EchoEchoEcho

Bishop Kearney students enjoy new weight room

By Patrick Dillon
Bishop Kearney High School

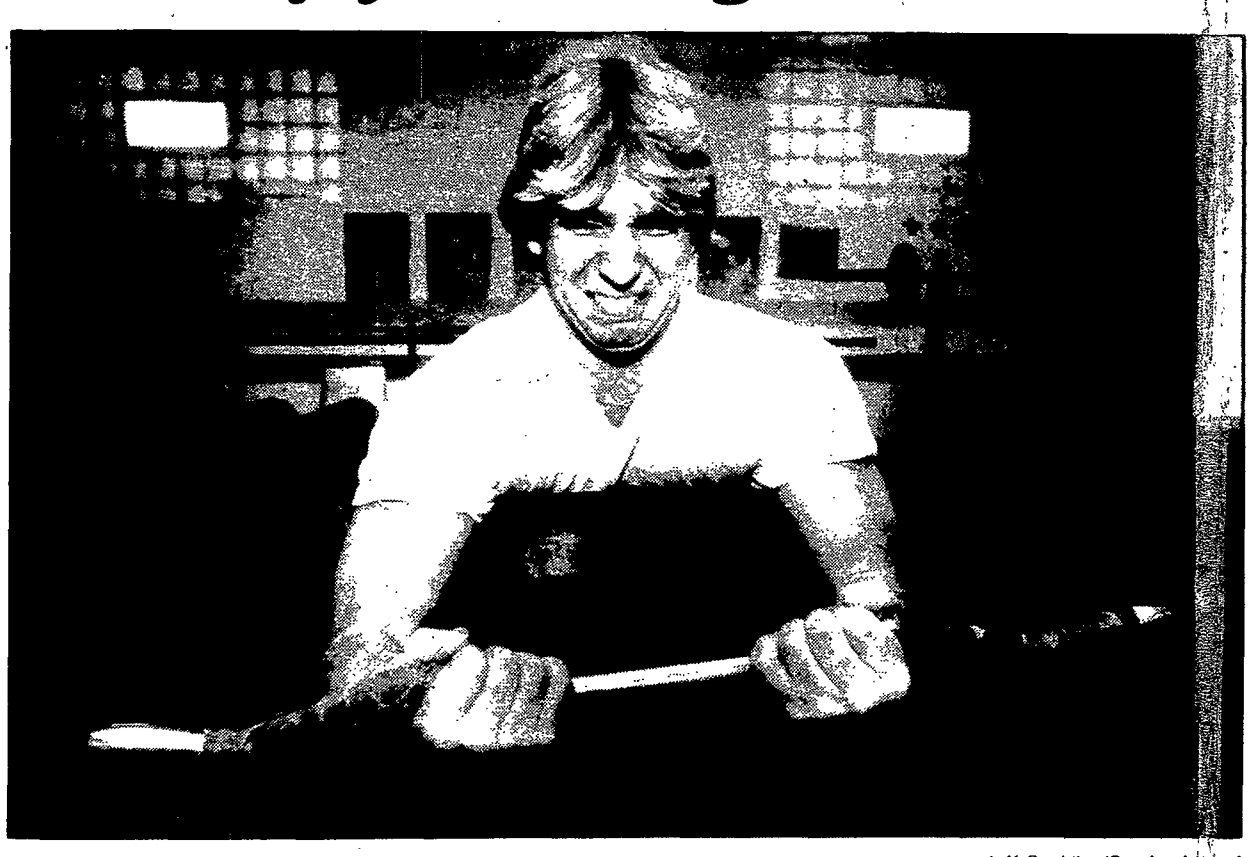
Bishop Kearney has been undergoing many improvements in the athletic department. One example of these advancements is a physical development program. During the past summer, Bishop Kearney has been rebuilding a revised and more modern weight room. This major modernization has been valued at $8,000 to $9,000.

The weight room contains a great deal of equipment, including four weight benches, three squat racks, two leg machines, an incline bench, a curl bar and bench, eight weight bars and five weight racks.

The weight room is open five days a week and is used by a variety of individuals and athletic teams. On any given day you might see wrestlers, football, soccer, lacrosse, baseball, softball, basketball and hockey players using the new weight facility. Any students interested in all-around physical development may use the advanced equipment in the weight room during the off season, under the supervision of Brother Smith.

These new facilities have been made a regular part of the practice routine for many athletic teams. The individual coaches can devise a specific weight training program for his or her team as well as for individual players. For example, if a certain team member needs to build up the upper body, a certain program can be set up in order to correct that problem.

Body building for physical development and for better athletic performance is not the only advantage to the new facility. Training for body building competition plays a major role in the weight room's success. Many students train for competitions held at Bishop Kearney as well as in surrounding areas. This year Kearney had one competition, and two more are scheduled to take place on March 23 and May 21. The new weight room makes it easy for students to train because it is free, in a convenient location and supervised.



Jeff Goulding/Courier Journal

Senior Emile Speciale puts himself to the test as he checks out the new weight room at Bishop Kearney.

Speaking Out

By J. Peter Huggins
McQuaid Jesuit High School

As I looked out the window one fine November morning, I noticed that the rain was looking rather fuzzy and perhaps a shade white. I shook my head, thinking, "No, it's just a dream." But I continued to stare blankly out at the falling snow. I figured it would be a good idea to check the clothes closet for some cold-weather gear.

I shuffled slowly through the house, letting my mind wander to thoughts of sledding and snowball fights. When I arrived at the closet, I dug through the depths of piled clothes in search of gloves, hats, boots, etc. I wondered who all these clothes actually belonged to. I mean, I never wear them. Ah, the mysteries of life.

Back to the search. I found my mittens — you know, the ones that are tied together on a long string so you won't lose them? Handy, huh? Now, as I kept digging, I came upon assorted relics and, of course, found them both sentimental and practical, so out they came.

But wait, something was missing. My boots! My favorite boots — the red rubber ones with the snaps at the top! The very boots that had saved me from the snow and the wet.

Action was definitely in order. First target — MOM. Whenever you lose your red rubber boots, "Mom" is the international relief call to be uttered in such a moment of fear and panic. So off I went to check with Mom. I grilled her about the red rubber boots, but got no information from her. She was clearly holding out on me. She kept saying something about it being 6:15 a.m. and something else about "10 years ago."

Without a clue as to what she meant, I went back to my search in the clothes closet. I burrowed! I fought! I threw all the winter clothes in the middle of the floor and began to dig again. "Is this what it has come down to?" I thought. "My own mother holding out on me about my precious boots?"

I kept searching, finding more relics of my winters past. Finally, tired, a little frustrated and covered by woolens, I realized that the red boots were definitely not in the closet. I trudged off to search elsewhere.

I passed through Action Central (otherwise known as the kitchen) en route for my brother's room. Puffing up the stairs, I found the door to his room closed, as it was only 6:30. Dismissing pleasantries, I charged into his room, ready for combat if necessary to rescue my precious boots. Luckily my brother was still asleep. I searched for two or three seconds, then charged back out quietly. The only reason for my silence was that my brother has a habit of dispatching intruders with flying objects, like shoes.

I decided to check once more in the pile of winter clothing I had left in the middle of the floor. Again, I searched and dug and burrowed. I searched the back of the clothes closet, the front of the closet, the shelves above the closet. But to no avail. Alas, I had lost the precious red rubber boots that had meant so much to me. As I stood there in the middle of the floor, I thought, "What ... what ... what if I (gasp!) have to go without my beloved red rubber boots?" It was simply too scary to comprehend.

I would no longer be able to wear my red rubber boots to bed or to go sledding or even for puddle jumping. This was most definitely a time for remorse. Only one thought kept passing through my brain: "But I'm not ready for winter!"

Equal Time

Bishop Kearney High School
Do you think that teenagers today are growing up too fast?

SHAWN SALAMIDA, Junior

I think that a teenager will try to grow up fast if they are given too many privileges without enough restrictions. But I know that many teens are mature enough to make the right decisions in growing up. Some teens do try to grow up by doing adult things and acting over-age. This is OK as long as it's acceptable and approved. I really don't think any teen should try to grow up and rush their maturity.

MICHELLE CITINO, Senior

Yes, I think teenagers are growing up too fast. Teens today always have the pressure of their peers to drink, do drugs or smoke. Teens today don't live their lives in the present. They are always trying to look older, or act older, to be looked up to or to be accepted. There are no more of the small pleasures in a teen's life. Most teens want to be older, but can't handle the responsibilities of adulthood.

BOB NICOLAY, Junior

Yes, I think teenagers today try to be older than they are because as free as teenagers are today, they think they are old enough to do whatever they please. They try to be independent from their families before they are ready to take on the hardest challenges they are yet to face. Teenagers today should take more time to enjoy being young.

MICHELE DeYOUNG, Sophomore

No, because I think we need to learn for the future. I think we need to show others that we can do things and that we should be given a chance to. We need to burst out and show the world that we are responsible persons.

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HOUSE OF GUITARS

We received 23 correct entries identifying **"King of the Road"** as the 1965. Roger Miller song

The winner was **Gloria Dockrell** of Webster.

MUSIC TRIVIA

This weeks question:

What is the stage name of Steveland Maurice Hardway?

A: _____

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Address _____
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School _____

Rules:

Each week, the Courier-Journal, in conjunction with the House of Guitars will feature a Music Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon, and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn.

If yours is the winning entry, you will be mailed a coupon for a free album or tape of your choice redeemable at the **House of Guitars, 645 Titus Ave.**

All entries must be received within seven days of this papers issue date. Winning names and answers will be printed the week following each drawing.

The Courier-Journal
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