

CHIT CHAT

Chadwick School

Chadwick, MO

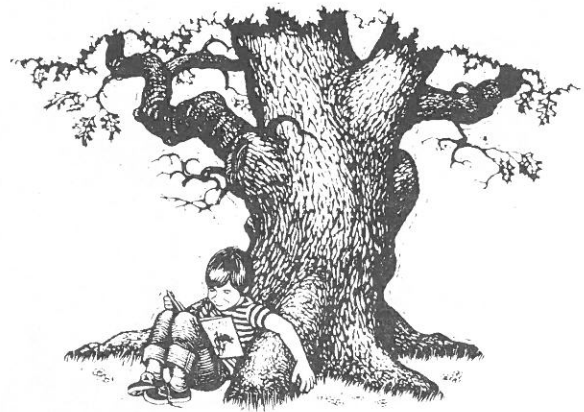
March 1987

Spring Break

by Karen Walker

Were you looking forward to a long spring break? Did you have plans that fit in with that long spring break? Well, this year we only have a 2 day spring break, but let's face it 2 days are better than no days! Do you have any set plans for your spring break on the 26th and 27th of March? Well, when asked we got a few responses from CHS high school students, but no definite plans; Rhonda Grove said if it's warm she's going to try to get a sun tan, but otherwise she is going to watch TV, eat, sleep, go shopping, or just plain ole' GOOF OFF. Now that's my kind of a break! Bobby Weagley has plans to go to the slab with Johnny and David and to take Johnny fishing down on Beaver Creek. Marty Walker is going to take it easy on his break, he's going to ride his 3-wheeler and just lay around and listen to his radio. Jeannie Tindle said her plans are to go to the Business Contest the first day of spring break and she is going to watch her soap operas the second day. Mike Massey plans on going fishing, riding his 4-wheeler, and trying not to fight with Bradley and Brandon. (Good luck Mike!) Jason Hornbeck figured he'd go visit his family. Darrelene Smallwood plans on going to the Typing Contest with Karen the first day and having a blast, then on the second day she's going to sleep most of the day and watch her soap operas. Anita Maggard is just going to be herself and chase guys around and party. (Nothing unusual!) Becky Peak thought that eating

and watching movies would be fun. And last but not least Janelle Jones is going to Typing Contest, sleep late and lay out. Whatever you do, have fun and enjoy your spring break!



SPRING FEVER

by Crystal McFarland

The long winter days
At school were boring.
But now spring is here,
And the temperature soars.

At home, my bikini's
Been waiting for days.
Mom, can I stay home
And catch a few rays?

Who cares about school,
And passing test scores?
Today is too pretty
To be spent indoors!

Who cares if I'm absent,
And don't get good grades?
Hand me my lotion,
And please grab my shades!

Spring fever has got me
(They say it's contagious!)
This staying inside
Is simply outrageous!

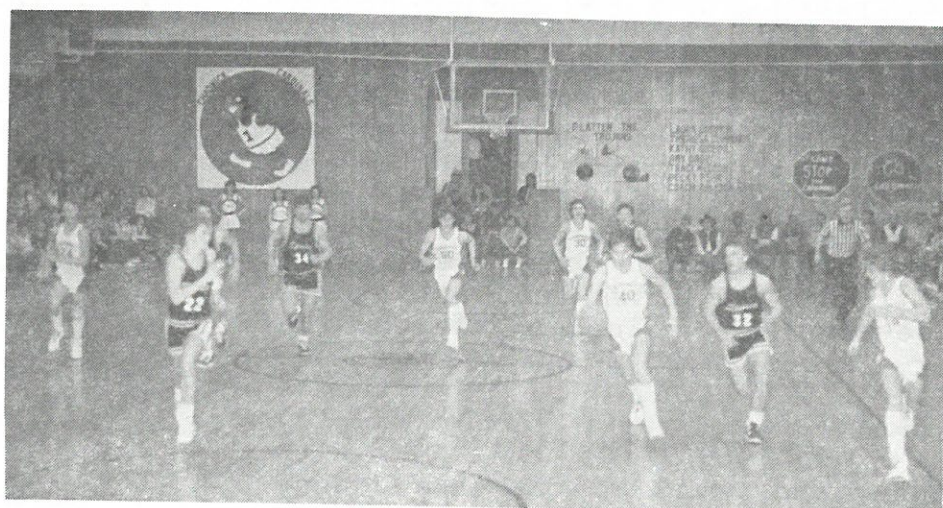
HOMECOMING

Homecoming was held February 17, 1987.

Junior Sheila Gardner was Crowned 1987 Homecoming Queen. Candidates were (left to right) Freshman: Jessi Miller-1986 Homecoming Queen: Kim Walker-Sophomore: Vikie Stence-Senior: Michele Hampton. (Center) Junior Sheila Gardner.

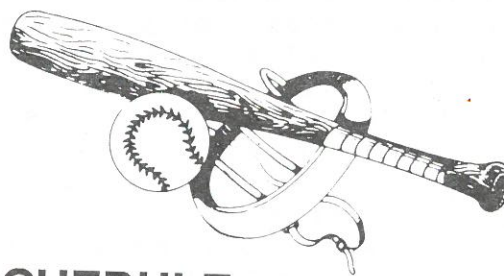


The boys played a good game against Sparta.



BASEBALL

Baseball season begins April 2, 1987 with the Cardinals facing Norwood. The team members consist of Chris Freese, Bradley Stevens, Brandon Stevens, Brad Rozell, Mike Herd, Lee Johnson, Bobby Weagley, Mark Smith, Matt Maggard, Clint Case, Mark Sisco, and Shannon Workman. Coach Rickman commented the team had problems with the field and then rain, but when practices were held the boys worked very hard. Rickman feels the team was a little rusty, but has great potential. She invites everyone to come to the games to see some excitement. The support will be greatly appreciated.



SCHEDULE

| | | | |
|-------------|--------------|---|------|
| April 2 | Norwood | H | 4:00 |
| April 6 | Fordland | T | 4:00 |
| April 8 | Bradleyville | H | 3:30 |
| April 13 | Niangua | H | 4:00 |
| April 15 | Sparta | T | 3:30 |
| April 20-24 | Conf. Tourn. | | |
| April 30 | Fordland | T | 4:00 |
| May 4 | Bradleyville | H | 3:30 |
| May 6 | Sparta | T | 3:30 |
| May 11 | Niangua | T | 4:00 |

SIXTH GRADE NEWS

by Sheila Gardner

What do you remember most about your grade school years? Do you remember only the good times? Do you remember only the bad times? Do you remember a little bit of both? When you think back to the years behind you, do you think of those long, hot days when you would sit and stare out the window longing to be outside playing in the sunshine, free from the four walls that surrounded you. Do you remember the excitement you felt the first day of school, or the excitement you felt the last day of school when you finally got to go home and not come back for a whole summer.

Some kids breeze through grade school with not a care in the world. But some have more difficulties than others. We decided to find out what students in the sixth grade thought about grade school. We asked them to share with us the best times they've had and the biggest problems they've had.

Joe David Weter and Marvin Kinyon both agree that the best time they have had is playing pee-wee basketball. Greg Stevens enjoys doing his spelling. One student replied that the best times of grade school were going on school trips and just doing funny things in the classroom to make people laugh.. Aimee Clifton thinks the first day and the last day of school are the best. Some students think the biggest problem is having to go to Mr. Mease's office. (I'm sure most of us can relate to that!) Some students biggest problems are history and science. Some kids biggest problems are with other kids. Other kids in the class, kids in different classes or older high school kids pick on them, bugging them, or making fun of them.

I'm sure all the sixth grade students have had their share of good times. And most have had their share of problems. But they are all looking forward with excitement to the good times that await them when they enter junior high.



ELEMENTARY PARTICIPATE IN SPELLING BEE

by Carla Maggard

On February 25, Chadwick School entered students from the Third, Fourth, Fifth, and Sixth Grades in the Hurley Spelling Bee. Jeremiah Cummings represented the Third Grade, his alternate was Casey Walker. In the Fourth Grade Connie Vaught participated and her alternate was Lisa Herd. Marvin Guerin represented the Fifth Grade and his alternate was Tamara Thurman. In the Sixth Grade Melissa Loomis competed and her alternate was Shane Gilbert. Jeremiah won Second place. Connie Vaught won Sixth place. The students had a lot of fun and they hope to go back next year.

CONGRATULATIONS!!!!!!!!!!
YOU DID A GREAT JOB!!!!!!!!!!!!



ADVERTISING FIELD TRIP

by Crystal McFarland

The Sociology and Current Events classes went on a field trip on Tuesday, March 3, to Springfield, where they attended an advertising seminar given by Mike Cooper.

The advertising company, Noble, handles advertisements for newspapers, magazines and mail inserts, as well as television media. Some of their clients are Superior Coffee, Simplot potatoes (the company who supplies 90% of the McDonald's french fries), Tyson Chicken, Lucky Leaf Applesauce, Pace Picante Sauce, and French's Mustard, to name a few.

After the video presentation given by Mr. Cooper, we were taken to another room where we met Alan and Barry. These two men were a couple of crazies who were the "imagination" of the company. They showed us some ads done for Tyson Chicken, including some jingles done to the tunes of "The Hop" and "Rock'N'Roll is Here to Stay."

After our chat with Alan and Barry, Mr. Cooper took us on a tour of the rest of the place, explaining that it had 150 employees, including consultants, researchers, Creative artists (like Barry) and copywriters (like Alan) to name a few.

The tour was informative and fun, and we really enjoyed it.

SCIENCE BOWL

by Michael Coffey

The Science Bowl was held March 12, 1987. Students attending included Mark Smith, Crystal McFarland, Janelle Jones, Chris Freese, and Rhonda Grove.

The Science Bowl consisted of 2 rounds of competition- 20 minutes or 20 questions whichever occurred first.

To be eligible for competition students had to be in grades 10, 11, or 12 with two years of science classes.

Questions were based on Chemistry, Biology, Earth Science, and Physics.

DRAMA CLUB

by Lori Applegate

The Drama Club will present a play on May 7, 1987 at 7:30 p.m.

It's a three act play called "Headin' for a Weddin" by Le Roma Greth.

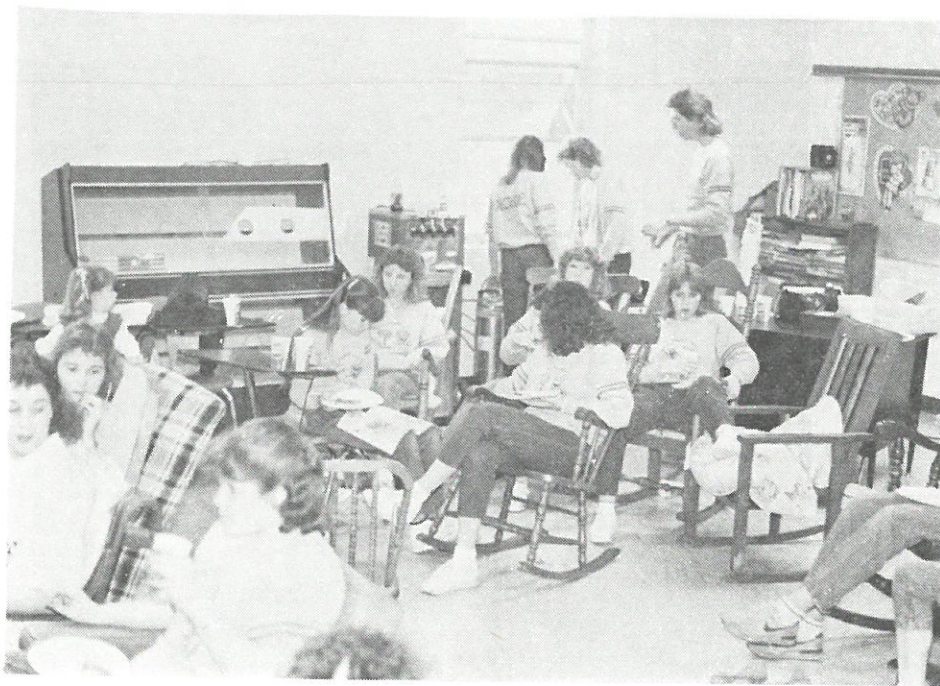
The cast and crew are as follows: Slim Blairhouse is being played by Marty Walker, Homer Hollowbone by Mike Massey, Hortense Todd by Theresa Cummings, Pepper Hollowbone by Amanda Solomon, Sis Hollowbone by Kim Finney, Fannie Jane Hollowbone by Gail Cramer, Juney Lou Hollowbone by Teri Osborn, Widow Blairhouse by Jennifer Stevens, Isabel Todd by Rhonda Grove, Sarah Jo Hollowbone by Julie Mitchell, Gracie Mae Hollowbone by Laura Coffey, Maw Hollowbone by Lori Applegate, Melissa Dugan by Sheila Gardner, Paw Hollowbone by Ray Tennison, Grandpappy Hankley by Shannon Workman, and Bertha Blairhouse by Jessi Miller.

The Announcer will be Angela DeWitt. The Technical Crew: Sherry Herd, Traci Melton, Janelle Jones. Costumes: Becky Peak, Michele Hampton, Samatha Weter. Publicity: Molly Hurd, Traci Melton, Michele Hampton. Curtains: Janelle Jones, Samatha Weter. Prompters: Angela DeWitt, Sherry Herd, Traci Melton, Janelle Jones, Becky Peak, Michele Hampton, Samatha Weter, Molly Hurd. Sound Effects: Gail Cramer, Angela DeWitt, Teri Osborn.

MATH CONTEST

by Traci Melton

On April 7, the Algebra I, II, and Geometry classes will be taking a trip to S.M.S.U. to enter the math relays. Out of the Algebra I class Kathy Gideon, Amy Grove, Mike Massey, Jessi Miller, Julie Mitchell, Jennifer Stevens, Ray Tennison, and Marty Walker will go. Theresa Cummings, Chris Freese, Janelle Jones, Crystal McFarland, Traci Melton, and Samatha Weter will represent the Algebra II class and Mark Smith will go for the Geometry class.



RESEARCH AND DEVELOPMENT

by Carla Maggard

The students designed, built, and tested a catapult launched glider. The project was to provide the student with the practical experience in research and development of a glider which would turn to the left and glide for long distances. This also provided the student with a good opportunity to learn aerodynamic principles of flight.

Those participating were Mark Smith, Chris Freese, Mike Lee, Brandon Stevens, Rick Shipman, David Walker, Bradley Stevens, Brad Rozell, Mike Herd, Lee Johnson, Jeff Herd, Laura Peak, Ellen Mitchell, Charlotte Holt, Beckie Freese, Frank Layson, Tammy McFarland, James Creason, Lora Bilyeu, Mike Massey, Marty Walker, Mark Sisco, Ray Tennison, Rick Maggard, Jason Hornbeck, Kit Grimes, Matt Auglin, Bobby Weagley, Kurtis Daugherty, Caroline Mitchell, John Bass, Kathy Gideon, and Mike Brake.

Friday, February 27th, all qualifying glides competed in the gym. The winners were: 1st place- Matt Auglin, 2nd place- Ellen Mitchell, 3rd place- Laura Peak, and 4th place- Mark Smith.

The FBLA/FHA Rock-A-Thon was held February 12. Those participating included Michael Coffey, Amy Grove, Jennifer Stevens, Melissa Herd, Becky Peak, Laura Peak, Sherry Herd, Kathy Gideon, Anita Maggard, Tonya Smith, Janelle Jones, Tammy McFarland, Crystal McFarland, Kim Finney, Jessi Miller, Michele Hampton, Vicki Stence, and Molly Hurd.

Club members raised over \$700 which will be used to help purchase lockers for the High School. Kathy Gideon won a TV for raising \$300. Anita Maggard and Janelle Jones received Teddy Bears for raising \$50.

The club is now selling Tom-Wat.

MUSIC REVIEW

by Lori Applegate

One thing CHS students couldn't live without is Music. Whether it's Rock or Country they all have their favorite songs that they listen to.

When asked what the CHS students like to listen to 50% of the students said Rock, 40% said Country, and 10% said they liked them both the same.

When students were asked what their favorite new rock songs were the 3 new songs most liked were Lean On Me by Club Devo, Livin' On A Prayer by Bon Jovi, and Fight For Your Right To Party by the Beastie Boys (what a name).

When asked what the favorite 3 new country songs were Ocean Front Property by George Strait came up on top without any trouble at all. Then the next 2 were Fred by Ray Stevens and Rock'n With The Rhythm by the Judds.

ART NEWS

ART II CLASS LEARNS HOW TO MAKE STAINED GLASS - THEIR CREATIONS ARE HANGING IN THE ART ROOM WINDOWS



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EATING DISORDERS

by Laura Coffey and Dawn Walker

Is someone you know suffering from an eating disorder? Are they obsessed with food? Is losing or gaining weight the focus of their existence?

Whether they compulsively overeat, are bulimic or anorexic, they cannot control their behavior without professional help. They will probably deny they have a problem if you confront them.

Many people who suffer from an eating disorder are unable to recognize that a problem exists despite the fact that it may be obvious to everyone around them. If you think you know someone who is suffering from an eating disorder, don't wait for them to ask for help or to admit they have a problem.

A recent Gallup Poll found that one-fourth of American women between 19 and 39 go on food binges: to compensate for their binging, almost half said that they resort to fasting, strenuous exercise, diuretics or self-induced vomiting. Among teenagers, more than one-third report doing the same to control their weight.

Who would have believed that a bright, attractive, athletic young woman would kill herself with food before her twenty-third birthday?

No one! But the coroner's report found the cause of death to be cardiovascular failure, as a result of acute hypoglycemia from binging and purging.

Neither her friends nor her family suspected she was bulimarexic. To them she was a completely normal young woman, preparing for her last year of college. She was a little shy, perhaps, but they felt that was nothing to be concerned about.

To many people food becomes an obsession. For a person with an eating disorder, eating or not eating, gaining or losing weight, becomes the central life issue.

Eating disorders are a dangerous disease. Lack of control has nothing to do with will power. If left untreated they can be fatal.

Emotional devastation is a common thread most people with an eating disorder have. Isolation, low self-esteem, depression, despair, and even thoughts of suicide, although hidden, may be very common.

Bulimarexia: The bulimarexic compulsively eats and then purges, usually through self-induced vomiting or laxative abuse. This addictive binge/purge cycle is often done in secret and can progress from once or twice a week to twenty times a day. Without treatment bulimarexia can also lead to death due to cardiac arrest or kidney failure.

Anorexia Nervosa: In the obsessive pursuit of things anorexics deliberately starve themselves and often become malnourished. Compulsive exercise, laxative and/or diuretic abuse are characteristic. If anorexia is not properly treated the disease can be fatal.

Bulimia: The bulimic compulsively overeats yet tries to lose weight. Fluctuations in weight and medical complications such as hypertension and even diabetes may be characteristic of this disease.

The common symptoms of eating disorders include: (1) Constantly thinking about "feeling fat."

(2) Having your weight determine your self-esteem. (3) Repeated and unsuccessful attempts to diet.

(4) Binges . . . planning ahead and secretly eating large amounts of food in a short period of time.

(5) Feeling self-conscious or embarrassed about eating. . .

sneaking food or lying about eating habits. (6) Fasting. (7) Self-induced vomiting. (8) Laxative and/or dietetic abuse. (9) Compulsive exercising or not exercising at all. (10) Eating for emotional comfort to relieve stress or depression. (11) Looking forward with pleasure to the moments when you can eat alone. (12) Eating when you're not even hungry. (13)

Eating sensibly in front of others and then making up for it when you're alone.

Millions of Americans suffer from an obsession with food. And whether they compulsively eat (bulimic), starve themselves

(anorexic), or purge after compulsively eating (bulimarexic), they cannot control their obsession without professional help. The sad reality is that today, the number of people who are receiving treatment for this disease is insignificant compared to the number of those who have the disease and are not being treated. Many victims are unaware of this disease.

A survey found that roughly two million young women have suffered from symptoms of anorexia nervosa or bulimia.

Victims of anorexia nervosa deliberately starve away 20% or more of their normal body weight. An estimated 15% to 20% of anorexics die prematurely due to complications of their illness.

Bulimarexia is a syndrome in which sufferers eat as much as 20,000 calories in one sitting, and then compensate by self-induced vomiting or use laxatives. Complications of bulimarexia include damage to the heart and reproductive system, kidney problems, and ulcers of the intestinal tract.

Eating disorders do not discriminate with regard of age, sex, race, social or economic status, profession or lifestyle. An eating disorder person can be a young student to an elderly widower, a housewife or a lawyer. Even a therapist.

Right now the majority of the people with eating disorders are still women, but as more and more men step forward, it is believed that the percentages will almost even out.

Studies show among male college students 5% to 10% binge-purge and 5% to 10% are anorexic. But these statistics are deceiving because most men with the symptoms are not correctly diagnosed.

If you feel you or one of your friends have an eating disorder contact The Radar Institute at their toll free number:

1-800-255-1818

or talk with a friend or teacher.

All information included in this article was furnished to us by The Radar Institute AMI.

CHS FAVORITE FOODS

by Lori Applegate

Do you ever wish that everytime you were hungry you could have your favorite foods. For example, at school during lunch instead of eating the schools lunch you could order your favorite Pizza Hut pizza instead.

Or, at least, you were given a choice of what you were going to have for lunch?

We took a food poll and found out just exactly what the CHS students wanted in the food line. Most of them said their 2 favorite lunches here at CHS were Burritoes and Taco Salad. The least favorite lunches included fish, stewed tomatoes, and Rib-b-ques.

When asked what they wished they could eat every day the 2 favorites were pizza and steak. And what they said they could definitely do without everyday was Liver and Spinach (I'll agree with that!).

CHS WEIGHT WORRIES

by Janelle Jones

Summer is just around the corner. Along with warm weather and sunshine, summer brings activities like swimming, getting a tan, and spending all day running around in swimsuits and shorts. Naturally, most people want to look good. That means worrying about their weight, whether it is losing weight, gaining weight, or just maintaining the weight you have now. Sometimes people go to extreme measures to control their weight. We took a poll to see how CHS students felt about this.

Ninety-five percent of the students asked were not happy with the way they looked. When asked if they would like to lose or gain weight, 75 percent said they would like to lose an average of 10 pounds.

Twenty percent said they would like to gain an average of 10 pounds. Only 5 percent were happy with their weight at this time.

We also asked some people how they would lose the weight that they wanted off. A common response was to go on a starvation diet. Others said they would go on a low sugar diet and to eat right and exercise. One interesting response was "anything but exercise."

Some people start watching and worrying about their weight as early as 8 or 9 years old. We also asked some of the third and fourth graders about their weight.

Sixty percent of the students asked said that they were concerned about their weight. Forty percent said that they do watch what they eat because of weight. Sixty-five percent said that they would like to lose an average of 13 pounds. None of them wanted to gain any weight. Thirty-five percent said that they didn't want to lose or gain and that they were happy with themselves.

Overall, with the results we collected very few people are really happy with their weight. The younger the age group, the fewer the people who are concerned about their weight.

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