

# Echoes



## Student Govt. Learns Leadership

By Ron Toyofuku

Eight of the Student Council including four officers spent a weekend at Camp Tama for a workshop in leadership training. Members from many Japan area schools attended this workshop.

The professor who taught this workshop was Doctor Angela Aschbrenner who does this same workshop at many places in the Far East and in the states.

The training included many things pertaining to learning about yourself. Aschbrenner used films and video tapes in the workshop to teach many of the things. The series of films and videos were called "One of a Kind."

For instance, one thing that was taught was that you should never wish you were someone else, though you can admire the behavior of several people. This idea was demon-

strated through a film and video tape by Mark Scharenbrach, a good pupil of Aschbrenner.

There was also time for all the schools to introduce themselves and give many projects for a "Hall of Ideas." Many schools also explained their banner and their motto.

The workshop was not all work for there was time to "play." There was a dance on Friday night which was used as a means of getting acquainted with everyone else.

St. Mary's School was responsible for the planning of the workshop and Aschbrenner said they did a great job organizing everything. The main theme in this workshop was to get to know people from many different schools on a non-competitive basis, which all the schools succeeded in doing.



Representatives from all the schools gathered together for one of the many lectures by Dr. Aschbrenner.



Yo-Hi representatives pose with their newly made friends from the various other schools.

## Explorers Elect Executives

By Tracy Ramos

The Explorers got off to a good start this year by having four successful meetings.

Many students from various grade levels decided they wanted to learn more about the medical field so they attend the meetings every Wednesday from 6:00 p.m. to 7:00 p.m. The meetings are held in the hospital auditorium on the third floor.

The two men who help out the explorers are Edward Bassett and J.J. Reyes. The explorers actually run the group themselves.

At the last meeting that the group had, officers were elected. Elected President was Terry Huggins, Vice President Cathy Begy,

Secretary Tracy Ramos and Treasurer Elizabeth Felt.

Discussions such as where and what the explorers wanted to do are being prepared by Reyes and Bassett. The explorers are planning on visiting an acupuncture center in Tokyo soon. Films and slides will also be shown in the future meetings. In addition, the students will be going to various clinics in the hospital.

Anyone who wants to join the group are more than welcome. Contact any of the officers for more details or just drop in on the next meetin which is every Wednesday.

## New Health for Tomorrow

Tomorrow there will be no school for a day of learning to keep healthy. Kinnick High School is doing a Health Fair which will teach people about different aspects of keeping healthy.

All together there are ten different areas that you can visit. Two of the areas which are mandatory are vision

and vital signs. Vision deals with checking your eyesight, checking for colorblindness, and checking for depth of vision. Vital signs deal with height, weight, blood pressure, temperature, and pulse.

Another area is vital capacity, which deals with the amount of air your lungs can hold. A fourth area is

sports first aid which covers preventive medicine for sports injuries and treatment for them. A fifth area is Acne/Skin care, where you learn to take care of your skin.

A sixth area is stress management. This is ideal for all you neurotic people. There is also a food workshop, a play being put on by the

Drama Club, a preventive cancer workshop, and a Jazzercise demonstration.

Though everyone is encouraged to attend all these fun demonstrations, there will also be teachers monitoring and a system will be used to check to see if everyone attends or not, so don't miss it!



A cancer specialist lectures to many of the student volunteers for preparation for the Health Fair on Nov. 21.



Jane Westbay looks for Ms. Goins' pulse during blood pressure training.

photos and story by Ron Toyofuku

Echoes



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# Nov. and Dec. Birthdays

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
18 Troy Hartsell Kammarin McGruther Gordon Shettle HARRIET JOHNSON (PS&S)	19 Maria Aihara	20	21 Daniel Bachman	22 Kristina Hood	23 Scott Beckmann Nicholas Ronneberg Bruce Mallett	24 Michael Champion Michael Fox Tina Snyder
25 Andrea Hufferd Kevin Steen	26	27 Arlene Antes Deborah Grant	28 Sabrina Ise Dennis Malvasi Charles Hart Elli Willoughby Lica Nichols Pamela Okamoto	29	30 Joseph Garey	1 Ronald Corate Gary Ellington Donna Williams Erin Watanabe
2	3 Joseph Datoc	4 Jimmy Bowers Dean Taber Dawn Marie Larosa	5 Marion Calderon Shannon Stillwell	6 Jon Davis	7 Arthur Stretton	8 Jennifer Baily Michelle Priebe
9 Renato Abello David Chiprany Holly Modisette Jackie Lott Carol Jones Bruce Lova	10	11	12 Alfredo Liburd Bobby Stevens Teleia Lie-Kwie	13 Adrian & Anna Lawson	14	15 Julie Hartsell
16 Susan Bruno Kenneth Karabinos Zimra Panitz	17 Deborah Stephan	18 Katherine Kickhofel Marie Lisa Sapinosa Michelle Pineau Barbara Rasmussen	19 Dawn Ridenour	20 Bing Pockalny	21 Guy Huber	22 Feliz Cupleamos Jennifer! "Sweet Sixteen"

## Gandhi's Assassination Spurs Upheaval

by Richard Oka

Over a thousand people have been killed in riots in India since Oct. 31, when the prime minister of India, Indira Gandhi, was shot by her bodyguards outside her home. Gandhi died five hours after the shooting, causing a great turmoil in the country and outside the country.

Gandhi's killers were both Sikhs, members of an Indian religion that dates back to around 1500. The assassination was planned two months ago by six to twelve extremist Sikhs to avenge an army assault, which Gandhi ordered to discourage the independence movement on the Sikh's Golden Temple, also a Punjab state. Enraged Hindus have been rioting since, killing hundreds of Sikhs, and the police are helpless since they are outnumbered.

With Hindu youths running through the streets with staves and firebombs, stoning windows of Sikh houses and beating Sikhs for "re-

venge," the Sikhs have nothing to do but gather in refugee camps. Many of them are injured, have their hair and beards (a symbol of a Sikh) shorn off, and have lost family members. Supplies for the refugee camps, along with the repairs being made to Sikh temples are being provided for by the government. The death toll is estimated to be around 1200, half of them in New Delhi, the rest in Calcutta and other areas where Hindus come in contact with Sikhs.

Sikhism was founded in the 1500's by Nanak as an alternate religion to the other popular religions at the time, Hinduism and Islam. Unlike Hinduism, there is no caste system, which is a system of social ranks. Sikhism is also a monotheistic religion, a religion that preaches the existence of one God. An orthodox Sikh has unshorn, long hair and a beard (mentioned above), a comb, a dagger, and wears a steel bracelet.

Their militaristic tradition comes from the time of their struggle against the Moslems, and many Sikhs are in the higher ranks of the Indian military because of this. Relations between the Hindus and Sikhs were actually good before 1982, when the Sikh political party tried to gain more autonomy for Punjab state, where a majority of the Sikhs live today. The Sikh party was split, with a group of radicals led by Jarnail Singh Bhindranwale favoring a guerrilla war, leading to the bloody army assault of the Golden Temple last June. All these reflect the people's inability to separate religion from government.

The rioting by the Hindus seems to have gone too far to say the least. This is a case of collective guilt, when a whole group of people are persecuted because of something that a minority of the group did, and that the rest took no part in. It is possible that some Sikhs living in isolated

areas may not have even heard of Gandhi's assassination before they were beaten to death. It is also possible that some Sikhs are as grief-stricken about the death of the prime minister as the Hindus are. In a way, it would not be wrong to say that the majority of the Sikhs were betrayed by the few radicals who shot Ghandhi.

Teachers were recently queried about how the seven period day went first quarter.

Mr. McCullough— "First quarter has gone well and passed quickly, but I don't like the seven period day - it serves no useful purpose - six periods are better."

Mr. Lamonica - "After the first two weeks which were hectic, it has gone fine. Seven periods have increased my total number of students from 120 to 160."

Ms. Killingsworth - "Seven periods is difficult, but the people are such fun, it's not so bad."

Ms. Haseley - "The seven period day means classes are shorter. As a result, I have found it very difficult to teach all the material that needs to be taught. At the same time, I have really enjoyed my students and I feel they have been very cooperative."

## Things That Go Bump . . .

by Richard Oka

Fear is a feeling of anxiety caused by the nearness of danger or pain. In other words, it is to be worried or uneasy about a possible close danger or injury. Are you afraid of anything special? People are afraid of many things, such as high places, fierce animals (or fierce people . . .), bugs, fires, the darkness and all the things that may lurk in it, pain, and death.

It is natural for one to be afraid of something one has not seen, heard of, or experienced. These fears are simply warnings to keep one from getting into trouble. It is a fear that is imbedded into our instincts and there is nothing we can do about it, except to familiarize ourselves to the unknown. The reason many people fear the darkness is that they are not assured that nothing will pounce upon them the minute they turn their backs. As one gains experience, however, one can usually find out that there is nothing special in the dark that they should worry about. This type of fear is useful to people since there are many things that would hurt them should they jump into the unknown too carelessly. The saying "Better safe than sorry," reflects this part of human nature.

Sometimes fear of something is

triggered by knowledge about it, however. A person who has been mugged in a dark alley by a man with a knife will learn to avoid a dark alleys and men with knives in the future. This fear is not like a fear or something in the dark (obviously). The fear is caused by a fear of pain, and a fear of death.

A pain is not as bad as it sounds. Pain is just a warning that harm is being done to your body, but many people associate pain with injuries, and they avoid pain and all things that can inflict it if possible. By avoiding pain, one can also avoid injuries automatically.

Death and pain are probably the two things that people fear the most. Death is more like the fear of the unknown, but pain is something that people avoid for pain's sake. Nobody has ever experienced death and told anyone else about it, but everybody knows pain. After a certain extent, one might rather face the unknown happenings after death than face extreme pain, so maybe death is not so bad after all, it could be much worse to live in eternal pain. Or perhaps the life we live now is the after-life.



## Stress, Worries Cause Neurosis

by Melodie Isgro

Have you been under a lot of stress lately? Perhaps by trying to get a good grade on a test or by hurrying to meet a deadline you have suddenly felt as though there is no hope. Or perhaps you have been having some family problems arising at home. Whatever the cause, you should beware of becoming too uptight and worried. A new ailment, neurosis, is now becoming quite common among people.

What is neurosis? Neurosis is not a disease. It is a malfunction of the nervous system and mind. It is mainly caused when the mind is so confused that it loses its ability to adjust to reality. This may happen when there is an overload of stress or when you start to build up uncon-

scious inner conflicts against yourself. Symptoms may include frequent headaches, dizziness, fatigue, and anxiety. The person's personality as well as his attitude toward life may also change drastically.

There is no real boundary between having this nerve malfunction and not having it. In fact, many people have vague chronic symptoms which they either treat themselves or ignore. Some even don't know it is happening to them until it is too late. How would you know? Maybe you are even developing it now. In any case, being aware of these symptoms and trying to avoid heavy stress and worry will definitely keep you off the road from getting neurosis.

# Humanities Examine Art

The Humanities class took advantage of an excellent day, November 8, to visit the Hakone Open-Air Museum's new Picasso exhibition.

With a two-hour bus ride behind them, the class was ready for the walk around the park and started on the permanent exhibitions first. The modern art was interesting but it did not catch the students' eyes so they moved on through with Ms. Fong pushing from behind.

The sculptures standing throughout the park were very unique. A lot

had moving parts and illusions but the class could not dawdle long.

After a few more paint galleries (which held quite a few famous artists), the class finally arrived at the Picasso exhibition and spent time roaming throughout the gallery. Picasso was a very prolific artist and used many different mediums so the show was full of works from pottery to sculptures including tapestries and, of course, paintings. This is a permanent exhibition but the works are changed every year on March 1.

Eventually the hunger pains made the class restless so they headed towards the exit.

The museum is recommended for everybody. There were examples of just about every kind of art... contemporary, modern, romantic, classical, impressionism, pop-art, and the likes.

Hakone Open-Air Museum is located in Hakone National Park. This is the best time of the year to go because the museum is surrounded by mountains and the leaves with

their many different colors create lovely scenery. The museum is 55,000 square meters with works of art by Rodin, Moore, Renoir, along with leading Japanese artists.

It may be hard to find the museum but it is worth the trouble. Remember to stay away from the gift shop because it is a trap and not to take too strong offense to some works which some may find too sexually explicit. Make sure you have more than a couple of hours to spare because the park is very absorbing.

## How Adam Got His Ant

In the music world, names are needed for groups: Van Halen, Def Leppard, Thompson Twins, Duran Duran. It's surprising to note how some of these names came into being.

**Adam Ant** — Adam Ant is really Stuart Leslie Goddard, but, he wanted a flashy name to go with his rock image. "I liked the idea of Adam," he says. "He was the first. And that just seemed to fit right well."

**Prince** — His real name is Prince Rogers Nelson. When he was nineteen, he simply decided to go by Prince.

**Thompson Twins** — This hot trio is named after two bumbling detectives from British comic strip, *Horsays Adventures of Tin Tin*. Thompson and Thompson are two zany detective always wearing pin stripe suits and funny hats.

**Eurythmics** — Annie Lennox and Dave Stewart wanted their band

name to represent the type of music they play. "Euro" sound and "rhythmic" beat.

**Def Leppard** — As a child J. Elliot grew up admiring Led Zeppelin. He often dreamed of being in his own band and created an imaginary one — Deaf Leopard. Later, when his dream became reality, he suggested the name. The spelling was changed when a member suggested a unique spelling.

**Limahl** — This ex Kaja Goo Goo's real name is Christopher Hamill. He decided to drop Christopher and go by Limahl, which is Hamill spelled backwards with one l switched to the front.

**Duran Duran** — Before naming themselves Duran Duran this hot British group thought of calling themselves RAF which is short for Royal Air Force. But they liked the sound of Duran Duran which was a character's name in the sci-fi *Barabarella* movie.

## Restaurant Review: The Moti

By Chris Wassell

Have you ever eaten Indian food? If you haven't, then you should definitely try it. Paint a dot on your forehead, throw on your turban and take a trip to the Moti. The Moti is an Indian restaurant located in Akasaka-Mitsuke.

Getting there is simple. Just go to Yokosuka-Chuo or Shioiri station and take a red Kanji train toward Tokyo. Go past Shinagawa and get off at Higashi-Ginza station. Then get on the Ginza subway line and go to Akasaka-Mitsuke. Once you are in the station go up the escalator and exit to the right. You will then be on a small street. Turn left, walk about two blocks and the restaurant will be on the second floor of the Floral Plaza building on your left.

Okay, so now you're there, right? What will you order? Well, the menu goes on and on. If you enjoy curry or spicy food, you will enjoy just about

anything you order. There is a very large selection of curry but there's also a variety of shish-kabobs and sausages. Also your meal would not be complete without any of that fantastic nan, Indian bread. It is the most wonderful bread I have ever eaten. It is large and flat and customers can watch it being deftly twirled by the baker.

The prices at this place are fair but if you enjoy eating (as I do) you just may run up to a big tab. Be prepared to spend at least 2,000 or 3,000 yen. You may find these prices a bit steep but believe me, it's worth it.

The Moti is very highly recommended by Mr. Lamonica, one of our fine science teachers and a gourmet cook, and it was he who introduced me to this fine restaurant.

Put a little Indian culture in your life and eat at the Moti, you won't regret it.

## Thank You For The Holiday

Thanksgiving Day is a day that is established for people to give thanks for their blessings.

Thanksgiving is an old custom that was celebrated for many different reasons. European nations made special days to give thanks when they had won a battle. The English would have a Thanksgiving when somebody who was related with the king recovered from an illness.

Then, of course, the most well-known Thanksgiving in the U.S. was by the Pilgrims in Massachusetts. They had just gone through a harsh first winter, losing half of their people, and had spent the summer working hard so they could have enough food to feed themselves. Thus, in the fall, the governor proclaimed Thanksgiving Day.

A lot of work went into making

Thanksgiving a success. The pilgrims invited the Indians who brought some wild turkeys for their contribution. The feast lasted for three days.

Soon other colonies began to have a Thanksgiving, and then, after a while, people started to want it announced as a national holiday. They wanted a set day every year. Lincoln made this day the last Thursday in November.

But, in 1939, F.D. Roosevelt made the day for Thanksgiving the second to the last Thursday in November, so that there would be more shopping time between Thanksgiving and Christmas. Then, in 1941, Congress said Thanksgiving would be known as a national holiday on the fourth Thursday of every November.

Thus, after a long period of time, a permanent date to give our thanks is finally set.

## Movie Review: "Splash"

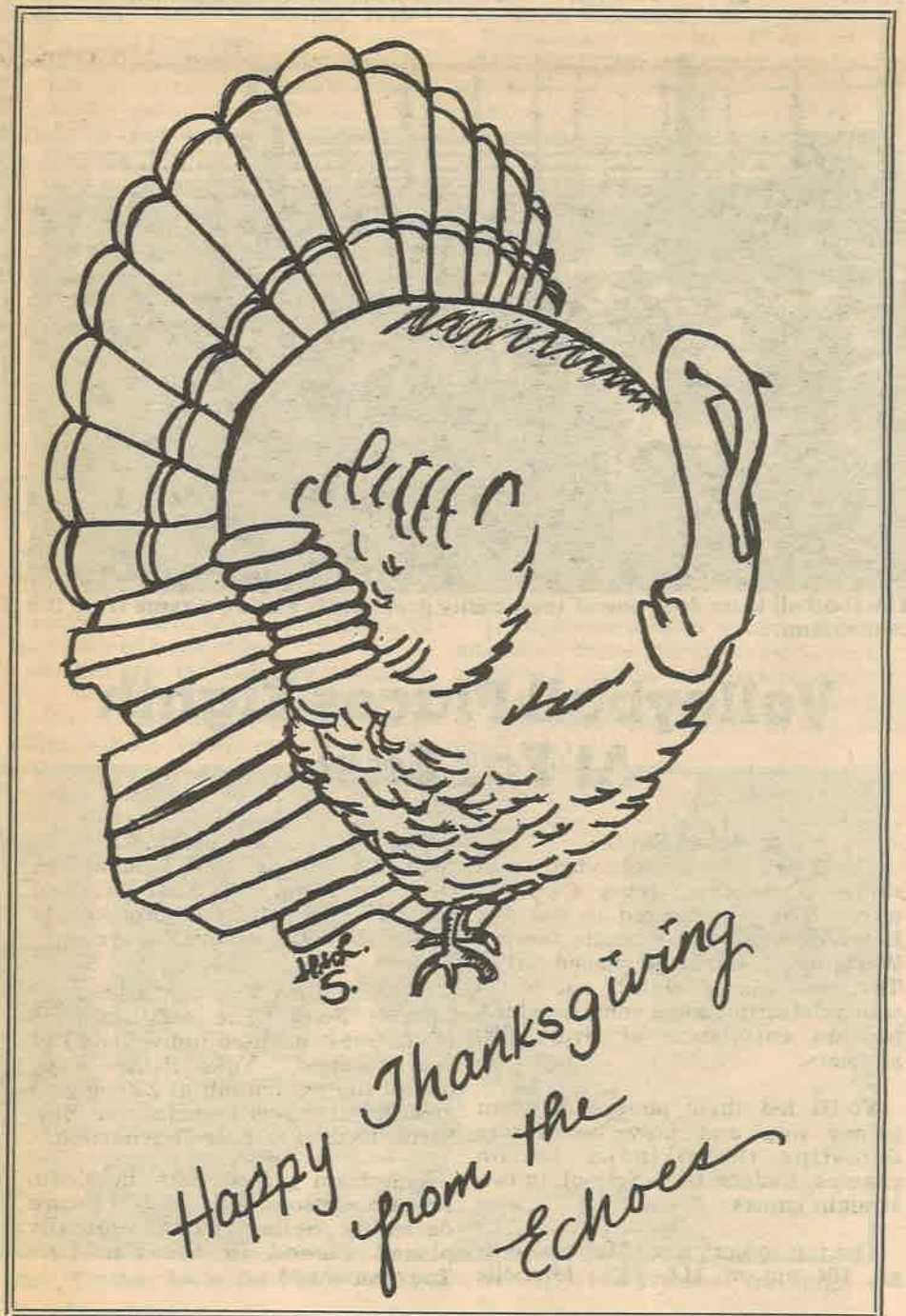
by Debbie Taber

"Splash" has hit the theatres on Yokosuka base. This touching movie may bring tears to your eyes from the romance and the comedy. The chemistry between Tom Hanks as Allen Baur and Daryl Hannah as Madison is really hot. This is not a movie to be missed.

"Splash" is about the special relationship between Allen and Madison. Allen believes he will never fall in love and is destined to be lonely. He leaves New York to do some soul searching in Cape Cod. He is rescued in more ways than one when he falls out of a boat and is knocked unconscious when the boat runs over him. Madison finds him sinking in the bay

and takes him back to shore. Allen wakes and sees her — love sparkles in his eyes. She swims off making him wish that he had learned how to swim.

Madison then swims to New York to find Allen with only his wallet as a guide. They are reunited but there are certain obstacles blocking their happiness. Walter Cornbluth has seen Madison in the water. He is an ambitious Marine Biologist who wants to expose her secret. Madison has to return to the sea unless Allen accepts her secret. She only has six days to be with him. What's the big secret? Madison is a mermaid. "Splash" is no secret, it is absolutely one of the freshest movies I have seen this year.



# Girls Place Fifth In Tennis Tournament

The 1984 Kanto Plains Tennis Tournament, which was held at Yokosuka's Chapel Courts, ended up in disappointment for Yo-Hi. Coming in at last place with 1 point for the boys and 5th place with 3 points for the girls, Yo-Hi unfortunately did worse than they did last year. The tournament itself, however, went smoothly and the weather was sunny and warm.

Yuria Aihara, Tina Fuge, and Melodie Isgro represented Yo-Hi for the girls' singles. Though Aihara won her first game with a score of 6-4, 6-2, she lost her second game to J. Kerley 0-6, 2-6. Fuge started off with a free game but lost both of her matches 0-6, 0-6 and 1-6, 2-6. Isgro also lost her

two games 0-6, 2-6, and then 0-6, 4-6. Representing the girls' doubles was Jennifer Tabb/Jane Westbay and Jennifer McConnell/Kate Paulsen. The Tabb/Westbay team won their first match against Fuller/Hickley of Yokota but lost their second match 0-6, 2-6 to St. Maurs' doubles team. McConnell/Paulsen lost their first match 1-6, 0-6 to ASIJ and also against Yokota 3-6, 6-2, 2-6.

For boys' singles, Mark Wagar, Tim Wooldridge, and Tom Billings represented Yo-Hi. Wooldridge lost his first match 2-6, 1-6 and then again lost to St. Joes' Kaneko. Billings lost his first match 6-2, 6-7, 3-6 and also lost his consolation match. Though Mark Wagar lost his first match, he

won his consolation match 6-1, 6-0. For boys doubles, Mike Westbay/Mike Jones and George Tiongson/Francis Ang Rabanes played. Unfortunately, both boys' doubles teams lost both their matches. Westbay/Jones lost to St. Joes 7-6, 0-6, 5-7. In their consolation match, they also lost to Turner/De Rolf of CAJ. Tiongson/Ang Rabanes lost 1-6, 2-6 to Yokota for their first match and then lost to Zama for their consolation match.

Compared to last year's tournament scores, in which Yo-Hi placed fifth for the boys and girls, this year the tennis team had a slight downfall. Losing the Villegas' and other former members certainly hurt the tennis

team in the finals. The final scores of the tennis teams for the tournament are:

Boys:	
ASIJ	15
St. Mary	10
St. Joes	9
Yokota	5
CAJ	3
Zama	3
Yo-Hi	1
Girls:	
ASIJ	14
Seisen	13
ISSH	4
Zama	4
Yo-Hi	3
CAJ	2
Yokota	2

# Yo-Hi's Football Wrap-Up

Yo-Hi's J.V. ended their season 4-0 to take the Kanto Plains League Championship.

In pre-season action, Yo-Hi almost fell to a tough Japanese team, Yokogaku. Yokogaku led the game but the game ended in a tie 12-12. When the season rolled around, Yo-Hi continued to do well and won their next four games. The scores are as follows:

Yo-Hi	32	A.S.I.J.	0
Yo-Hi	28	Yokota	26
Yo-Hi	19	Yokota	0
Yo-Hi	21	A.S.I.J.	10

A new face to the Yo-Hi coaching staff was Coach Tom Helbush who had this to say, "With the caliber of personnel of the J.V. team, next year's varsity should be even better."

The Varsity team finished their six game season winning only one. Although starting off beating Hakusan 20-8, and defeating Konandai 27-0 Yo-Hi could not get anything started.

Yo-Hi beat Zama 27-10 for their only win of the regular season and lost their next five consecutive games. The following is a list of all the scores to Yo-Hi's games:

Hakusan	8	Yo-Hi	20
Konandai	0	Yo-Hi	27
Zama	10	Yo-Hi	27
A.S.I.J.	19	Yo-Hi	0
Yokota	54	Yo-Hi	0
Zama	7	Yo-Hi	0
Yokota	8	Yo-Hi	0
A.S.I.J.	9	Yo-Hi	0

Yo-Hi had four picked for the All-Stars this year. Those picked were

Jimmy Frazier, but due to an injury he received, Danny Dennehy will play in his place, Bill Nicely, Mike King, and John Blanton.

All four played along with All-Stars from other Kanto Plains teams against Yokohama Harvard, November 18, and the All-Star game will be played November 24 against a Yokosuka College football team at Yokota.

# Cross-Country Treks To Philippines

By Maria LoGalbo

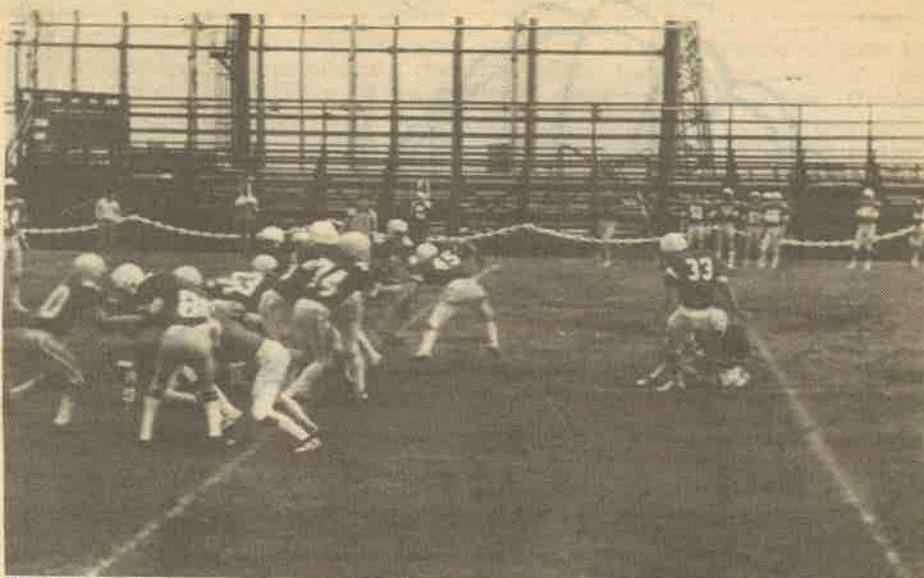
The Yo-Hi Cross-Country team traveled to Clark Air Base in the Philippines to attend the Far East Tournament on Wednesday, October 30.

On the first day the men and women ran individual races. The women's team came in fourth out of 13 in the two-mile run. Barbara Gouslin, All-Star East, placed fifth and Susan Walker, Kanto Plain All-Star, placed in the top twenty. In the

men's three-mile, the team placed twelfth out of 16. Chris Elders, Carl Bolin, Scott Wilson, and Kirk Jones placed for Yo-Hi.

Kinnick placed tenth in the relay races with a time of 1:39:59 on the second day. All eight runners ran distances ranging between 1.2 miles to over 3 miles.

The scores were added together placing Kinnick seventh overall in a tie with Zama High School for the Far East Tournament.



The football team does one of their many great plays during a game from the past season.

# Volleyball Places Eighth At Far East

by Susan Smith

The Yo-Hi varsity volleyball team recently returned from Okinawa where they participated in the Far East Volleyball Tournament. George Washington Geckoes placed first. The team placed eighth out of 24 teams defeating some schools which had an enrollment of over 2000 students.

Yo-Hi led their pool with eight games won and only two losses defeating the Okinawa season champs, Kadena High School, in two straight games.

The top spikers were Melissa Omega, 104 out of 112, 92%; Michelle

Priebe, 60 out of 67, 89%; Yoko Bruno, 64 out of 75, 85%; and Pam Okamoto, 52 out of 63, 82%. The team in total had 373 out of 421 attacks, 110 kills, with a 91% record for serving.

"I feel all my kids are All-Stars," said Mr. Fong. "The team had some of the most talented individuals I've ever coached." Yoko Bruno made one of the top ten out of 250 players and she also was awarded the Best Setter in the Far East Tournament.

The team placed fifth in Kanto League season with a 7-7 record defeating Seisen who eventually placed second in the Far East Tournament.

# Winter Sports Preview

The winter sports season is coming and here is a little information on what to expect.

**WRESTLING** — beginning November 26, students will wrestle according to their weight in the certain weight classes.

**BOYS BASKETBALL** — coached by Mr. Fong.

**SOCCER** — a new added attraction that will begin this year. It is still in the experimental stage and if everything goes right, then soccer will become a league sport.



The Yo-Hi volleyball team await their opponent's serve.