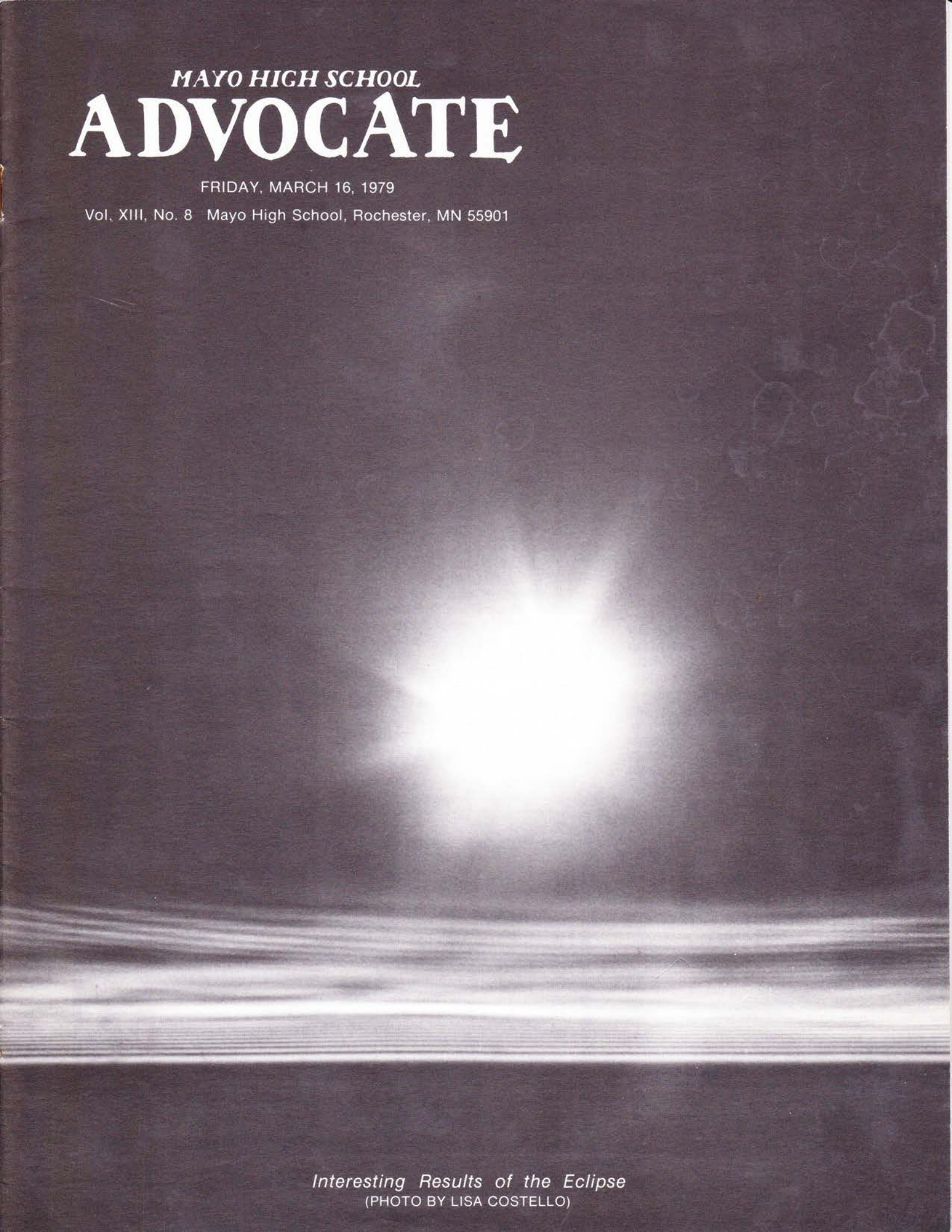


MAYO HIGH SCHOOL
ADVOCATE

FRIDAY, MARCH 16, 1979

Vol. XIII, No. 8 Mayo High School, Rochester, MN 55901



Interesting Results of the Eclipse
(PHOTO BY LISA COSTELLO)

Straight to State

The Thirteenth Annual Minnesota VICA State Leadership Conference and Skill Olympics will be held on Friday, March 23, through Sunday, March 25, 1979 at the St. Paul Radisson Hotel and Five Metropolitan Area Vocational Technical Institutes.

VICA is a youth organization for secondary and post-secondary students enrolled trade, technical, industrial and health education programs. The Minnesota Associations is affiliated with a national organization with a membership of 250,000 students and advisors.

More than 1,800 students from throughout the State of Minnesota will attend the conference. The conference will provide these students with many leadership training activities. These will include social and civic activities, leadership training session and competitive events. The aim of the Leadership Conference is to build a common bond among members of VICA and promote high standards of workmanship, scholarship, and safety.

The conference will get off to a fast start on Friday with registration, local officer's reception, general sessions, contestant's orientation and entertainment.

The Skill Olympics will be held on Saturday, March 24, 1979 at the St. Paul AVTI, District 916 AVTI, Dakota County AVTI, HTC - South Campus and HTC - North Campus. Students from Area Vocational Schools, Cooperative Centers and High School Cooperative Part-Time Training Programs from all over the state will be competing against each other in more than 45 competitive events. Some of the contests included are machine shop, architectural and mechanical drafting, electronics, carpentry and cabinet making, nursing, dental assistant and auto mechanics.

Winners of the Minnesota Skill Olympics will be eligible to compete in the U.S. VICA Skill Olympics to be held in Atlanta, Georgia during the last week in July.

A banquet will be held Saturday night in the Radisson Hotel Ballroom. Contest winners will be announced at the Award's Breakfast held in the Ballroom on Sunday, March 25. First,

(See "VICA" Page 4)



Mayo Declamation Team - Front row (left to right): Dale Vanlaningham, Kim Kerr, Dawn Petterson, Chris Benson; Second row: Liz Sheridan, Judi Sheps, Kathy Sanderson, Dawn Duane, Lilli Mayo; Third row: Chris Reickmann, Sheila Flynn, Peter Nessel, Anna McDonough, Eliza McGrand; Fourth row: Alec Beck, Tim Suby, Larry Jobe, Kathy Hill, Rick Patrick; Last row: David Hurry, Ross Corson, Dave Sanderson, Tim Wong.

De-clam doing well

by KATHY HILL

The Declamation team is about halfway into their season. The team has gone to two meets and have come in 2nd, and 6th place.

The first place winners have been Cris Rickman and Liz Sheridan. The second place winners have been, Rick Patrick and Ross Corson, and the third place winners have been Anna McDouagh, Alex Beck and Tim Wong.

The hardest school that Mayo has had to compete against is St. Paul Park. They have about 73 people on their two teams. Mayo has 26 people on their team.

I asked Mrs. Achor, the De-clam coach, how she feels the team is doing, "Very well. We've placed 6th at Shakopee and 2nd at the Big Nine." I

also asked how often each student practices. She said, "It varies, an average should be once a week."

Liz Sheridan took a first in Creative Expression which is one of the most difficult categories to place in. Creative Expression is where a student makes up their own speech and gives it the way they want to. Liz decided to do her speech on baby-sitting. "It's something that everyone can relate to." She said, "Most of the judges are parents so they can relate to having had to baby-sit and what baby-sitters have to go through."

The Declamation team has three more meets before State competition. March 31st at St. Paul Johnson, April 6th at Waseca and April 17th at Owatonna. The State meet is April 28th in St. Paul.



Coming Up

March

16	Boy's Track Outstate (Indoor)	U of M
17	Boy's Track (Indoor)	U of M
19	National Honor Society	8:00
20	Band Concert	7:30
23	Teacher's Work Day — No School	
24	Boy's Track vs. Red Wing, Winona	Winona
26	Boy's Track vs. St. Paul Kellogg	St. Olaf
28	Girl's Track vs. Park (Indoor)	St. Olaf
29-30	Parent-Teacher Conferences	
30	Girl's Track - Mankato Invitational	Mankato State U

April

3	Boy's Track - Park Invitational	Cottage Grove
3	Girl's Track vs. Faribault (Outdoor)	Here

Is a person "Red" or "Weird"

If he doesn't drink?

by JIM WHISNANT

(Editor's Note: This is the third in a series of articles on teenage problems in the United States).

It has been reported by Dr. Ernest Noble, director of the National Institute on Alcohol Abuse and Alcoholism, that this country has a devastating problem with youths drinking alcohol.

Drinking can begin early in life because everyone gets some sort of exposure to it. It is socially acceptable, which makes it a large part of society. Everywhere people look they see advertisements that tell them that drinking is OK.

"Sometimes drinking," said Brad Laabs, a counselor at Sunrise, "will start at home on special occasions with the family. In the elementary or junior high schools some people are curious. They want to take the risk (the risk of being caught by an adult) to find out what it is all about."

Alcohol tends to appeal to certain images that people want to believe about themselves. People try to pick the type of alcohol that fits their personality trait. For example, Miller beer tries to carry the tough guy image.

The basic image for the teenager is to be accepted by his peers. Many who feel that they need to be accepted drink alcohol and/or smoke marijuana. A person is a "redneck" or



is weird if (s)he has not been drunk or high.

"I hear parents say sometimes," said Laabs, " 'Well, he only came home drunk; thank God he wasn't smoking marijuana.' Many times the attitude of parents is that it is better for their son or daughter to drink alcohol than it is to use any other drug."

Alcohol is a drug and it is just as potentially dangerous as any other drug. It has the highest rate of abuse.

There has been an increase in the amount of alcohol consumption among young people. It was on the decline in the '60's and early '70's, but now it is back on the increase.

Has the lowering of the drinking

age to 19 in Minnesota been a factor with the number of young people who drink? "Because it is easier to get," said Laabs, "there is going to be a higher incidence of abuse. If a person really wants it though, (s)he will be able to get it whether the drinking age is 20, 21 or 31."

There are three phases of alcoholism, early, crucial and chronic. the chronic phase is the amount of tissue damage that a person has in the liver, brain, stomach or other organs. There are also acute emotional, physical and financial problems that may occur which can happen in any phase of alcoholism.

Teenage drinking can affect family relationships, attitudes and changes in priorities. Teenagers may often drink to feel comfortable with other people when socializing. These youths use alcohol as a tool to feel accepted. This can be quite detrimental to a person's emotional growth.

The main way to combat teenage alcoholism is to intervene with the person who is having problems. The problems with alcohol usually show up as different kinds of behavior problems, for example, truancy in school, falling grades and dropping out of school. Confront this person about his use of alcohol. Help him help himself by trying to get all of his problems together.

Drying up the De-tox way

After being escorted up to the detoxification ward by two police officers and checking my valuables at the nurses' station, I immediately had visions of the infamous R. P. McMurphy in "One Flew Over the Cuckoo's Nest." Needless to say, finding one's self in that kind of predicament was a rather sobering experience.

After being shown a room, it occurred to me that it was the same night the Dodgers and Phillies had met in a playoff game with the National League Pennant at stake. However, after consulting several other patients in the TV lounge area, I could only get, "What game?" for a response, and that's when I decided it was not the place for me to spend

even ONE night.

I waited until the staff member on duty was distracted and then hopped in the service elevator and took it to what turned out to be a confusing

tunnel system in the basement. Looking over my shoulder constantly, I scrambled down a long corridor searching for an unlocked

(See "DETOX" Page 4)

A Pot of Gold

by TERRY CARLSON

The seventeenth day of March was not the day that Saint Patrick was born, but the day he died. His birthday was not known, but the year was 385 A.D., and the year of his death was 461 A.D. This makes him only 66 years old, not over a hundred as legends have it. The Irish are not

the only people who indulge in parties and festive activities. For example, have you ever watched a New York City St. Patrick's Day parade hour after hour? The whole city takes on a greenish glow. Even the students there take on a greenish glow. You don't have to be Irish to enjoy the fun, and maybe you will even meet a leprechaun.

Employment

Daily Dozen

What personal qualities does "the boss" look for in his or her employees? ITT Educational Services, Inc., a network of post-secondary business, trade and technical schools, helps their graduates succeed in the world of work by encouraging them to develop the "Daily Dozen." Here they are — to help you impress your employer. You might even want to summarize the points that particularly apply to you and include them in your resume.

1. **Ability.** You must be able to do the work required.
2. **Punctuality.** You must be on the job, ready to work, at starting time.
3. **Reliability.** The boss must be able to rely on you to do a task, the first time he or she asks you to do it.
4. **Honesty.** This means such things as not stealing from an employer, not making false excuses about your work, not spreading rumors, and not cheating on time reports.
5. **Initiative.** Be a self-starter. Find things that have to be done and do them without being told. Try to solve problems on your own. If you take a problem to a supervisor, be ready to suggest two or three possible solutions.

"VICA"—(Con't from Page 2)

second and third-place winners will receive gold, silver and bronze medallions.

The following students (and their skills) will be competing:

1. Gerald Waller, Auto Mechanics
2. Ken Bourquin, Auto Mechanics
3. Jim Tix, Service Station
4. Mike Brown, Air Cooled Gas Engine Repair
5. Rich Manahan, Architectural Drafting
6. Jim Marra, Architectural Drafting
7. Mike Kaye, Architectural Drafting
8. Tim Heroff, Architectural Drafting
9. Dale VanLaningham, Architectural Drafting
10. Rich Welsh, Machine Drafting
11. Jay Brandt, Machine Drafting
12. Mike Szuberski, Machine Drafting
13. Dan Richter, Machine Drafting
14. Paul Speltz, Machine Drafting
15. Floyd Frederickson, Industrial Electronics
16. Bruce Dutton, Industrial Electronics
17. Jeff Kranz, Electrical Trades

6. **Perseverance.** Keep at a job until it is finished. Your self confidence will grow with every task you successfully complete.
7. **Good Attendance.** Don't be absent for unimportant reasons. Let your boss know that you are the kind of employee who can overcome minor aches and inconveniences that would keep a lesser person off the job.
8. **Efficiency.** Speed is important, but not at the expense of errors. Mistakes cost money, and the efficient worker makes few — and seldom makes the same mistakes twice. Apply yourself, and you can increase your efficiency every day.
9. **Loyalty.** Your loyalty and productiveness are assets that help keep your employer in business — and you employed.
10. **Cheerfulness.** A smile and a cheerful attitude make any job easier.
11. **Helpfulness.** Maybe it is not your job, but lending a co-worker a hand is always noticed and appreciated. Remember, you are part of a team.
12. **Unselfishness.** Give of yourself and your capabilities. The more you share, the greater your returns will be.

U. of M. Field Day

Everyone in Minnesota is invited to spend a day at the University of Minnesota pursuing a special field of interest.

A series of five free "University Previews" have been scheduled beginning Friday, February 23 and extending through April 23.

Themes for the days are "Ecology, Technology and Society," **Feb. 23**; "International Perspectives on the Future," **March 9**; "Communications and the Arts," **March 30**; "Business, Law and Government in Contemporary Society," **April 9**; and "Town and Country in the 20th Century and Beyond," **April 23**.

"UNIVERSITY"—(Con't On Page 11)

"DETOX"—(Con't from Page 3)

door.

Eventually I discovered a door that led to "freedom," and after acquainting myself with the hospital grounds, I ran and walked until I was finally picked up hitchhiking somewhere near Seventh Street and No. Broadway. The driver was kind enough to take me all the way to my place, and he heard the entire account of my experience in the process.

Upon my return, I called Police Headquarters and informed them I was at home and did not wish to be confined at the detoxification unit on the basis of my sudden recovery. To my relief, the dispatcher agreed.

But the following day I was subjected to a 20-minute lecture on the evils of alcohol when I went back to claim my valuables, and about six weeks later I received a bill to the amount of \$30 for what was described as "chemical dependency services." After a futile attempt to avoid paying the fee, I was informed it could have been considerably worse. Apparently most first-time patients are confined for 72 hours, and generally charged a minimum of \$60.

All things considered, I should feel fortunate. I could have had an accident on my way home from the game and been charged with driving while intoxicated, I could have fallen from the bleachers and severely injured myself, or I could have had all my valuables removed from my possession while I was in my comatose state before the police arrived.

But what I should really be grateful for is the awareness that not only do I have a limited capacity for alcohol, but also that I have developed a possible physical or emotional dependency as well. For me the solution seems obvious, if not easily attainable: drink with extreme moderation or not at all.

For a 32-year-old like myself, a career and potential family life could be seriously jeopardized if I don't learn to deal with the problem.

For the average high school student today, the thought of becoming a problem drinker may be inconceivable, but an experience like mine is certainly worth bearing in mind as you pattern a lifestyle during the next few, often telltale, years.

— Anonymous

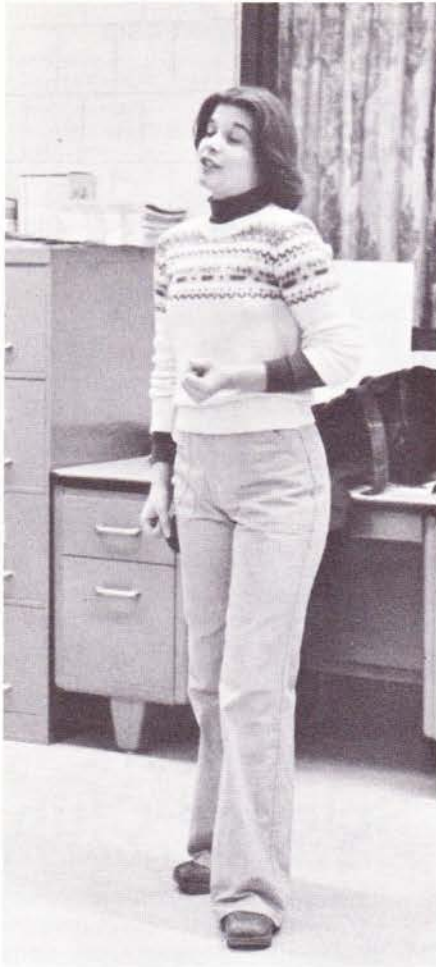
Senioritis: the disease everyone gets

by TONY (Antonio) DEACH

Senioritis? To most juniors and sophomores the feeling or disease is surely unknown. But to the seniors here it is one of relief and accomplishment.

This so-called "disease" has been medically degined, but by this time in the school year it has probably become a nationwide epidemic in many high schools. To define this kind of word along with all the different feelings that go along with it would be difficult but this terminology may be helpful. The word "senior" is defined as, "a student in his final year at high school, preparatory school, college or university." And for the other end of the word which is the suffix "itis" it is defined as, "sometimes extended in meaning to include abnormal states or conditions, excesses, tendencies, and or obsessions."

Now if you put these two words together with their dictionary meanings you would probably come up with something like these: A student in his final year at a high school who sometimes is found with abnormal states (or doing weird things) excesses, tendencies and/or obsessions. Well, that's putting it in a dictionary sense so you can put your feelings as a senior into that definition.



Lynn Olson performs a song from "West Side Story" on Friday for the chorus.



This sharp looking '69 4x4 is owned by Kevin Fritch. It's powered by a 350 cu. in. engine. The white spoke wheels and side pipes add a little class. The sound system is a Craig 8-track with Pioneer speakers and a Royce CB player.

Whatever "senioritis" is, it seems to be a welcomed disease to many students who are in their final and glorious thirteen years of tutoring, hall passes, recess, sports and friends to name just a few. Someday the chance will be yours to receive the one and only cure for this disease, when you're handed that rolled sheet of white paper, neatly tied with ribbon, which is the key to your profession . . .

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"HALLOWEEN"
(Con't On Page 7)



WHAT DO YOU THINK ABOUT THE COPS AT MAYO?



"Reminds me of bathroom patrol in elementary school."

Scott Heins, 11

"Officer friendly is our pal."

Will Fish, 11



"Their presence at Mayo adds an underlying sense of social stability which is indirectly proportional to the length of their pants."

John Callies, 11



"How would the cops like it if we were watching them at the station all day?"

Dennis Pelowski, 10

Responsibilities of Police at Mayo

by JIM WHISNANT

The main responsibilities of an off-duty policeman who is patrolling the parking lots of Mayo High are to direct traffic, prevent stealing and vandalism of students' cars and to prevent non-students from hanging around the school.

Neil Davis, vice-principal, thinks that during the one and

half years of the police patrol there has been very little trouble. "The fact that he (a policeman) is there, stops troublemakers," said Davis.

It costs \$45 a day, or five dollars an hour for the presence of an off-duty policeman. If a policeman did not patrol then Davis would have to and that would be more expensive.

massive tombstone sitting at the head of the bed. After she finds her friends, the psychopath starts after her.

The film has some very obvious, stupid mistakes. First of all, not one phone gets picked up to call the police in the entire town. Second, the killer is stabbed with a knitting needle, is poked in the face with an untwisted clothes hanger, falls out of a window, and is shot at least five times, and he still lives. And the most stupid one of all: a girl is sitting in the kitchen talking on the phone to her friend when she spills a little bit of food on her clothes. So what does she do? She takes off all her clothes to throw in the washing machine, in full view of anyone who might be passing by the window.

Other than that, "Halloween" turns out to be a movie where you'll get your money's worth of scares.

"MOVIE"—(Con't from Page 6)
will go back to the small Illinois town. He decides to go to the old, abandoned house that the killer lived in as a child. The psychiatrist waits for the escapee at the old house on Halloween night, but while he is waiting, the killer is out in the streets doing what he does best. The movie is scary, though it does have its stupid moments. It's the kind of movie where the tension begins to build up slowly from the very start, while the psychopathic killer lurks in the shadows, and the audience is left wondering who is going to get the knife.

Jamie Lee Curtis is the smart high school student who is left to babysit on Halloween night while her friends go out to have fun. Later that evening she goes to her girl friend's house across the street to find her friends dead in an upstairs bedroom. One of them is lying on the bed with a

Letter to the Editor

NHS: participation not included

To the Editor:

I am writing to the school newspaper in hope that a definite problem in the bureaucracy of a certain society will be brought to attention for debate. The fault I wish to write about is of our National Honor Society. In the interest of many unaccredited students I would like to debate the quality of honor in the selection system of acceptance to this elite group.

It seems of late that the quality, acceleration and significance of the classes participated in by the individual student is not effectively included into the consideration of acceptance. I do not feel, with the sight of this problem, that the NHS is completing the goals of standards it set out to accomplish.

The NHS was formed to supposedly acknowledge unique academic achievements. Education in many cases has become very competitive. Students struggling to acquire exceptional educations sometimes do not receive the credit deserved. Feelings that accompany such circumstances most often arise when the NHS sends out its acceptances.

It would be beneficial if the NHS could take the time and effort to be aware of this fault causing extreme disappointment and doubt in the real importance and significance of the NHS purpose.

Sincerely,

Mayo High School Student
Bernadette A. Hughes

Spring Play

"Don't Drink The Water," by Woody Allen, is an exciting and challenging play that Mr. George Slichos has chosen for the spring play. When asked why he chose this play, he said, "Because Woody called me up and said that he needed the money."

Slichos chose Liz Colvin to be his assistant to the director. The cast for the play is:

Joel Oelslager
Bob Nelson
Peter Nessel
Bruce Lindsay
Sandie Fulford
Dale Vanlaningham
Dawn Vanlaningham
Mike Dingel

Father Drobney
Ambassador Magee
Kilroy
Axel Magee
Marion Hollander
Walter Hollander
Sue Hollander
Krojack

"PLAY"—(Con't On Page 10)

Concert Review

Cooper and Money: a mixed match

by JIM SUDOR

Alice Cooper and Eddie Money. What a pair. If there ever was a mismatch of an opening act with a headlining group, it was this. Alice is extremely theatrical, whereas Money had no show outside the music itself. Eddie played well, the group was tight; but when you're playing for a crowd awaiting Alice Cooper, even a hot set of good rock-n-roll won't make the crowd more receptive. You almost feel sorry for the guy: he played well, the audience just didn't let him know it.

And no wonder. Security was so tight everyone was reluctant to move, much less applaud. If you got up to take a picture, or just stand up wrong, out of nowhere was a security man ordering you back to your seat.

The wait between Eddie and Alice was a bit long but it was worth the wait. Alice, clad in a black leather straight jacket, seemed a little too thin, but he sure puts on a show. The entire touring crew billed as

"Madhouse Rock" was outstanding. From the roadies who put together the elaborately decorated stage, complete with hanging wheelchairs, stretchers, and dummy bodies; to the musicians who played their parts to a tee; to old Alice himself, who sounded stronger and more energetic than his last Twin Cities date. (Speaking of last year, no tear gas this time.)

For effects, Alice started with four dancing whiskey bottles (dancers), during the opening song, "From The Inside." First a Scotch bottle, then a Tequila bottle, followed by a Southern Comfort container, with a Vodka bottle next. Each did a mini-dance to its own music: Scottish, Spanish, "Dixie," and finally Russian.

Then for "Nurse Rozetta", Cooper's four dancers came out dressed as nurses. They did a simple dance routine for about a minute or so, then the lights were turned off and some black lights turned on. Underneath the nurse's dresses and their

upturned hats was painted with fluorescent black light paint. Really a sight to see.

As usual he had the movie with the fantastic choreography you've heard about. The real, on-stage Alice jumps through the screen just at the time when he appears on the film.

The "Welcome To My Nightmare" sequence featured a spider, a gorilla-monster decked out in a bridal gown, a 12 foot Frankenstein . . . and assorted smoke bombs and various explosions.

Alice disappears for a costume change and instead of running the film again, the band jams on "The Black Widow" without vocals. It was done quite well and was a lot of fun.

Speaking of the unexpected, Alice also performed three songs done early in his career: "No More Mister Nice Guy", "The Ballad of Dwight Fry", and a song Cooper is notorious for "Dead Babies".

For the "Go To Hell" segment, an S and M scene is brought about, where the two female dancers dressed in black leather come out with whips, chains, and boots and proceed to beat Alice onstage.

The Cyclops is not forgotten. He introduced the show, dressed in a doctor's shirt and headband with mirror.

For the finale, "The Coop" plays his personal favorite, "School's Out". During this song Alice's band begins to get some recognition. Alice, clad in a Minnesota North Stars hockey jersey, and jeans, stretches the song to fifteen minutes and introduces the musicians and gives them time for a solo. In order were: Freddie Mandel, keyboards; Steve Hunter, guitar; drummer Pentti Glan; bassist Prakash John (the "Omar Shariff of rock-n-roll"), and Davey Johnstone, lead guitar; formerly of the Elton John band. To prove the fun the group had on stage when Johnstone went into an Elton tune, Alice rushed out and grabbed his hand, and yelled, "Not in my show!"

The dancers include Alice's wife Cheryl, Rose Aragon, Tuichi Sugiyama, and Cliff Allen.

Alice Cooper shows have always been entertaining because there is always something going on at all times. This is true of "Madhouse Rock," also. With this tour, Alice proves that his show doesn't have to be bizarre to be good. Not to mention fun.



WHAT DO YOU THINK A GOOD ERUPTION QUESTION IS?



"What does the word antidisestablishmentarianism mean to you?"

LuAnn Benson, 12

"Who erupted what?"

Bob, Munch Man



"I don't know. I don't have to think them up, you do."

Todd Indykiewicz, 10



"Why can't the best one's be printed?"

Anthony Tancredi, 10



"What do you think of school lunch prices?"

Lori Smith, 10

"How serious in 1977 were herbicide residues?"

Rick Turri, 12



Boy, Do I miss Bugs

by TONY DEACH

Saturday mornings could change your whole outlook on life! Have you ever imagined the great philosophical importance cartoons could add to your future! Even though sleep may sound a lot better than dragging yourself out of bed think of what you're missing?

As you were growing up, cartoons meant everything, I mean T.V. and cartoons went together like milk and cookies. As you look back on those years now, sometimes you say to yourself, "Boy, do I miss Bugs!" Cartoons can enrich your vocabulary and also provide some good humor to get those Saturday morning blues out of your system.

Batman-Tarzan hour, Shazam-Isis hour, Bugs Bunny-Road Runner

hour; all of these have great educational potential for Saturday mornings.

You may ask, "What philosophical and educational importance to cartoons have for me?" Well, did you know that the scientific gender for Mr. Wile E. Coyote is "Tremendous Hungrious," and the scientific name for his friend the Road Runner is "Fantasticus Speedious." These two characters with their importance to the pattern of evolution and to their cartoon hour will enhance and widen your philosophical vocabulary along with many a laugh.

The educational experience is one which no other show can give you. Learning about space technology and future galaxies when watching "The Jetsons." And how about the

majestic prehistoric world of "Land of the Dinosaurs." It's not everyday that you get an update on what's going on in the dinosaur world.

Along with the educational experience of watching these animated Loonie Tunes, just think of what they could do for your intellectual status. You never know, someday the whole world will become a big cartoon and then look at the possibilities you would have.

Cartoons may not be a big part of your weekend now, but just try sitting down in front of a T.V. with the Pink Panther staring you in the face and you'll see what your are missing!

Mr. Felt; Believe him

by LON McLAGAN

We've all heard a lot of rookie mechanics tell us the wrong way to fix our cars. But, when Mr. Felt tells you it's your muffler belt making the screeching noise, you believe him.

Mr. Felt, Power Mechanics teacher at Mayo, grew up in Watertown, MN, located about 30 miles west of the Twin Cities.

After graduating from Watertown High School he proceeded to Mankato State College, which he attended for four years before coming to Mayo. He then went to Winona during his summer vacations to receive his masters degree. He now has thirty credits past his masters for teaching Power Mechanics.

When asked how he got interested in this field of work, he replied. "When I was a senior in high school, a teacher who I had the previous semester, asked me if I would teach his woods class for a week while he attended a funeral.

After that experience I pretty much knew what I wanted to do for my career."

When Mr. Felt isn't in his classroom he likes to spend time with his wife and three kids, go fishing near his home town, and work on his street rods. He previously has a Ford coupe and is currently working on a 1933 Ford sedan.



"PLAY"—(Con't On Page 7)

A hope for tomorrow

by CREEP MANKIN

If you were in a room with a heart attack victim, would you stare with the other horrified people, or would you be able to effectively respond to the situation?

Because of a few hours spent with Recorda-Annie, a life-like mannikin designed to record how efficiently you breathe and pump blood during Cardio Pulmonary Resuscitation, CPR I am fortunate to have my father alive today.

May 13, 1977 he suffered his first heart attack. Because of the possibility of reoccurring attacks, my mother and I took a course in CPR, which helped to save my father's life two more times within three months. Today after three heart attacks and open heart surgery, he is living a productive normal life.

The warning signs of a heart attack may vary, but often consist of:

—a squeezing, heavy pain in the center of the chest

—indigestion or nausea and shortness of breath

—pain in the shoulder, arm, neck or jaw

—sweating and pallor (fluttering of the heart)

Heart attacks kill approximately 684,000 people yearly. This figure does not include accidental drowning, suffocation, and electrocution. Many of these are lives which could be saved if a person in quick and knowledgeable in the skills of heart-lung resuscitation.

The value of Cardio Pulmonary Resuscitation is too great to measure. A few hours spent to learn a skill which could save lives and much heartbreak, cannot be time wasted since the victim could be someone close to you. When a victim is in need of CPR there is no time to wait for help. Without oxygen the brain dies in 4-6 minutes. These critical minutes can be your hope for a tomorrow.

Todd Brakke
Tim Suby
Cindy Jones
Sherri Whalen
Roberta Searles
William Douglas
Diane Dietzen
Alan Dietzen
Brian Christiansen

Chef
Sultan of Bashir
Sultan 1 Wife
Sultan 2 Wife
Sultan 3 Wife
Kasner
Countess Bordoni
Novotny
Guard

The play takes place behind the "Iron Curtain" in Russia in the embassy. Marion, Walter, and Susan Hollander are trying to plan an escape to come back to the U.S. The ambassador is gone and his son takes over.

His son falls in love with Susan Hollander and then they try to escape.

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How to climb your tree

by PETER D. ERDMAN

Tracing ones "roots" can be very challenging but yet rewarding to both himself and to his future descendants.

The first step is to get well organized, and prepared before asking any questions of others. Being unorganized will result with bits and pieces of doubtful information with no way to put it into meaningful order.

One method of organization would be to draw a rough "tree" with the help of some immediate relatives. Draw squares for each family with lines connecting them together in chronological order. Leave a line for each family member in each square. Allow plenty of extra room on this rough copy for additions and corrections.

Now fill in all the names that are presently known in pencil. Begin with yourself and work backwards into the older generations by asking questions of the respective relatives.

When asking the questions be sure to get each person's birth, death and marriage dates, using the form: day, month, year (15 August 1978) to log them. Always use the maiden name of a woman and not her married name. Be certain that all the facts on the family tree have been confirmed by at least one other person.

Older family members are an excellent source of information but it is important to substantiate their comments as they are usually more apt to make a mistake. A way to help the elderly remember could be to use old family picture albums, souvenirs

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Independent study; an unconstructed class

by LON McLAGAN

Are you interested in organizing your own class? "Well" you can! It's called Independent Study.

Independent Study allows you, the student to pursue something of your own interest. Whether it be volunteer work, nurses helper, elementary teachers helper or maybe looking further into your English, Social Studies, or Industrial Ed class.

To enter this class you must first have a recommendation of at least one previous teacher.

Second, you must prepare a detailed outline of an individual semester program.

Third, you must submit your outline for approval by the teacher whom you have organized your class,

and the department of which you are wanting to receive this credit.

Fourth, you must have your parent sign a parental awareness form, which may be secured from the department chairperson and principal.

After completing your semester schedule your teacher will write an evaluation of your course. Then it will be submitted to the school department chairperson and principal before you will receive your credit.

Sound hard? It's not. 100 per cent of the students in this program receive credit, and also have accomplished something on their own.

For more information talk to your counselor.

"UNIVERSITY"—(Con't From Page 4)

Activities have been planned with prospective students of all ages in mind but are open to anyone interested, including parents, teachers and counselors.

"Whichever theme they choose, participants in University Previews can count on an active day that will give them lots of insights about planning for the future — their own and the world's," said Judith Green, a representative of the Prospective Student Services office, which is sponsoring the program.

Each day will begin at 8 a.m. with registration and a reception followed by mini-lectures and forums. Participants will have a choice of subject matter. The day will end with a social hour from 3:30 to 4:30 p.m. All during the day participants will have the opportunity to meet and talk with faculty, students and representatives of University service units.

Advance registration is encouraged but not necessary. For additional information, phone (612) 373-3030 or write to Prospective Student Services, 230 Williamson Hall, 231 Pillsbury Drive S.E., University of Minnesota, Minneapolis, MN 55455.

Janet Kneale shares her philosophies on the School Board

by JIM WHISNANT

Becoming a member of the school board in independent school district No. 535 can be very interesting, said School Board Chairman Janet Kneale.

"My whole philosophy of life," said Kneale, "revolves around what is good for kids. I love kids, not only my own three, but kids in general.

"I like to think that I have some influence over what is happening in the school district so that educational programs in the district are good."

The school board in district No. 535 consists of seven elected officials who run for office once every three years. These officials elect one of

their members as chairman of the board. This is the position that Kneale currently holds. Their main function is to set broad policies for the school district.

Probably the most important thing that a school board does is to hire a superintendent. He is delegated the responsibility of implementing all the policies that the board has set.

Kneale was asked if there were any big issues that had come to the board in the past year. She said that the new attendance policy — which was passed by a 7 to 0 vote — and corporal punishment — which lost by a 4 to 3 vote — were two important issues.



Swimmers win Conference

by ROYCE ANDERSON

Mayo swept a victory at the Big Nine meet held at J.M. Saturday, March 3. Although Mayo won only three events out of 11 they scored a 275 point victory over Winona's 218.

Scoring the most points in any one event were the divers, who contributed 49 points to the total score. Leading the divers was Barry Anderson who scored 392 points, which placed him first over Winona's diver. Earning the third, fourth and fifth places were Royce Anderson, Dave Nelson and Mike Davitt.

In the 200 yard medley relay coming in third place for Mayo, Brad Meyer, Mike Bietz, Bill Van Gelder and Jim Bianchi with a time of 1:47.0. In the 200 yard freestyle, out of 30 swimmers we had three out of the top five. In second place with a time of 1:51.3 was Rich Forconi. Right behind him was Hugh Deaner in third place and Christ Schutt in fourth place. The winning time was from Mankato East with a time of 1:50.3.

The two best finishers from Mayo in the 200 yard individual medley were Jim Telander sixth place and Jim Donadio with eighth place.

The I.M. is the hardest event to swim, because it's a combination of four different strokes; butterfly, backstroke, breaststroke and finishing the last leg with freestyle.

Bill Van Gelder having a good day, earns himself a second place in the 50 yard freestyle and a third place in the 100 yard butterfly. Also in the 50 yard freestyle, John Joyce received fifth place and his brother Mike Joyce places tenth. Rich Forconi contributes two first place to Mayo's total. One of these first place was in the 100 yard freestyle, also placing in the 100 free was Chris Schutt with a fifth place and John Joyce taking seventh.

Outstanding swimming by Jim Bianchi and Chris Tancredi in the 100 yard backstroke, taking seventh and eighth places.

Hugh Deaner placed three times for Mayo. He earned a second place

with a time of 5:00.66 which beat the old conference record by almost two seconds.

Mike Bietz who had been sick for about a week before the conference meet placed third in the 100 yard breaststroke, it was a very good swim considering what kind of condition he was in.

When the final event came around Mayo had a 43 point lead over Winona, enough points to win the meet without the last event. The last event was the 400 freestyle relay. Taking first for Mayo was Chris Schutt, John Joyce, Hugh Deaner and Rich Forconi.

Before the meet coach Denny Sievers had predicted a 217 to 227 loss over Winona.

Diving coach Jane Oman hopes for one-two-three-four at the region meet held at J.M., March 9 and 10.

Girl's softball looks optimistic

by JULIENNE JOLICOEUR

Now in its second year of operation, the girl's softball team should be even better than last year. Mr. Smick will again be the varsity coach and Mr. Herman will be his assistant. The team will be playing many more games this season than last season so it should be a much more competitive season.

We are lucky to have many returning letter people this season. They are: Cathy Cachiaras, Jackie Erickson, Kitty Doyle, Christie Oman, Maryanne Doyle, Sharon Isaacson, Jo Malizia, Lori Jones, Ann Hazama, Pam Saterdalen and Denise Hintermeister. As you can see from this list, the team should do very well this year. The team will also be fortunate enough to have that very competent and devoted basketball manager, Luann Benson to manage the team this season.

Previous to last year when softball became a varsity sport it was just a part of the intramural program. the team is fairly new but with the potential of this year's team we can certainly look forward to a very exciting season of girl's softball. GOOD LUCK TEAM!



Here's a look at the number one boy's swimming team in the region. Six of these swimmers will be representing Mayo on the State tournament.



Mayo athletes suffer injuries

by DAVE FREEMAN

It seemed that whatever would happen Tuesday night, February 20th would not hurt the hockey team very much. The had already clinched second place in the Southern Minnesota Hockey Leagues' South Division. Eventually they would finish with a 10-2-1 conference record, one game behind conference champs J.M. The Spartans opponent on that night, the last regular season game of the year were the Albert Lea Tigers, fourth place team in the six team conference. Mayo was already seeded number 2 in the region behind John Marshall, and win or lose would still get two byes in the regional playoffs, to determine who will go to the State Tournament. Mayo won the game 5-4, as John Johansson accounted for one goal, two assists, and an injury that will sideline him for the remainder of the season.

It has to go down as one of the freakiest injuries that has ever happened in Rochester High School sports. It happened in the Mayo end of the rink about halfway through the second period. Mayo defenseman Paul Luchau checked an attacking Albert Lea player, the opposing players stick flew thru the air. Johansson, being very alert, went after the puck, but on the way caught the butt-end of the flying stick in his right eye. The weird part about it was that Johansson had a protective face mask on. The wire on the mask is close enough together so a puck or a stick blade will not penetrate it. Except the butt-end of a stick is smaller than a puck, and once in a while can go thru the mask, as was the case for Johansson.

What resulted from the injury was not as serious as first thought, but much too close for comfort. When Johansson fell to the ice he bled something fierce, and could not open his eye. He had to be rushed to the emergency room at Rochester

Thursday, the 22nd of February brought the Mayo basketball team some good news and some bad. The good news was that the Spartan cagers upped their record to 13-6 for the season in a 63-62 overtime sub regional victory over the Red Wing Wingers.

The bad news was that Spartan guard and team leader Todd Radam broke his wrist. It was an excellent attempt to block a shot that broke it. Red Wings Jerry Schlitchting broke away alone and went up for a layup. Radam came from behind and attempted to block the shot. Unfortunately the shot went in and the two players went down. Radam was on the bottom of the pile. He was taken out of the game and watched from the bench. He sat out the remainder of the season, and watched on as Mayo almost won the region.

Besides Johansson many pucksters for Mayo have suffered scary injuries. Going down the line they are: Bill Watson, separated shoulder; Rick Smith, concussion; Jim Alexander, hip pointer; Jeff Whitney, fractured cheekbone; Dan Jensen, torn cartilage in his knee and Jim Fischer, broken wrist, blackeye, a sprained neck, and some torn ligaments in his left leg.

Despite all of these injuries the Mayo sports teams have faired pretty well over the long winter.

Methodist Hospital for x-rays and quick treatments. He spent that night and the rest of the week in the hospital. It was found that he had a hairline fracture of his cheekbone, a fracture of his skull, his orbital muscle that hold his retina in place, was moved out of place, and maybe even some eye damage. His eye was swelled shut so bad that his scheduled surgery for Thursday, February 22, had to be cancelled until Friday, March 2.

Hopefully, John will be all right and able to see out of that eye again. He is out for this season, but will almost certainly be playing hockey for Mayo again next year.

Basketball team ends strong season

Almost everyone thought that Mayo couldn't beat New Prague, they did 59-57. All the talk around Mayo was that the basketball team would be going to state. But this was not to be. It was a big blow when Todd Radam fractured his wrist in the Red Wing game in which Mayo won 52-51 in overtime at R.C.C. With Radam out, Troy Amaris took his place and did a good job filling in for Radam.

He provided the hustle and spark that the team needed when they were down. Amaris and (Kurt) Hamlin kept Mayo in the Apple Valley game with their hot shooting, 17 and 19 points. But there were a lot of other people that kept Mayo in the game. Mayo got into foul trouble early, so they had to go to people who had not played that much, Ken Dahlberg and Phil Schroeder. They proved that they could play against a good team and almost pulled it off.

(Con't On Page 14)

\$1.00 Students \$2.00 Adults at door

"Better Chance"
Basketball game

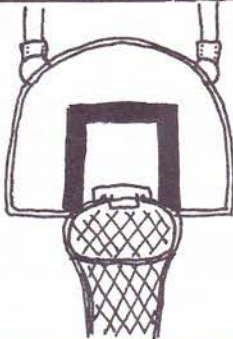
Celebrities vs. "Better Chance Boys"

7:00 J.M. GYM

Featuring Mr. Endersbe and Mr. Grosso

27

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16

m a r c h

"Students vs. Faculty"
Basketball game

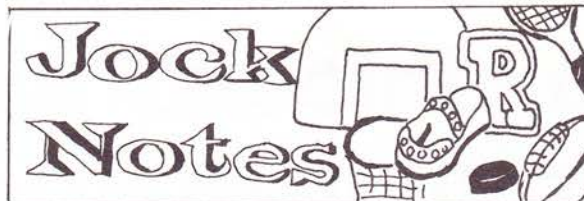
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"BASKETBALL"—(Con't from Page 13)

In the end, only two starters were left, Hamlin and Craig Vonch. Everyone on the team gave 110% from the coaches to the players on the bench. Next years team should have enough talent to go a long way, but it's hard to say if next years team will have the guts and determination that this years team had. Everyone on the team should be congratulated to go as far as they did.



Seivers Super Swimmers, alias the Mayo Spartan Boy's Swim team did it again. They flew through the season with a 12-0 record and were the Conference and Region Champions.

Mike Davitt, Barry Anderson, Chris Schutt, Hugh Deaner, Bill Van Gelder and Rich Forconi will represent the Spartan tankers in the state tournament later this month at Cooke Hall on the University of Minnesota campus.

The third place finish in the Section One Hockey playoffs was tied for the farthest Mayo has ever went. They did that same feat in 1973. Their record of 15-5-2 was also the best they have ever done. Of Mayo's four regular season losses (excluding the 3-0 semi-final loss to Bloomington Jefferson) three of those teams are going on to the state tourney. Irondale in Region Two, John Marshall in Region One and Madison Memorial in Wisconsin.

Ex-Mayo Hockey star Eric Strobel finished the season among the top scorers in the Western Collegiate Hockey Association. He had 22 goals, 23 assists for 45 points, and was third on the team (University of Minnesota).

Girl's track Looks ahead To opener

by COLLEEN SALMON

The 1979 Girls track team will be conditioning for 28 days indoors and outdoors before their first meet.

"The distance runners will be putting on miles," said Mrs. Johnson, Girl's track coach. The girls that are in field events will be working indoors. I asked what sort of conditioning the girls would be doing. Mrs. Johnson replied, "Everybody will be doing weight training and rope jumping." The team will be running and practicing field events. Practice is every day after school and optional on Saturday mornings. Mrs. Johnson added, "Hopefully some of the distance runners will be running before and after school."

Events at the track meets consist of these: sprints of 100 meters, 700 meters, 400 meters, 800 meters, one mile, two mile, hurdles, two hurdles, shot-put, discus, high jump, long jump, relays, and three relays.

A lot of seniors that were out last year aren't coming out this year. In the conference last year the team won four and lost five. Overall, they won six and lost five.

Jill Andersen, senior last year, sprinted the relays and came out with top point. Senior Gwen Polka finished 5th in discus and 6th in shot-put in regions last year. Kari Huus

earned 22 points during last years track season as an 880 runner. Kari Houston finished the 440 relay 2nd in the region. Penny Barlow got to the region in long jump but didn't place.

Everyone usually participated in all the meets. The top three girls in each event run varsity. There is one relay team in each relay. Everyone else on the team is on Junior Varsity. At home meets, all Junior Varsity participate.

The all-weather track located on the Mayo grounds will be finished over the summer.

Barb Knutson, 10th grader this year, went to region running 800 meters last year, but didn't place. Kathy Wagoner (10th grader), placed 7th in regions in hurdles. Sheri Whalen was in track last year and she is out this year. Mrs. Johnson said she is a good distant runner.

"The girls work hard in between meets, but still have fun," added Mrs. Johnson.

So far, around fifty people have signed up. A good group of ninth graders are in track; some of them have been out for other sports and have a lot of enthusiasm.

My interview with Mrs. Johnson ended when she smiled and said, "We're going to have a great team this year!"

Spartans Fare well in Tournaments

As of Saturday, March 3rd, Mayo's athletic squads have been doing very well in post season play.

The boy's basketball team won two playoff games before losing to Apple Valley in the semi-finals of the regional tournament. In the Sub-region Mayo defeated Red Wing 62-61 in overtime. The win was a costly one as Mayo lost senior guard Todd Radam to a wrist injury. In the quarterfinals of region play, Mayo played number one seeded New Prague who came into the game with a 18-1 record. Led by Radam's replacement, Troy Amaris, Mayo upset new Prague 59-57. In the semi-finals Mayo's chances of moving to state were halted by Apple Valley in a 72-68 double overtime loss. Mayo was led by Kurt Hamlin, Ken Dahlberg, and Amaris, all juniors, as well as sophomore Phil Schroeder, who came off the bench for senior Paul Davis who fouled out.

(Con't On Page 15)

Winter Sports recap

HOCKEY — This year's Mayo Spartan Hockey team was the best in the history of Mayo. They finished with a record of 15-5-2. The losses that they suffered all came against top teams. They lost to Irondale 4-3 and at one time were ahead 3-1, at the time Irondale was rated seventh in the state. Their next loss came against John Marshall by a score of 5-1. At one point of the game Mayo was ahead 1-0. J.M. was rated sixth in the state at the time. The only loss Mayo wishes they could have avoided was the 3-0 setback by Bloomington Jefferson in the section one playoffs. Mayo was ranked second in the region, Jefferson was third. Mayo played an excellent game and had some bad breaks. If John Johansson was able to play the Spartan pucksters surely would have stood a better chance to win. On the year Mayo's leading scorer was right winger Jim Alexander who had 29 goals, 18 assists and 47 points. He was the leading scorer in the city out of the three high schools.

Coach Lorne Grosso and the rest of the Spartan hockey team are looking forward to next year, when Mayo should be one of the better teams in the state. They are losing only four forwards, four defensemen and a goalie. Plus their second leading scorer (19 goals, 24 assists) in John Johansson should be recovered from his eye injury.

BOY'S SWIMMING — Once again the boys swimming team won the Big Nine conference as they soured through yet another undefeated season. Paced by many seniors, juniors, and sophomores, who had all been previous lettermen, they finished with a conference record of 9-0. Their overall record was an astonishing 12-0 mark. Six swimmers will be representing the number one team in the region, for the Spartans, in this year's state tournament. They are: Barry Anderson, Mike Davitt, Bill Van Gelder, Chris Schutt, Hugh Deaner, and Rick Forconi.

Even though many seniors are graduating, the Spartan tankers have a fine crop of sophomores and juniors to take up the slack, along with the B-squad which was 7-2.

BOY'S BASKETBALL — The boy's basketball team started the season hotter than any other team around. By December 8th they found themselves with a perfect 5-0 record, and rated 7th in the state. By season's

end they had almost found themselves in the State tournament. In the regional playoff games they won in overtime against Red Wing 62-61, and upset region favorite New Prague 59-57, in an amazing comeback. Then came the Apple Valley game in which the Spartans proved they were for real. In the early going the lead exchanged hands a few times and then Mayo took command, by the middle of the second quarter Apple Valley had got the lead back and racked up a seven point lead. At the half Apple Valley was ahead by 3 points. Then came the start of the second half in which in my estimation Mayo played their best basketball of the year. They quickly jumped to a seven point lead when all of a sudden the refs went foul happy and starting calling about a foul every thirty seconds. During that time when Mayo kept holding on to that six and seven point lead they came about a shot away from breaking it open. As it was, four of five Spartan players fouled out, as Mayo could not survive both the overtimes and lost by 72-68. It was, never-the-less, an excellent showing of what they can do.

They finished the season with a 14-7 record.

GIRL'S BASKETBALL — All the practice and drills just couldn't pull the girl's basketball team from a season long low-tide. As Mr. Brooks well knows, both his team and the John Marshall rivals were at an emotional high before their last encounter of the season, which ended in a very depressing 49-35 win for J.M. Sharon Isaccson's words say it all: "We just couldn't get it together." They ended the year with a record of 1-13 in the conference. The Big Nine though is probably the toughest conference in the state. As J.M. and Austin are both ranked among the state's top ten. The girls out of conference record is excepti nally weir though, at 3-2, overall they were 4-15. Well we aren't disowning these girls yet, we'll just be looking for a winning season next year.

WRESTLING — The 1978-79 Mayo wrestling team was disappointing as far as their record was concerned, they finished the year 1-9 in the conference, and had an overall record of 1-14. This year Mayo did not send anyone to the state wrestling meet, but came awfully close. Todd Ostram finished fourth in the region.

the top two in the region go to state. Tom Stammen and Kevin Smith also went to the region tournament but did not place. They should be better next year, the B-squad had a record of only 2-8, but with those wrestlers, and the returning lettermen they should provide an exciting team for Mayo next year.

"TOURNAMENTS"— (Con't from Page 14)

The boy's hockey team entered region play on March 3 and responded with a 5-2 victory over Owatonna. Mayo was led by senior goalie Terry Engle as well as their second line consisting of juniors Bill Watson and Randy Lee and sophomore Ricky Smith who each scored a goal. On March 5 Mayo played Bloomington Jefferson and suffered a tremendously disappointing 3-0 loss. Mayo, who was without forward John Johansson due to an eye injury, lost defenseman Dan Jensen in the first period and never seemed in the game from the opening face-off. Jefferson scored two goals in the first period and never let up. Mayo had several good scoring chances throughout the game but never scored when they needed; a problem they have had all season long.

On March 3 Mayo's boys swim team put their undefeated dual meet record on the line in the conference meet. Mayo was without the services of sophomore diver Ron Oman because of a back injury, but senior diver Barry Anderson made up for it with a first place finish. Then led by the 400 yard Freestyle Relay team of Chris Schutt, Hugh Deaner, John Joyce, and Rich Forconi, Mayo's swimmers swam through their competition to a huge victory. Mayo beat their nearest opponent by over 55 points. Mayo's next competition is the Region Meet at John Marshall on Friday and Saturday, March 9 and 10.

Also on a busy March 3 Mayo's girls gymnastics team won the sub-region in a very close meet. Mayo avenged their loss to JM in the conference meet by upending JM and Owatonna, who they defeated by less than two points. Mayo received a second place finish in the overall competition from Cindy Berge, and they placed four people from their uneven bars team into this Saturday's Region One Meet.