

Ames High School The Web

January 16, 1998 • Volume 58, No. 6 • 1921 Ames High Drive • Ames, Iowa 50010

Ben and Mara Wendel show off their dancing abilities. They will be leaving at the beginning of 2nd semester to spend five months living in Israel. Both say they are looking forward to the experience, but will miss their friends.

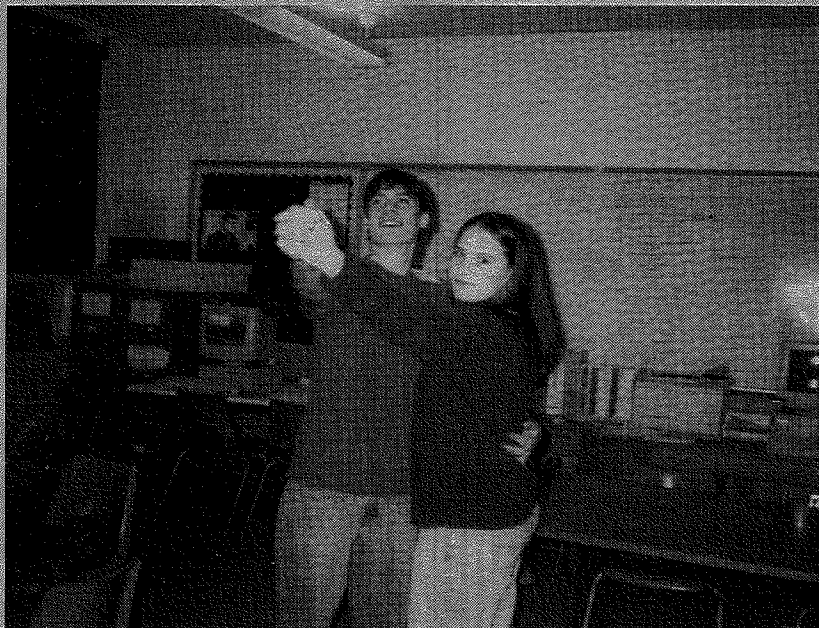


photo by Amber Erickson

Students to spend semester in Israel

By AMBER ERICKSON
SPORTS EDITOR

Living in the United States is a luxury that many of us take for granted. Going to another country for five months is something that would be exciting to dream about but what would happen if it became a reality? This is what sophomore Ben Wendel and freshman Mara Wendel are going to experience. They will leave for Israel on Jan. 28 and will not return until June 18.

Not everyone would receive this type of opportunity, but it happened when their dad, a professor of botany at Iowa State, applied for a sabbatical position in Israel. "Our dad is doing some work out there right now," Mara said. "He left a couple of months ago. Our mom is a doctor but she has to take these five months off."

Both agree that they

are excited to go but they will miss their friends. "At first, my parents said we would only be gone two weeks," Ben said. "Then it was two months and now it is five months. That is a long time to be away from the people you know."

Even though they don't know anyone in Israel right now, by the time they return home they will probably know plenty of people. This is because they will be attending school. "The town that we are living in is called Rehovot," Mara said. "The school there has 4,000 students and is split up much like the middle school. We aren't sure what classes we're taking but we should be able to figure that out when we get there."

The Wendels will take two weeks to travel back to the United States because

they are going to travel through Europe. "We're going to go to Italy, Switzerland, and France," Ben said. "It's going to be the best part of the trip. I can't wait for the four and a half months to go by."

Even though Israel has a mild climate because of being on the Mediterranean Ocean and has beautiful historic Jewish temples, they both agree that they will miss the English language, cheap movies and cheap Levi's. "My dad says that you really need to know Hebrew because that is all they pretty much speak," Mara said. "We aren't sure how we are going to communicate."

Ben will also miss something else. "I have only been driving for a few months but I will definitely miss it. I'll have to learn all over again when we come back."

Multi-talented Gartz

By MIKE MEIER
STAFF REPORTER

Any self-respecting Ames High student knows, or has heard of, the multi-talented Homer Gartz, Ames High's band director for over 30 years. Although no television ads say: "Like Homer, I want to be like Homer," they might as well because Gartz is quite the basketball player.

"Mr. Gartz's high flyin' rip roarin' dunks leave me astounded as natural talent," senior Bjork Hill said after an I-Ball game against Gartz. Gartz is a pivotal player on the staff I-Ball team.

Gartz was an accomplished basketball player in high school and won a spot on the UNI team. While in college he decided to become a band instructor. Gartz's love of music took precedence over his love for basketball. There was no time for

him to play ball and practice music, so he gave up basketball and never thought twice about it. "Basketball relaxes me, but music takes priority," Gartz said.

Just as it takes practice to become a good athlete, it is not easy to become a band instructor. According to Gartz, first you must know and play an instrument pretty well. You must major in music and learn all the instruments in the band.

Maintaining the job of band instructor is no easy task. The band instructor is responsible for deciding what songs to play and must find music appropriate to what the students need.

Band stu-

dents are certainly glad that Gartz chose music over basketball. If he hadn't, Ames High would have missed out on a world-class band instructor and a fantastic addition to the Ames High faculty I-Ball team. "Mr. Gartz really knows and loves music," senior Mark Anderson said. "And you can really tell that he genuinely cares about the students."



photo courtesy of Homer Gartz

Homer Gartz receives his gold medal for free throws at the 1993 Iowa Games

Wrestling weight-loss methods questioned

By ARLENE BIRT
NEWS EDITOR

The recent deaths of three college wrestlers have brought national attention to the rapid weight loss methods followed in high schools and colleges, leaving administrators questioning the safety of Ames High's own practices.

Athletic director Dave Posegate said

his attention level of Ames' wrestling procedures has come up 100% since the college students' deaths.

"We need to be aware of the things we need to do to make sure it doesn't happen at Ames High," Posegate said.

According to head wrestling coach Rick Caldwell, the coaching staff distributes informative handouts and sched-

ules speakers to promote good weight cutting practices.

Some safe methods include eating nutritious foods, steady workout programs and cutting a safe percentage of body weight.

"We have some kids that cut a significant amount of weight. Most do it properly, some do not," Caldwell said.

See Creatine, page 7

Helping others recover from eating disorders

Students and counselors form group for support and education

By MARY RUSSELL
EXECUTIVE EDITOR

Seniors **Hillary Barta** and **Erin Rollenhagen** have turned their personal struggles with eating disorders into something positive for other students. They are in the process of forming a group at the high school to educate students about eating disorders, such as anorexia and bulimia.

"I've had problems in the past with eating disorders and I've known so many people at the high school with eating disorders," Barta said. "That's mainly what made me want to start this."

Rollenhagen and Barta's experiences taught them what was needed at the high school to make the recovery easier for those who are still dealing with these issues.

"We're trying to provide information to people that have eating disorders or people that know people with eating disorders," Rollenhagen said. "Everyone in the school is affected by this. If you don't have one I guarantee you that you know someone who has one."

The group had one meeting with the help of their advisors, counselor **Jane Olson** and school nurse **Karlene Smith**. This helped them determine the amount and types of in-

terest. They decided to continue by having a few meetings and speakers for the purpose of educating everyone who is interested. "After that we are going to have it be a small group for kids that are directly affected by this issue," Olson said.

This small group will be a place for those struggling with eating disorders to get support from their peers and learn where they can get help. "If someone is suffering from an eating disorder, they need additional help beyond this group," Olson added. "It would be an excellent first step."

Rollenhagen wants the group to be a place anyone can get the same peer support she received. "I've had an eating disorder from the time I was a sophomore and I still do," Rollenhagen said. "My friends have been the most help to me. What they said was so much more helpful than anything any adult said to me."

By coming to the group's meetings, students who have recovered from their problems can develop relationships with those who are still struggling.

"I think the people that can educate the best are the people that have actually experienced it," Barta said. "They should be there for their stories, guidance and advice."



Left: seniors **James Grant** and **Devashis Roy** prepare to wrap gifts for Winter Madness families on Sat, Dec. 13.

Right: Wrapped gifts ready for distribution. **Stu-Co** shopped for four hours at Target and spent 5 hours wrapping the gifts.

Photos courtesy of Katherine Acker



Giving in the season of giving: Stu-Co's Winter Madness

By AMBER ERICKSON
SPORTS EDITOR

As winter break approached students talked about what they would receive as gifts, where they were going and how late they would sleep. The holiday season doesn't seem like a time for giving to some teenagers, but every year the student body's help can be seen in the community.

Winter Madness, a week long fund-raiser, started Dec. 8 and ended Dec. 12. The week included events such as penny wars, game show night, a raffle and a homeroom money raising contest. All the proceeds were given to local

families in need.

This year's Winter Madness could be considered one of the best ones yet. This may be attributed to more organization on the Student Council's part and more generosity on the school's part.

"This year the game show was definitely better and the penny wars between the grades were more heated," said senior co-president **Devashis Roy**. "The homerooms were more efficient because they raised \$1,500. We used the raffle to encourage participation and that raised \$50. It doesn't seem like much but it was \$50 more than otherwise."

In the end, Student Coun-

cil raised about \$4,000. "Our goal was set for \$3,000 so that is \$1,000 over our goal," said Roy. "It is the most money ever raised for Winter Madness."

This year the money was given to three families which were selected by MidIowa Community Action or MICA. "We received wish lists from the families, which is where most of the money went," said senior co-president **Joseph Mowers**. "The remaining money was divided to the families which they could use in any way they wanted."

With this year's noticeable success a challenge is left by Mowers. "I challenge next year's co-presidents to make Winter Madness as good."

Let it snow, let it snow, let it snow...

Snow day procedures unshoveled

By JASON CLARK
FYI EDITOR

Nearly all students have wished for a snow day. But what really makes snow days happen?

The process for calling off school begins with a man named Joe Stratton, the Finance Director and transportation liason to the school administration. Stratton keeps a watchful eye on the weather reports and determines if the buses will run.

"[Stratton] is the one who starts the process for cancelling

school," said **Nick Johns**, the district's Superintendent. If Stratton is convinced that school should be called off, he contacts Johns and Deputy Superintendent **Ralph Farrar**.

When Johns and Farrar are contacted they make the judgment about the school day. "When there's six inches of snow on the ground and six more expected to fall later, it's fairly easy to decide," Johns said.

Many times the weather is just on the verge of being dangerous, making it difficult to predict what the conditions will

be later in the day. "The tough decisions are when there's just three inches of snow on the ground, and it might be thirty-four degrees by six o'clock, but it might stay below freezing," he added.

Occasionally, the police make the decision that it is not safe to travel. This makes it very easy to make the decision to cancel school.

Delays usually occur with ice or fog that is expected to dissipate. "Delays are mainly to buy time until conditions change enough so that we can make a clear decision," Johns said.

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News Analysis

Administration requests more teachers to cut six period day

By MARY RUSSELL
EXECUTIVE EDITOR

Under a new budget procedure, the high school administration requested funding for additional teachers from the finance committee in order to reduce teachers' class loads and maintain class sizes. However, teachers have raised questions about what further action the administration will take if the request is denied.

This year, Superintendent **Nick Johns** began a new process for developing the district's budget. Each school in the district submitted requests for additional funding for specific purposes. The finance committee will look at the requests and distribute money accordingly.

"It's a different way to do it, and I think it's a better way," Principal **Chuck Achter** said.

The new system allows the high school administration to tell the district exactly what it needs. Achter said the high school submitted several funding requests, totaling \$1,375,748. This included \$265,000 to allow the school's teachers to return to the balance of five classes per semester and \$76,000 to maintain the average class size of 25. Each request will be handled separately by the committee.

Budget cuts

Last year the district's budget was cut due to a projected decrease in enrollment. Eight retiring high school teachers were not replaced in order to save money. This forced most of the remaining teachers to teach an additional class during one semester, a total of six classes one semester and five classes and a study center the other semester.

"The enrollment of the school district did not go down," math teacher **Virginia Swenson** said. "Due to the increase, the original eight teachers that were going to not be replaced went down to five."

The three teachers that replaced the retiring teachers did not, however, reduce the teachers' class loads. According to Johns, they were hired to retain class sizes. He said that the high school still needs eight additional teachers to return to a five-period day in addition to those that need to be hired to maintain class sizes. However, the high school proposal only asked for five for this purpose, three less than Johns believes would be needed.

Other options

If the finance committee denies the high school's request to hire new teachers to accomplish either of these goals, the school's

only prospect for the funding is to convince the school board members themselves. The superintendent submits a budget proposal to the board and "they can adjust that recommendation however they desire," Johns said.

Last year teachers, community members and students spoke at a forum to the school board in an unsuccessful attempt to change the budget in favor of hiring teachers. The group that publicly protested last year's budget did not, however, include high school administrators.

"Last year at that time, it (the budget) was established in the minds of the administration although it had not been voted on by the board," Spanish teacher **Terri Mickelson** said. "The teachers spoke for the teachers and the students spoke for the teachers, but there was no administrator from the high school who spoke in public for the teachers. They may have advocated for us behind closed doors, but what we saw as teachers was not that of the role of an advocate."

Some believe that their protest could have made an impact on the board's decision if it had received the public support of the administration.

"I think my job is to work with my boss, the superintendent," Achter said. "If my boss has a recommendation, I might argue with him behind closed doors, but when I get out I'm not going to go against that."

The differences between the principal's opinion and teachers' expectations will become important if they need to convince the board of the importance of their cause.

In memory of Robert Scott

Sept. 6, 1981-Dec. 30, 1997



Sophomore Robert Harper Scott died Tuesday, Dec. 30. He was 16 years old.

Robert was born in Canoga Park, California, to Stephen and Rosemary (Roeder) Scott. He attended Fellows Elementary School, Ames Middle School and Ames High School. Robert participated in Tae Kwon Do, Mock Trial and Spectrum at AHS.

Ames sophomore Bogden Costic spoke at Robert's funeral at Collegiate United Methodist Church on Saturday, Jan. 3.

The family designated the AHS music department for memorial contributions.

"If they stand up and go before the board, they will have an effect," senior **Katherine Anderson** said. "If they don't get the money, they will at least show the teachers that they cared enough to fight for them."

Although the administration has shown support by requesting the money, some expect more from them.

"I see the principal's job as an advocate for the building and everything that goes on here," social studies teacher **Bob Uetz** said. "It think it should go a long way if the administration would speak up as advocates for the teachers, and I wonder why they haven't."

Low expectations

The new system of requesting funds makes some hopeful about the school's prospects for hiring new teachers to replace those lost in last year's cuts, but others doubt that it will make a difference.

"I want this to be a priority, but they are only getting so much money and they have to prioritize," Achter said.

According to Johns, the committee has already eliminated all

but 17 of more than 100 budget requests. Among the remaining 17 are two of the high school's applications for new teachers.

"Most of the finance committee gave the request for additional staffing to maintain class size a higher priority than the one to prevent a six period day," Johns said. "It would be really difficult to find enough money to change that."

Johns also discussed the committee's findings when he spoke to the math department on Wednesday, Jan. 7. "According to Dr. Johns, it looks pretty firm," Swenson said. "The finance committee is not going to be able to find enough money to go back to five and five."

Proposed 1998-1999 Budget Additions

5 new teachers (to return to a 5-period day for teachers).....	\$265,500
1.6 new teachers (to maintain class sizes of 25).....	\$76,000
1/2 time guidance counselor.....	\$22,500
Science Department Staffing (to add biology labs).....	\$13,500
Other staffing.....	\$40,200
Media Center (to create a new computer lab).....	\$174,580
Other department requests.....	\$17,318
North Central Association (accreditation team).....	\$5250

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Applying to college causes stress

By Jason Clark
FYI Editor

Most seniors have to face up to it sooner or later. It is often ignored and delayed, but it inevitably finds its victim. It is the dreaded college application.

Second semester finds many students scrambling to meet the deadlines for applying to the college of their choice. Some colleges require applications to be returned by January and others have no specific return date. These applications come in many different forms, some requiring lengthy essays and detailed lists of activities.

"There are generally two types of applications," said Counselor Leslie Maze. The basic application requires three things: A standard application with personal data, ACT or SAT scores and a high school transcript. Another type of application requires one or more essays in addition to the basic application.

Senior Sara Hurburgh is working on applications for Iowa State University, The University of Northern Iowa and Trinity International University. The application for Trinity International University required an essay in addition to personal information. "The ISU application is pretty much just a fill-in-the-blank," Hurburgh said. "It's a very friendly application."

Some students managed to meet the fall and early winter deadlines for early admission applications which are offered by several selective colleges.

Senior Josh Lapan applied at four colleges, two of them by early admission. "Colleges

with early admission usually pick most of the freshman class from the early applicants," Lapan said.

Essays often cause the most stress for students. Most college essays are asked to answer questions like "Why do you think this school is good for you?" or "What would you contribute to this university?"

"I hate writing essays about myself," Hurburgh said. "It's so hard to look at yourself that way."

Some universities such as Massachusetts Institute of Technology require two or three essays, allowing students

to choose from a list of possible topics on which to write their essay.

An option which has only recently been offered is on-line applications. This option greatly reduces the time of the often weeks-long process of requesting, filling out and mailing in the application. "CALTECH had a very nice on-line application," Lapan said. "They had a program that would not only draw up an application for you to print out, but also allowed you to fill in the basic information and submit it."

Students on the internet

By Jason Clark
FYI Editor

Using the internet is a common activity among high school students. The internet provides many services such as on-line homework help, chat rooms and an unlimited supply of information.

Freshman Joey Hayes has been interested in computers and the internet for about two years. Hayes enjoys using the internet, especially chat rooms. "I like to go into chat rooms and pick fights with people," Hayes said. "I leave most people thinking I'm psycho or something."

Senior Kristen McGeeney has found the internet very helpful in her search for college information. "It has made

looking for college stuff a lot easier," McGeeney. McGeeney also uses the internet to talk with friends. "E-mail is especially handy with long distance friends," McGeeney said. "It saves a lot on phone bills."

"I like to go into chat rooms and pick fights with people."

--Freshman Joey Hayes

The internet has many uses for junior Bobby Myers. "I use the internet for finding things for school," Myers said. Myers also likes to find cheats and codes for games and send e-mail. "My main use for the internet is sending e-mail to friends," he said.

Custodian watches students grow

By Heather McElvain
Front Page Editor

Vince Simon started working as a janitor at Ames High as a temporary job to earn some money while studying engineering in college.

"I planned on working here for only three weeks or so, but my supervisors encouraged me to stay longer. I never expected to be here this long," he said.

Head custodian Simon's original three weeks stretched into a career of 16 years.

"The best part of my job is being able to work with the staff. They are all very interesting and well-

educated people. I also really enjoy being able to help the students," he said.

He also enjoys watching them grow up. "Freshmen generally seem more unsure, but by the time they are juniors and seniors they have grown both physically and mentally and are more sure of themselves," he commented.

"The worst part of my job is feeling overwhelmed with all of the things that need to get done, especially when we have someone who doesn't show up for work," he said.

Although he believes students are for the most part very respectful towards the building and the custodial staff, he has noticed a change in attitudes toward the building's new addition. "When the addition was brand new the students had a

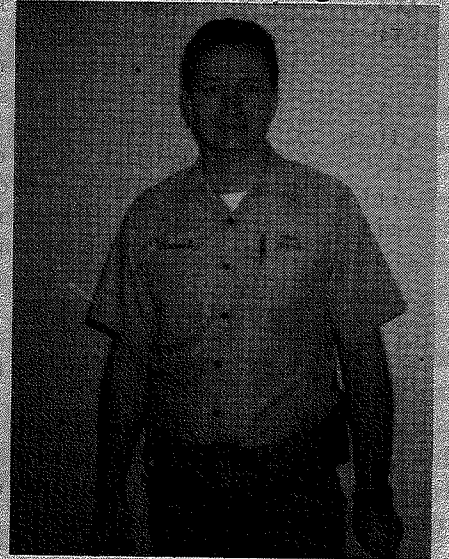


Photo by Heather McElvain
Head Custodian Vince Simon pauses during an inspection of the pool. Simon has worked at AHS for 16 years.

good, improved attitude about the building. They took pride in and good care of the facility. Now that the addition has been here for a while, the students' attitudes have changed a little. They don't appreciate it as much, and I have noticed an increase in litter," he said.

Even with the little problems, Simon enjoys the students. "I think the majority of students are very polite and fun to be around," he said.

So, the next time you are about to toss your crumpled up worksheet in the hallway or stick your flavorless gum to the drinking fountain, remember Vince and the rest of the custodial staff and give them a break. They deserve it.

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Heather's truck stop experience

By **HEATHER McELVAIN**
FRONT PAGE EDITOR

The Cyclone Truck Stop on Highway 30 & Dayton is a dining area not frequently visited by Ames residents. It is teeming, however, with oh-so-friendly trucker guys. Believe me, I know. You see, the rest of the loving and caring Web staff nominated me to interview some of the truckers trying to take a rest from their busy schedules.

I selected two men sitting nearby waiting

for their food. They had been displaying a bit of a staring problem and a horrendous case of the giggles. But I suppose that was to be expected; it's not everyday that eight high school students just drop by the truck stop on a school night.

Part way into my interview with Don and Darwin I asked, "How is the atmosphere here in comparison with other truck stops you go to?" The congenial Don answered, "It's better now that you're here."

With that statement I was graced with, I kid you not, synchronized winks from both Don and Darwin. I was so impressed with the ability of these 30-something year old men to hit on a 16 year old girl that I immediately hustled back to the safety of my own table.

So, if you're looking for a new hangout where the food is always greasy and the other customers go that extra mile to make you feel at home, hop over to the Cyclone Truck Stop.

School hires Family Resource Counselor

By **JANE KLOCKE**
STAFF REPORTER

Students and families often need help coping with the stress and problems and everyday life. Ames High School recently hired a new Family Resource Counselor to help families with these issues.

"It is extremely important to have a Family Resource Counselor so that the other counselors can do their jobs," Principal **Chuck Achter** said.

Allison DiBlasi is the new Family Resource Counselor at the high

school. "My main focus is to work with students and families," DiBlasi explained. She does three assertiveness groups a week, and is on the pregnancy and parenting committee. She is involved in the mentoring program and will be co-teaching a life skills class next semester. DiBlasi also meets with students individually to talk about a variety of topics and works in conjunction with the counselors.

DiBlasi is a 1989 graduate of Ames High. She received her bachelor's degree in sociology from ISU in 1993 and her master's degree in counselor education from ISU in 1996.



Photo by **Darin Johnson**

Family Resource Counselor Allison DiBlasi.

She worked in prevention education at Youth and Shelter Services for two years and has been a child and family therapist at Beloit for a year and a half. In addition, she has taught Chicometrics three times a week for over four years.

"I love Ames High and I'm proud to be a graduate," DiBlasi said. "So it's been great to be able to give back to the school that I feel gave me so much."

The Web staff's night on the town

Compiled by **JASON CLARK**
FYI EDITOR

On Thursday, November 18, eight members of the Ames High Web Staff decided to try something different for dinner. These adventurous restaurant reviewers decided to venture to one of the most interesting restaurants in Ames--The Cyclone Truck Stop. This is what they had to say.

I enjoyed our expedition to the Cyclone Truck Stop once we finally found our way there through the twisted maze that is the Iowa interstate system. The food was mediocre--the cheese tasted like plastic, but the eggs were good. They have excellent toast and terribly boring hot chocolate. My favorite part was seeing two college students in a booth next to four "good ol' boy" truckers, all of them smoking the same brand of cigarettes. The things that unite people of all types: Truck stops and cigarettes.

Gina Russell, Staff Reporter

I found the Cyclone Truck stop to be the basic ste-

reotype of a truck stop. At first I was a little bit scared of the huge case of knives in the corner, but the delightful waitresses and friendly truck drivers soon made me feel right at home. I thought that the food was only slightly oily and quite tasty. I will most likely be returning to the Cyclone Truck Stop again.

Mike Meier, Staff Reporter

The taco salad I ordered tasted more like a shredded cheeseburger-in-a-shell than a Mexican tradition, but for \$4.95, there was enough food to fill anyone's tummy.

Arlene Birt, News Editor

Deciding what to eat at the Cyclone Truck Stop is a difficult task. You have a billion different items to choose from, from breakfast to dessert. I chose the French toast and a glass of milk. The food was excellent--perfect down home cooking. The service was fast and pleasant, with a smile, of course. Anyone can have a hearty meal for well under ten dollars and leave with a smile themselves.

Amber Erickson, Sports Editor

My food at the Cyclone Truck Stop was basically the same as anywhere else I go out to eat. My grilled cheese and fries were quite cheap (less than three dollars) and tasted better than the ones at Perkins or Ruttles. Plus the atmosphere was a lot more interesting. It was definitely a good experience, but I wouldn't try to travel there alone. It's quite easy to get lost going there and you might end up half way to Des Moines.

Mary Russell, Executive Editor

Eating at the Cyclone Truck Stop was quite an adventure. I was slightly taken aback when my chicken fajita came on a bun, but it was excellent just the same. The service was friendly, although the waitresses were somewhat perplexed as to what eight high schoolers were doing eating in a truck stop. The only complaint I have is that I came home smelling like a chimney sweep as a result of the thick smoke.

Jason Clark, FYI Editor

Hunting: Cool or cruel?

By **GINA RUSSELL**
STAFF REPORTER

Hunting: some call it a chance to be in nature, while others think it's a cruel and horrible sport. Students at Ames High have many varied opinions of hunting, some who enjoy it weekly and others who detest the thought.

Sophomore **Eric Crawford** falls into the former group, hunting deer and pheasant with his father. "I've been hunting with my dad since I was six years old," he said.

Crawford had to take a hunter's education course offered by the Iowa Department of Natural Resources in order to get a license. People from ages 12-15 can get a youth license, while 16 and older are considered adults. According to the DNR, 250,000 hunting licenses were issued in Iowa in 1996.

While hunting is popular in the area, it has many opponents. "I think if an animal is cute, you shouldn't kill it. Hunting is just another way males show off

with their toys," senior **Sera Shonrock** said.

Crawford knows many who dislike hunting, but see it as a way of animal control. "If hunters didn't kill them, deer would become too overpopulated and start causing more problems," he said.

Junior **Claire Gilchrist** agreed that hunting helps manage wildlife population, but still dislikes it. "I see the point that it helps control populations, but I don't see the point of it as a sport. You shouldn't get glory from the killing of anything," Gilchrist said.

The killing doesn't bother Crawford, but he doesn't do it to torment animals. "You get to see what God created and enjoy his beauty," Crawford said.

Shonrock thinks people have really separated themselves from the rest of nature and never think of the animals' feelings. "If you were that animal would you want to be killed?" she said.

The Ames High Spirit staff would like to thank the following businesses for advertising in this year's book:

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The atmosphere of hockey

By ARLENE BIRT
NEWS EDITOR

Although many believe otherwise, the Ames Little Cyclone hockey team is not, and has never been, part of the High School Athletic Department.

"Hockey has never been sanctioned into school athletics," Ames High athletic director Dave Posegate said.

According to Posegate, the high school will not sanction hockey because it would not be covered by the Iowa High School Athletic Association's liability insurance.

In fact, according to hockey coach Russ Moore, when traveling as much as four hours to play games in Iowa, Nebraska and Missouri, the only team he has encountered with partial high school sponsorship is Waterloo.

Though over half of the 36 member team is from Ames, members also live in Gilbert, Boone, Marshalltown, Story City, Ballard and Webster City.

For the most part, the ninth through twelfth grade members (with one eighth grader on JV) have few regrets about not being an official high school sport.

"It's more strict and you have to be more by the book [in school sponsored events]," junior team member Jamie Kearney said.

Not having a strict atmosphere gives the teammates more freedom.

"We can pretty much do or say anything we want, and we don't have to answer to the school," junior John O'Connell said.

According to O'Connell, "anything we want" sometimes includes swearing, acting like idiots and "sometimes jumping against the glass and ripping our jerseys after we scored."

However, Moore said he would rather the sport be



photo by Mandie Hardy
Sophomore Matt Hinders protects the puck during a recent Little Cyclone JV hockey game. The team is not school sponsored.

school sponsored in order to gain more student support and enforce rules.

"I wish we were a high school sport," Moore said. "The rules would be easier to put into place."

Team members agree they would have more student fans if the team was Ames High sponsored.

"We've got student support at the games," O'Connell said, "but you really don't see it throughout the school like basketball and other [school sponsored] sports."

The team also has to raise its own money to pay for practices in the ice arena and buses to away-games. This adds up to \$1,000 per player per year, for which members can find business sponsors or pull the money from their own pockets. The team also sells greenery before the holidays to help defray the cost.

In addition to the price of practices, players must also purchase their own equipment which can cost up to \$2,000.

"It all depends on the type of stuff you get," Kearney said. "The nicer it gets, the more it costs."

Though the team makes approximately three to four thousand dollars a year on ticket sales, most of the money goes to pay for transportation to away-games.

By THERESA NASSIF
STAFF REPORTER

Scratching, pushing and elbowing are all part of I-Ball for the tough competitors. Although the Wednesday night basketball games are intramural, they are taken seriously by most of the participants. With referees casually watching the games and team T-shirts, it's the perfect compromise for those who want to play basketball in a competitive and relaxed atmosphere.

For some players, the competitive aspect is the best part of the game. "It's fun to be vicious," freshman Abby Van Maaren said.

The serious competition adds to the game. "It makes it more fun and in-

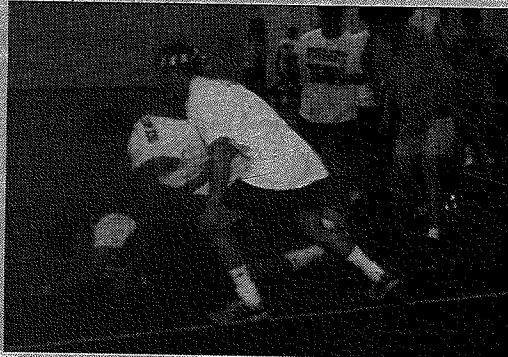


photo by Theresa Nassif

The struggle for the ball is never ending. Many players have bruises, scratches and burns to show off.

teresting," senior Rachel Best said. "It's a good stress release."

"Instead of warming up with everyone else, our team has a little dance party on the court," Best added.

For others, the best part lies elsewhere. "The best thing about I-Ball is being able to play with all my friends," junior Lori Olson said.

Many teams take pride in their team names and uniforms. With names ranging from "Little Rascals" to "Nutraeous" and uniforms from sequined tank tops to screen printed T-shirts, there is always something different to see on the courts. "I like to be able to play basketball and dress weird at the same time," senior Todd Shirk said.



photo by Theresa Nassif

Senior Todd Shirk shows off his sequin I-ball tank-top. This is just an example of the variety of I-ball attire.

I-Ball is an opportunity for both the experienced and inexperienced players to get on the court. "I used to play basketball, so that's why I'm so competitive," Olson said.

On the other hand, I-Ball is just as fun for those who rarely play. "I like to be aggressive because I'm not very good and I have nothing to lose," Shirk said.

No matter how talented the players are, most share the desire to win and have fun. Whether it be weird clothes or a dancing warm-up, I-Ball participants find a way to have fun and stay on the competitive edge.



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Tennis court dilemma solved Creatine, rubber suits used to gain competitive edge

By **THERESA NASSIF**
STAFF REPORTER

The tennis court dilemma has finally been solved. After months of planning, proposals and debates, a solution has been found to meet the needs of both the high school and the community.

The city has approved a proposal to build eight new tennis courts at the high school. This eight court facility will meet the needs of the boys and girls tennis teams, better than the facilities they use now. However, some members of the community believe they would benefit from the new courts. To please both

groups, the city proposed to maintain the four courts at Brookside Park along with building the new courts.

The proposal is costly, an estimated \$300,000 to build the courts at AHS and \$3,500 a year to maintain those at Brookside. The city is only donating \$100,000 toward the new courts, so the rest of the money is coming from community donations

of all sizes.

"It's good to know that we're finally getting courts at the high school," freshman Pam Le said. "It's something we've really needed for a long time." With the recent destruction of the sixteen court complex at Beyer Hall, the new eight court site will be the largest in Ames.

"We're finally getting the facilities we deserve."

-Junior Roni Mukerjea

• Continued from Page One

The AHS wrestling staff only allows athletes to lose 2-3% of their total body weight. This is less than the maximum of 3-5% allowed by state high school guidelines. According to Caldwell, 7% body fat is a good composition for the average male wrestler.

However, Caldwell thinks other factors came into play in the deaths of Michigan's wrestler Jeff Reese, Wisconsin's Joseph LaRosa and Campbell's Billy Jack Saylor.

"After 25 years of documenting, there has not been one death, then all of a sudden there's three," Caldwell said. "There has to be another fact involved."

Elevated traces of the amino acid supplement Creatine were found in an autopsy of Reese's body, according to the Dec. 17 Detroit News.

Creatine Monohydrate

Some small amounts of creatine are found naturally in the body.

Creatine Monohydrate, however, is a food additive sold in stores that claims to break down ATP, which, supplies energy to cells, and release immediate energy, according to the supplement's label. The supplement has not been approved by the FDA.

"Early studies have looked good," said Mike Shaffer a physical therapist and athletic trainer at ISU. "It certainly helps you build muscle and maintain energy, but nobody knows the long-term effects yet."

Though it has only been available for the past 5 years, creatine has become a popular way to quickly increase body size.

An employee of North Grand Mall's General Nutrition Center said creatine monohydrate products have, by far, been the store's top sellers.

According to Caldwell, it has been widely used at AHS in the past two to three years.

However, he neither encourages nor prohibits the supplement. "That's between the student and their parents,"

Caldwell said.

Interviewed wrestlers said that approximately 50% of the Ames High wrestlers use creatine year round, with a slightly smaller percentage using it during the season, which lasts from mid-Nov. to late Feb.

However, Caldwell said none of the wrestlers use creatine during the season, and he estimates that only 25% use it during the off-season.

"If you're trying to cut weight, it [creatine] kind of defeats the purpose to use it during the season," Caldwell said.

The supplement takes water from the body's organs and puts it into the user's muscles.

"Creatine never harmed me, and I've never heard of it harming anyone before," senior wrestler Jim Martin said.

Wrestling is not the only sport that could be affected by the potential dangers of creatine. The supplement is also widely used by football players and body builders at all levels of ability.

Plastic/Rubber Suits

The Iowa High School Athletic Association has prohibited the use of saunas and rubber suits since 1980. But Caldwell said the rule probably doesn't stop some kids from using them on their own, outside of school.

Saunas allow athletes to sweat pounds off after a strenuous workout, and plastic or rubber suits have a similar effect.

According to Shaffer, the problem with these methods is that if they are not used correctly, they are potentially dangerous. "Like Saran Wrap, they hold the body's heat in and, in some cases, can cause the person to overheat," he said.

Anonymously, several wrestlers said they had used plastic suits and/or saunas for the purpose of weight loss before, though not as much as other teams.

Wrestler Jack* said he has used a rubber suit twice in his 7

year wrestling career. But "only in emergency situations," he said.

The rubber suits helped Jack lose 6-7 pounds in one night at home.

Many student wrestlers find it easy to fall into prohibited practices because they are not against the rules at the collegiate level.

"We have a luxury by being near ISU because they can tell us how to use them [saunas and plastic suits]," wrestler Will* said.

According to Shaffer, ISU's wrestlers use saunas and plastic suits in their training. "It's a common practice on college teams."

Some wrestlers do not feel they are putting themselves in danger.

"I don't think they (plastics and saunas) are a problem if you know what you're doing," sophomore wrestler Brice Lambi said.

Students choose cuts

"Coach Caldwell doesn't pressure us to cut weight," sophomore wrestler Tom Sellers said. "It's the wrestler's choice."

Often Caldwell will not let a student lose as much weight as the wrestler would like.

"Weight loss under the correct measures is part of our sport, but you have to do it smart," Caldwell said.

Indications of an athlete taking his sport too far include sunken eyes and face, overexertion in practice, altered body appearance and changed daily attitude.

Regardless of the extra media attention and concern the sport has faced after the collegiate deaths, wrestling remains, overall, a "safe" sport.

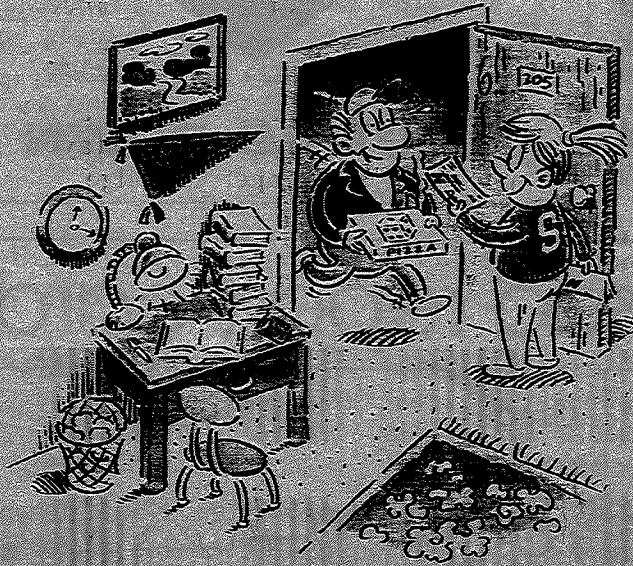
"If you look at the number of wrestlers compared to the number of wrestlers that have died, it is a relatively low percent," Shaffer said.

* Names changed to protect identity.

"After 25 years of documenting, there has not been one death, then all of a sudden there's three. There has to be another fact involved."

-Coach Rick Caldwell

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Editorial

Teachers are a priority

In a time of budget cuts, technology should not be a priority for this school. Ames High's students are suffering because their teachers are overworked, but the school still wants new computers.

The district's finance committee is now discussing next year's budget and the high school has requested \$341,500 for new teachers to maintain class sizes and return to a five period day for teachers. There was also a request for \$174,580 for a new computer lab in the media center. If the budget is as tight as they make it out to be the administration should not be considering new computers. In fact, until the teachers have the time they need to do their jobs, the district's number one priority should be to meet the teachers' needs. Until they do, students cannot get the most out of Ames High.

In a high school with a history of such successful students, it is scary that the effects of budget cuts are threatening the ability of teachers to do their jobs. Teachers have had to cut challenging assignments and have little time to meet with students and prepare lessons, but the school board was willing to cut teachers and face these results in order to save money. It's not too late for the school board to repair its mistake by granting the high school the funds it needs for teachers. After they do that they can think about computers.

Sell us some caffeine

By ERIN WENTWORTH
MANAGING EDITOR

Ring, ring, the bell sounds for homeroom at 8 a.m. Just as the teachers are reaching for their cups of coffee, students become anxious and edgy for their daily fix of caffeine. They quickly run to the soda machines, only to find caffeine free soda. Their day is ruined. How will they ever survive the day without that one can of Mountain Dew?

Ames students have always had to deal without caffeine in school and it is time for a change. The students want and demand caffeinated soda. Does the administration think that just because they don't sell it at the school that we don't drink it in our free time? Many more students would use the vending machines if they were allowed to sell caffeinated beverages. Changing the rule would also make it possible to have a cappuccino machine.

The teachers are able to drink caffeine and students should also have that privilege. The administration realizes that the overworked teachers need the caffeine to keep them going, but the students also need something to keep them awake during their classes.

Other schools in this state have caffeine in their vending machines, so why are we so deprived? Students don't exactly go home and drink juice after school. They grab a nice cold soda and relax in front of the television. They should also be able to drink caffeine at school.

THUMBS UP

...to the I-ball team names. You gotta love the sexual innuendos.

...to the two hour delay. School should always be shorter in the winter.

...to the new Dairy Queen they are going to build by Cub Foods.

...to finals. Period.

...to waiting to see the messages on the monitors. Were they supposed to make things more convenient?

...to teachers who break the rules. They can't give tests within two days of finals.

THUMBS DOWN

Students need a true break from studies

By MIKE MEIER
STAFF REPORTER

Another holiday season has passed. The fireworks, the ball dropping in Times Square, the noise-makers. There is nothing quite like getting together with friends on New Years Eve to... study.

Well, in all actuality, the great majority of us don't do a lot of studying over winter break. In fact, it is most likely a rarity to find a diligent enough student to study for a physics exam under the tree or re-

viewing chemistry notes while lighting the menorah.

Be that as it may, finals this year are scheduled for two weeks after winter break as usual. Students left for two weeks during winter break, and upon their return, rushed to review the material covered in the first semester.

Everyone can relate to sitting in class on the first day back from break, dead to the world, and oblivious to all outside stimuli. Sitting in math with a blank look on your face while your teachers are spouting

off material like they never stopped.

Because the semester continues after break, students are left with no time that is completely school free, other than the 'professional day' following finals. There is always the threat of a project due after break, or the finals that come quickly after the end of break. College students usually have a month between semesters and high school students could benefit from two weeks without the pressures of school.

It would seem that by finishing the first semester

before break, it would give students some time to truly relax and not worry about school work left undone. It would allow teachers to give us new material in the time that they would be reviewing, and it would give the students more time to learn.

Letter to the editor

Education in the students' style

Is not part of the purpose of an education the gathering of information? Is not part of the purpose of an education creative problem solving? Why, then, does the school seek to restrict those individuals who wish to take part in an education through any means not utilizing traditional crutches such as curriculums and assignments? Why is this done

in one of the most innovative and fertile fields, namely, computers?

Why does the school seek to restrict those who seek to learn? How can you blame computer-oriented students for doing what they're good at? Especially when you consider the other options. (If one can consider Pascal to be an option.) I can understand that one would punish those who

learn nothing and destroy, but punishing and harassing those who learn while fixing and helping makes no sense. The technology department severely needs to re evaluate their priorities when their main concern is if certain students know that the foolproof password is "3B005" or "C1tell1."

Senior Tanner Beck

www.wulftrahnde/gym/

Reversed report card

Subject	Grade	Comments
School improvement (T.V. monitors, roof construction, etc.)	C-	The ideas were good, but late work seriously affected this grade.
Student Services office	A	Displays a positive attitude. A pleasure to have in the school.
Attendance office	D-	Inefficiency has put a black mark on this otherwise acceptable department.
The parking lot	I	Incomplete. This section skipped its final: Snow removal.

get the... also not come to