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Christmas in Cleveland

photo by Cheryl Trzcinski
Classes celebrate

December 6 was a very special day for the Junior class of 1987. It was their Class Day—the day the juniors officially became upperclassmen. The occasion was celebrated with a brunch in the cafeteria, which the juniors and their mothers attended. Afterwards, the freshmen joined their Big Sisses for mass at St. Christopher’s.

Junior Class Day is an event that girls look forward to from the beginning of their freshman year. It is a tradition at Magnificat; yet, this year, the juniors decided to change this tradition slightly. A major change was in the way the girls received their class rings. In previous years, the girls had received their rings during the mass itself. This year, the juniors were given their rings the day before. According to class moderator, Mrs. Metzler, there were several reasons for the change. Only about half of the juniors actually ordered Magnificat class rings. Some girls chose a different class ring instead, while other did not get a ring at all. Junior class officers feared that the girls not receiving a ring would feel left out if the rings were distributed at the mass. Also, passing out the rings at mass usually led to confusion and possible mix-ups. So instead, the rings were blessed at mass. The girls also proceeded to the front of the church to receive congratulations from Sr. Carol Anne and a small remembrance from their class.

The day was also a special one for members of the sophomore class. They also had a mass to induct them into their Sophomore Service Projects. The liturgy stressed the concepts of service and of giving of one’s self to others. Each sophomore will volunteer thirty hours of her time to an organization of her choice.

Facts dispell fears

When the Bloodmobile rolled into Magnificat this year, there was a certain amount of fear that came with it. There was the usual fear from first-time donors, but there was also a darker fear for a dreaded disease. Acquired Immune Deficiency Syndrome, more commonly known as AIDS, has struck terror into the hearts of Americans and people around the world.

In a normal, healthy immune system, cells called T-cells detect foreign invaders and send signals to B-cells which produces antibodies to ward off infections. AIDS is a viral infection, that, when introduced into the bloodstream, attacks T-cells. The virus prevents the T-cells from doing their job, which increases the chance for infection to set in. The virus then converts the cell into an AIDS factory, therefore reproducing the virus, spreading it to other cells. Eventually, the immune system is so weakened that outside infections are free to invade unlamented. These infections—often forms of cancer or pneumonia—are usually what are fatal to AIDS victims.

According to Time magazine 78% of AIDS victims are homosexual men. Almost 15% of AIDS victims in the U.S. develop the disease by using dirty needles to inject intravenous drugs. If an AIDS carrier were to inject himself with a needle, and pass it on to a friend, it is possible that the virus could be transferred through the needle.

Only one percent of AIDS sufferers contracted the disease through receiving blood transfusions. A mother can pass the disease onto her baby during pregnancy. Almost 140 out of 180 children with AIDS contracted the disease in this way. However, scientists agree that the chance of contracting the disease through a victim’s saliva or tears is very slim.

Preventive measures are being taken across the country. Specifically, there is a blood test, the HTLV III, which tests for certain antibodies in the bloodstream. These antibodies are cause for certain AIDS agents in the blood. Blood donations which contain these antibodies will not be used, and the donor will be notified of their exposure to the disease.

There is no doubt that AIDS poses a serious threat to society today. It is important, though, to keep the proper perspective when looking at the victims of this disease. Many people and organizations discriminate against them for reasons which have no medical backing. AIDS is not contagious just by touch.

There is no danger in donating blood whatsoever. The equipment used by the Red Cross donation centers and Bloodmobiles is used only once and the needles are immediately disposed of after the donation. All of the blood that is obtained through donations is tested before it is able to be used. Meanwhile, the quest for a cure continues.

A world view

Mexico. The mere mention of the word causes a barrage of images to flow into mind. Crowed barrios; starving families; devastation from the recent earthquake; crawling dumps, where people make a living by foraging through garbage and slime to find metals and products they can give in exchange for a meager living. To one person in particular, our principal Sr. Carol Anne Smith, these images are far more real. She spent two weeks in the heart of Mexico, Mexico City.

There is another set of images which is not often seen or talked about, and that is the faith of the people and their acceptance of poverty. The people of the barrios, the poorest section, come together often to pray and praise God. With the women in the leadership roles, Bible studies are conducted among groups of 15 to 20 people; there they interpret the Lord’s words to fit their situation. The people have a very strong faith and accept their poverty with courage and love. With “See, judge and act” as their motto, they put the Scriptures into action.

These are but a few images that Sr. Carol Anne will present to each class individually to raise our awareness of poverty and sharing in our own lives. Sr. Carol Anne has fulfilled the first of her two main goals, to learn about the situation in Mexico right now. The most difficult job is yet ahead: to share with the school community her experiences and learnings.
Everything you never wanted to know about being a senior

by Maureen Cleary

Most freshmen, sophomores, and juniors think that seniors have it made. Almost out of high school, colleges waiting with open arms. You know everyone and everything. Everything is under control. Well, guess again.

First, and most importantly, there is the matter of college. One of the most talked about subjects among Magnificat seniors is the problem of choosing a college. Yes, it may even be more talked about than guys. It at least runs a close second.

This is a favorite topic around the dinner table. Everyone seems to know exactly what you should do, but no one can agree with each other. One night someone asked me the ultimate question: "What do you want to do with your life?" Please! I don't even know what I want to do Friday night! This is too much!

And there's more. Last year while making up schedules, every future senior was thinking about college transcripts. Therefore everyone who could have taken almost nothing and graduated decided to take the most challenging courses possible.

In addition to school and more homework than anyone could ever do, many seniors also work. This does little to help ease the already huge pressure.

All these factors make a social life almost non-existent. I don't mean to scare anyone by what I've said. I merely want the truth to be known.

Give the new grading scale an "A"
(or is it a "B"?)

by Nancy Gulick

Were you grounded for the rest of the semester or just 3 weeks? Were you allowed to continue working and having an active social life? Or—did Dad treat you to a steak dinner and Mom buy you that new sweater you wanted? What possibly could have caused these totally opposite outcomes? Can you guess? Yes, that's right—the dreaded report card!

After the report cards came out this past quarter there was much talk about the new grading scale that began this year. From the students' points of view, the new grading scale is quite unfair. The freshmen really did not have too many comments about it because they never had the other grading scale. However, the other three classes thought it was a big change that not only affected the difficulty of getting an A or a B, but that also could bring down the omnipresent grade point averages. Junior Gisela Alvarez pointed this out when she said, "I think this grading scale is unfair in many ways. If the school wanted a new grading scale they should have started with the freshmen. I know I speak for many when I say that it brought down grade point averages."

Many of the students have only looked at the disadvantages, but what of the advantages? Are there any? There must be some! For example, did it not ever make you angry that you missed an A in Chemistry because your average was an 89.4% but Sue next to you got a B too but her average was a 79.6%? Now with the new grading scale, the gap between the grades is smaller and each person will receive more closely what she deserves.

The grading scale answers a question that has been long-standing at Magnificat, namely the question of weighted grades for honors courses. It may not be the same type of weighting used at other schools, but it does give the honors students a little more credit for taking something with more challenging course work.

Lastly, grade point averages may have gone down, but colleges know the difference and the reputation of Magnificat. When they read your transcript, they can see the grading system you were on and they know that some classes are more difficult than others.

There is not much that you can do about the new grading scale anyway, so either accept it, do as Mrs. Arundel suggests—work a little harder. Remember—grades are not the most important thing in life.

In Memoriam

The faculty, staff, and students of Magnificat would like to express their deepest sympathies to Sr. Helen Jean Novy on the death of her father, and to Mr. Don Koma on the tragic death of his father.

Blue Print

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special moment. What do these two groups media influence people to drink? This is per­son want to drink more? These are ques­tions which must be addressed.

Does Media Encourage Drinking??

by A. Logue

Turn on the television virtually any time and it is not unlikely to see friends having a good time or a quiet couple sharing a special moment. What do these two groups have in common? Both are participating in a commercial trying to persuade you to buy their alcoholic beverage. The question that a number of people are now bringing out into the open is, does the mere fact that there are alcoholic advertisements in the media influence people to drink? This is becoming a very controversial issue with few statistics to back either side. Are these ads misleading? Are they a negative impact on society, and if so, should they be banned from the airways as cigarette commercials are? Do these advertisements really make a person want to drink more? These are ques­tions which must be addressed.

In looking at the average alcohol con­sumer on TV, we find them to be successful, happy, well-adjusted people. In reality, the use of alcohol interferes with health, social, and economic functioning. Many times we see a group of average, all-American blue collar workers enjoying some "brew." These ads neglect to tell you that between six and ten percent of employ­ees have alcohol­ism. The total cost to the nation is nearly 43 billion dollars a year due to absent­eeism, health and welfare services, property damage and medical expense. Lost production alone, because of alcoholism, has been computed at 19.64 billion dollars annually. The human loss to individuals, families, and communities is im­measurable.

Another response which was frequent among all grade levels was that when asked what they thought was the biggest drinking problem, most students replied that it was drinking and driving. More than half of all seniors and juniors said they have driven after drinking at one or more times, yet most agreed that this was a very important prob­lem, and that there should be measures taken to prevent it. One senior replied, "I do think it's a problem. I did drive once, and I survived, but I'd never try it again." Most of the student body's awareness of the problem has risen, and most are willing to take responsi­bility for their own and their friend's lives.

Perhaps the reason for new awareness is the number of support groups which have recently been formed to help solve it. There are T.I.'s (Teen Institutes), MADD, and SADD, (Mothers and Students against Drunk Driver) and RID (Remove Intoxi­cated Drivers). The success may be the result of support which comes from fellow students and friends. This is not to say, however, that teachers are not of significant importance to these support groups, for they do play a major role in organizing, and campaigning people to join.

Also as a result of these support groups, state governments have taken action against offenders. Research showed that eight out of nine states which raised their legal mini­mum drinking age to 21 experienced a sig­nificant reduction in nighttime fatal auto accidents among young drivers. Besides the drinking age, the penalty for DWI is more severe than in previous years. Now when a person is stopped for driving drunk, their license may be suspended immediately. How­ever, the drivers are not the only ones sub­ject to punishment. Tavern owners, who

Most companies will not disclose informa­tion on their sales, but it is known that the consumption of ethanol has risen to more than 2.7 gallons per year per person 14 years of age and older. However, it is estimated that the cost of treating all alcohol-re­lated problems outweighs liquor revenue by more than four to one. Further­more, in the U.S., ten per­cent of all deaths are alcohol­related, and the value of human life is incalcul­able. What is influencing so many people to drink? Approximately one-fifth of all commercials are alcohol­related, and some would put that figure even higher. It would be unfair to lay the blame solely on television advertisements because alcohol is present in all forms of media. We hear it on the radio, we see it in
could have prevented a person involved in an accident from driving may also be held accountable. In Texas, a restaurant and radio station got together to form the Tipsy Taxi Service, which gives free cab rides home to customers who have too much to drink.

However, the drinking and driving problems extend far beyond the number of drinking-related accidents and far beyond the percentage of adults who drink. It mainly relates to the teenage population who drink. More teens drink now than ever before, and the numbers are ever-increasing. A recent survey taken in a Cincinnati high school revealed that 93% of the students polled had experimented with alcohol.

So why exactly do teenagers drink? Every individual has their own motives, but several came up on the questionnaire. Some do just to be recognized among their peers, others to relieve pressures and have a good time, and others because their friends drink, and still others who replied that they like the taste.

There were also many reasons to support why some teens choose not to drink. Some of these included a bad example set by parents, a desire to remain in control, or even not to take the risk of being caught. Others indicated a complete disregard for the drinking scene, and replied that it was completely unnecessary for them to drink to have fun.

"Although many at Magnificat do drink or attend drinking parties, the questionnaire indicated that most girls realize that there is a problem. They seem to understand that alcohol may have severe long-term effects on themselves and others.

"It seems hypocritical that even though people see a problem with teenage drinking they continue to drink alcohol themselves."

magazines and other periodicals, and it is referred to at least once in the average TV show.

On the other side of the coin, it should be brought up that there are indeed ads that discourage drinking, notices that warn against drinking and driving, one that gives tests to check for signs of alcoholism, and ones that give numbers to local AA chapters. Although these advertisements are, realistically, few and far between in proportion to those trying to sell you liquor.

The goal of every advertiser is to sell their product, and the fact that companies are willing to spend millions of dollars each year to tell us their message of success, patriotism, glamour, hard-working people, and alcohol means that someone out there is buying. What motivates these consumers is the question whose answer will change today’s advertisement industry and our society.

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Students find support
Concerned Persons is a group at Magnificat where students can come together and help each other with problems related with alcohol. The group is not necessarily just for girls with problems of their own, but for anyone who has someone close to them who they feel has a drinking problem.

The group meets once a week during lunch mods, and students bring their lunches with them. Mrs. Rose and Miss Murphy attend the meetings, but they are not there to lecture, only to be an extra support. Both are very concerned with the drinking problem at our school.

The group mainly discusses the problems with drinking among Mag’s students. They feel that we have to face the problem and do something about it. They also give support to girls who do have a problem with alcohol and just want to talk about it.

The group would like to have more people come to the meetings, for added support and new ideas. Drinking at Mags is a matter of great concern.

Groups offer alternatives
Alcoholism is a disease. A disease that makes its victims crave alcohol and its effects. Alcohol has a negative effect on the drinker, but more than that, it destroys entire families. Many teenagers have a parent or family member who has a problem with alcohol. Even if this drinking upsets them, they feel they have no place to turn.

Alateen was created specifically to help teens whose lives have been affected by someone’s drinking. They get together to discuss difficulties, and learn effective ways to cope with their problems. The group tries to teach that members cannot change anyone but themselves.

Another group deals with the alcoholic. Alcoholics Anonymous was created 50 years ago to help alcoholics control their drinking. A.A. is an organization for people trying to recover from alcoholism. The members meet in groups and share their feelings, problems and achievements. Privacy is respected, and only first names are used. It is open to teenagers as well as adults.

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T.I. acknowledges problems
On October 11 and 12, seven Magnificat students and two faculty members attended a two-day T.I. workshop at Beaumont High School. Magnificat was one of several high schools that was invited to attend this workshop to become more aware of T.I. This brings me to the point for which this article was written. What is T.I.?

To begin, T.I. stands for Teen Institute, a nation-wide organization that consists of teens that are concerned with the effects of drugs on society and the whole person. T.I. is also the name or title given to a person who has taken a pledge, and signed an agreement not to drink as a teenager.

A T.I. is a leader, and a person willing to take responsibility for themselves and the responsibility of committing themselves to help and inform others about drugs, which includes alcohol, and their effects. Becoming a T.I. takes a lot of commitment, and some of their commitments are a little extreme, such as not drinking even at family dinners, or refraining from taking the wine at communion. Not all T.I.'s do this, it is up to the individual to decide how far they take their commitments.

"T.I. is a person who has taken a pledge and signed an agreement not to drink as a teenager."

T.I., the organization believes in stressing the healthiness of a whole person, with freedom from excessive use and abuse of drugs. The whole person consists of six parts, Physical, Mental, Spiritual, Social, Emotional, and Will. If all six parts are not healthy, then the others are crippled, and cannot work as a whole. But if all parts are healthy, then they can work together as a whole.

All together, the seminar turned out to be a very informative and positive experience for all. Some of their views are not universally shared by teens, but I think T.I. does have some very good points that are worth discussing and putting into practice. Here at Magnificat the seven girls are: Seniors: Kathy Rossi, Wanda Tiernan, Nancy Gulick, and Juniors: Eileen Bitterman, Teresa Kleinhenz, Debbi Hall, and Katey Kaletta, with the help of two advisors.

T.I.'s and a T.I. group may not develop here at Magnificat, but at least some of the T.I. knowledge and experience will be shared with the hope that at least one thing will be learned: That a healthy, mature teen is someone who can function as a whole person, without the excessive use or abuse of drugs, and/or alcohol.
Cleveland's entertainment for the holidays

by Janet Cadsawan

I've decided that Cleveland has been taking a back stabbing for too long by suburban as well as urban complainers and I feel an obligation to point out to everybody that Cleveland is as fun as anybody makes it. So during our 16 days of freedom (Christmas Break), let me suggest a fabulous alternative, "The Cleveland Experience."

The scenerio: Confused Clevelanders in a foot of snow. Answer: Metropolitan Parks. If one thinks about it, sled riding as well as cross country skiing, ice fishing (?), tobogganing and horse back riding can be a lot of fun. I think one should invest in a snow board and surf down the slopes. It would be a great gift for Christmas too. So nature can be fun; Ralph Waldo Emerson thought so too and he even published a book about his experience. Hmmmmmm . . . veddy interesting.

If the night life is what you're complaining about, it's probably because you're under-aged. However, Peabody's Down Under, The Variety, and The Phantasy night clubs sponsor many all age shows and The Variety usually has a great gig schedule: OMD, X, INXS, and other groups have played there before. If you prefer cultural entertainment, you might want to see The Nutcracker or the Cleveland Orchestra perform Christmas preludes. If you want to eat while you are entertained, let me suggest Brandywine or the Boarding House (the Club Isabella for the ones who want to spend money), all places have the best jazz tones in Northeast Ohio!

One of my favorite time killers is movies. The Film Festival at CWRU's Strosacker Auditorium and Cedar Lee Cinema is awesome! The films that they show are very diverse and many of them are select foreign works of art. Over Christmas break, be daring, be adventurous, be different, be anything, but try and see a movie. They're really not "time killers," they're conscious dreams, right? These aren't the only cinemas in town, but those are the best. Let me suggest the Colony, the Coventry Cinema, The Fairview, and the Mayfield Repertory Theater.

Lastly, for all the people who claim that they can't get to any of these places, the RTA is always dependable DURING THE DAY; don't take it at night, please. All you have to do is take a bus and it will take you downtown and that in itself is always a good time. Do I have to give examples? If you're really good with RTA scheduling, you can go to the Art Museum, the Natural History Museum, Coventry Road, Westside Market (?), Shaker Square, Warrensville Shopping Center, almost everywhere. The best time one can ever have is to get all your friends together and just do something silly, like bowling. It's just spending time with other people. Remember, you can make your own fun, especially in Cleveland. Merry Christmas.

Sugar & Spikes

Sugar: The completion of the new parking lot. Juniors no longer have to "steal" senior spots, or make the long trip over from City Hall.

Spikes: The prohibiting of turtlenecks during the cold winter season. Let's face it, our school is not exactly toasty.

Sugar: The positive response of students to the food drive. Over 100 shopping bags were filled!

Spikes: The students who "rolled" the school Night-in-Blue weekend. Although it was humorous, student council members did not appreciate cleaning it up.

Christmas; More than just a present

by Laura Neff and Judy Klimo

Cold, crisp December mornings pave the way to thoughts of Christmas joys and memories of past years. A roaring fire, the sweet smell of baking, dreams of Santa Claus and reindeer flying high: these reflections are followed by thoughts of presents to be opened Christmas morning. These are all signs of the approach of the world's favorite holiday.

But what is Christmas really about nowadays? We posed some questions to Magnificant girls, asking them for their thoughts and feelings about the Christmas spirit. When asked, "What do you want most for Christmas?" we received many answers ranging from "a car," (Michelle Covas, '86) to "real pretty, expensive sweaters," (Carolyn Gale, '89).

To many people this is a time to receive presents. This is true, but of course there is more to Christmas than just the gifts. For example, when asked, "What is the most important Christmas symbol to you?" Wendy Peluso ('88) answered, "The Christmas tree because it symbolizes everlasting love, and it helps us remember that Christmas isn't only presents." (Lisa Peffer, '89).
Crew stages play

by Amy Somrak

“Hello Dolly,” Magnificat’s 1985 fall musical was a rousing success. Rather than give a typical review of this year’s production, the Blue Print has decided to take its readers behind the curtain to the wonderful world of stagecrew. With this alternative perspective, we will try to acquaint you with the way the play was presented from the crew’s point of view.

“What exactly do these obscure, insignificant creatures do?” may be a legitimate question. The responsibilities of a stagecrew member are myriad and encompass many aspects of a play. In addition, the crew is a vital system to the play and is anything but insignificant. They give a smoothness and cohesiveness to the progress of a play.

At first, the construction crew builds the various sets, and flats, with the much-appreciated help of our very own Mr. Don Koma. The sets, which depict the different scenes, are actually made of muslin (a type of material) stretched across wooden frames and painted to resemble walls, doors, the sides of a ship, or whatever else is called for. The effect of a solid wall is very convincing using this technique. Most sets are relatively lightweight for this reason. They are set on wheels and have hinged sections for easy movement. This is essential for quick, quiet scene changes on a dark, crowded stage. One must know the stage fairly well to be able
to dodge the sets not being used, jump over props, disengage one’s body from curtains and ropes, and stay out of the cast’s way. It takes a great deal of know-how and practice. Practices can last several hours after school and definitely last a few hours every Saturday and Sunday. The crew perfects their timing, cues, and skill by working with the cast as the appointed time draws near. Unofficially and sometimes unintentionally, the crew helps with the cast’s cues, lines and singing.

The props committee sell their souls for the good of the play. What is usually known as cruel and unusual punishment is regarded as a committee by stagecrew. Prop’s job is to scrounge up (you guessed it)—props! Easier said than done! What can not be begged, bought, borrowed or stolen is made. Without props you’d have a mime show, not a play. It gives a real feeling to the characters’ actions and surroundings.

German clubs unite young and old

by Becky Wirtz

Many students have a rich ethnic heritage and are involved in nationality related activities. These organizations give the younger generations a chance to experience the culture which their parents and grandparents grew up with. In the Cleveland area people of German backgrounds have the opportunity to join the German Music School and the Society of the Danubeswabians.

German Music School is a club consisting of two bands, a junior band for beginning musicians and a brass band (which requires an audition) for the more advanced. One need not be a German—only a musician—to join.

The brass band tours throughout the United States (in September they spent two days at Blossom Music Center) and occasionally travels to Germany and Austria.

Lighting is a select group of people specially trained and endowed with the great talent of knowing how to manipulate lights. Proper lighting is needed to create the right mood and environment for a play and who could have a play without a spotlight? Those familiar with lighting crew can spot a member by the telltale, two-way radio and headphones she sports.

Two committees not associated directly with stagecrew, but nonetheless an integral part of making a play come alive, are makeup and costumes. Often overlooked, they give life and individuality to the characters themselves.

The crew is not really a part from the cast, but they work with the cast for a smooth-running, enjoyable production. There is a rapport that must exist in order that the play works well. Stagecrew offers a chance to meet and make friends with people, including nice looking gentlemen involved with the play.

Members range from 12 to 63 years in age; however, the vast majority are from 14 to 26. They meet every Wednesday and Thursday night at 7:30 at Sachenheim Hall (7001 Denison Avenue).

The Society of the Danubeswabians, a club of true-blooded Germans, has a dance group, a brass band, a German language school, and a club for anyone else who wants to join. Members of the language school proceed through grades one through eight and graduate with a diploma. The dance group breaks into three divisions: Kinder Gruppe (average age is 10), a Jungfer Gruppe (14-16 years), and an old group (17 and over).

Anyone interested in joining one of these groups should speak with a language teacher or contact the Ethnic Section of the Plain Dealer.

ETC.

Approximately 350 eighth graders participated in the entrance exam which was held on December 7. Twelve $250 non-renewable scholarships will be awarded. Winners will be notified during the first week in January, and acceptance letters will be sent out towards the end of January.

Tryouts for this year’s Academic Challenge team were held on October 24. About fifteen girls who were recommended by the faculty were invited to try out. The six-member team consists of: Eileen Amer ('87), Beth Culley ('86), Debbie Czerniawski ('87), Chris Kadaboski ('86), Coralli So ('87), and Amy Somrak ('87).

Tryouts for the radio show Whiz Quiz were held October 31 and were conducted in the same way. Girls making this team were: Eileen Amer ('87), Beth Culley ('86), Liz Moore ('87), Kim Patterson ('87), Coralli So ('87), and Amy Somrak ('87).

Reverend Anthony M. Pilla, Bishop of Cleveland, was the main celebrant of the Liturgical Dedication of Magnificat High School’s new classroom wing, which took place on Sunday, December 8.

The American Red Cross visited Magnificat on Tuesday, December 3. It was a huge success.
The ball's in our court
by Lisa Whitford

Tryouts were held at the end of October and beginning of November. The girls had to prove their athletic ability and their desire to play by doing push-ups, sit-ups, bench presses, jump-roping, vertical jumps, sprints, and finally those fun 12-minute runs. They also had to show their basketball ability in the various shooting drills and the half court games. In the end, 36 players were chosen and found positions on three different teams. In choosing these players, the coaches were really looking for team members with a good, positive attitude, skill and court awareness, and consistency.

Winter is shaping up!
by Peggy Zuscik

Winter time, most people think is the hardest time to stay in shape. That may be true for some, but for us here at Magnificat it is a different story.

Believe it or not you've already been "Pre-conditioning" for the last two or three months. How? You ask. Well let's look back.

There are approximately ten games to a football season, not counting playoffs, and two very popular teams. Yes, you've got it! How many games did you attend? How long did it take you to get ready? Now the BIG question, how many guys did you pursue?

If you are saying, what will I do now that football is over? Don't worry you still have the basketball games to attend!!

On a more serious note, winter time is really not a hard time to stay in shape. The key is to keep a nutritious diet, and some type of exercise program that you can maintain together. If exercise is a word that escapes your vocabulary then you're going to have to change. Find a program that you can keep up with, and more importantly, one you can enjoy.

Let's take a closer look at some ideas for exercise. First we'll start with the most popular "Aerobics." Aerobics is good for the body and also is an excellent exercise for the heart. It helps to tone up and firm up the muscles.

Next we have racquetball. It is an enjoyable sport, and better yet it helps you not only to tone up the body, but in many cases you will lose a lot of weight. If you play for an hour you will lose around 1,000 calories. Do this three times a week and you'll be set.

Of course there is also Nautilus and the bike machines. Nautilus will build up the muscles, and the bikes will keep the legs and torso trimmed down. This combination will help you to keep the body toned. The good part about it is you plan your own schedule and time your workouts to fit your school and work day.

For those of you who are daring and wouldn't mind venturing out in to the winter environment, there is always running. Dress adequately and don't over do it. Allow yourself three days off a week. If you'd like, on your days off substitute racquetball, aerobics, or nautilus and bike.

Winters aren't all that bad! Just pick your exercise and try to be consistent in your workouts. If none of these ideas appeal to you, there will always be that basketball game to attend!!