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**THE
METRO
CROSS TALK
CHRONICLE**

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Joe Crawford

Pickin' an' Playin'

Looking For A Guitar?
by Joe Crawford

Ron Herman

If you're interested in playing the guitar, there are a few things to look for. You're price range, first off. If you're just starting out, don't go out and buy a cheap off-brand acoustic that's hard to play. It's best to start out with an acoustic. Look for a used brand-name guitar like an Alvarez or an Ovation. You could pick one up for about \$100-\$175. Learn as much as you can on it, then consider an electric. I would recommend a Gibson. For hard rock, pick up an old used SG or Marauder, Melodymaker or whatever. Gibson makes a countless amount of guitars.

Check the neck to see if it's warped. You should be able to tell by looking down it. Play it. Check the frets. If the strings rattle when you slide over them, they may need modification. If it's basically still in good shape, it's worth modifying. New pick-ups do wonders. Check out Dimarzios. They have good sound. After you get used to guitars, you'll be able to judge them yourself.

Playing the guitar is really fun. One of the hardest things is learning the chords and notes. About the only thing that is easy to do with the guitar is taking it out of the case.

If you really want to learn to play well and are real interested, it would probably take you anywhere from three years to twenty years. Some people can teach themselves to play within a matter of months.

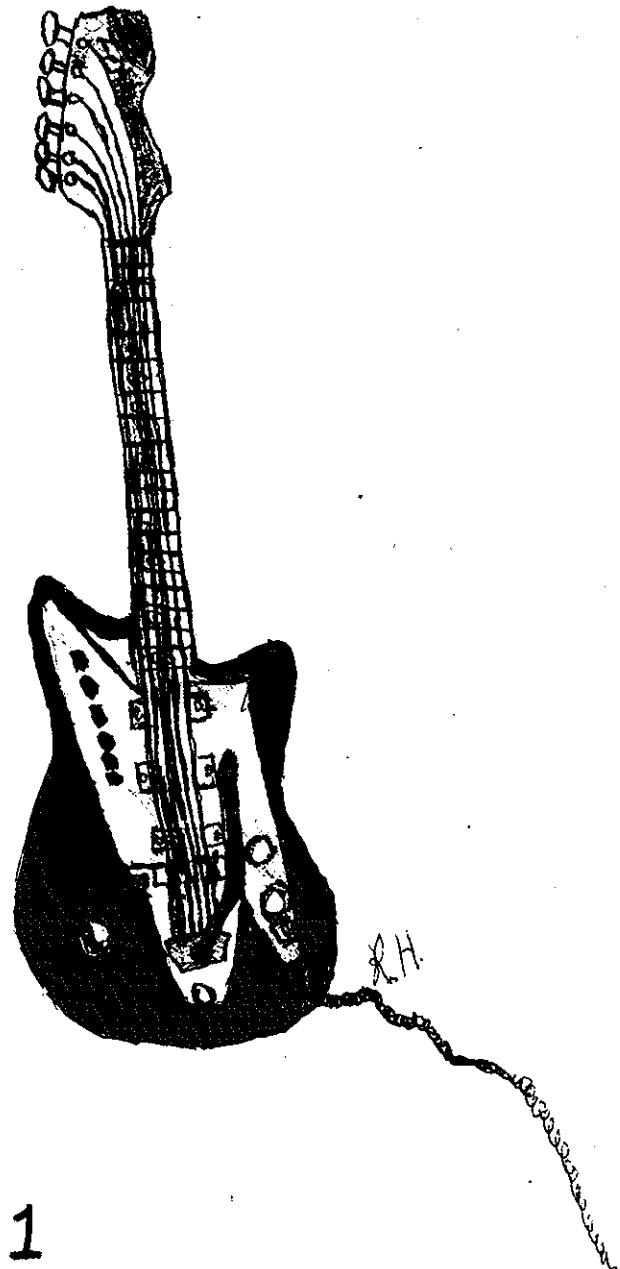
I really like playing guitar. I just can't wait till I can play it real well. Right now I am playing a string guitar. I want to get an electric some day. Two of my favorite guitars are the Les Paul and the Gibson.



Journey Look into the Future

Joe Crawford

This is one of Journey's first albums, and one of their best. All of the songs on the album are their own material except one George Harrison song. (It's all too much.) The guitar on this album is outstanding. The guitarist, Neil Schon, used to play with a guy named Devadip Carlos Santana; he is on the Caravan album. He plays a straight black Les Paul. There are only four members on this album, it was made before they got their lead singer. The key boardist does vocals. It is, in my opinion, good clean high energy music at it's best. It's worth looking into, so check it out.



Can you believe what's going on in this world today? 50 Americans in Iran being held hostages, the Presidential elections, quarreling between Afghanistan and Russia. Now Carter's idea on drafting women! Women being drafted, can you believe that? It's bad enough men having to fight for our country. If you ask me, I think Carter should have to fight for himself, after all, he's the one who is getting us into another war. What is the sense of women being drafted when they're not even going to be in combat? What are they going to do, cook, clean, and take care of the wounded? It seems to me the Vietnam war did okay without women. I'm sure the guys in the war aren't going to want a bunch of panicky women running around wild all the time. Maybe some women will be able to make bombs or something like that if they're lucky. I think if women are going to be drafted they should be worthwhile.

Diane Bemer

When I think of the draft, I think of my country. My country is very large and powerful. It would be an honor to serve my country in a time of need. I will admit that I am kind of scared of the word draft. If and when it comes down to it, I would have to say that I am more than willing to help my country in any way.

The only time you see the people in a country close is during a war. That shouldn't be true, but it is and this is the only time that you truly see the members of a country caring for each other. It's nice to see people working together to reach the same goals. That is the time when everyone is equal and has an equal chance of living.

I think everybody should be treated the same, men and women, no matter what race or color, and not only during a war. My true opinion of the draft is that may-be if it would happen more often, then may-be everyone would be treated equally.

Prentiss Thurmond

Should We or Shouldn't We?

by Bernice Zeller

I took a survey of some parents around town on what they think about marijuana in general, and here is what I said.

Here are the questions I asked:

Q: What do you think about marijuana in general?

A: It's not a good thing to start.

A: People should face problems straight and not with a crutch.

Q: Do you mind if your child/children use drugs at home?

A: All of the parents said, yes, they do mind, but they'd rather have them smoke at home than in the streets.

And if the child is of age, there's not much the parents can say about it.

Q: Have you ever tried pot yourself?

A: Some parents said they tried it, but it didn't do a thing for them.

Others said it wasn't the fad when they were young.

Q: Have you ever talked to your kids about drugs?

Have you ever tried to get information about drugs and where did you get it?

A: Not a lot of parents talked to their kids because they thought their kids thought they knew more than the parents about drugs, anyway.

So here it is: what parents think about drugs. What do you think, should we or shouldn't we?

In Mary's Family Living class, we have been covering a lot of different topics. The most recent topic was early pregnancy and birth control.

We have seen two films, read pamphlets, and discussed our opinions. Some of the things we discussed were what the father's rights were and how you can prevent getting pregnant. In a lot of our discussions, abortions were brought up. Most of the people did not think that having abortions was right.

We also had a guest speaker whose name is Amy Koem. She is from Planned Parenthood. She talked to us about birth control and she showed and told us about all the different forms of birth control. She passed out pamphlets and answered questions. Mary showed us a film that Amy had brought with her, but it was upside down and backwards, so we had to watch it the next day.

There are a lot of places to go or call if you would like information on birth control or if you are or think you are pregnant. You could go to Planned Parenthood, which is located at the Paramount Building, 305 2nd St. S.E., Room 212. There is also the Cedar Rapids clinic for women, the Family Clinic at St. Lukes or your own doctor. Only you can make the right decision for yourself - not someone else.

by Jody Sisco
Carmella McNamara

METRO EMPLOYEES

by Betty & Bernice

Here is a list of Metro students and the places they work:

1. Ralph Boll: construction
2. Teri Cain: Target West
3. Dave Cook: Janitor
4. Ann Cooper: Foundation II
5. Lando DeLaVergne: Penney's
6. Cathy Entwistle: Collins
7. John Ernst: Hardees 6th St.
8. Kevin Finneman: Pine Inn
9. Gordon Gaster: Gazette
10. Alan Garlow: A-1 Auto Body
11. Ron Herman: Iowa Electric
12. Tracey Jeffrey: Gazette
13. Theresa Kelly: Montrose Hotel
14. Bruce Knight: Midwest Janitorial
15. Dorothy LaCoursiere: Child Care
16. Mark Mangas: Clark Station N.E.
17. Jackie Mally: Godfather's
18. Carmella McNamara: Village Inn
19. Pam McAmis-Foote: Sacred Heart Convent
20. Julie Moser: Village Inn
21. Dave Mitchell: Barlow's Bakery West
22. Doris Ocenosak: Bishops Westdale
23. Brian Rigel: Spirits and Provisions-Amalgamated
24. Michelle Remillard: HACAP Meals on Wheels
25. Scott Rich: Wilsons
26. Joe Ryan: Westdale Management
27. Larry Stoneking: Chicken Shoppe- 1st. Ave. S.W.
28. Don Williams: Vern's Standard
29. Geoff Walker: Coca Cola
30. Bridgette Welsh: Jean Nicole's
31. Charlie White: Bright Way Electric

Here is a list of jobs that Metro students have: restaurant work, clothing clerks, janitorial workers, gas station attendants, and electrical workers. Most get minimum wage or better. They work an eight hour day or less. The job that seems to be the most popular is restaurant work. As for being treated fairly on the job, some are but others aren't.

Roy, the work experience coordinator, talks to employees after the Metro students are hired. He said one employer stated "If I'd known the person I hired was a Metro student, I wouldn't have hired her in the first place. But she's turned out to be an excellent worker."

Roy said that generally the employees are very happy with the work done by Metro students.

If you want a job,
see Roy.
He's usually here
every morning.
His office is across
from Carl's room.

I work at Coca Cola as the night sanitation man. My job is to make sure the bottling and pre-mix machines are clean and sanitized. To do this, I have to run about 250 gallons of chlorinated water into the machines. Next I flush them out with purified water and then fill up the machines with 250 gallons of sanitizer. I then flush them again with purified water.

After that is all done, I have to kill mold on the machines. To do this, I first spray the mold off the machines with a high pressure sprayer. Then I use a foam gun and spray a sticky bubble mixture all over everything, and then I spray it down with water.

That's about all I have to do except just keep the machines clean all over the place. I make \$4.35 an hour and work from 5p.m. to midnight.

Geoff Walker

Metro Interns.

Metro students have the opportunity to explore various careers by working as an intern in an area of their choice. Pam explains her experiences below:

An internship is like a job set up for you to observe a specific occupation to see if you would be interested in pursuing it after high school.

In order to get set up in an internship, I talked to Jack Garry. We talked about what I was interested in doing and he and Bill Wild put their heads together to find a place for me. My interest lies in social work or counseling so they arranged for me to work at Foundation II. Since I work in the afternoon, the internship was set up during the morning.

I worked at the Foundation II Crisis Center for about two weeks, which is the length of an internship. I went to visit the runaway shelter to learn what goes on there. The rest of the time I observed what went on at the center. I was able to read contact sheets and went through the training manual. There wasn't a whole lot that I could do because it takes training to counsel. But it did pique my interest though that I have signed up for their training program for volunteers.

I really enjoyed getting out to explore different areas that I might be interested in, and I would recommend it for anyone who isn't quite sure what they want to do.

Pam McAmis - Foote

After two weeks of internship at the Cedar Rapids Pediatric Clinic, I was sure I had made the right career choice for me.

While I was there I helped the nurses pull files and ledgers, check patients in and out, and help with some of the bookkeeping. All of the people were very helpful and would answer almost any question I had. When my two weeks were over I felt like I had gathered some valuable knowledge and experience, which will help me when I start my vocational training at Kirkwood.

Teri Cain

Foundation II Outreach Program

At Foundation 2 we deal with everything from birth control to helping teenagers find a job.

The Outreach program is designed to let young people know of the different services available to them around the city. Rap groups are offered, as well as personal counseling, and support services, all services are free of charge.

The Outreach program operates Monday thru Friday 9-5 and counseling is also available by appointment.

For more information contact Ann Cooper.

You can be an intern
if you're close
to graduation and
you want to
see what a certain
job is like.
You earn credit
instead of
money and
learn about jobs
firsthand.
See Jack or
Bill Wild.

A Story

by Lori Hatch

We've been at war with China going on two years. The thing that has kept them from bombing us before this was the prisoner of war camp. We almost had China to our own, but I guess they had this last trick saved to blow us all away when we least expected it.

As far as I remember, I was in my room in the basement of an old boarding house, listening to a report of Chinese planes bombing major cities of the U.S. I was reading an old movie magazine on the bed in the corner of the room. I had just layed it down when I heard sirens in the distance. Then a tremendous force shook the whole house, followed by the amplified sound of a train wreck in my head. That's all I remember till I woke up. The basement was caved in and in total darkness except for a small fire at the far end where the furnace used to be. It was terribly cold for it was winter. I got up and a sharp pain in my head almost knocked me down. I reached up and I was bleeding. I must have hit the wall when the house shook. I sat for a while trying to get my self together to see what was left of Cedar Rapids. It was totally silent, except for the low rumble of buildings falling and the creaking of the old house.

When I finally found a way out, I stood on the lawn in a total state of shock. What was once a town of 150,000 was now a massive grave yard. What was left of the homes of neighbors were now giant tombs. It was like a scene from an old science fiction horror film. Smoke rose silently in the evening sky. No sound could be heard except the empty wind blowing. I forced myself to walk on. The yards and streets where once children and dogs played were only the remains of homes. What used to be the downtown now looked like a young child's toy. Nothing was standing higher than ten or fifteen feet. Nothing was recognizable. I was forced to turn back because the smoke restricted my breathing and I could hardly see.

Back at what was my home, I sat to figure what I was to do. Nothing made any sense. Too confused, I

couldn't keep anything straight. I sat there till the sun started to rise.

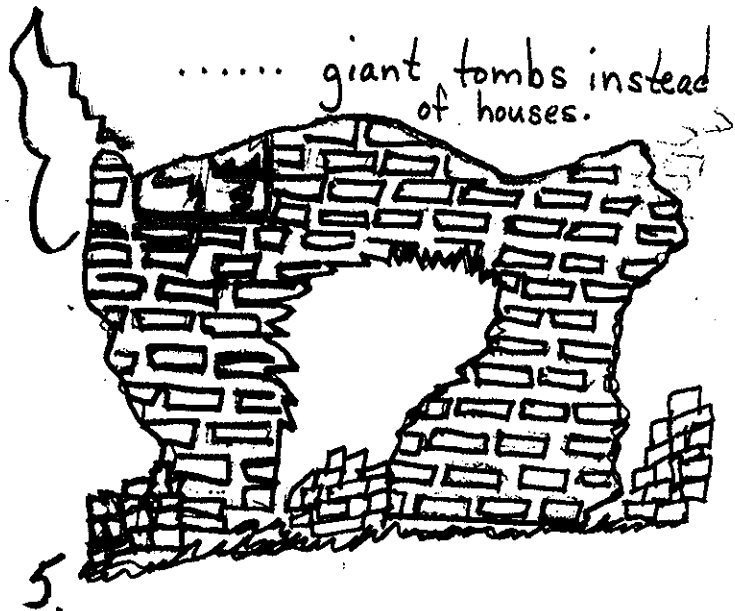
I thought I could hear some thing so I started running toward it. The sound I followed, I soon found, was not moving on land. I looked up and there were three planes with the distinctive communist red stars. I stood shaking, not in fear, but in anger. With all the power I had, I screamed and shook my fists. They unmercifully dropped what was to be my funeral, as if what was done, wasn't.

A Poem

Bernice Zeller

Will He Ever Know?

There once was a man that I loved so
but did he love me? I'll never know.
He was kind to me, as kind as could be,
but was I as kind to him as he was me?
I'll never know.
But now this man that I loved so is gone
to someone new.
Will he ever know how I loved him so?
Oh, Lord, I hope so.
But now this man will go away and leave
me all alone. But who am I to say,
"Will he ever know?"



STAINED GLASS

by Teresa Parker & Theresa LaCoursiere

Dan Green

Dan made a ski person out of stained glass, to donate to the Sundown ski resort in Dubuque where Metro students have been skiing for the past 2 years. It took Dan 3 weeks to get all the glass copper taped and soldered together. Dan donated his project on February 14, 1980. Dan seems to take a liking to stained glass. He has made alot of nice things, such as projects for Cindy and for some of his relatives. Dan really gets involved with stained glass.

A sketch of Dan's window, now hanging at Sundown.



Betty Hamilton

Is making a stained glass wind mill in class. Betty said that it took her from the beginning of the term until February 11, to get her project copper taped and soldered. It cost Betty \$14 to buy copper tape and some of the glass in her window. The rest of the glass was in Debi's stained glass class. Betty said she is going to put her project in her window at home. Betty has done this kind of work before. She seems to really enjoy her work and comes out with very nice stained glass windows.

Here are some projects that students are working on in stained glass:

Michelle Remillard: angel. She said she'd never worked with glass before. It took her seven weeks to complete it. She used left-over glass, so it didn't cost anything.

Terry Klouda- dog. He said he'd worked with glass before.

Teresa Parker-sailboat. She started it the last of this term. She plans to hang it in a window at her boyfriend's apartment. She said she learned how to do glass last year.

Here's how to cut glass....

STAINED GLASS

Lori Hatch

Stained glass has been a very rewarding class for several of the Metro students. It's not really very difficult. All you need is patience, a steady hand, glass cutter, glass, oil, grozing pliers, copper tape, solder, and a soldering iron.

For the 1st step, draw your pattern on a stiff piece of paper, then trace a copy of it. Number your pattern pieces so you know where each piece goes. Cut up the stiff copy with scissors made for that purpose. Then cut out the line and the pattern pieces fit together perfectly.

Secondly, pick out the glass, in the size and colors you need. It's always a good idea to get a little more glass than you need. You never know when a piece will break in the wrong direction, and you can always use the extra glass for another project.

Third, trace the pattern piece on the glass. There are yellow marking pencils you can get for this, but a felt tip pen works fine.

You are now ready to cut the glass. Hold the cutter between your first two fingers and thumb, sort of like a chop stick. When you cut, always cut inside the line or the piece will not fit your pattern. If you guide the cutter with the index finger of your other hand, you can cut the piece more exactly. You should never go over a cut a second time, because it ruins your cutter.

After you make your cut, there are several ways to break the cut. If your piece is small, you should use pliers. It's easy to cut your self with small pieces of glass. If the piece is larger or curved, it's better to tap the cut with the end of your cutter so you don't put too much pressure on the glass and break it in the wrong place. After your glass is cut, you put copper tape around the edges of the glass. Try to get it on evenly, so when you look through the glass you don't see the tape on the other side. Then take a fid to smooth the copper tape, so the solder goes on smoothly and the tape doesn't separate from the glass.

Now you're ready to solder. You have to turn your pattern over, so if any of the pieces are of thicker glass the front of your project will be flat. Spot solder it first with little drops of solder between the pieces, so when you do the final solder, the pieces don't move. Put flux where you are going to solder so the solder will go on smooth and easy. Don't hold the soldering iron in one place long. The solder will get air bubbles and/or run through the other side. When the back is finished turn it over and solder the front.

That's all there is to it.

Congratulations Graduates!
by Bernice Zeller

These students should be able to graduate this spring if they work hard third term. This will be the biggest group we've ever had graduate from West.

A.M. Students

Julie Bizek
Teri Cain
Joe Crawford
Ann Cooper
Cathy Entwistle
Mark Mangas
Scott Rich
Joe Ryan
Geoff Walker
Charlie White
Pam McAmis-Foote

P.M. Students

Darwin Bosier
Kevin Gerlach
Annette Priske
Melissa Shreeves

A course all of these students have to take before they graduate is called Preparing To Graduate. Before they can graduate, each Metro student must prove he is competent in several areas: finding a job, looking for an apartment, writing, reading, math, science, social studies and first aid. They take this course at least two terms before graduation. Good luck with the course, future graduates- I hope it's good from here on out!

MIA's

by Salina Bailey, Dana Kleppe
and Betty Hamilton

Bruce Knight

This wasn't Bruce's first time to be awarded MIA. He has won it three times before. He said he won because he's a nice guy. Bruce says he likes Metro and wouldn't change anything. He plans on graduating sometime next year. He then plans to get a full-time job. Bruce has attended Metro for two years.

Here's what a few of his teachers have to say about him:

Debi: "Bruce Knight finished a stained glass elk which he started last year. The elk is cut from handblown glass, the most difficult type to cut due to irregularities formed during the blowing process. Cutting the antlers on the elk was the most difficult part. Brad helped Bruce make a frame which really accents the window. His project is an example of many hours and a lot of patience. Bruce is very proficient at cutting, copper foiling and soldering. I'm proud of him and all his talent! He doesn't even cut himself!"

Max: "One of Bruce's greatest assets is his ability to determine what topics are important and then take an active part in learning about those things."

Bill: "Bruce contributes to class discussions, and what he has to say is always worth listening to."

Bernice Zeller

This is Bernice's first year at Metro. She said she had no idea why she won the MIA. (Her teachers explain why below.) She likes Metro because there aren't as many classes as at the other schools and the teachers are nice. After graduation, sometime in 1981, she plans on going to Kirkwood for journalism or veterinary medicine.

Here's what some of her teachers have to say about her:

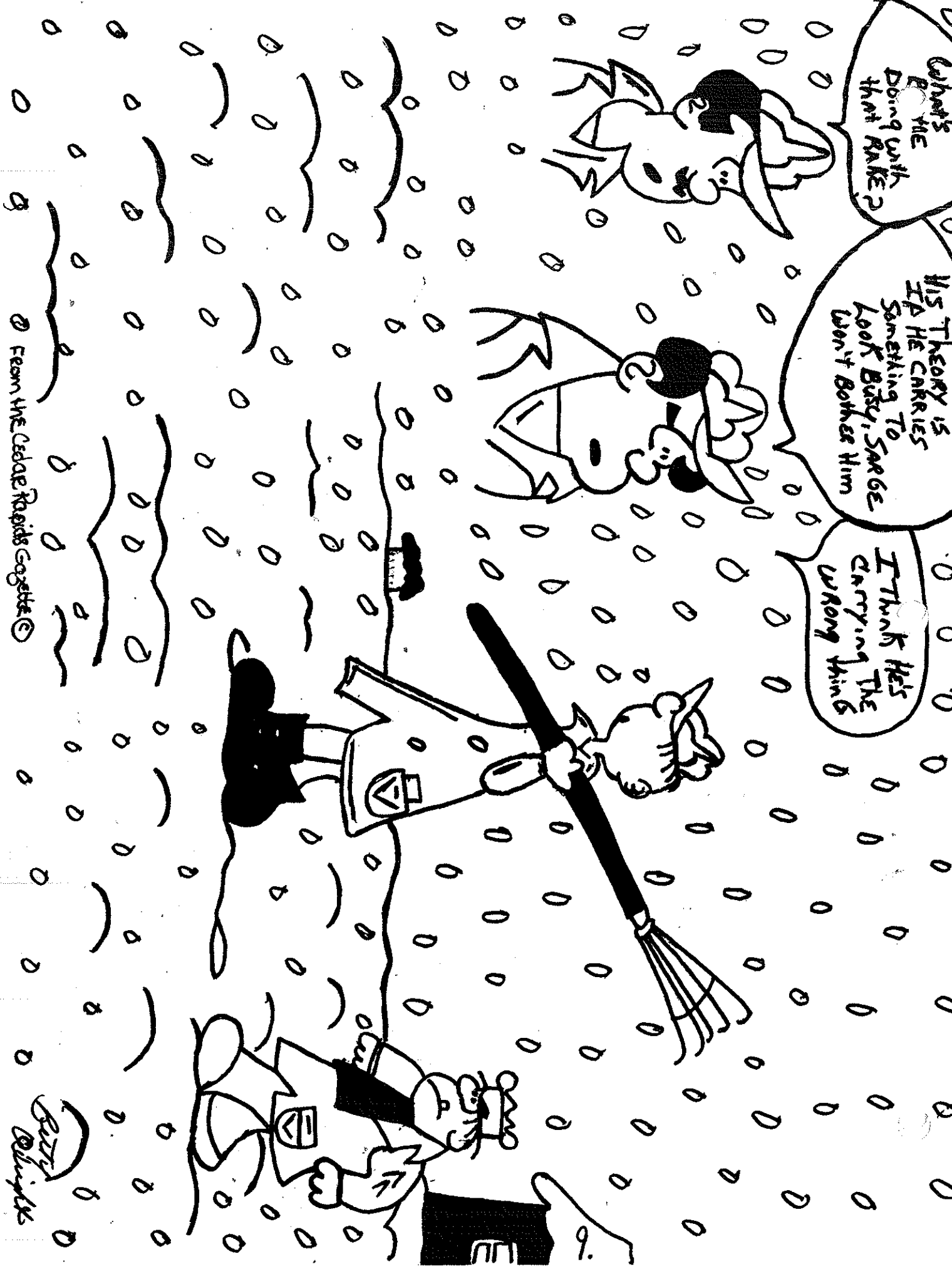
Mary: "Bernice has been actively involved in Metro West this year. She participates in class discussions and takes part in activities of the group. Bernice has contracted for extra credit in a couple of classes and also works on correspondence courses in the Learning Center. She's interested in learning and adds calmness and interest to classes."

Pat: "Bernice is one of the real achievers at Metro. She is responsible for getting the newspaper written and for keeping the teacher sane. She has decided what is important in her life and she is independent and able to direct herself."

WHAT'S
THE
DOING WITH
THAT RAKE?

HIS THEORY IS
IF HE CARRIES
SOMETHING TO
LOOK BUSY, SARGE
WON'T BOTHER HIM

I THINK HE'S
CARRYING THE
WRONG THING



From the Cedar Rapids Gazette ©

Betty
Blunck