



The Purple Clarion

Harrisburg High School
Volume 65 Issue 7

March 1989



Senior Ben Emmons and junior Andy Abell won first and third respectively in the English TEAMS competition at SIU.

Teams prove themselves by placing third

Our school proved it can handle the competition of bigger schools by placing third at the Teams Sectional held at SIU. The sectional was held on March 13.

Teams from Division A and AA schools gathered to compete. In Division AA, Mt. Vernon placed first, Marion second, and Harrisburg third. In Division A, Anna-Jonesboro took first.

Two students placed individually. Ben Emmons got first in English and will be going on to the University of Illinois for the state level of competition. Andy Abell placed third in English.

The categories were the same as in the regional tests: Math, English, Physics, Biology, Computer, Graphics, and Chemistry.

Although HHS did not have many individual winners, several team members missed placing by only a few points. Most members scored quite well on their tests.

B.S. Scholars rise to the challenge

The B.S. express continues the year with great success. They have proved their formidable brain power in countless matches, their numbers of victories far outweighing their losses.

On February 18, the Scholar Bowl Varsity team participated in the John A. Logan tournament. The team won three games out of five, defeating Vienna, Mater Dei, and Cumberland. They lost to Mt. Vernon and Salem. Members who played in the tournament were Ben

Emmons, Drew Watson, Andy Abell, and John Bradley.

Both the Varsity and JV teams beat Galatin County at a match on March 14. In the varsity game, Drew Watson scored the most points and the team won with a score of 245/205. The JV team won with a score of 190/180.

The JV team, after eight games, is still undefeated. The varsity team has an outstanding record of 23-3.

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angela's answers

by Angela Brantley

It seems at last winter is finally leaving. After several false starts spring seems to be just about here. I would say it's definitely time for it to get here. I'm tired of freezing whenever I step outside and worrying about making a less than graceful fall to the ground if I step on a piece of ice. I'm ready to have the windows rolled down and go outside without sinking in mud.

But I have to admit I also dread it a little bit. I think I've had spring fever all year long and I know it's going to get worse. If I had to force myself to do homework even on the dreariest winter days, how will I ever get any done on glorious spring days?

At least I no longer have a term paper demanding my constant attention. But then again the pressure hasn't really eased, the teachers see to that. Graduation is right around the corner, and I sure wish I could make it get here faster.

College definitely won't be any easier, but I'm ready for a change. I just hope I survive without my parents to take care of me. I have no doubts that most of my clothes will either shrink or change colors in my first few weeks. I plan to live on the cafeteria meals or lunch meat. I suppose I know enough about cooking to provide a little variety, but I can only handle so much chili, chicken noodle soup, toasted cheese sandwiches, and chocolate cake. Maybe I can learn how to fry hamburgers.

Mississippi Burning stirs up old scandal

By: Laura James

The new movie Mississippi Burning has raised much controversy, especially in the state of Mississippi. One incident was in Jackson, Mississippi, where a former sheriff sued the makers of the movie for eight million dollars. "Everybody all over the south knows the one they have playing the sheriff in the movie is referring to me," said Laurence Rainy, 65, who filed a libel suit against Orion Pictures in a federal court. Rainy, who now works for a black-owned security firm, said the character of the sheriff in the film made it appear that he failed to carry out his responsibilities and was "a terrible person."

The movie takes place in Neshoba County, Mississippi, in 1964. As Mississippi Burning opens, three civil rights workers—two northern whites, Michael Schwerner and Andrew Goodman, and a Southern black, James Chaney—were arrested for speeding in Philadelphia, Mississippi, then jailed and later released that

night. They were never again seen alive.

For the next six weeks FBI agents Ward, played by William DaFoe, and Anderson, played by Gene Hackman, blanketed the area, quizzing the friendly folks of Neshoba County. FBI agents from all over tested the residents' hospitality. Navy frogman fished the lakes and ponds, searching for evidence of the three civil rights workers.

The FBI discovered the bodies in a new earth dam. A couple of months later, the Philadelphia sheriff, his deputy, and 17 others who were members of the Ku Klux Klan (KKK) were arrested. 7 of the 19 (including the deputy, but not his boss) were convicted of conspiracy to murder.

The movie has been well received by the critics and most moviegoers. Those who lived through the tragic experience have protested some changes in the facts of what happened. The film has brought back many bad memories that quite a few people have of this time.

Students get lesson on AIDS prevention

Dr. Larry Jones and Sherry Livingston, certified Nurse

Practitioner, in co-operation with Illinois State Medical Society, presented a program about AIDS to all students during their studyhall or PE classes on Wednesday, March 1st.

The 50 minute program included a video about a person

who had AIDS from sharing a needle with an IV drug user infected with the virus.

After the video Dr. Jones and Ms. Livingston answered any questions students might have. At the end, they handed out pamphlets to the students on AIDS prevention.

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Mathletes place fifth at ICTM math competition

In spite of a less than strong showing, Harrisburg Mathletes managed to pull off a few major victories. High school math students from seven area schools gathered at SIC on March 11 to compete in the annual I.C.T.M. Region 19 math competition.

Individuals that placed were John Bradley and Ben Emmons. John placed second, missing first by only two points, in the Oral Competition, and Ben Emmons tied for second in the Pre-Calculus

division. The Junior-Senior eight-person team also tied for second. Members of the team were Angela Brantley, Ben Emmons, Joe Emmons, Chad Gibbs, Tina McIlrath, Uday Mehta, Lori Murphy, and Andy Sucharitakul.

Harrisburg placed fifth overall. Fairfield easily came away with first.

When asked to comment on the competition, Mrs. Way said, "There was very good competition, and obviously excess practice does improve the team's score."



John Bradley takes 2nd in oral competition.

Two quintets highlighted concert

The Music Department, under the direction of Robert P. Cahill, provided an evening of music and entertainment to the general public.

The band performed on February 23, at 7:30 pm. For the first time since he's been here, Mr. Cahill scheduled the concert for davenport gym instead of bonnell. "Since the ceiling was redone to control reverberation, I decided to have the concert in Davenport. It was effective, but we needed a little more sound in response to our best. Davenport is somewhat dead, but it is much better than Bonnell. I also liked

having the people all in one place." At concerts in Bonnell, the audience is split between the bleachers and the seats on the floor.

Selections performed included: "American Overture for Band" by Joseph Jenkins, "Chorale and Variant" by Elliot Del Borgo, "Bugler's Holiday" by Leroy Anderson, and "Overture in Bb" by Caesar Giovannini.

Mozart's "The Hunt" performed by the woodwind quintet added a special treat to the concert. Members in that ensemble included: Debbie Wetzel, Christy Lucas, Liz Collett, Leann Gilliam,

and Emily Carter. The talented brass quintet played "Canon" by Johann Pachelbel. Bill Ghent, Todd Boone, Melissa Schwartz, Joe Emmons, and Chris Rhodes performed that piece.

"At times, there were some intonation problems in different sections. Otherwise, the concert was really good," remarked former band member Jennifer King.

When asked how the concert went, Mr. Cahill said, "It was wonderful! I was delighted how well it went. It was the best concert in the past three years. The audience was extremely responsive."

485 Student leaders gathered

Four hundred eighty-five student council officers from 21 schools piled into the SIU student center for the annual meeting of the Little Egypt District Student Council (LEDSC).

The meeting was to re-elect the district officers. Rhonda Blades stepped down from her job as vice president of the district. Rhonda was in charge of the discussion groups at the meeting. She was on the credentials committee and served as chairman of the Ronald McDonald House fundraiser. Besides the election of new officers, each school contributed money raised for the Ronald

McDonald house. There was a total of \$3400 from the 21 schools' various projects.

Later everyone went to discussion groups and talked about such things as how to make a better homecoming, and how to go about having a good time on the weekend without alcohol or drugs.

The guest speaker was Pat Hurley, who gave a humorous speech on how high school students will be the future leaders of America.

A dance was held after the meeting and the music was supplied by both Midwest Sound and Light Show and Music in Motion.

Next issue literary

Yes, literary fans, it's that time of year again. Time to break out the pencils and paper for the literary issue of The Purple Clarion. The April issue is dedicated to creative writing.

If you've ever wanted to have a piece of your writing published, now is your chance. Everyone is eligible to have work printed. Just have it turned in to Mrs. Clemmons or someone on the Clarion staff by April 12. So come on! Dust off those poems, short stories, or essays that you have hidden away. Anything creative goes in April!

Cheerleading . . . more than a pretty face

by Julie Slighton

Butterflies in the stomach, sweaty palms, and shaky hands were all signs that cheerleading tryouts were approaching. The list of students trying out was long.

Tryouts were held in Bonnell Gym on March 21 and were open to the public.

Most of the requirements were taught by the senior cheerleaders. They taught a group cheer, a sideline cheer, and a dance routine. That wasn't all that was expected though. Students that tried out also had to make up their own cheer to do individually. Jumps were another requirement. Students had to do three jumps; for varsity, one of which was a toe-touch. Optionals

varied from other jumps to gymnastics. Seven freshmen, seven J.V., and nine varsity cheerleaders were picked.

Judging was done again by the SIU cheerleaders. They didn't pick the cheerleaders alone, though. The faculty also played a role in the selection process. A paper was sent around to the candidates' teachers, who rated them on attitude, cooperation, and other traits. The scores given by the teachers were then added to the judges' scores and totaled to see who are next year's cheerleaders.

Becoming a cheerleader requires much work, dedication, and practice. You not only have to be a cheerleader, you also have to have a good attitude.

Students discards turned into profit

French Club made a \$480 profit at a rummage/bake sale held March 4. The main work of the sale was done by the students going to France this summer, but a few other students and their parents chipped in their time to help make it a big success.

In addition to working in the sale, French Club sold raffle tickets for some donated items. To advertise for the sale, some of the students made signs and put them in stores.

"We did very well," according to Esther Kaplan, club sponsor. "We were encouraged enough to try it again." Since that sale was so successful, another sale will be held sometime in April or May.

Four prizes were raffled off. Melinda Ewert won the afghan made by Mrs. Kaplan. Bob Kaplan and Maddie Smith won ceramic penguin banks made by Donna Walker. Joe Emmons won a Bulldog phone.

Despite cold rainy weather, the sale day attracted enough buyers to make it a success.

Anglers provide community service

A new addition to the HHS club scene is Fishing Club, sponsored by Mr. Paugh. He started Fishing Club to help the students learn about fishing and to help them catch more fish.

Hopefully new methods and techniques will improve the student's catch. Students have learned how to make their own lures and baits and have been given tips on where to go fishing.

Recently the Fishing Club has started an aluminum recycling project. Cans are being collected around school and in the community. The club is saving money to go on a fishing trip at an area lake.

If any teachers would save cans for fishing club and give the cans to Mr. Paugh, their help would be greatly appreciated.

SISPA overcomes retirement

Despite the retirement of SISPA director Manion Rice, the Publications class will be taking its spring trip to SIU-C. The trip is scheduled for Monday, April 24. Students will be spending the whole day at the Student Center attending newspaper and yearbook sessions and an award ceremony.

After twenty-nine years Dr. Manion Rice has retired, and SISPA no longer has a director. As Dr. Rice said to several of the advisors, "Twenty-nine is thirty to me." In journalistic terms thirty means the end of the article.

The future of SISPA, the Southern Illinois School Press Association, has been cloudy since Dr. Rice's retirement. The fall conference was not held because Dr. Walter Jaehnig, chairman of SIU-C School of Journalism, was not authorized to fill Dr. Rice's position.

Dr. Jaehnig met with three area advisors, Herman Albers of Coulterville, Julie Bohnsack of Carbondale, and Mrs. Clemmons, to determine the future of SISPA. After discussing the situation, they decided to get more advisors

together and organize a conference. Advisors will be required to participate more directly in SISPA activities.

Several decisions were reached at the meeting on February 7. SIU's School of Journalism will continue to house SISPA. The Taylor-sponsored Golden Dozen Yearbook Contest will continue with yearbooks mailed to SIU by February 24.

Another meeting was held on February 16 with eight advisors and Dr. Jaehnig. They began planning a spring meeting that would be as close as possible to the traditional conference. The Blue Banner contest for newspapers, along with individual story writing contests, will be conducted. Seniors will have the opportunity to enter an interview contest. Yearbook copyblock and photography for 1989 books will be judged.

One change the advisors made was to open the 1988 yearbook awards for theme, layout, copy, photography, and cover to all books including the Golden Dozen winners. In the past, those awards had been a runner-up competition.

Unusual array of interests combined in one person

By: Stephanie Ewell

The Sugarcubes and Shakespeare? Julie Riley likes a variety of music such as X, Heart, and Stevie Ray Vaughan. At the same time she loves the literary works of Pearl S. Buck, Emily Bronte, and John Waters. Miss Riley loves both music and reading. She is not only Mrs. Clemmons' student teacher in English, but also a former rock band member.

An English major at SIU, Miss Riley lives in her hometown of Cartersville. After graduating in May, she plans to move to the South or the Southwest and either pursue a teaching career or become a publisher. Recently she has been selected for an internship in book publishing at University Press in Carbondale.

Miss Riley was active in high school. She was on the track team, a member of Scholar Bowl, and also a member of the National



Honor Society. She first became interested in music and playing guitar when she was in high

school.

Miss Riley's interest in music resulted in her playing rhythm guitar and singing in a rock band while in college. She was a member of the band Chronicle, which played together from the winter of 1987 to the summer of 1988. She remembers that "it was just a band, nothing big behind it. But it was fun!" The music they played was "a bizarre range of stuff; it was wild."

Besides music, Miss Riley has other interests. She loves reading, traveling, and riding motorcycles with her father.

Miss Riley enjoys student teaching here. She says that this high school is "very similar to Cartersville. I feel really comfortable here." She thinks that "the students are really friendly, and Mrs. Clemmons is a great teacher. She is really helpful."

Special attention is given to need analysis forms

For most graduating seniors financial aid is a necessity if they want to attend college. The rising prices of college education have made it too expensive for families to pay without help.

Most families have received their tax forms by now, and it is the perfect time to fill out and file a need analysis form. The forms are available in the Guidance Office. There are four different types of need analysis

forms. They are the Application for Federal and State Student Aid (AFSSA), the Family Financial Statement (FFS), the Financial Aid Form (FAF), and the Application for Federal Student Aid (AFSA).

Students should check with the college or university they plan to attend. Some schools require different forms than others.

The need analysis forms are

very detailed. Special care should be taken in filling out these forms. The important information should be carefully checked. A copy should be made to keep for your personal reference.

Make sure deadlines are observed and the form is signed and dated.

Your college situation can depend on sending these forms in. Don't delay.

Alpha leaders take the responsibilities of educating frosh

The Alpha applicants for the 1989-1990 school year have been chosen and now the hard part begins. Besides pledging to be substance free during their time as leaders, they still have many things to learn and conferences to attend.

One conference they attended was at the Mt. Vernon Holiday on March 10 and 11. The future leaders left Harrisburg around

7:15 a.m. and headed for Mt. Vernon.

While there, they attended seminars on how to present the weekly ALPHA sessions. The future leaders also found time to lounge around the pool, play ping pong, and eat pizza. To top it all off there was a talent show where the HHS leaders got to show off their talents in their own version of Family Feud.

Those who attended the conference were Jennifer Allen, Lynda Bailey, Amanda Carter, Niccole Cody, Melissa Coffee, Amy Cook, Nicki Dearmon, Tina McIlrath, Christi Cotton, Jennifer Halstead, Christy Lucas, Valarie Stacy, Julie Webb, Erin Wheatley, Alyssa Wheatley, Julie Slightom, Marc Devar, Wade Ratliff, Brandon Shelton, Shannon Rider, Tara Simpson, and Jennifer Simpson.

Baseball team should be swinging success

The vendors repeat their endless litany of sales pitches as they parade up and down the bleachers. Whole families pour into the stadium from baby John to Mom and Dad. Fans are yelling and screaming even before the game begins, and when the umpire yells "Play ball!" the stands rise as one person. The crowd joins in the rousing rendition of "Take Me Out to the Ballgame." Baseball season has begun.

This may not be an accurate

picture of high school baseball, but the feeling is still there. Baseball is the American sport, and it's time for the high school season.

Practice started early this month, and the guys are working to improve their skills. Players have been working with the batting cage set up in Davenport. They have also been working on throwing techniques and improving in their individual positions.

The baseball team is practicing hard for their first

game. Coach Thompson said, "We should be better than last year. We have a chance to be one of the top teams in the area, so we should make a strong run for the conference championship."

Thompson is happy with the team. "We have six starters back from last year, so we're expecting to be very competitive."

The first game will be played here against Vienna on March 31. Everyone should come and root the team on to victory.

Optimistic track team faces long season

The boys' track team is approaching a long season, but they are very optimistic, according to the coaches.

Coached by Dennis McAnally and Tony Holler, the tracksters started practicing the week of March 13. The teammates split their workouts into distance running and sprints. Distance runners started out by running four 600s, three 300s, and a couple of 200s, equalling about five miles each practice. Sprinters do not run nearly as much, but their workouts aren't easy by any means according to Randy Glenn.

Not many boys are participating in field events this year. The weight of the team is leaning toward the long distances, but the team as a whole is

smaller. There are more underclassmen than upperclassmen, which the coaches say can sometimes be a disadvantage.

The Dogs faced their first challenge on March 30 at Benton against Benton, Salem, and Sparta. The meet was held indoors, a new experience for most runners.

Junior Kevin Wallace feels that "even though we've got a small group, we should do pretty well this year."

This group of energetic individuals will find out just how much they have accomplished by May 26, the date of the state finals at Charleston. "These guys have it in them," says Coach Holler. "Even though no one participated in State last year, this year might very well be a different story."

FHA spring rally held at SIC

Twenty FHA members recently attended the annual Spring Rally held at SIC. The rally was held on February 17 from 12:00 to 4:00.

The Southeastern Illinois FHA Chapters, which consist of nine area high schools, met at the rally to elect the 1989-1990 section officers. They also toured SIC and attended workshops. Other activities included a formal wear style show, a display of student projects, and a lip sync competition.

The nine area high schools that attended were: Harrisburg, Galatia, Carrier Mills, Eldorado,

Pope County, Hardin County, Cairo, Mcleansboro, and NCOG.

Coming up on April 13-15, FHA Hero State Leadership Conference will be held in Springfield. The theme for this year's conference is "A Celebration of the Times." FHA will be represented by ten of their members.

The 1989-1990 officers recently elected are: President-Lisa White; Vice President-Heather Henshaw; Secretary-Sharon Roberts; Treasurer-Jennifer Ratley; Historian-Donna Haney; Recreation Officer-Tammy Gibbs; and Reporter-Melissa Sturman.

SFU open to teen athletes

Thousands of high school students will have the opportunity to train and compete in their chosen sport as a member of one of more than 60 teams traveling throughout Europe, Asia and the Pacific, and South America this summer, thanks to a program called SFU. SFU, or Sport for Understanding, is an international nonprofit exchange program which offers student athletes from across the country exciting sports and travel opportunities.

To qualify for the SFU program, players must be 14-19, be active in their chosen sport, and have a grade point average of at least a C. The program is for athletes of average or better skills, including the recreational athlete, and focuses on using sports as a vehicle for cultural learning. SFU emphasizes sportsmanship and host family living.

In addition to the opportunities for the students to travel abroad, SFU also arranges for teams from around the world to visit America. U.S. teams and clubs across the country are needed to serve as hosts for more than 70 teams which are due to arrive in 1989.

For more information on the SFU program write: Sports for Understanding, 3501 Newark Street, N.W., Washington D.C. 20016, or call 1-800-424-3691.

Coach Horning forecasts winning season

After making final cuts, Coach April Horning is looking forward to a successful softball season. Thirty-one girls tried out for the team, but Coach Horning could only keep fourteen. "The cuts were very hard to make, so I tried to keep the ones who really wanted to put the time in and be softball players," she commented.

As for advantages, Coach Horning feels it will be nice to have three pitchers this year. "Our conference is extremely tough. Centralia has one of the best pitchers in the state. Herrin always has a couple of good pitchers and Carbondale will be strong, too, with a senior pitcher." She is planning to use Nikki Randolph as an infielder when she is not pitching.

"Our strong point will probably be defense, since we'll have two or three seniors on the infield and two or three in the outfield. With Amy Vinyard at third and Nikki at shortstop, we'll have one of the strongest left sides of the field in the South Seven. We have Lisa and Lori Black in the outfield and Elli Kaplan at second base. Stephenie Albin is a utility player who can play all positions

but catcher and that will be nice."

Even though Patty Steapleton and Kristy Jones are freshmen and haven't had a lot of experience playing with the rest of the team, "they've worked together as a battery since the seventh grade and this should prove to be an asset to the whole team," Coach Horning adds.

"We're going to have a strong team; however, the whole conference is very tough, so to have a winning season we'll have to get the key hit, the big defensive play, and hold walks to a minimum," she says. "If we can keep our walks down in pitching, we can play with anybody in the league and give them a run for their money."

The season opener for the Lady Bulldogs Softball Team is April 3 at Massac County. Lady Bulldog team members include: Seniors- Lori Black, Amy Vinyard, Lisa Black, Elli Kaplan, Stephenie Albin; Juniors- Nikki Randolph; Sophomores- Leslie Absher, Tara Simpson, Nikki Dearmon, Amy Cavender; Freshmen- Patty Steapleton, Kristy Jones, Beth Cluck, and Della White.

Good skin care is a must

Cosmetics are as much a part of your look as the clothes in your closet. They can make you appear sporty, sophisticated, dramatic or leisurely. Selecting the cosmetics that will project that perfect look can be great fun, but it is important for the health of your skin to follow a few simple guidelines.

Your complexion is something that is uniquely yours. The foundation and powder that look great on your friend will not necessarily be the right choice for you. How do you know which cosmetic will look the best and help your skin healthy? According to Zoe Kececiloglu Praelos, M.D. it's really very simple.

First, decide what type of skin you have. This is done by determining how much natural oil your skin produces. The proper cosmetic must be chosen to fit your skin type.

Second, how to cleanse your skin is just as important as what cosmetic you choose. Dry skin requires daily cleansing with a moisturizing beauty type cleansing bar; normal skin requires twice daily cleansing with a true soap; and oily skin requires thrice daily cleansing with a deodorant soap or medicated soap.

Hanks makes THE BURBS

By: Amanda Questelle

The Burbs is a comedy about an average business man who is tired and run down from work. It takes place in the suburbs and kind of makes fun of how nosy neighbors can be.

Tom Hanks is so funny that he makes the movie work. Carrie Fisher plays his bossy wife. I can positively say that the cast makes the movie what it is.

The Burbs is the perfect movie if your happy or in a good mood. If your looking for a deep movie with a lot of meaning, this definitely isn't the movie to see!

SIC seeks to help test-takers

Burning the midnight oil during many weeks of studying was one means of preparation for the ACT or SAT tests. Now there is another alternative that should lower the amount of individual studying.

ACT/SAT preparation workshops are starting to be held at SIC. The first workshop was held on March 25th and the other will be on April 1st. This class was held in the faculty dining room from 9:00 a.m. to 3:00 p.m. on the 25th and will be held at the same time and place on the 1st.

In order to take this class, a fee of \$20 had to be paid. The registration deadline was March 23rd at 4:00, and phone registrations were accepted.

The course covered the major points of the ACT/SAT. Counselors went through sample test items and a review of English, mathematics, social science, and natural science.

This workshop was something that shouldn't be overlooked. It was a good preparation opportunity for anyone who gets the jitters at the thought of taking college admission tests.

Anorexia and Bulimia - Are they really

What do teens know about these illnesses?

Survey Shows degree of knowledge by: Cheryl Brown and Alan Nelson

This month, The Purple Clarion took a survey to find out the degree of knowledge students have about anorexia nervosa and bulimia. Of the thirty students polled, all knew what anorexia nervosa was. Only one person didn't know what bulimia was.

Forty percent of the people

knew someone who was anorexic. Seventeen of the thirty people surveyed knew someone who was bulimic. Five percent said they knew more than two people who were anorexic or bulimic.

All of the people polled said they would tell the anorexic or bulimic to get professional help immediately. Twenty-seven people

said they believe the problems occur because of low self-esteem or because the person thinks he/she is overweight.

Everyone polled said anorexia nervosa and bulimia were

life-threatening and that people shouldn't really care what other people think about their size.

Is skinny really beautiful? by: Cheryl Brown

Since the death of pop star Karen Carpenter in 1983, the concern for the eating disorder Anorexia Nervosa has grown.

Anorexia means there is a loss of appetite and is the misnomer for the disease. Anorexia Nervosa isn't the want of appetite, but the obsessive fear of being unwanted which underlies the starvation. The

hunger is felt well into the illness but food is still rejected, even though it is common for the anorexic to be preoccupied with making elaborate food for family and friends. Further characteristics of Anorexia are a weight loss of at least 1/4 below the original body weight, but a stubborn refusal on the part of the anorexic to recognize the weight loss and skeletal thinness. Other symptoms of the "starvation disease" are the ceasing of the menstrual period, thin scalp hair, excessive body hair, low blood pressure, low breathing and heart rate, sandpaper-like skin texture and constipation. Given the low calorie intake, they have the surprising ability for physical activity

Anorexia Nervosa is a life threatening disease that requires medical help, supportive psychotherapy and nutritional

counseling. Obviously whether self-imposed or not starvation can be fatal. Anorexia may not stop at this. Some even go as far as self induced vomiting. As much as 30% of all anorexics do this to cut their calorie intake even further. This group's lives are in the greatest danger. Anorexia and vomiting lead to the important loss of electrolyte ions (Chloride, potassium, sodium) and it disturbs the acid based balance of the body.

Hyokalemia (low potassium) is extremely dangerous and very lethal because of the effects it has on the heart. Data conclude that anorexics who starve and vomit compromise the entire category of fatalities.

Anorexia Nervosa afflicts primarily middle-to-upper class females who are intelligent and attractive teens from well educated affluent families. This disorder is infrequent in women over 30, quite rare in males, and

hardly ever occurs in poor, minority females. The prevalence isn't really known, since the figures of one in 100 to one in 250 adolescents girls are based on clinical cases; borderline or milder unrecognized anorexics who are at the risk for developing the full blown disease aren't even

taken into account.

There is a high increase in the occurrence of anorexia and part of the problem is the nation's preoccupation with being slim and dieting, which might promote a distorted body image. We are oppressed and obsessed by fat. The message we receive from T.V., magazines, and movies is that "skinny is wonderful and beautiful" and in vulnerable people, it could trigger the onset of this disease.

In a pole taken earlier this month at H.H.S., out of 15 people polled all 15 knew what Bulimia and Anorexia was. 9 out of the 15 people polled knew someone who was anorexic. Half of the 9 said they knew more than one person with Anorexia. Only 6 people didn't know of anyone with some type of an eating disorder.

In the survey, they were asked what might cause these problems, many said loneliness and lack of self esteem. Also in the survey they were asked how serious this problem is. 8 out of the 15 said fatal. Six said that it was serious, but not enough to kill you. Only one person didn't think it was serious at all.

Many people said that they think they shouldn't worry about what other people think.

a danger among teenagers today?

Bulimics escape stress by purging

By: Staci Hull

Eating disorders such as bulimia, have become a major concern in the public eye as well in the professional realm.

Bulimia means an abnormal hunger and is sometimes referred to as hunger, and is sometimes referred to as the binge-purge syndrome. "Purging" is the term used to describe the method the bulimic turns to in order to rid herself of the excessive food and she has ate. These binges occur because the victim craves food and they rooted in psychological cases.

The foods that the victims crave are high in caloric content. Ice cream, candy, popcorn, cake, and pizza are common favorites. Some people will binge by eating one meal on top of another. Others have speciality binges that will meet their personal needs.

A bulimic does not binge

every day. Some do it only on weekends when they have enough privacy. Others may binge and purge only on extremely stressful occasions.

A bulimic cannot lead an anxiety-free life. She is not comfortable with bingeing and purging, yet she continuously feels that she must engage in this behavior. The victims of bulimia lack a sense of confidence and worth. Also, bulimics feel inadequate to cope with many situations, although she might not be fully conscious of these feelings at all times. When a problem rises in her life, she feels that she has to binge on high calorie foods. She is unable to control this urge, so she overeats. After the binge, she will become disgusted with herself and begin believing that she will put on weight. She forces herself to regurgitate, and

only then is her anxiety relieved.

Once a bulimic binge-purge has been established, it is extremely difficult to break without professional intervention.

Bulimics frequently make excessive use of diuretics and laxatives. They also exercise excessively. Bulimics also manage to starve themselves for brief periods of time, although many bulimics never experience a prolonged period of self-induced starvation. The longest they are able to go without food is one or two days. They control their weight through bingeing and purging.

No one is born a bulimic. Bulimics are usually individuals who have learned to turn to food in times of stress or as a means of finding a temporary escape from the severe anxiety they are experiencing.

Anemia cause problems similar to anorexia and bulimia

by: Amy Bittle

Recently an episode of thirty something on ABC dealt with the disease of anemia in a realistic way. This illness has some characteristics similar to eating disorders.

The character, Ellen, was a middle-aged woman with a good job who seemed to be living a life with no direction. This woman lived with a man but had affairs with other men at the same time. She never explained anything and started treating her friends and family in a harsh manner. No one could figure out what was wrong with her, or why she was acting so strange.

While getting ready for work one morning, she vomited blood and decided to go to the hospital. In the parking lot, she almost fainted and told the attendant to

call her a cab.

She arrived at the hospital and later found out she had a type of anemia. The doctor told her he could only treat the symptoms; she would have to take care of the causes. The doctor gave her the name of a psychiatrist, but she only ignored him and her problem.

When her friends came to visit her, she practically shoved them out; she wouldn't even tell her mother about her problem.

When she finally went home, she found that the guy she'd been living with had left her. After a long cry, she realized how serious her problem was and how it had affected her life and the lives of those cared for her.

She then called the psychiatrist and left a message. She decided to get help. This lady had so much stress in her

life that she ignored her problem and did nothing to help get rid of it at first. This disease could be compared to the eating disorders bulimia and anorexia in that if these problems are ignored, as in this case, they develop into serious illnesses. Fortunately, more can be done about eating disorders than diseases. Anemia has to do with blood cells, but there are steps a person can take to help prevent further danger. There are also many things that can be done about bulimia and anorexia.

A show like this is one everyone should have seen. It did not contain facts and statistics, but it showed a realistic situation. Things like this really do happen, and it is a shame that some people don't care and won't listen.

Variety of scholarships available for students

Seniors, worried about paying for that \$18,000 a year university in northern Illinois? Or how about paying out of your own pocket for classes at SIC? Well, listen up because this article is for you.

There are countless scholarships available to students in Illinois alone. For instance, the Educational Communications Scholarship Foundation provides a minimum of 50 awards annually of \$1000 each. Students are selected on the basis of achievement test scores, GPA, and leadership qualities.

The National Association of Secondary School Principals and the National Honor Society will provide \$1000 scholarships to seniors in the National Honor Society.

The Rotary Foundation scholarships are available to undergraduate students who are going to be studying abroad.

There are other scholarships available to future doctors, cosmetologists, teachers, dentists, architects, golfers, and many other occupations.

Scholarships are extremely helpful toward the cost of college. Many people pay huge amounts of money when they might have gotten a scholarship to cover the cost.

Take a few hours out of your busy schedule to investigate these possibilities. There are books available to students in the guidance office. These scholarships can save a lot of money that can be used for other things.

Allen rewards hardworking art students

Mrs. Allen has thought of a very clever way to reward her art students. Every Friday at 3:15 there is a drawing held for students who work hard in class, don't disturb others, and turn in their assignments on time.

Many different items can be won, such as pizza, a tape, two free tickets to the movies, or \$5.00. Mrs. Allen supplies all these prizes herself and is responsible for the drawing.

Winners have been Larrisa Beasley (who has won three times), Jeremy Bennett, and Richard Frailey.

Junior Olympiad proves to be a challenge

Four students from H.H.S. participated in the Junior Olympiad. Josh Bradley, Clay Crawford, Tony Harper, and Shannon Rider were chosen by academic club sponsor Bill Trees, who seeks recommendations from other faculty members.

According to these four "Academic Nutz," the Olympiad wasn't easy. "It was a real challenge. There was a lot of competition," said Clay Crawford, "but it was interesting."

Junior Olympiad, an academic competition for freshmen and sophomores, was held in Carbondale at the Ramada Inn on February 9 and 10.

The participants were challenged with logic problems and engineering projects involving the construction of workable appliances.

One of the engineering projects was a top which each team had to build. The tops were judged on how long they spun and how interesting they were to watch.



Choir members earned superior and excellent ratings at solo ensemble contest at Eldorado on March 4. Superior ratings went to soloists Marti Stephens(r.) and Jim Hester(r.) Excellent ratings went to Pam Phelps, solo, and John Bradley and Marti Stephens, duet.

Keystone honored in top 10 percent of Taylor books

The 1988 Keystone has been honored as one of the top 10% of all yearbooks published by Taylor Publishing Company. Taylor is the nation's largest yearbook publisher with over 6000 books printed annually. Many of Taylor's books are for colleges.

Each year, Taylor judges yearbooks on five major criteria: cover design, page design, theme development, copywriting, and special page design. Winners are featured in a design book issued to each customer, The Yearbook Yearbook. This book serves as a "hall of ideas" for staffs across the United States. Books shown are of tremendous quality and usually go on to win other journalism awards. Due to limited space however, all yearbooks making the top 10% cannot be shown. Unfortunately the Keystone will not appear in The Yearbook Yearbook.

Students sneak to mailboxes

by Heather Tanner

The day deficiencies go out is a day most students dread. This is the time when students begin sneaking to the mailbox to beat Mom and Dad to the bad news. It would seem that there was a lot of sneaking around this quarter as an outstanding number of deficiencies were sent out.

A total of 848 deficiencies were mailed home with 411 students receiving them. This means that about 60% of the students in the high school received a deficiency, with some students getting more than one.

Bon Jovi headlines at Carbondale

The popular group Bon Jovi is coming to the SIU Arena. Special guest is Skid Row. The concert will be Saturday, April 8, at 8:00 p.m.

Songwriter/singer Jon Bon Jovi recorded his first hit "Runaway" one summer night in 1982. It became a radio hit in several cities such as Detroit, Tampa, New York, Denver, and

The 1988 Keystone has also been awarded a First Place Certificate by the Columbia Scholastic Press Association. The CSPSA attracts the most entries of any journalism contest; therefore it is the most difficult to score well in.

Like Taylor, Columbia judges on five major criteria: concept, design, writing, coverage, and photography. All-Columbian awards for individual criteria are given to books which score over 90% of the total score. The Keystone won an All-Columbian for design, scoring 190 out of a possible 200 points.

The CSPSA critique is very helpful due to the detailed criticism. Usually, the judge has something to write about every aspect to encourage improvement.

The Keystone was given its highest marks for layout design.

To get a deficiency report, a student must be failing the class or have a mid-term average of "D." They are also sent to students who have incomplete work, so students who have missed a lot of school and not made up their work receive a report. Every teacher is required to fill out reports, although some choose not to send them for various reasons.

The purpose of deficiencies is to inform parents that their child is experiencing some kind of academic difficulty in class. They are meant to be a help, not a hindrance, although many students view it differently.

Minneapolis.

The band has opened for other famous groups such as ZZ Top, Eddy Money, and the Scorpions.

Don't miss your opportunity! Tickets are on sale at all usual SIU Arena ticket outlets: \$17.00, all seats reserved.

Use of dominant photos, attractive headlines, and consistent eyelines were among the judge's congratulatory comments.

Recently, the staff was recognized by still another judge for its excellence in layout design. It won the first place for layout in the Eastern Illinois High School Press Association annual contest.

This is the first year that the Keystone has entered the Columbia contest. The staff is using the critique to better the 1989 Keystone and to update it to fit the standards of Columbia University School of Journalism.

Staff advisor Lynda Clemmons was pleased about the awards. "I've always felt the CSPSA contest is both the toughest and the highest in credibility. I am also pleased to see that we have risen in the ranks of the Taylor line," commented Mrs. Clemmons.

4 year scholarship offer by Pilot Pen Co.

The Pilot Pen Company is offering an exciting opportunity for juniors interested in a career in journalism. They are sponsoring By-Line '89, The Pilot Pen Scholarship. The winner of this national contest will receive a full four-year scholarship at the school of his/her choice. An additional four winners will receive a scholarship of \$2500 each.

Beginning in January, The Pilot Company invited all accredited secondary schools to participate. Harrisburg was one

of these schools. However, only the first 5,000 schools to respond are accepted into the program. In March, participating schools will be sent a local contest kit.

In April, local contests will be held. Students are given background material and mock wire reports. They then listen to an audio tape of a press conference.

Do stereotypes repress individualism

by: Lisa Patterson

Prep. Nerd. Jock. Scum. Goatroper. As I look around the halls, I see people who represent different groups here.

Rob, on my left, dresses to impress other people. He seems to be enthusiastic most of the time, even at pep rallies. He can humiliate Herman, on my right, without any remorse. He's always talking to at least five people at all times about the happenin' place to be the upcoming weekend. Yes, Rob is a Prep.

On my right stands Herman, ready for Calculus, a challenging but not impossible class because Herman has received A's on every paper he has ever turned in since the beginning of his school years. He possesses an amazing brain behind his thick horn-rimmed bifocals and under his grecian-formula-coated hair. Herman is the type of guy who purchases all his school supplies in July, just "to be prepared." You guessed it; Herman is a Nerd (a.k.a. Geek, Dweeb, and Dork).

Farther down the hall, I spy a great looking guy with a dark tan and bulging muscles. Joe has blond hair and chocolate brown eyes. This guy is extremely gorgeous, but he knows it. He spies a wimpy freshman walking down the hall. Joe hates weakness. He struts over to the boy, knocks him down, and scatters his books everywhere "for fun." Joe and his surrounding friends laugh as the boy runs away. This macho dude is a Jock.

Off the beaten path stands Stephenie, whose favorite pastimes include getting high while "hanging out."

On a special occasion, she might acquire a few Burnett's Country Style or Quick Shop fashions. Stephenie doesn't make good grades or have a lot of close friends because she spends the majority of her time in detention. She also enjoys cheating on her boyfriend to keep him interested. If you haven't figured it out, Stephenie lives under the title of Scum.

Back on the main floor, sounds of yeehaws fill the hallway. I gaze down the corridor to discover a group of guys in cowboy boots "raising hell." These guys listen to Hank Williams Jr. and Lynard Skynard, drive "tough lookin'" Chevy trucks, and usually congregate on the parking lots for entertainment. They're just "good 'ole boys looking for nothing but a good time." Who are these guys? They're Goatropers.

What makes Rob a Prep, Joe a Jock, etc.? I recently asked a few people from all groups, their opinions. A lot of people think classes relate to a way of dressing. Preps have expensive clothes while Scums shop at well-known generic department stores. Nerds wear styles from the 50's and pocket protectors and Goatropers live in their cowboy boots and Levis.

Other people think a person's attitude and behavior constitutes the group he's in. Bad attitudes thrive in the Scum population. A Jock's whole purpose in life deals with sports and the development of their muscles. Preps remain enthusiastic and hopeful even during a crisis. Nerds concentrate on school and their grades.

Still others think grades, how active a person is, or where a person lives places him in a certain group. All agree that Nerds have super high grade point averages and most Scums don't even bother to go to school. Jocks engage in strenuous exercise and most Preps live in the rich part of town.

Do all students fit into one of these five groups? The majority of students polled do not think so. They described a group as being "Middle," "Normal," and "Casual." Some students feel this group is a mixture of all the groups. Others think this group is for students who don't fit into any of the other groups. "These people are average. Most of them have friends in each of the groups so they fit in with everyone," reports one student.

We all know there are separate groups or cliques for people. Anyone who enters the hallways can clearly see this. I want to know what do we do about these stereotypes that are placed on our heads? Can we all start dressing and acting alike? Can we all be interested in the same things? No, this is clearly impossible and undesirable.

I think groups are helpful to an extent. The students in each group express individuality. Just because one group of people are "Scums," that doesn't mean they are all alike. They just have a few things in common. Also, groups provide people with a sense of belonging. Classifications can be negative when a scum can't talk to a prep because they're in two different groups.

Maybe the best way for this student body to exist would be classification free.

6 scholars to be honored by SISHSA at banquet held at SIU-C

This school has been included in the Southern Illinois Society for High School Achievement this year for the first time. The S.I.S.H.S.A. is a group of thirty scholars that have banded together for the purpose of recognizing academic achievements.

The society honors up to six seniors from each school. Selection is based on the cumulative grade point average through seven semesters and the composite ACT test score.

The students will receive

recognition in The Southern Illinoisan, and a banquet will be held in their honor. In addition, each participating school will get a share of the Tipoff Classic basketball tournament to be given as scholarships.

Prom... count the days

Spring has arrived and it's that time of year again. The frantic search for the perfect date is on, and the penny pinching has begun. It's time to buy the flowers and the dresses and rent the tuxedos. It's twenty-eight days and counting.

Prom will be Friday April 28, starting at 8:00. The theme will be "A Touch of Class" with the colors black, white, silver, and just a touch of red.

After-prom is going to be at Memories with a D.J. from Paducah to play the music. It will be held from 12:00 to 4:00.

An improvement for the picture line will again be tried. Instead of having to wait to get your picture taken, you are to take a number. When your number is called you go to have your picture taken. So in case of rain, snow, or cold perhaps this year prom goes won't suffer the misery of freezing or having all their careful preparation ruined.

Even though this junior class didn't have as much money as past classes usually have had, they did have enough to finance a prom.

Former troublemaker returns to revitalize outdated paper

by: Lisa Patterson

T.V. 101, a bright new program, is about a former student who returns as a teacher and brings the outdated newspaper into conformity with high tech T.V. programming. The news program managed to survive despite all the opposition in the beginning from school officials and students. No one was ready for the drastic change that was about to occur. There had always been a paper. Students were familiar with the procedure. After the new program got in motion, students enjoyed it. They worked as reporters, cameramen, and behind the scenes to produce the broadcast.

A variety of students make up the class. A handicapped boy who was once bitter about his position has learned to cope with his disability. Another boy who lost his friend in a drinking accident could have lost his own life had he been with the boy.

The show deals with many aspects of teenage life. A secret romance is blossoming between two computer pals. Neither knows the other's identity. On numerous occasions, their paths have almost

crossed, but something always happens to keep them from meeting.


The boy whose best friend dies in a car accident reported on the accident the day after it occurred. Needless to say, it was a very emotional experience for him. He told the dangers of drinking and driving and how it can kill a friendship.

Another episode involved teenage pregnancy. The boy involved, named Chuck, happened to be in the class. He decided to take responsibility for his actions and marry his girlfriend, Jamie, after discussions with his teacher. After much thought,

Jamie decided that a marriage at this time would not last and would interfere with both her and Chuck's career plans. She weighed her options and told Chuck of her plans to have an abortion.

I think T.V. 101 shows a realistic view of adolescence. It reminds adults of all the problems and offers advice to teenagers. T.V. 101 is a great show for viewers of all ages, especially teens. It airs on CBS on Saturdays at 8:00 p.m.


Hours: 10:00-5:30 Monday-Thursday,



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Spirit of Elvis lives on through HHS production

by: Angela Brantley

A figure dressed in a shining silver shirt dominates the stage. Swooning and screaming teenaged girls form a half circle around him. They fall quiet in the moment before he begins his song, but as soon as he opens his mouth, they resume screaming. One by one the girls drop to the floor as he gyrates around the stage, hips swinging.

Is it Elvis reincarnated? Not quite. It is merely HHS's own Matt Murphy playing Conrad Birdie in the musical production Bye Bye Birdie. The performance was held on March 16th and 17th in Malan Junior High's auditorium.

If the play is judged by the

crowd's reaction, it was a huge success. The auditorium roared with laughter at the girls who fainted with only a look from the famous Conrad; at Meg Overstreet's tap dancing to "Shawnee River"; and at Julie Slightom's antics as Mrs. Peterson.

As usual, the members of the cast seem to have been chosen more for their acting ability than their singing ability, but several of the numbers were performed quite well.

Marti Stephens has a good range and performed the part of Kim MacAffee very well.

John Bradley did his usual super job as Albert Peterson. Tiffany Horton was very believable as Rosie;

"Spanish Rose" was undoubtedly her best number. Julie Slightom never failed to get a laugh in her role of Albert's dominating mother. Her bravery in the face of her son's cruelty and her strong will to live are truly incredible.

The MacAffees represented the ideal American family. Bryce Behnke was terrific as Mr. MacAffee. His overprotectiveness towards his family and his love for Ed Sullivan seem truly American. Despite his aversion toward Conrad, they seem to share an affinity for the camera.

Despite the small pit band which seems to shrink every year and a few missed lines, the play was very amusing.



Left: Matt Murphy sings "One Last Kiss" to the bashful Marti Stephens, his biggest fan.

Above: Turning in her resignation, Tiffany Horton says she is tired of John Bradley's temperamental mood swings.