of the Supreme Court

singing "The Children are the Future." I strongly agreed with almost everything he said but the last way I would express that would be to sing and sway to a song I didn't like or believe in. Fr. Frank committed the same mistake a lot of the members of the St. Louis group committed: he

presumed that everyone worships and expresses their beliefs in the same way.

22nd, after the march, 6pm—The march itself was very low-key, especially when we got past Capitol Hill to the Supreme Court. It felt as if there was really no one leading it, just people huddled together, each on a kind of separate mission or pilgrimage. Almost everyone there is religious but the religions vary. Some people choose to pray over here, some chant over there. Others picket silently, in circles. Others carry on arguments. It's a very loosely-connected crowd that feels odd for a national assembly. The actual line of protesters at the court is just two or three people deep at most. They're silent for the most part. It is odd to come face to face so easily with the brunt of this great protest. The SLUH group meets on the south side of the court and prays the rosary. We are lines of 10 or 15, about four or five people deep. After praying with us, a man tells me, "That's a powerful rosary."

Racquetbills finish regular season at 9-1

Team prepares for state tournament Saturday

Chris Guilfooy
Reporter

The Racquetbills ended their regular season last Thursday with an easy match against the Ladue Rams. The Jr. Bills entered the match with great strength, as each seed wanted to finish off the season with a win.

The level of play exceeded all expectations as the varsity added its fourth shutout win this season in its victory against Ladue. Each seed handled his opponent well, as there were no tie-breakers in the entire match. Third-seeded Andy Schumert spoke highly of his team's play, noting that "we couldn't end our season with a loss, so we just took it to the house and dominated."

The toughest match involved top-seeded Kevin Moore and his Ladue opponent. Despite almost losing the second game, Moore pulled out stellar play in the closing points to take the game and the match.

Ending the season with a 9-1 record, the Jr. Bills took their momentum into the Top Seed Tournament last Saturday. In the Top Seed, the top three seeds of each team compete in a mini version of the state tourney. The outcome of this tourney can technically predict who will win state for the seeds, yet there are usually many upsets in the state tournament.

The Racquetbills played well in the tournament, winning again in close fashion. Top-seeded Moore lost in the finals to heavily favored E.J. Basta of Marquette. Similarly, Andy Schumert lost to a DeSmet player in the finals in a very close match.

Yet the turning point in SLUH's win was by second seed Joe Sharamitaro. He pulled out a win with strong play, quick decisions, and dominance on the court. His opponent, Mike O'Donnell of DeSmet, gave him a tough match, and he will again fight Sharamitaro for the win in state on Saturday.

The strong play of the top seeds gave the Racquetbills their third tournament win in January, which will help push them

to a victory in state. Even though SLUH has won all three tourneys, DeSmet and Kirkwood have been nipping at their tails in each, losing by only one match in each tourney. Though it will be close, the Rolloutbills hope to fight for state and pull out their fifth state win in the past six years.

The state tournament, where each seed plays others from his seeding, will be held this Saturday. The tournament is held all day at Concord Sports Complex in South County. Team captain Moore noted, "We have a great chance of winning state as a team, but in order to do so everyone needs to pull out the close matches."

With high expectations going into State, the Racquetbills are still not favored to win. DeSmet has two players

seeded first in the tournament, and Kirkwood also has two. Though SLUH has only one player seeded first (Sharamitaro), the Racquetbills are still expecting to win. However, top seeds Moore, Schumert, junior Chris Guilfooy, and Matt Soraghan are all seeded second in their brackets, so all will have a great chance of pulling an upset in state.

Sixth-seeded Mike Gau and the doubles team of Mike Brand and Phil Matthews also have a good chance of winning. Their play will be key in helping SLUH win its state title.

The Racquetbills are hyped for state on Saturday, the do-or-die tourney for SLUH. Concluded Moore, "Nobody from any other team wants to end their season with a loss, so we have to play with a lot of intensity if we want to win."

Puckbills nipped by MCC rivals Chaminade, CBC

Bobby Lachky
Reporter

After a huge victory in the Jesuit Cup, the SLUH hockey team looked to improve their chances for a good playoff berth by knocking off two more MCC powers: CBC and Chaminade. On Saturday the Puckbills faced off against CBC. The defending state champs are once again the toughest team in the league this year, so the Jr. Bills knew they had no easy task.

SLUH came out flying, and did just about everything but score. Through a period and a half, the Icebills were outshooting CBC in a 0-0 duel. A defensive breakdown midway through the second led to a rebound goal for the Cadets, and the momentum shifted at that point. CBC would add a second goal in the third.

The Jr. Bills kept fighting, and most of their 19 shots were prime scoring chances. They just couldn't seem to beat CBC goalie Blake Yanics. Charlie Effinger delivered another terrific performance in goal for SLUH, saving over 30 shots.

Although the Puckbills were disappointed that they lost, they realized that they put forth a great effort and are capable of beating the league's top team.

The U. High hockey team skated into Monday night's game against Chaminade dead even with the Flyers in the standings. This fact made the sloppy 5-4 loss that the Icebills suffered all the more frustrating.

The Puckbills struck first on a Tim Mudd goal. Chaminade evened the score shortly after, but Mudd once again buried it early in the second period. SLUH seemed to lose their momentum at this point, as Chaminade scored three unanswered goals in the second period.

It looked as though SLUH would be down two goals heading into the third, but Bob Lachky scored on a breakaway as time expired, making it a 4-3 game.

John Greffet tied the game early on in the second, finishing another great offensive effort alongside Matt Pijut and Tim Mudd. Unfortunately, the Flyers scored once more a few minutes later.

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Basketbills beat CBC, move on to Jeff City

Reid Heidenry
Reporter

Down 2 with less than a minute to play, SLUH's senior center Matt Wyrwich was called for goaltending last Friday to the delight of the Kirkwood faithful. Upset SLUH fan Robert Cherre didn't like the call. "That was sketchy," said Cherre. After sending the Kirkwood shot deep into the seats, SLUH's Sultan of Swat took the ball on the offensive end. With SLUH down 4, Wyrwich drove to the basket, throwing down a crazy one-handed dunk. Wyrwich finished with 22 points, shooting 8-11 from the floor.

Trying to force a Kirkwood turnover, the Basketbills then pressed. With good defensive pressure all-around, Kirkwood was forced into an ill-advised pass. Showing off his anticipation skills, Kris Lowes stepped in and stole the ball in front of the basket. After going up strong, Lowes missed the shot, but appeared to be fouled.

No call was made, and two free throws from Kirkwood ended the game 57-53. For the Basketbills, this was their fifth straight loss. Like the two previous games against Ladue and Chaminade, the Basketbills had the lead going into the fourth quarter. SLUH also out-rebounded Kirkwood 32-14 but still could not get the W.

The following Tuesday brought a new challenge, MCC rival CBC. Having beaten CBC at their place earlier in the year, SLUH was trying to get back on track and repeat their first performance. Freddie Daues started the Basketbills off nicely, scoring 4 of SLUH's first 7 and putting the basketbills up 7-2. Also making his presence felt early was senior Andy Wahl. After a missed CBC free throw Wahl skyed in the air and snatched a huge board. Andy's early intensity set the tone for the Basketbills.

Coming out strong in the second quarter, the Bucketbills continued their solid play and relentless hustle. Rob Boehm got in on the action, sacrificing his body and taking a charge underneath the basket. With the score deadlocked at 19 apiece, Schroeder cottoned a triple with seconds

to go in the half. Schroeder finished with 12 points, going 5 for 5 from the free throw line and dishing out 5 assists.

Starting the second half, Wyrwich threw down a ferocious two-handed jam for 2 of his career-high 28 points. Wyrwich brought down 11 boards on the night and tattooed 5 CBC shots. Senior Adam Siebenman then scored 4 straight, giving the Basketbills a 28-19 lead. Schroeder wasn't finished, though. After throwing a snazzy behind-the-back pass to Wyrwich for the easy 2, Schroeder left a CBC defender at half court and dropped a runner from the lane. Next it was Lowes' turn. Driving to the basket, Lowes got the tough basket and the foul to go with it.

Lowes ended up with 12 points on the evening.

SLUH's dominant play all night was thanks to hard work and good shooting. Going 58 percent from the field, SLUH could not be stopped. After a frustrating night for CBC coach Bob McCormack, McCormack sealed the deal for the Basketbills. A technical foul gave Lowes his eighth free throw of the night and the Basketbills their eighth win. But make no mistake, the Basketbills earned this one, defeating CBC for the second time this year 68-60. If you can't make it to Jeff City tonight at 7:30, come out on Tuesday night and watch the team take on Oakville at 6:30 at SLUH.

DOLLARS

(from 1)
administration asked all departments to decrease their budgets over the next year. The administration has also asked the athletic department to cut \$10,000-20,000 out of its budget for the next year.

"When you hear that figure right off the top, you think 'Oh my God, that's a lot of money,' but when you look at it closely, it's not that much," said Athletic Director Dick Wehner. "I don't see any problem at all in getting (the money) out of the budget."

Wehner went on to detail ways that he says he has "fell into strategic planning" regarding the athletic budget. For instance, last year the baseball team received new uniforms at a cost of nearly \$3000. Because that price is included in last year's budget, Wehner and the baseball team don't need to worry about uniform costs. Other teams will give up new uniforms as well. "We don't need (to purchase those things) now," Wehner explains.

Wehner says that budget cuts will be in areas that don't affect the players. "There will be no reduction in coaches, either," Wehner said. The Athletic Department will cut back in buying footballs or basketballs, which the teams don't need more of. Wehner expresses deep conviction about the importance of safety equipment. "We'd never risk putting a student

in a piece of equipment that I wouldn't put my own son or daughter in," he said. The Athletic Department will not cut back on helmets or pads for football.

Wehner explained that these cuts are about choosing one benefit over another. Instead of having the soccer team lose its time at the Soccer Park, it will postpone getting new warmups. Instead of canceling a team's trip, Wehner decided to consolidate trips, sending two teams to one city, instead of two teams to separate cities.

Though this athletic budget cut seems like a lot to ask from the coaches, Wehner beams with pride at his staff. "Not one complaint from the coaches," he smiled. Wehner says that the coaches understand how much the administration has given the Athletic Department.

"I don't remember anything I've asked for for the students that they've turned me down in eighteen years," Wehner says. "Our administration backs us as well as any other school."

Wehner also assures students that neither ticket prices nor season pass prices will increase as a result of the budget reduction.

Though the figure of 10 percent has been mentioned in the discussions of budget cuts, Sheridan emphasizes that that figure is only a tentative plan that may be

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Riflers defeat Missouri Military Academy

Team looks forward to the year's only collegiate match

Giles Walsh
Reporter

The rifle team's season is starting to intensify as there are many large national and collegiate matches to come in the following weeks. Even though the team's eyes look forward in the season, one very important match has already been completed.

The sectional 4-Position 40-shot match held in Highland, Ill., took place last Sunday, and the team put up very strong numbers. This match is one of the two matches that determine a team's national rank, the other being the 3-Position match in February. The two matches differ in that the 4-Position match includes the position of sit, in addition to prone, standing, and kneeling, the format of a 3-Position match. In this match the rifle

team did surprisingly well, considering that the varsity team score of 1525 was only three points behind last year's renowned team.

The varsity team's top four, consisting of Chris Seals (385), Scott Isaak (381), Giles Walsh (381), and Adam Hilkenkamp (378)—were very pleased with this score after the loss of three of the top four team members last year.

Despite the lack of experience, this year's team hopes to be as fierce a competitor as last year, and has shown their desire for winning to the Missouri Military Academy. Two weeks ago the Rifle

Team traveled to Mexico, Mo., to shoot against MMA, and drove away with another decisive victory. The final score:

SLUH's 2089 to MMA's 1929. The team did not perform quite as well as they had wanted to, but the top four guys gave more than enough for a victory with their individual scores of Scott Isaak (535), Adam Hilkenkamp (535), Giles Walsh (531),



Junior Adam Hilkenkamp takes aim.

and Chris Seals (488).

This weekend the rifle team hopes to gain recognition among the college teams in Murray, Ky., as the team shoots in their only collegiate match of the year.

Grapplerbills place second in MICDS tourney

Mike Smallwood
Reporter

Any good wrestling team is made up of strong individual performers. Several members of the team have stepped up during this crucial part of the season.

Last Saturday the Wrestlingbills turned their focus to the MICDS Tournament, which included such programs as Ritenour, Ladue, and Whitfield. After the round robin portion of the tournament, SLUH was in third place in team standings, so it would come down to each wrestler to earn himself a medal and the team some points.

Rob Nahlik (112) had wrestled his way to the first place finals with pins in the opening period of every previous match in the tournament. The final match would prove to be a little bit tougher, but Nahlik still earned several points with nearfalls to win first place by a 10-2 score.

Boyd Gonnerman (119), who has been consistent all year, was no less during this tournament. With several strong previous matches at the tournament, Boyd was ready for his third place

match after coming off a tough third period loss. This, however, did not slow him down a bit. In the second period of his finals match with the score tied 2-2, he got a quick reversal and then got his opponent turned for nearfall points and a third place finish.

Chris Wagnitz (145) also made his mark on the tournament with a third place finish; John Orbe (189) finished fourth. Colin O'Brien (160) had a great finals match that went to overtime. In overtime, however, O'Brien got taken down and lost to finish second.

Joe Bommarito (152) showed his opponent why he is on his way back to the state meet by giving him only one point, which came from a penalty point that Bommarito himself gave up with an illegal hold. The opposing wrestler eventually fell to the onslaught when Bommarito pinned him at 5:20 to earn first place.

John Stathopoulos (275) barely gave his opponent a chance by also only giving up one point. Stathopoulos won 9-1 for a first place finish.

The team did very well as a whole, coming in second in the tournament with

282.5 points, 17 points behind winner Whitfield.

SLUH also faced off against Pattonville on Tuesday, as well as MCC rival DeSmet on Wednesday. The Jr. Bills, however, were without several of their toughest wrestlers. Both Chris Wagnitz and Dan Wankum were out sick, and Justin Clerc had an injured arm.

On Tuesday, co-captain Alex Born was able to find another spot in the lineup after not being able to wrestle for much of this season due to problems making weight. Despite not getting very much actual mat time, Born is still in great wrestling shape and as competitive as ever. After reversing his opponent in the first period, Born was fighting hard for the pin when he suddenly made one little fine adjustment in body positioning that allowed him to roll his opponent over his hip to get the pin at 1:35.

Bommarito again demonstrated his quickness when he pinned his Panther opponent. His opponent was forcing him out of bounds, but Bommarito made a quick dash to get behind his competitor

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put into effect over the next two years.

Even with this largest cut out of the way, all other departments will have to sacrifice certain things, though most downplay this problem. "I don't think it's going to be hard for us (to cut the budget)," English Department chair Chuck Hussung laughed. "We don't always use our entire budget," he explained. "Most of what we want to buy, we'll be able to buy," he reassured.

Math Department chair Tom Becvar also downplayed the difficulty of cutting his budget. "I think we'll be able to handle (the cut)," he said. Becvar reported that the Math Department is "pretty well stocked" with equipment, from AP test materials to graphing calculator projectors. Becvar explained that the department holds off spending its budget until the end of the year. "If you have money leftover, fine. If not, wait till next year."

"I knew there were going to be some cuts somewhere," Becvar asserted. He

thinks that the 10 percent amount is "reasonable, considering the situation."

For the Social Studies Department, Sheridan's prophecy came to fruition. In an earlier *Prep News* article about budget, Sheridan said that teachers would not be sent to as many conferences because of budget concerns. Social Studies Department chair Peggy Pride says that no teachers will be sent to the National Council of Social Studies Teachers conference. Pride said the department will be able to make cuts as well. "We're being more frugal with what we have," Pride summarized.

Science Department chair Eric LaBoube said that "(The Science Department) might hold back on getting things to improve teaching methods, (but) the students will notice absolutely no difference."

"We can do everything we've been doing all along," LaBoube said. The Science Department, though it requires computers and a great amount of lab equipment, came in under budget last year.

LaBoube said he couldn't guarantee the same results as last year, but that they will try.

Most departments are confident that they can cut from their budgets, and no one is surprised that they were asked to cut budgets. Sheridan reiterates that no staff positions or benefits will be cut.

There is some concern among faculty members about the annual faculty raises. Sheridan put concerns about reducing salaries to rest, saying, "There will be no reductions in salaries." With regards to raises, Sheridan was more evasive. "You can't speculate...It's too early. There will be no change next year (in raises). In five years, I don't know." Sheridan said that those in charge of budgeting are responsible for the raises, and again that there will be no change.

The faculty will have to be more frugal, as Pride suggested. Most departments share LaBoube's attitude: "Everybody's just a little more conscious of where the money's going."

"We're not just employees," Pride said of the faculty. "We're part of a community. We understand the cuts. We're going to make do with what we have."

ZAMBONI

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When the referee took three minutes off the clock at the end of the game (one of many questionable calls), it didn't help SLUH's chances. The game ended with SLUH losing 5-4.

The hockey club is disappointed that they couldn't add to their recent success and move up in the standings. However, they know they must come ready to win the three games coming up against St. Mary's, Lutheran South, and Althoff.

Quote o' the Week

"I always get distracted by the pictures... Oooh, look, a cormorant!"

— English teacher Rich Moran looking up "concealment" in the dictionary

WRESTLING

(from 7)

and cradled him in bounds. Bommarito immediately put more pressure on the cradle and forced his opponent's shoulders to the mat at 5:44.

The Jr. Bills picked up an unexpected win from sophomore Ryan Stevenson (160). He took coach Todd Clemens' advice—"Go non-stop, be relentless"—straight to the mat. In the third period, after getting reversed, he made a move to get back in control and pick up his own reversal. From there he got the pin at 4:22.

O'Brien also won another match as he battered and outlasted his opponent so much that he scared him into getting stalling calls. O'Brien jumped at him numerous times, getting takedowns and winning the match 12-2.

Despite these performances, the team could not overcome the Panthers and suffered a 48-31 loss.

The next night the team traveled to DeSmet to take on the Spartans on senior night. Nahlik (119) beat a tough James Hillis 7-4. O'Brien (171) also moved up a weight class to take on Tim Eagen, a

returning state qualifier. This was also a close match, but O'Brien reversed him 4 times to pick up the 10-8 win.

However, the closest match of the night was Pete Mahoney (130). Mahoney got 3 nearfall points in the third period to tie the score 5-5 and force overtime.

In the second sudden death overtime, the person who scores the first point of the match gets to choose whether to try to escape from a down position or ride out an opponent on top. Mahoney, who scored the first point of his match with a takedown, got the choice and chose down. Upon the referee's whistle to start the period, Mahoney shot out and up and then freed himself from his opponent's grasp.

These close wins combined with others did not add up to give SLUH the win, unfortunately, as they lost to 41-24 to DeSmet.

The Singlebills do not have to wait long, to try to beat DeSmet and face the other conference teams because the MCC Tournament is tomorrow at SLUH, starting at 9 a.m. and going throughout the day.

The life of a SLUH wrestler: making weight

Kevin Moore
Sports Editor

Ask a SLUH wrestler how he cuts weight before a meet and he may be a bit defensive at first, especially if you tell him you plan to write a story in the newspaper about it. From the outside, it looks like he's trying to hide something. That's certainly what I thought. But can you blame him? Everyone at school knows the talk about wrestlers: they starve themselves. A few years ago three college wrestlers' deaths caused a huge stir nationwide in wrestling programs. Parents of wrestlers understandably started to worry about their own wrestlers cutting weight.

But cutting weight is not simply starving oneself. Although high school students can potentially harm their bodies if they participate in crash weight loss, cutting weight at slow intervals under a watchful coach's eye can be a positive experience, according to many wrestlers and coaches.

In high school wrestling there are 14 weight classes, ranging from 103 to 275 pounds. The numbers of each class represent the maximum weight a wrestler can be to wrestle in that class. Weight classes are used for very logical reasons: it would be unfair for a 250-pound wrestler to grapple with one who weighs 130 pounds.

Picking a weight class for each wrestler is where the process starts getting tricky. "In general a wrestler will pick a weight class once (he decides) where (he feels he's) most competitive and where (he'll) fit best in the team lineup," says head wrestling coach Tim Curdt. That could mean a wrestler could drop ten pounds or more in November before the season starts in December. On the other hand, a wrestler could choose to wrestle up in a weight class and not drop weight at all. Curdt stresses that the decision is not an individual one; rather, it is made with coaches, parents, and the wrestler. If a wrestler does determine he needs to cut weight, Curdt and the other coaches start taking the wrestler through a basic three-step process of losing weight in the November preseason.

The first step is modifying the wrestler's diet. The wrestler cuts out snacks and fatty foods, eats lean meats, and increases his activity level. This past November preseason, captain Joe Bommarito (in the 152 pound class) ate healthy foods, often until he was full. Starting from around 170 pounds, he shed weight just by eating healthy foods and working out. He set daily goals, which many wrestlers do in the season as well. "Eventually your

body gets used to it," he says.

In the second stage, the wrestler cuts out some calories and eats smarter. Curdt says wrestlers start eating more at the beginning of the day and less later in the day because they learn a lot about their metabolism. Once the wrestler gets closer to the weight, he should cut more calories and increase his activity level even more. At this stage, Bommarito would eat a bowl of cereal and milk for breakfast, an orange for lunch, and whatever his mom fixed for dinner. "Ideally that should take care of it," says Curdt.

However, if that doesn't work, a wrestler can sweat off the last pound by riding a stationary bike in sweats or a similar activity. Then the wrestler will put the pound of water back on after he weighs in an hour before his meet. Problems arise when

wrestlers start to sweat off more than one or two pounds.

When Curdt was a wrestler (from 1986 to 1990) there weren't as many state rules. Wrestlers used to sit in saunas and put on trash bags to help them sweat more. Some would wear rubber sweats all day to dehydrate themselves. However, the state has since made all of these means of cutting weight illegal to help avoid severe dehydration. Cotton sweats are allowed because a wrestler can't get his body temperature as high as with rubber or plastic suits. However, after the college deaths, many states made stricter rules. Some states (though not Missouri) have hydration tests or minimum body fat tests. But these tests present problems because of many variations in body types. Curdt says, "All the

rules boil down to people having common sense...finding an optimal weight where the wrestler can compete but not be miserable the whole year."

Curdt acknowledges there are downsides to cutting weight. "It's not all ideal. There are valid concerns," he says. In what he calls "extreme cases," Curdt said he has heard of some wrestlers becoming bulimic to drop weight. To discourage such methods, Curdt discusses a pamphlet entitled "Making Weight Without Starving Yourself" with parents each year at Wrestling Night before the season. "You just don't want kids doing stupid things," says Curdt, because, "crash weight loss can lead to dehydration."

Adds captain Colin O'Brien, "I have never heard of a wrestler being bulimic...most will just sweat it off. Most wrestlers from other teams that I know wear 'plastics' (plastic body suits) and go into saunas."

Although Curdt acknowledges the possible dangers of cutting weight, he believes there are many positive aspects to cutting

"No other sport so intimately links diet and athletics. The kind of discipline and self confidence it brings to you is pretty amazing if done right with proper limitations."

-wrestling coach Tim Curdt

Calendar

Jan. 25 - Feb. 1

FRIDAY, JAN. 25

Schedule R
C-WR @ MCC Tourn. @ DeSmet @ 4pm
B-BB at Jefferson City @ 6pm
V-BB @ Jefferson City @ 7:30pm

SATURDAY, JAN. 26

V/JV-WR @ MCC Tourn. @ SLUH @ 10am
V-SW vs. MICDS/Columbia Hickman @ Rec-Plex @ 7pm
V-HOC vs St. Mary's @ Affton @ 8:45pm
V-RB @ State Championships @ Concord

MONDAY, JAN. 28

Schedule R
Activity Period: Wellness Club Meeting

TUESDAY, JAN. 29

Schedule R
V-BB vs. Oakville @ 6:30pm
B-BB vs. Oakville @ 5pm

WEDNESDAY, JAN. 30

Schedule R
V-SW @ MCC Championships @ Chaminade

THURSDAY, JAN. 31

Schedule R
V-SW @ MCC-Championships @ Chaminade

FRIDAY, FEB. 1

Schedule R
V-BB @ DeSmet @ 7pm
B-BB @ DeSmet @ 5:30pm
V-SW @ MCC Championships @ Chaminade
V-HOC vs Lutheran S. @ Affton @ 9:45pm

HUNGRY

(from 9) weight as well. "A lot of guys are much healthier," he says. "No other sport so intimately links diet and athletics. You can really see the effects on their bodies and endurance. It teaches self-discipline and is a huge character builder. The kind of discipline and self confidence it brings to you is pretty amazing if done right with proper limitations." One of Curdt's proudest moments was watching a student go from 305 pounds to 260 pounds by eating healthier and running hills.

Not only do wrestlers get to know their bodies, but their bodies also adjust to their new weights. After watching what he ate for three weeks in December, Bommarito's weight had stabilized. He ate three full meals a day for about a week until he started to have to watch his weight again.

One of the most difficult things for wrestlers can be resisting temptations such as holiday eating, since they are trying to stay at weight around Thanksgiving and Christmas. "Wrestlers have to constantly keep a mental log of their weight...the toughness makes it count. People who haven't gone through it don't understand," says Curdt.

Although each wrestler has variations on his daily routines, many of them cut weight in similar fashions. "The day before the match is when you're really

cutting your weight," says O'Brien. "You do the hardest part the day before. It's more of a mental battle than a physical battle."

On days before a meet, O'Brien will usually ride a stationary bike before school and at activity period with sweats on to burn calories and lose some water weight. If he needs to cut a little more weight after a practice, he will usually go running. On these days he will eat an orange or a light breakfast to keep his metabolism up throughout the day. "In general, oranges are good because they give a lot of quick energy," he says. He avoids breads because they are high in carbohydrates, which turn to fats easily, and they soak up a lot of the water which he hopes to sweat off. He never eats after 8:00 at night, but he usually drinks a glass of milk before bed to keep his metabolism up at night.

"The ultimate desire is to win," says O'Brien. "The most important thing is mind over matter. You have to stay positive when cutting weight. It teaches you to stay focused and to be self-disciplined, and it teaches you what you need to do to eat healthy." Many wrestlers find cutting weight easier when they are doing so with teammates who are going through the same thing.

As a wrestler, O'Brien knows there are definitely downsides to cutting weight. "At times it can hurt you more that it can

help you. You can lose too much muscle, not have enough energy, or get in a weight class that doesn't suit you," he said. Due to dehydration, wrestlers sometimes experience cotton mouth during matches, but one of the most negative side effects to cutting weight is general apathy.

Some state rules help the wrestlers make weight. After Jan. 15, every wrestler gets an extra two pounds; the 152-pound weight class essentially becomes the 154-pound weight class, for example. So a wrestler doesn't have to cut weight two days in a row, a wrestler who wrestles consecutive days gets an extra pound in the second meet. To make it fair, the opposing team gets an extra pound as well. Wrestlers get an extra pound between the days of the sectional and state tournaments as well. All of these rules help keep the wrestlers healthier.

Some wrestlers and coaches think cutting weight is just a part of the sport. "It's something you've got to do to compete," said Bommarito.

Others are more cautious when approaching the issue. "We encourage the wrestlers to know their bodies' limits. We absolutely do not encourage them to (cut weight) on their own. If there is more communication between wrestlers, parents, and coaches, there are fewer opportunities for bad things to happen," says Curdt.