

Students take trip to Spain

District 219 students will have the opportunity of participating in a trip to Spain this coming spring.

The trip, which includes visits to Toledo, Madrid, Palma de Mallorca, and a day in Paris, will be offered the week of April 7-15, explained Mrs. Herminia Lopez, East Spanish teacher.

"ALL NILES STUDENTS are welcome to come whether they are taking Spanish or not," commented Mrs. Lopez.

Mrs. Lopez pointed out that the district is not sponsoring the trip. "The trip is being sponsored by the Da Rosa Travel Agency, which has sponsored similar trips in the past," explained Mrs. Lopez. "In fact the School Board will not permit any publicity concerning the trip in the schools."

Mrs. Lopez stated that both parents and students are welcome to participate in the trip. "The fee will be around \$800, which includes transportation both here and in Europe and the cost of hotels."

"We will be leaving Chicago on Saturday, April 7, and return on Sunday, April 15. We'll be visiting a cathedral; the home of El Greco, the painter; and El Valle de Los Caides, the National Palace of government in Toledo. At Palma de Mallorca, students will have the opportunity to swim and sunbathe."

MRS. LOPEZ, AS well as East teachers Donald Blair and Miss Judy Rochotte are expected to go on the trip, possibly along with teachers from West and North. "Approximately twenty students have contacted the travel agency in regard to the trip," stated Mrs. Lopez.

All interested students and adults are asked to contact the DaRosa Travel Agency, which will provide exact prices and various information, including an itinerary outlining the trip.

Five attain national merit status

Five East students have been named finalists in the National Merit Scholarship competition. They are Susan Isserman '80, Alan Pregozen '79, Jim Stukas '79, Elliot Nelson '79, and Debra Malina '79.

Finalists are determined through the use of the PSAT scores. The students receive a certificate of merit. Some 14,000 finalists are then eligible to compete for the 4,000 openings as Merit Scholars.

IF THE STUDENTS are named Merit Scholars, they are eligible to compete for 1,000 National Merit scholarships valued at \$1,000 and over 3,000 four year scholarships to be awarded in the spring.

The semi-finalists were named in September. The students then submitted a self-evaluation essay as well as counselor recommendations and ACT

and SAT scores. Students achieving finalist status represent the top 5% of high school graduates.

After receiving the honor, students are usually offered additional scholarships at the colleges at which they applied. Monetary awards offered by

the competition are based on need as well as academic achievement.

"I'VE NEVER SEEN anyone with less than a 195 score achieve semi-finalist status in this state," commented Ron Gralewski, East guidance counselor.



Finalists in the National Merit Scholarship competition are (front row, from left) Sue Isserman, Debra Malina, Jim Stukas. (Second row) Elliott Nelson, Alan Pregozen, and Galen Hosler.

Photo club holds contest

The East Photo Arts Club, sponsored by Dick Miya, East social studies teacher, is currently sponsoring a photography contest. The deadline for all entries is March 22.

According to Miya, this is the first year that the club will hold such a contest. "We are hoping to have a lot of students participate. The more entries we have, the better representation of good photography."

ALL EAST STUDENTS are welcome to submit entries which can fall under three different categories: color photos, color slides, and black and white photos. The photos will be judged on composition, technical quality, and subject matter.

"The subject of the photos should pertain to winter. Whether they are outdoor or indoor photos is totally up to the photographer," explained Miya.

Miya added that there will be one winner per category, as well as one or two runners-up.

STUDENTS INTERESTED IN participating in the contest should see Miya for an application and list of the contest rules.

"The purpose of this contest is to stimulate interest in photography. Many students do not really realize the amount of work put into photography," concluded Miya.

Band members place in music competition

East music students took twelve firsts and eight seconds at the Illinois High School Association Solo and Ensemble music competition held Saturday, March 3, 1979, at Niles West.

The students played scales, sight-read, and performed an arrangement accompanied by Robert Anderson, orchestra and choir director, on the piano.

FIRSTS WERE EARNED by Sharon Jacobson, trumpet solo; Roger Yusen, trumpet solo; Lauren Wohl, flute solo; Roger Yusen, Wayne Dressler, Steve Greenspan and Rick Simmons, brass quartet; Therese LeVan, Cindy Cheung, Jana Bass and Lori Jensen, clarinet quartet; David Saltzman, Keith Rosenthal, Tom Kasper and Leo Kelly, sax quartet; Lauren Wohl, Ilene France, Diane Miller and Barb Belair, flute quartet; Tom Kasper, tenor sax solo; Steve Fishman, Sharon Jacobson, Ted Hill, David Stahlberg and Dan Gol, brass quintet; Julie Ellison and Debbie Gershbein, flute duet.

Second place was achieved by

Helaine Silver, oboe solo; Jana Bass, clarinet solo; Ilene France, flute solo; Renee Olson, clarinet solo; Mark Robbins, Charles Blanke, David Levit, Ivan Santacruz and Henry O'Young, percussion ensemble; Karen Konior, flute solo; Pam Messer and Faith Reitman, clarinet duet; and David Saltzman, alto sax solo.

"See Saw" to be presented

"See Saw", East's spring musical, will be presented by the theater department March 30-April 1 in the East auditorium.

According to Frank Mayfield, East technical director, "The show will be a little different this year. All the sets

Illinois scholars named

Sixty-five East students were among 9,000 students, statewide, to be named Illinois State Scholars by the Illinois State Scholarship Commission.

THE STUDENTS ARE Ellyn Acker, Allen Adelman, Kathleen Baer, Mindy Bain, Sheila Barsky, Michael Berkowitz, Howard Berry, Susan Birz, Sandra Brenner, David Chwalisz, Alan Cohn, Elaine Cohn, Michael Curtiss, Maxine Darch, Alan Federman, Karen Feldman, Jodi Firfer, Layne Friedman, Bernard Futscher, Julie Geiser, Scott Glait, Ruth Goldberg, Matthew Hartzman, Richard Hirschaut, Susan Isserman, Wendy Jackson, Theresa Johnson, George Kafkis, Brian Kamajian, Nancy Kaplan, Alan Karras, Thomas Kasper, Linda Katz, Paul Kelley, Lee Klancic, David Klein, James Krysl, and Susan Kulovsky.

Cathy Lasowski, Roberta Lewen, Jami Lieder, Douglas Liu, Debra Malina, Pamela Messer, Elliot Nelson, Jeffrey Newman, Steven Nussbaum, Laurie Pautz, Lloyd Pilchen, Jeffrey Pozen, Alan Pregozen, Phillip Rappoport, Cathleen Resnick, Daniel Sawislak, Jeffrey Shancer, Wayne Silverman, Christine Soehn, Muriel Steiner, James Stukas, John Thunholm, Daniel Tesley, Hope Veit, Gary Wellberg, Philip Waller, and Lauren Wohl.

will be on wagons or wheeled sets. Instead of carrying the sets on and off, the crews can just wheel them back and forth."

MORE ELECTRICAL WORK will be used since the show itself is very colorful and lively. "The lighting phase of the show will be emphasized, in an effort to match the mood of the show," commented Mayfield.

The technical crews consist of approximately thirty people. Alan Schoen '79 is the assistant technical director. Georgette Saenz and Laurie Pautz, '79 worked on the set designs, doing sketches for Mayfield.

"Once everything is designed, the crews can begin work. This year, everything had to be postponed due to the weather. The crews did not begin fulltime work until February 13," noted Mayfield.

The crews meet every day from 3 p.m. to 5 p.m. They will also meet the four weekends preceding the show. Possible work on Sunday may also be necessary.

"THE CREWS USED TO meet everyday all together; but this year each separate crew has assigned times to work. We find that we get more work done this way," added Mayfield.

Mayfield supervises four technical crews (lighting, sound, construction and painting), as well as a stage crew and pinrail crew, which operate during the show. The stage crew changes the floor sets, while the pinrail crew changes the sets which are suspended from the stage ceiling.

TICKETS FOR THE show will go on sale March 12 in the auditorium foyer periods 6-12. Tickets are \$2.50 in advance, and \$3.00 at the door.



East office occupation students, (from left to right) Janice Feldman, recipient of a first place award in General Clerical I and a third place in Typing and Related; Karen Stein, who won a first place award in Accounting; Mary Mader, who placed in job interview; and Marilyn Capuano, who achieved a third place in the Filing competition competed for those honors against students from seven other schools at a contest held at Northern Illinois University at DeKalb in early February.

Board changes policy

In accordance with the 219 Board directive, all students starting with the class of '82 will be taking five semesters of English, rather than the four semesters previous classes have had to take.

Currently, sophomores, juniors, and seniors have had to take one year of freshman English at two different ability levels, a one semester literature course of their choice, and a one semester composition course of their choice. The remaining two semesters of required English were to be taken from the wide variety of electives East offers. Beginning with the class of '82, however, all students will be required to take a year of freshman English at three levels, one year of sophomore English at three levels, and a semester of American Literature; plus, one other elective. That means if a student is taking five semesters of prescribed English, he will not be able to take the same number of electives he would have been able to take under the elective system.

ACCORDING TO Dr. Lee Hawkins, East's Director of Language Arts, the reasons behind the Board's July 1977 directive was to insure all students receive a balanced English program. Hawkins added, "The current seniors' transcripts are lacking in composition and literature courses," due to their taking of electives that questionably fulfill requirements.

The lack of skills shown by some East students is a serious problem, but it doesn't mean the entire elective system should be drastically curtailed. The elective program provides students the ability to pursue their interests in English and also develop their skills. Instead of narrowing the entire elective system, each English class in the elective system should spend more time writing and developing mechanics skills. The emphasis put on developing basic writing and grammar skills would be proportional to the class ability as a whole. In this way the administration would keep the benefits of the elective system plus insure basic skills.

commentary

Album Reviews

steve shayman

These days, just about anything live sells, regardless of the musical content; look at live albums by Kiss, Ted Nugent, Kansas, etc. Though that doesn't mean that this is another run-of-the-mill live album, "Cheap Trick at Budokan" is by no means exceptional. But diehard Tricksters will rush out and buy the record anyway, so this review is for those who can look at this objectively, without bias.

Frankly, the sound mix isn't too good. For example, wouldn't you rather hear focalpoint Rick Nielsen's guitar

News Briefs

The Student Articulation Committee met at East on March 7, 1979 at 7:30 p.m. "The purpose of the committee is to take every step necessary to insure that East students have a smooth transition into West or North where student clubs and activities are concerned," explained Dr. Lee Hawkins. The committee listed potential problems accompanied by suggestions for action to reduce them. The spirit of the committee is "fair play". Students at East should have the same opportunity at West or North as if East weren't closing. Meetings will be held every four to six weeks.

An East PTSA Scholarship of \$400 and the Ruth M. Saltzman Memorial Scholarship of \$500 will be offered to East graduating seniors.

To be eligible for the PTSA Scholarship, the candidate must be a senior who plans to continue his education in a college or vocational school, has financial need, gives high standard of character, and not be the recipient of other scholarships totalling more than \$500.

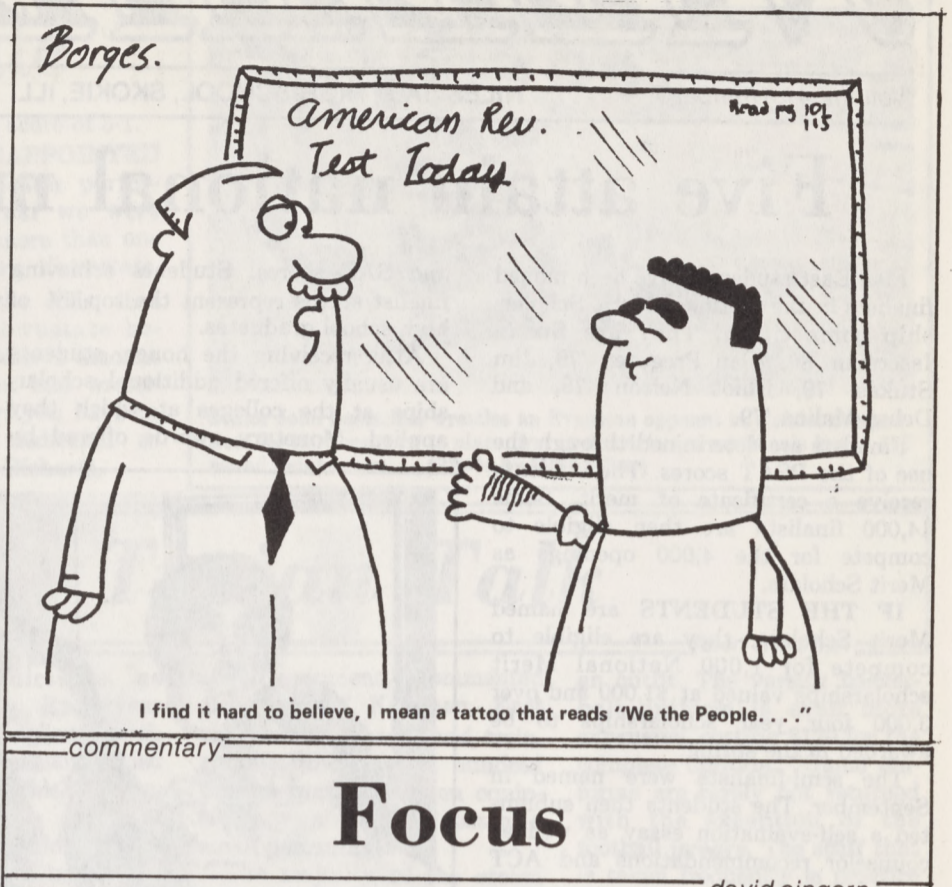
A STUDENT HAVING specific plans for an education in a medical curriculum, has financial need, and gives evidence of a high standard of character and involvement in extracurricular activities fulfills the criteria for selection for the Ruth M. Saltzman Memorial Scholarship.

Winners will be selected by the Staff Selection Committee. Local scholarship forms may be obtained from the Guidance Office, room 109 and must be returned no later than March 30, 1979.

punch through crisp and distinct melodies instead of being subjected to the sound of thousands of shrieking and screaming Japanese girls? I know I would. Tom Peterson's bass becomes indistinguishable in the fray at times, but as usual, drummer Bun E. Carlos paces the band quite well in spite of the bad acoustics.

Better cuts definitely have been considered for the album. Besides Cheap Trick favorites "Ain't That a Shame," "Clock Strikes Ten," and "I Want You to Want Me," I, for one, would have liked to have songs like "Auf Wiedersien," "Downed," or "Southern Girls" performed. Maybe it's a matter of personal preference, but there are too many mediocre songs here where instead they could have included more popular material; some vintage stuff.

If nothing else, "Cheap Trick at Budokan" showcases the rawness and energy of a live performance. But I wonder how the record would sound if it were recorded in the U.S. instead of Japan. Maybe if they boost the crowd noise a little higher up in the mix . . .



commentary

Focus

david eingorn

Cheating at East isn't a new phenomenon nor is it a unique one. What is striking about the whole issue of cheating is the number of students who admit to cheating and the number of students who are being caught for cheating.

According to a Niles West West Word poll, some 86 per cent of the total number of students polled admitted to cheating. Surprisingly, only 4 per cent of the students polled said they had never turned in anyone for cheating.

ALTHOUGH ON THE outside cheating might not seem too serious, it is a difficult problem. If the cheating is wide spread enough a school's whole system of evaluating individual students, consisting of homework, tests, and finally grades, may become useless. With the lack of a proper system of evaluation, a student with a learning disability may be able to pass through his classes by cheating. Although cheating may appear to this student as a visible alternative to failing, in the end, the cheating deprives this student of the attention he desperately needs.

The other major drawback to cheating lies in the fact that one can't learn by cheating. No one as of yet has proven that a student could attain as much knowledge cheating as studying. When cheating is as wide spread as it is

today, students just aren't receiving the amount of education they deserve.

The variety of causes for cheating are as numerous as the cheating methods themselves. Some students say that they cheat because they have to acquire good grades in order to be accepted at a good college. Other students say they have to cheat in order to receive a passing grade. Still other students say they cheat due to parental pressure. The key word, of course, in all of these examples is pressure. Clearly, our current society places an overemphasis on attaining good grades in order to be successful. Some of the pressure is real and relates to the intense competition in today's job market, but most of this pressure is exaggerated.

The solution to the problem of cheating doesn't lie in harder punishments. Inflicting harsher punishments is not a deterrent. If a student deems it necessary, he will cheat regardless of how strict the penalty. The answer to the problem of cheating lies in removing some of the original pressures that caused the individual student to cheat in the first place. This could be done by convincing colleges and businesses to place less emphasis on grades, in order for admission or employment, and more emphasis on the applicant himself.

Feedback

Foreign student gives impressions

Dear Editor:

I have been in this country a year and a half, and in this school one year. There are many differences between Indian and American high schools. It's very difficult to go into all the differences but I'll try to name a few.

Indian schools are physically small. There is no credit system for graduation in India. In India, if you have adequate attendance you can graduate. Indian schools have only three tests during the whole year. All our tests are 100 points.

Throughout India there are very few public schools. Most of the schools are

private and very expensive.

NOW I'D LIKE to say something about East. When I came to this school my English was poor. The teachers were extremely helpful to me. I am sure I could never have gotten this kind of help anywhere else.

Here, education is a lot easier than in India if you know the language. The only problem is the students. They are really mean to foreign students. Especially, they're mean to Indians and Pakistanians because they have a little bit blacker skin than they have. It happens especially in the suburbs because I have gone to high school in

Chicago. For four months, I had a good time in Chicago while here I haven't had any fun at all.

Name Withheld Upon Request

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Student praises East teachers

Dear Editor:

I'd like to say that the teachers at East aren't as bad as the students think they are. Sure, sometimes teachers are too critical, but most of the time it's the students' attitude that causes them to be so temperamental. If students would present teachers with a

pleasant attitude, the teachers would be less temperamental and be more courteous to their students. So for anyone who reads this letter, I implore you to respect your teachers more and present a better attitude toward them.

Barbara Barton '81

Garza to fight on national TV

by Leslie Doi

The street is yet dark and the chilled air penetrates the outdoors. Inside, a boxer turns over and shuts his alarm off. It's 2 a.m. Dressing warmly he moves toward the door, sporadically jabbing at an invisible opponent. With a breath, he steps into the world, ready to tackle the road ahead.

Sound like a scene from the motion picture "Rocky"? Just like the Italian Stallion, Jose Garza, a junior at East, will attempt to make a position for himself.

PRESENTLY, GARZA holds a record of 63 wins and one loss. He was defeated during his first match in February 1978 in a Golden Glove's Tournament. He previously commented in another issue of the Nilehilita that he "worked harder because he had a lot to learn."

His effort proved worthy. On Sunday, April 15, Garza will fight the U.S. National Champion, Jeff McCracken, a marine in his mid-twenties from North Carolina at McCracken's marine base, Camp Le Juine. The fight will be televised on Channel 7 at 2:15 p.m.

"McCracken did not want to fight me earlier; but in January I fought 41 times and

the national coaches told him he had to fight me," explained Garza.

HE CONTINUED, "It's like a dream. When I wake up, I don't think it's real. I worked really hard over the summer, four to five hours a day. Now I work about four hours a day."

His training consists of waking up at 2:30 a.m., when some of us are just getting to bed, running until 4:30 or 5 a.m. in the streets (one can just imagine the trumpets blaring), sleeping again from 5 to 6 a.m., eating breakfast (no, not five raw eggs), studying in school, running again afterwards, and then working out at home on a heavy punching bag, a speed bag, skipping rope, and shadow boxing.

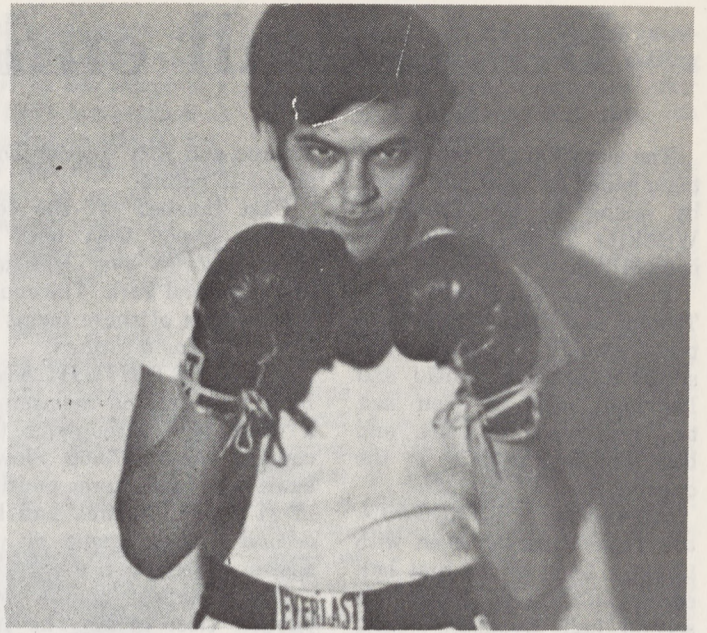
Garza feels optimistic about beating the United States champ. He admits, "I'm excited. I wanted to fight him for a long time. Now I'm starting to get nervous."

IF THIS EAST JUNIOR wins this fight, he will be able to advance to the Pan Am Games in Puerto Rico, an Olympics for the western hemisphere, in July where he will fight boxers from other countries. If he obtains that title, he will return to the United States, fight some

more, and train again — this time for the 1980 Olympics in Moscow. He will try out in the spring of 1980 and if he wins, Garza will go to the Olympics in the summer.

After a little over a year of training, Garza has advanced from a boxer with ambition to a boxer with ambition and prowess. Garza stated, "I want to go to the Olympics, but I want to turn pro afterwards."

Garza concluded that he is thankful for all the support he receives because, "When kids wish me luck, it makes me feel good." So, beware of a rising "Rocky"!



Jose Garza '80 will fight for the U.S. National Boxing Championship title on April 15.

Foreign students attend East

Eating french fries with mayonnaise, Christmas without snow, and school ending at noon, are all things that foreign students at East have had to learn to live without.

They come from as far away as Holland, Indonesia, and the Philippine Islands.

MARIANNE FEENSTRA, 18, an exchange student from Holland, knew what to expect when coming to Skokie, be-

cause her family had an Illinois student stay with them this summer.

"Before I left," Marianne reminisced, "The kids back home said, 'Say hello to Al Capone!'" She loves Chicago though, and is finding her classes much easier than those in Holland where foreign language is stressed.

"YOU MUST TAKE English, German, and French," she added, "and you must major in English." She speaks those three languages, plus Dutch, Spanish, Italian, and her local tongue Frisian.

When on vacation, her family travels all over Europe, where she comes in contact with many different cultures and foods.

A DUTCH FAVORITE is French fries with mayonnaise or peanut sauce (tastes like melted peanut butter). "Most of the people here eat junky food," Marianne commented.

She is pleased with her trip abroad, and concluded, "It's been a good experience to see how people live and how their opinions differ. You can really get to know what people are like."

The Philippine Islands are home to East student Mercedes Sanchez '79.

MERCEDES, OR 'CHED' as she prefers to be called, arrived in the United States in May, 1978.

"I wanted to come to the United States to see the country and to meet new people," she stated. "I am currently staying with my uncle."

"When I first came to the United States, I noticed that some people dress very casually for school. In the Philippines we must wear uniforms to school."

CHED ADDED that in the Philippines, school begins in June and ends in March. "English is a required course in the Philippines, so I did not have too much trouble with the language when I came to the United States."

The snow is a new experience for Ched who is used to temperatures between 70 and 100 degrees. She thinks that snow looks like 'confetti' and is "just beautiful." However,

she did not know about the weather related driving problems because one must be 18 years old to receive a driver's license in the Philippines, and lessons are only offered privately.

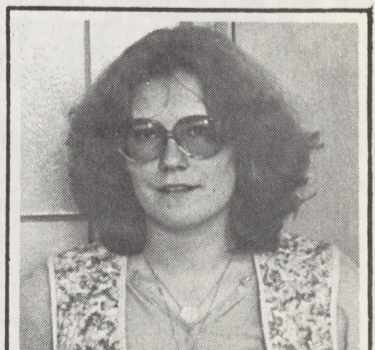
Ched would like to become a nurse, although she is not sure if she will go to college in the United States. "I doubt if I will make the United States my home," she admitted. "I will probably stay here for two years and then return to the Philippines."

IN PALEMBANG, Indonesia, school lasts until noon, according to John Iskandar '81 "... and the school day is divided into periods just as it is in American high schools."

John moved to America with his family a year ago, before which he attended a parochial school in Jakarta, the capital of Indonesia. "The level of the courses in Indonesia and in the United States is about the same. The main difference between Indonesian schools and American schools is that American schools have more facilities for students," John observed.

AS A STUDENT in Jakarta, John studied 16 different subjects a year ranging from physics to religion. "Even though I went to a private Catholic school," commented John, "the costs were rather inexpensive in American terms. One month of schooling costs ten dollars."

"The thing that I appreciate most at East is the lack of prejudice exhibited by the students," concluded John. "Here, you are judged by what kind of person you are, not by what ethnic group you belong to."



Marianne Feenstra, 18, is an exchange student from Holland now attending East. (Photo by Erich Massat)

Israeli youth delegation visits East

Traveling abroad in the middle of the school year sounds like a dream; one that became reality to Israeli students Zev Lederman and Galit Freedman who visited East on March 6.

"We're here in a sort of high school delegation," Zev explained in his slightly accented voice. Seventy students from Israel are on a two month government sponsored program, and, like Zev and Galit, are traveling around the United States talking about Israel and answering questions.

GALIT, 16 AND a junior in high school, is enjoying her first visit to America and the snow, which is uncommon to her in Kiryat Tivon, Israel. Zev, however, was born in Denver, Colorado, after which his family moved to California where they lived for 11 years before immigrating to Israel.

"You don't know how good you have it here," Zev explains as he talks about Israeli high schools. In Israel they have a six day week and must pass cumulative final exams in order to graduate. English is required from fourth grade

until high school graduation, and schedules are different every day of the week.

The driving age is 17½, "But no teens have their own cars," Galit stressed. This could be due to the high price of gasoline, \$2.75 a gallon! "Buses are the primary mode of travel, being very efficient and very cheap," added Galit.

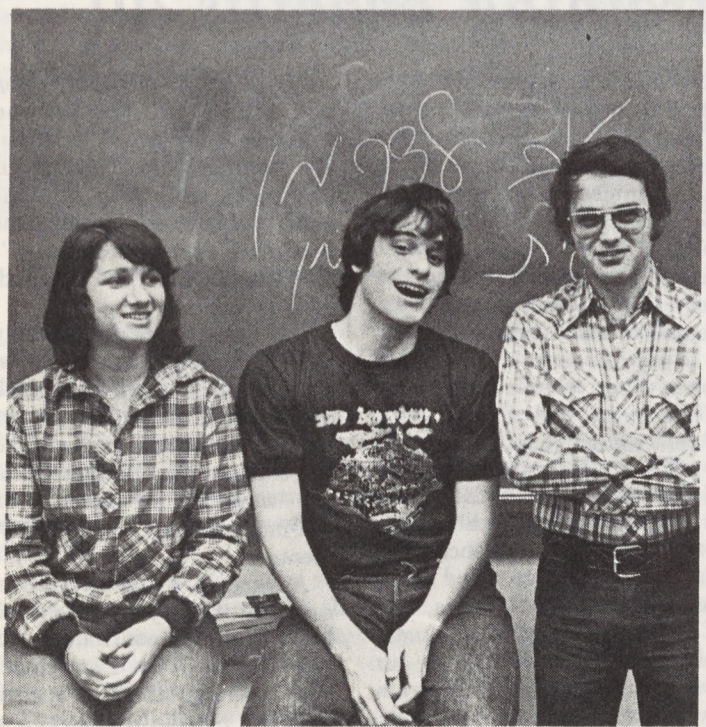
HOWEVER, WEEKEND activity is much the same as in America, primarily movies and parties. Although there is no drinking age in Israel, Zev stated, "It is not customary to get drunk. We do not party as much as you do here."

"The social structure here is different," Galit adds, "When we go out, we go out with a group of both boys and girls." They are quick to add that single dating is also very common.

"I will enter the army when I finish high school," Zev explained. "I am proud to be joining the army because I feel it is my duty to help defend my country."

"Girls must also serve in the army," Galit added. "Girls are trained to do everything from repairing tanks and airplanes to serving in secretarial positions. However, girls do not fight at the front lines."

"People think; how can Arabs and Jews live together?" Zev concluded while speaking about the prospects for peace in the Middle East. "Across the street from my home is an Arab community. Although we do not hug and kiss, there is a mutual respect we have for each other."



Galit Freedman, 16, and Zev Lederman, 18, pictured here with East Hebrew teacher Alexander Miron, are part of an Israeli youth delegation visiting the U.S. (Photo by Erich Massat)

Basketball ends season

The East Varsity basketball team ended its season March 7 by losing to the Evanston Wildkits 72-55 in regional competition.

Prior to this loss, the Trojans had been victorious in three straight contests. The squad defeated Deerfield and Highland Park in their last two conference matches and beat Loyola Academy in the opening game of regionals.

AGAINST EVANSTON, the Trojans played even with the host team in the first half earning a 25-25 tie. But in the second half Evanston found their range and opened up the game to win 72-55. Tad Slowik led East with 26 points.

In the opening rounds of regionals, the Trojans played one of their best games of the season defeating Loyola Academy 69-55. One of the keys to this victory was the Trojans' dominance on the boards. East outrebounded their opponents 44-21. Tad Slowik led a balanced scoring attack with 18 points and 17 rebounds. Al

Andrea and Ken Houdek both added 18 points.

East finished off the conference season with back to back victories over Deerfield and Highland Park. The squad lost to both of these teams in their previous meetings.

AGAINST HIGHLAND Park, the Trojans maintained a small lead throughout the contest winning 73-66. Slowik again was high scorer pouring in 31 points. Andrea had his second highest game of the season scoring 25 points.

The Deerfield match was another close game. The two teams ended the game tied after exchanging the lead several times. In the overtime period, Matt Donath hit several clutch free throws to wrap up a 76-70 victory for East.

The varsity squad ended the season with an overall record of 9-16 and 3-11 in conference play. The 9-16 record is one of the better records for East teams the last few years.

Although the 9-16 record

might have been disappointing, the performance of 6'4" senior forward Tad Slowik was not.

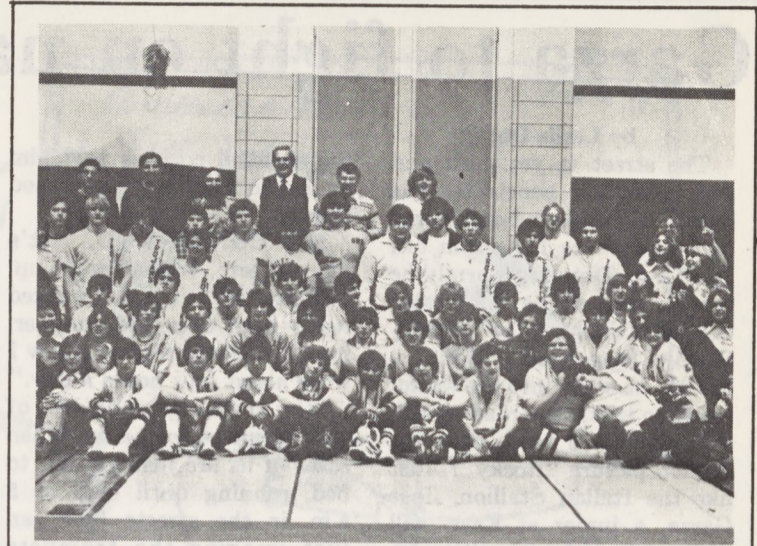
Slowik finished the season with the top scoring average and point total in the CSL. For the second year Slowik was named to the all-conference team. In addition, he was given a special mention in the *Chicago Sun-Times* all-area team. The *Chicago Tribune* also honored him by naming him the "Prep Athlete of the Week" for the week of March 8.

Wrestlers win with Richardi

by Mark Pos

The match is over and again the East wrestlers have swept all four levels. This has been a common sight the last few years to most East students but there was a time when "the Beasts from the East" weren't so good.

When Fred Richardi took over as head coach in 1970, Trojan wrestlers hadn't won a



The 1978-79 wrestling program again sweeps the conference on all four levels. (Photo by Silver)

match in over 161 meets.

"IN 1969-70 THEY finished last place on all four levels. It was a nothing sport around here. The other schools used to laugh at us," commented Richardi.

After his first two years, Richardi's program started to jell in the lower levels. In those first two years the varsity team finished last place and sixth place, but improvements were being made on the lower levels.

By the time the freshmen had become seniors, the grapplers finished in first place. The other levels were still winning, and a dynasty was forming.

SINCE THAT FIRST varsi-

ty title, the Trojans have reeled off five more titles. The sophomore team has had eight conference titles in a row since Richardi has taken over.

"When we started winning it was easy to find wrestlers. Everybody wants to be part of a winner," stated Richardi.

In the last eight years the Trojan grapplers have won 22 league titles, eight second places, and have taken districts seven of the eight years.

It's a shame that the "dynasty" which Richardi has built up will have to end next year. But the coaches and kids involved with the East wrestling program in the last eight years will have many memories.

Boosters give awards

by Al Friedman

The East booster club handed out awards to winter athletes last Sunday night at the Winter sports assembly.

In basketball, Tad Slowik was voted to the CSL all-conference team for the second year. Al Andrea received an honorable mention citation. At the assembly, Slowik was honored for being East's all-time leading scorer. He was presented with his away basketball jersey, and his home white jersey will be hung in the showcase in Trojan Hall.

THE WRESTLING program sported eight all-conference wrestlers. The following wrestlers were all-conference: John LaManna, Renato Nepomuceno, Mark Pollack, Dan Sarasin, Bill Stein, Victor Suarez, Kelly Walls, and Howard Walovitch.

The gymnastics team selected Michael Lankford as its MVP. Cynthia Michaels and Nancy Kusek were voted by the girls' varsity basketball team as their MVP's, while Lori Jensen was selected as the bowling team's MVP.

Pre-season training benefits all

by Brian Kamajian and Al Friedman

Summertime is the time of year where it's warm and everybody plays softball and goes to the beach, right? Maybe. There are also many athletes sweating it out in local weight rooms preparing themselves for the upcoming sports that they will participate in.

The spring and summer provide an excellent period of time (about six months) for fall and winter athletes to train. Most of them work in the East weight room and downstairs track. Some lifters travel to the YMCA in Niles in pursuit of different and more extravagant equipment.

The YMCA offers over 100 different pieces of weightlifting machinery.

"Off-season weightlifting is a must for athletics. It

develops the individual more than if he just became a year older; and with all of the other teams in the conference doing it, we must so we won't fall behind. Lifting also provides plenty of protection against injury. It made a big difference for us this year," stated East football Coach Jerry Ferguson.

Boys are not the only pre-season athletes though. Girls' volleyball Coach Jerry Richardson has his girls working in the off-season also. "Pre-season training definitely helps us. All of the other schools in the conference have enough money to send their teams to summer camps, but East can't. We work out most of the spring, and we have our own six week summer program where we work on our skills. We have to do this to survive in our conference," Richardson commented.

"OUR KIDS ARE wrestling and lifting all spring and summer. They travel to different tournaments throughout the state wrestling against good competition. It helps the program tremendously," wrestling Coach Fred Richardi added.

But athletes are not the only people training these days. One present in the indoor track after school will observe the many students running around the track or pumping away at the weights for their own self-improvement and enjoyment.

As shown by the improvement of this year's football team and the continued success of some of the East sports with a strong effort by a good number of the participants, this will bring about many positive and even unexpected results.

commentary

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The Tuesday night basketball game ends at 10:15 p.m. By the time the athlete gets home and has finished his homework it's almost midnight. The short night's sleep ends at 6:30 a.m. when he has to rise for early bird gym.

The tough schedule of an in-season athlete is made even tougher by the fact that he must attend physical education class daily. In-season athletes should be excused from P.E. for the duration of their athletic season.

THERE ARE SEVERAL reasons why such a plan should be adopted. The foremost is that the athletes do not need this extra exercise that P.E. provides. Although the instructors may try to teach the game and develop the students' skills, little is accomplished.

The gap left in the athlete's schedule by the removal of P.E. could be filled with a study hall period. With long practices and many games, an athlete often neglects his homework. An extra study hall period could provide this "extra time."

So why hasn't such a plan,

that would obviously be popular to most athletes, been proposed and adopted?

"WELL, THIS IDEA was proposed three or four years ago by the Student Senate. It was turned down for several reasons," stated James Swanson, East Athletic Director.

According to Swanson the physical education classes are for more than just exercise. "One cannot equate a sport with P.E. class. P.E. is more comprehensive; it gives athletes a chance to develop skills and interests in other sports. P.E. class is designed to benefit both proficient and deficient students."

"P.E. is extremely important to all athletes," commented varsity wrestling Coach Fred Richardi. "Taking the P.E. class away from the athletes would destroy the leadership qualities of many athletes."

"ON A TEAM, a mediocre athlete is not really looked up to. But when this same athlete is in class, he immediately becomes one of the best players. This is where leadership is developed," pointed out Richardi.



The East weightroom provides good facilities for many off-season athletes to get in shape. (Photo by Silver)