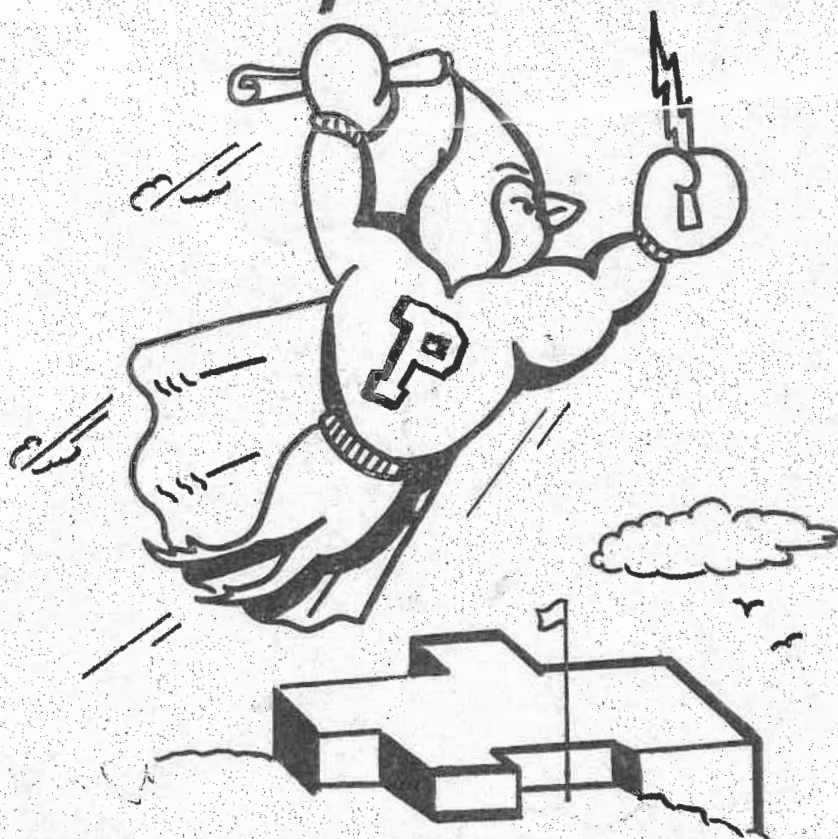


# Cardinal<sup>★</sup> Pep Book



PUBLISHED BY THE STUDENT COUNCIL  
PALOS JUNIOR HIGH SCHOOL

## STUDENT INFORMATION

NAME..... DIV.....

Address .....

Phone.....

Locker.....

### DAILY SCHEDULE

Period	Mon.	Tue.	Wed.	Thurs.	Fri.
1					
2					
3					
4					
		L	U	N	C
5					
6					
7					
8					

### 1969-70 STUDENT COUNCIL EXECUTIVE BOARD MEMBERS

DAVE ERLANDSON .....	President
CAROLYN HUTCHINSON .....	Vice President
JENNIFER CREWE .....	Secretary
KERRY POZULP .....	Treasurer
JOHN DE BACHER .....	Assisant Treasurer
BARBARA MALLY .....	Recording Secretary
PHIL ROBERTS .....	Parliamentarian
MRS. CHARLOTTE POPE .....	Sponsor

## "STUDENT: TOP PRIORITY"

If you are really interested in becoming an integral part of the Palos Junior High School, if you are willing to work to make it your school, if you intend to participate in its activities, to cheer its teams, to uphold its traditions and standards, then you will find your career here an interesting and rewarding experience. Your success at the Junior High will depend on your ability and willingness to adjust yourself to the school life. Your daily efforts in our classrooms, in the labs, and on the athletic fields, should arouse in you a deeper interest in our splendid school, and should serve to bring about a deeper spirit of unity and loyalty among teachers, students, and parents.

— EUGENE EARL GIBBONS  
Principal

## The Palos Junior High School Song

(sung to the tune of "Scotland the Brave")

March on, you Palos Cardinals,  
Charge on, you Palos Cardinals,  
Fight on to victory,  
We're loyal to you!  
Brave are you, Palos Cardinals,  
Staunch are you, Palos Cardinals,  
Boldly you lead the way  
To you we'll be true.  
Red, for your valiant name,  
White for your gallant fame,  
High may your proud colors  
Gloriously wave!

— Literature Classes of  
Mrs. Richardson, 1969

## Our School Motto: *Mandatum Excellere*

To commit oneself to excellence would be to pledge to be a first-class student in all respects. At first, this thought may seem selfish, but it is actually just the contrary.

A person must have a goal to strive for in life. Life would be worthless without some guiding ambition. Each student should try his very best in everything so as to be content and proud of his work. He should set a high goal and try even harder the next time in hopes of making a better person out of himself.

— Wendy Haynes

## Mandatum Excellere

Mandatum Excellere (Commitment to Excellence) to me means striving for the best in my schoolwork, citizenship, sportsmanship, and all out personality. For a student it doesn't necessarily mean to have the top grades in school or achieve popularity in social activity in order to rate highest among our friends. Instead a person must work up to the best of his abilities, and not to someone else's. Therefore, Commitment to Excellence is working for a goal of your own for the present as a student, and for the future as a citizen.

— Rita Polito

## The Palos Junior High School Student Council

### REPRESENTATIVES

Rory Musil  
Sandy Diletto  
Kim Crooks  
Wendy Haynes  
Cheryl Kaffel  
Rita Sobut

Lee Hochberg  
Karen Smith  
Karen Cameron  
Steve Palm  
Bill Cowan

Rosemary Clement  
Elizabeth Walsh  
Mark Halverson  
Phyllis McKown  
Toni Parr  
Donna Dominick

### ALTERNATES

Sue Colby  
Cindy Koranda  
Patty Macey  
Rita Polito  
Steve Wells  
Tom Gee

Marion Praeg  
Dorothea Karampelas  
Sue Galko  
Dan Nathan  
Toni Valenta

Jean Ricci  
Lynn Stribrny  
Alan Gillberg  
Lisa Frederiksen  
Francine Vanderwagen  
Debbie Zuidema

## The TOPS Conference

From a simple beginning of three teams our present TOPS Conference now boasts of eight teams from the South and Southwest suburban area. The original group of Tinley Park, Orland Park, and Palos has grown to encompass St. Michaels (Orland Park), Arbor Park (Oak Forest), Arbury Hills (Mokena), Kirby (Tinley Park), Tinley Central, Conrady (Hickory Hills) and Orland Park Junior High.

A Conference committee meets regularly to discuss policy and schedules. Official Illinois High School Association referees are hired to officiate at all conference games. The Conference now sponsors basketball, wrestling and track events throughout the school year.

A very important tradition here at Palos is the necessary "eligibility" of prospective athletes. Faculty members report each two weeks on the academic and social progress of the prospective athlete.

### Palos Basketball Schedule - 1969-70

	Palos	Opponents
Tuesday, November 25—Kennedy (at home)	.....	.....
Thursday, December 4—Kirby (at home)	.....	.....
Thursday, December 11—St. Michaels (at home)	.....	.....
Thursday, December 18—Orland (away)	.....	.....
Thursday, January 8—Tinley Central (away)	.....	.....
Tuesday, January 13—Arbury Hills (at home)	.....	.....
Thursday, January 15—Arbor Park (at home)	.....	.....
Tuesday, January 20—Conrady (away)	.....	.....
Thursday, January 22—Kirby (away)	.....	.....
Tuesday, January 27—St. Michaels (away)	.....	.....
Thursday, January 29—Orland (at home)	.....	.....
Thursday, February 5—Tinley Central (at home)	.....	.....
Tuesday, February 10—Arbury Hills (a home)	.....	.....
Thursday, February 19—Arbor Park (away)	.....	.....
Thursday, February 26—Conrady (at home)	.....	.....

## BASKETBALL ATHLETICS

### HEAVYWEIGHT

Coach: MR. BLISS

#### EIGHTH GRADE:

Jim VanHowe  
 Dan Gorecki  
 Kerry Pozulp  
 Glenn Kuzel  
 Craig Render  
 Jeff Crummie  
 John Podgorney  
 Steve Wiedeman  
 Gregg Kunes  
 Bob Enright  
 Dirk Vandemeer  
 Dean Vallas

#### SEVENTH GRADE:

Bob Rose  
 Steve Decker  
 John Jones  
 Dave Bourke  
 Mike Stuart  
 Mark Sobol  
 Bill Manella  
 Gary McDonough

### LIGHTWEIGHT

Coach: MR. JONES

#### EIGHTH GRADE:

Mark Marion  
 Jack Rogers  
 Russell Anderson  
 John Smith  
 Bill Glomb  
 Tim Treadway  
 Don Foiles  
 Jeff Chapman  
 Bill Michaels  
 Tom Mofenar  
 Jim Petrossi  
 Rory Musil  
 Rick Hackel

#### SEVENTH GRADE:

David Sobut  
 Tim Lumley  
 John Pacholski  
 Glenn Nelson  
 Bill Cowan  
 Bob Buddig  
 Roger Fisk  
 Jim Henry  
 Brian Dinkmeyer  
 Steven Palm  
 Tom Wilson  
 Lee Hochberg  
 Bob Vaci

### CHEERLEADERS

Coach: MRS. RUBLY

#### EIGHTH GRADE:

Nuala McDonnell  
 Cathy Matyas  
 Renae Kuduk  
 Phyllis McKown  
 Kim Crooks  
 Sandy Diletto  
 Alt.: Carol Smeja

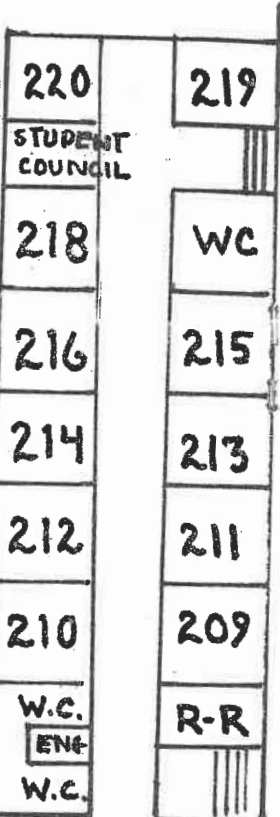
#### SEVENTH GRADE:

Carolyn Hutchinson  
 Barbara Sims  
 Carol Sraga  
 Joy O'Connor  
 Una McDonnell  
 Michelle DiLetto  
 Alt.: Barbara Mally

MANDATUM EXCELLERE



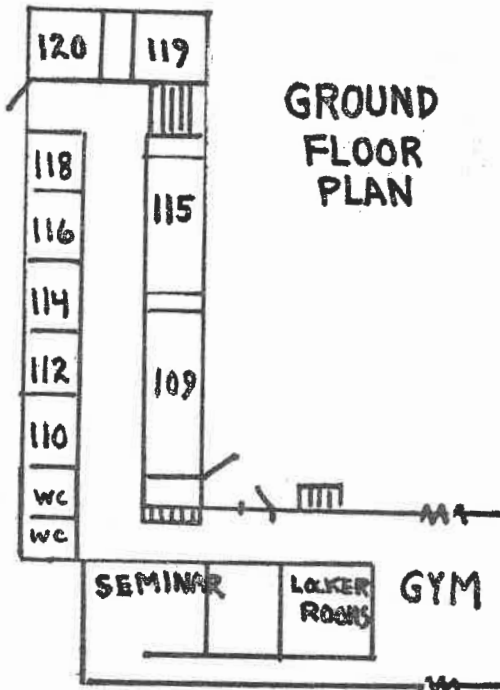
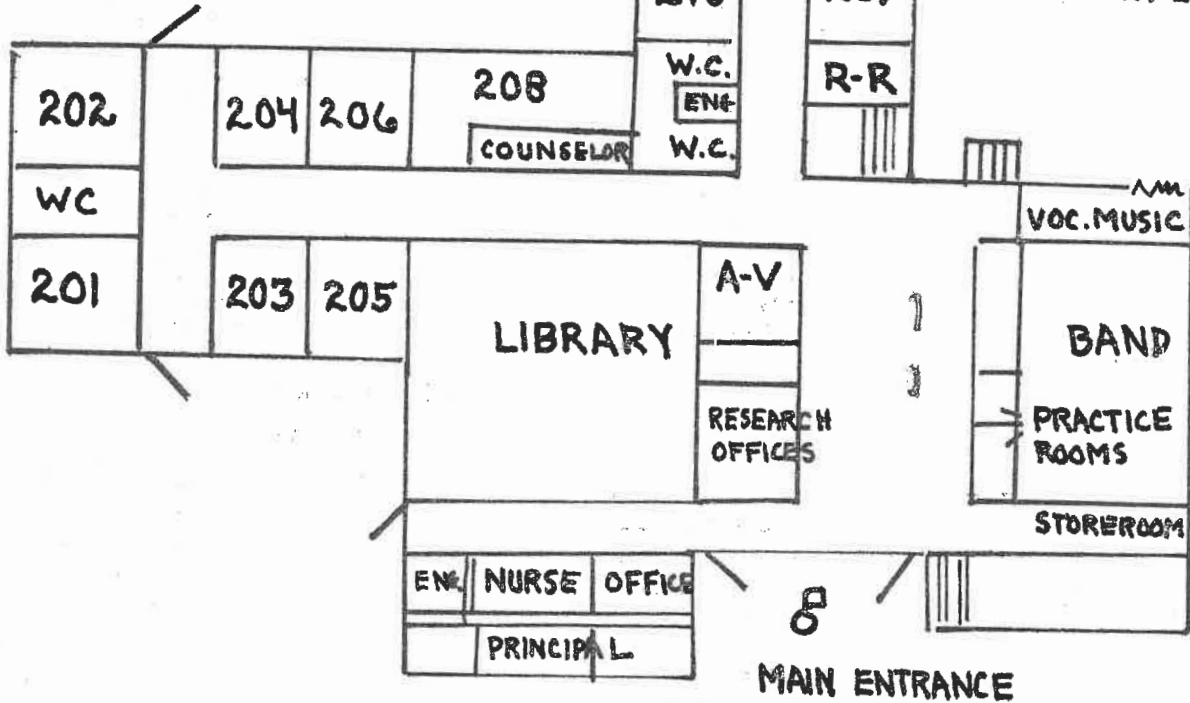
THIS IS  
CARDINAL  
COUNTRY



NON SCALE DRAWING OF  
MAIN FLOOR PLAN  
*Palos Junior High*  
NOVEMBER  
-1969-

DRAWN BY CHRISTINE SPIEGL

NUMBER OF STUDENTS 464  
NUMBER OF FACULTY 26  
BOOKS IN LIBRARY 5,614



GROUND  
FLOOR  
PLAN

# WRESTLING ATHLETICS

Coaches: MR. McBURNEY and MR. NICHOLLS

## EIGHTH GRADE:

Jerry Aler  
Howard Boone  
Gus Buktenica  
Joe Canny  
Jack Carter  
Doug Cherskov  
Kevin Cook  
John DeBacher  
Steve Dowding  
Micky Everett  
Dennis Fitch  
Joe Franks  
John Guinta  
Rick Herrman  
Mike Keane  
Rick Leonard  
Jim Morrissey  
Lewis O'Connell  
Jim Thomas  
Steve Wells

## SEVENTH GRADE:

Joe Albrecht  
Tim Allen  
Jim Anderson  
Bill Baldwin  
Bob Carlson  
Rick Deadman  
Toni Dellapena  
Bill Glood  
Mike Guinta  
Randy Hulse  
Andy Justice  
John Keane  
Gary Kelso  
Don Kettman  
Alan Krivanec  
Matt Kunce  
Bill Maurey  
Terry Pedigo  
Bob Pospisil  
Bob Ramsdorf  
Dave Schwartz  
Guy Seagrave  
Craig Skarpiak  
Roman Stack  
Scott Wallin  
Keith Wappel

## CHEERLEADERS

Coach: MRS. RUBLY

## EIGHTH GRADE:

Nan McGrenera  
Kim Okon  
Vanetta Pichman

## SEVENTH GRADE:

Sherry Dice  
Holly Brdecka

## Floor Cheers

### ACTION

Our goal is set high,  
Our aim is to win,  
A-C-T-I-O-N  
Action to win.

### COACH, TEAM PEP, STEAM

We've got the coach,  
We've got the team,  
We've got the pep,  
We've got the steam,  
We've got the coach, team,  
pep, steam,  
Sixteen rahs for our team,  
(15 rahs), Hey Rah.

### DEFY, TEAM, DEFY

Defy team defy,  
Defend team defend  
Defeat team defeat,  
Defy, Defend,  
Defy, Defend, Defeat.

### ONE BIG FIGHT

We want one big fight—  
FIGHT!  
We want two big fights—  
FIGHT, FIGHT!  
We want three big fights—  
FIGHT, FIGHT, FIGHT!

### SCORE

S-C-O-R-E  
Come on team, let's score  
some more.  
Yea Team.

### PALOS

Give me a P—P  
Give me a A—A  
Give me a L—L  
Give me a O—O  
Give me a S—S  
What does it spell?

### PALOS!!

### PA-LOS

Pa-los Palos Cardinals are best.  
Fig-ht when we fight we beat.  
Sco-re when we fight we score.  
So come on team, FIGHT to  
SCORE.

### TEAM FIGHT

What do we want?  
T Fight  
E Fight  
A Fight  
M Fight  
Team fight.

### KEEP YOUR COOL

We're from Palos South  
And we're here to say  
That our team will win  
Day after day.  
So keep your cool big team  
Keep your cool hey, hey!  
Keep your cool big team!  
Keep your cool hey, hey!  
Keep your cool big team!  
Keep your cool hey, hey!

## Audience Participation Cheers

We're from PALOS  
Couldn't be prouder  
If you can't hear us  
We'll yell a little louder!!!

Say oohh aahh who's the best?  
Say PALOS!!!

Ajababa hey hey  
Kemosiabi hey hey  
Palos Cardinals are the greatest!!!

Hey hey hey hey hey, Omgaya  
We got Palos Power!!!

We've got Spirit,  
We've got Soul,  
We're the class of '\_\_\_\_.

## Sideline Cheers

1. Stop, look and listen, here come the mighty Cardinals.
2. See that basket, see that rim, come on Cards, put it in.
3. We've got to get the ball and score.
4. Stop 'em Cards, stop 'em now, stop 'em, stop 'em, stop 'em.
5. Take it away, take it away, take it away, fight.
6. Our teams dynamite, say, our team's dynamite.
7. Say oohh aahh, who's the best? Say PALOS.
8. Go, go, go, fight, fight, win, win.
9. We've got to score again and again.
10. Cardinals red Cardinals white, fight, fight.
11. Down, down, down the floor; up, up, up the score; down the floor,  
up the score, go, fight, win.
12. That's o.k., that's all right, our team will fight, fight.
13. . . . . he's our man; come on fans, let's give him a hand.  
(10 claps) Yea . . . . .
14. Tip it, tip it, tip it to our boys, hey.
15. Jump it high, jump it low, get the ball and go, go, go.
16. Tip it, tip it, tip it our way
17. Rebound, rebound; rebound, Cards, rebound.
18. Rebound, rebound, rebound.

## Clothing and Personal Dress Code

(Revised by the Student Council of  
the Palos Junior High School)

Students usually behave in a manner consistent with their dress. For this reason, and in order to eliminate uncertainty, we establish the following rules to be followed by all Junior High students. These items have been worked out with the school administration at several meetings:

1. Boys should wear slacks (not overalls, blue jeans, work pants or shorts).
2. Cowboy boots or engineer boot are not to be worn. Cleats must not be worn.
3. Students' hair must be neatly groomed.
4. Girls are allowed to wear dresses, skirts, or dress culottes. Permission must be obtained from Administration if other attire is desired.
5. Properly fitting clothing must be worn by all students.
6. Girls are NOT allowed to wear makeup.
7. Gym shoes are to be worn in Physical Education classes only. Other rubber soled shoes may be worn if they are not used for gym. Street shoes and sandals are also appropriate for school.
8. Shirts and blouses may be worn outside of slacks and skirts, but boy's shirt-tails must be tucked in.
9. Skirt lengths are a matter of personal taste, but should be long enough to maintain personal propriety and decorum when standing or sitting.
10. Girls may wear slacks to school during cold weather, when temperature at 8:00 A.M. is 20° or below. This is in effect until spring recess (March 31.)

Because we have worked hard in order to get certain items included we feel that it is every student's responsibility to follow the above rules. Our Principal has accepted these as OUR OWN dress code and has agreed to enforce them as if they were part of the formalized school rules.

— THE STUDENT COUNCIL

December, 1969

**JANUARY**

- 5—School resumes
- 6—Girl's Championship Basketball
- 12—Dr. Fitch Lecture
- 15—Dr. Fitch Lecture Sandburg Tests
- 20—Hot Dog Days
- 30—Report Cards

**FEBRUARY**

- 2—Eighth Grade Pictures
- 4—T-Shirt Sale
- 5—PTA at Junior High
- 9—Seventh Grade Pictures
- 12—Lincoln's Birthday
- 17—Hot Dog Day
- 21—GAA Play Day

**MARCH**

- 12—PTA
- 17—St. Patrick's Soc-Hop
- 24—Hot Dog Days
- 27—Good Friday
- March 30 - April 5 Spring Recess

**APRIL**

- 6—School Resumes
- 17—Report Cards
- 21—Hot Dog Days

**MAY**

- 8—PTA Fun Fair
- 14—PTA
- 26—Hot Dog Day
- 29—Flag Ceremony
- 30—Memorial Day

**JUNE**

- 4—Eighth Grade Trip
- 7—Promotional Exercise
- 12—Report Cards
- Last Day of School

**ADDED EVENTS:**

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**Pep Book Committee**

Phil Roberts

John DeBacher

Rita Sobut

Karen Cameron

Beth Walsh

Steve Wells

Donna Dominick

