



Schedule change passes for '07-'08



Photo by Ellyn Fortino

Many teachers attended and spoke at both Board of Education meetings for the scheduling decision, bringing up points that had to be considered before a vote could be taken.

New format uncertain, staff reductions almost guaranteed

By Ellyn Fortino and David Thomas

Many changes are coming to future student schedules. However, what the schedule will look like is still undecided.

The Board of Education passed the motion, 5-2, to implement a schedule change for the '07-'08 school year on Nov. 15.

With the school debt over \$1 million, and projected to grow over time, the schedule

change was passed as a way to cut spending. The reduction in spending, however, will possibly come at the cost of teachers.

The Board meeting drew about 100 parents, faculty and students who were all concerned about the new schedule.

"I have had so many excellent teachers throughout my years at Community High," said senior Robert Vondrash. "Many delicate relationships between future generations and

teachers will be gone due to the loss of teachers."

Many faculty members also voiced their opinion at the meeting.

"A major change in the school day's schedule will impact students, faculty, the community and the progress of No Child Left Behind," said social studies teacher Candace Fikis.

Topics teacher, Sandra Wilson feels some questions still need answering.

(See Board decision page 4)

Parent and teacher combine forces to initiate school toy drive

Students donate toys and books to Katrina victims

By Julie Youngwith

Cheerleaders cheered, drumline drummed out their beats and students gave out high fives during a week-long toy drive which raised \$7,000 in toys for the children affected by Hurricane Katrina.

From Oct. 31 to Nov. 4 before school, a truck parked on the track to collect new and used toys and books.

Physical education teacher Kim Maloney organized the toy drive. The idea of the toy drive was brought to Maloney by community member and student parent, Ron LaFluer.

LaFluer spent two weeks in New Orleans in the aftermath of Hurricane Katrina helping with search and rescue missions. He traveled through the

city in his airboat, looking for ways to help.

LaFluer located a remote community in Baton Rouge filled with people forced to evacuate their homes. There were about 1,000 people in this community, including 350 children.

Members of the Army, volunteers and citizens forced out of their homes by the hurricane used the rubble to build makeshift shelters.

When LaFluer went to New Orleans, he noticed that the people affected had an abundance of food and other necessities, but the children had nothing to do.

The Army made the kids a makeshift basketball court out of the rubble, but other than that

there were no toys for the kids to play with.

"My daughter's room is filled with toys and whenever I walk past her playing in there it sounds like there are about eight people playing with her. The children of New Orleans have nothing and they are silent," said LaFluer.

The student council used \$3,000 from their budget to buy toys at a local Toys "R" Us, who discounted the prices of the toys to contribute to the effort.

The physical education department also made a monetary donation, as well as \$200 in new sports gear.

The toys were driven down to Baton Rouge by LaFluer



Photo courtesy of Kim Maloney

Kim Maloney picked up the toy drive idea after parent Ron LaFluer went to Louisiana on search and rescue missions and saw thousands of children with nothing to do.

and Maloney's husband, Steve Maloney, and the two personally handed out the toys to the children.

This was LaFluer's second trip down to Baton Rouge to distribute toys.

He also collected donations from the DuPage County fire chiefs, churches and Winfield schools.

Maloney is surprised by the overwhelming support of the students, staff and community.

"This is the first drive I've done that has received such an abundance of love and support," said Maloney. "These kids are getting a lot more than they bargained for. These toys are given hand-to-hand, heart-to-heart."

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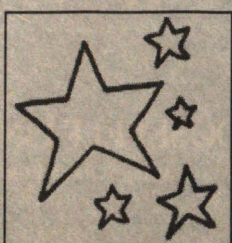
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Photography students take a shot at animals and scenery on zoo trip



Photo by Ellyn Fortino

A black rhino takes shelter from the cold weather along with the photography students while eating straw out of a stone feeder at the Brookfield Zoo.

"Not a lot of animals were outside because it was freezing and raining. The ones that were outside were huddled with one another or in the corner of the cage," said junior Chris Valaski. "It was also really hard to take pictures since a lot of exhibits did not allow flash photography and my camera lens kept fogging up."

Another student that attended the trip, junior Ashley Hickman, said that her favorite part about the zoo trip was the new-born baby dolphin.

"It was the cutest thing I have ever seen," she said.

Students on the trip were required to shoot two rolls of film to be developed and printed in class to complete a photo essay.

We-go Cares opens again in response to Board's proposal Halberg tries to give students a voice

By David Thomas

In response to recent Board of Education activities, senior Mark Halberg is resurrecting a former club to give students a louder voice.

The club, We-go Cares, would serve as a communication vessel between the Board and the student body.

"Some students are confused and somewhat unhappy with the Board," said Halberg, referring to the budget cuts and their recent schedule approval. "Hopefully we can fix that."

He disagrees with many of the budget cuts, especially in technology and the arts.

"Technology upgrades every year. We need money to stay ahead," said Halberg.

But Halberg's reasoning behind protesting art's budget cuts is more social.

"Call me old-fashioned, but we need some culture in the school," said Halberg. "By cutting funds, we remove a vital aspect of our education."

Halberg also disagrees with the block scheduling issue. He attended an Oct. 27 teacher's meeting where Supt. Lee Rieck presented the proposal to the Teacher's Association.

He spoke against the schedule change at the Nov. 1 Board of Education meeting. The board was to vote on the proposal for next year, but but tabled it after Halberg, teachers and parents made it clear that there were many issues to be addressed before voting.

"Can they develop a curriculum for all three academies in such a short time?" Halberg asked.

Despite Halberg's actions, the group still has not met officially. Halberg is waiting for a response from school officials regarding the group's future.

"I'm going to meet with Student Council, and maybe, We-Go Cares would become the student representation at the Board meetings," said Halberg. (See Student group page 3)

Thefts result in raised lunch prices and awareness

By Sabrina Potirala

Bringing expensive electronics to school may increase a student's chance of becoming a victim of theft.

Students can protect themselves by not bringing large amounts of money to school, avoid giving out locker combinations, locking P.E. lockers, and reporting thefts if one is witnessed, according to a school announcement.

"We made the announcements because we felt an information campaign about what has been occurring would educate the students," said assistant principal Josh Chambers.

"I see students everyday that just leave their backpacks unattended in commons. They need to keep their belongings with them at all times to help prevent this."

Although the thefts in the school have remained consistent over the years, there has been an increase in the value of things stolen.

"A few years ago, most students around school had CD players that cost either \$40 or \$50. Now we have iPods being stolen that can cost up to \$300," said Chambers.

Some of the most popular items that are being stolen include iPods, cell phones, small electronics, and calculators. There have also been a smaller number of wallet thefts.

A large quantity of thefts in

the cafeteria has also lead to an increase of product prices, according to the food service manager Donna Edminson.

"The price increase might make up for some of the items that have been stolen, but at the same time it is a hard thing to do because it is hard to prove exactly how much has been stolen," said Edminson. "I really would like to make lunch affordable for everyone, but I can't always have it my way."

Although thefts occur almost daily, this school is not the only one to experience thefts.

"Any school of this size will have an issue of theft, but with certain precautions we can help to lower that problem," said Principal John Highland.

Chambers believes that the police department is doing everything they can to limit the number of thefts that occur.

"The police are following up on every lead that they get and are trying to catch the people that are committing these crimes," said Chambers.

Any student caught stealing should be prepared to face the consequences. Some of the penalties include arrest, suspension from school, charges from the police department, as well as additional fines to pay back the stolen items.

"Anyone who is caught stealing will be prosecuted to the full extent of the law," said Chambers.

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October Student of the Month dreams of travel

Martinez honored for dedication in and out of school

Student of the Month is based on a solid academic history, commitment in extra-curricular activities, and community involvement.

Students must be nominated by at least one staff member, and the final selection is made by the Student Activities Director and a committee made up of additional staff members.

By Kellie Virnich

Only just beginning on her journey in life, Jazmine Martinez joins the ranks of the school's honored as October's Student of the Month.

Very involved throughout high school, Martinez has been most dedicated to choir and thespians, performing in both all four years, including several key parts in plays and musicals and chamber choir for the past three years. She was inducted into both National Honor Society and French Honor Society, and was also on student council for two years.

Outside of school, Martinez is even more devoted, volunteering at the Northern Illinois Food Bank, REACH (a religious program for disabled children), the Salvation Army and Wayne Township Food Pantry.

"I have always wanted to help and inspire people," said Martinez, who after a year at COD wants to do missionary work in Madagascar, having been invited there because of her dedication and patience years ago. She plans on teaching children English and assisting in the construction of a school.

"My goal is to be a role model and make a difference. I just want people to be happy," she said.

She also hopes to study cul-



Photo courtesy of Challenge

Postponing her college education, Jazmine Martinez will travel to Madagascar to teach children English. She will also help build a school and participate in other missionary work.

tural anthropology abroad, and minor in linguistics. One of her goals is to be able to speak 10 languages, and she is well on her way with three down before she even turns 18.

"I have always loved studying people, learning why we do what we do, and I love to travel," said Martinez.

Though she does not think she has changed much, Martinez has admitted to learning how to prioritize, using her time better and not stressing about unimportant things that she couldn't change.

"I really believe everything happens for a reason," she said, "so I don't regret anything. I've also learned not to judge people, because they tend to surprise you."

Martinez will not miss the high school environment of standardized tests and time. Time has been a problem for her throughout her school career, always overworked and somewhat behind, and she said that she wishes there was no such thing as time.

Martinez will miss all of the people, both faculty and students that she will never see again though. She wants to thank all her teachers for everything they have done, especially accepting her for who she is.

She believes her family has greatly impacted her, especially her immediate parents and siblings, saying that "she has never seen a closer family."

We-go Buddies changes their name, not focus

By Julie Youngwith

Despite the name change, We-go Buddies still plans to be best buddies with the special education students.

The organization formerly known as Best Buddies changed its name because Best Buddies is an international organization that requires students to fill officer positions. This year there were not enough students to fill those positions.

We-go Buddies is an organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships.

Club adviser Sandra Cook is excited about this year's students.

"In the past we had more students signed up for the club, but a lot didn't show up," she said. "This year we have a good dedicated group of students. Some of the freshmen are awesome, they seem really dedicated and motivated."

Previously the club paired up a student with a buddy, but this year We-go Buddies will focus more on group activities.

The We-go Buddies' goal is

to have at least one event per month.

In the past, Best Buddies has done cookie baking and decorating, and held a movie showing. Last spring they went on a field day where Best Buddies from surrounding schools were invited to participate in events such as a balloon toss and a 50-yard dash.

The We-go Buddies kicked off their year on Oct. 20 at Pizza Hut family night. The event was also a fundraiser for the group. Pizza Hut gave the We-go Buddies a percentage of the proceeds.

"This event is good because you get to know the parents, and also raise money for the club," said Cook.

Students interested in joining We-go Buddies can pick up an application on the bulletin board outside of room 130.

Meetings take place every second Tuesday before school to plan and discuss that month's event.

"If someone isn't sure if they want to join they should come to an event and see what it's like. I think they'll be surprised with how much fun they have," Cook said.



Photo courtesy of Sandra Cook

We-go Buddies, formerly Best Buddies, underwent a name change because more members were needed to use the national organization's name. Graduate Tilia Detrick helps senior Paige Boudreau with an art project.

Student group... (continued from page 2)

This is not, however, the first incarnation of We-Go Cares.

According to the group's adviser, social studies teacher and Teacher's Association president Barbara Laimins, the group was active twice in the school's past. The first time occurred several years ago, when a referendum to pay for the west wing addition of the school was defeated by the community.

"The students were very angry at the community," said

Laimins. "They were actually planning a walk-out."

Several students approached John Highland, the assistant principal at the time, and then Principal Al Jones. They talked the students into forming a group that would have more effect on future referendums. The students approached Laimins to be the group adviser.

Once formed, We-go Cares worked hard for the next referendum. According to Laimins,

the group placed flyers informing students about the issues at hand.

The second referendum passed, giving money to build the west wing addition of the school. The students received several plaques and awards from the Board of Education. In addition, two students earned full four-year paid Target scholarships.

But soon after the referendum passed, We-go Cares faded away.

"Many of the students had graduated, but the main reason was a lack of issues," said Laimins. "But I made sure it stayed on the record books. It still has money in the treasury, and it is still recognized by Student Council."

According to Laimins, it's a long hassle for a club to be officially recognized in the school.

"Why go through it again?" asked Laimins.

The second time We-Go Cares was active was when

two teachers were diagnosed with cancer. The group raised money for the teachers to help pay for medical bills.

But since then, We-go Cares has been inactive, despite its official club status. Halberg hopes to change that.

"I would like to see We-go Cares exist beyond these issues, and be more action-oriented," said Halberg. "I want it to become a personal and permanent liaison between the administration and the students."

Board decision... (continued from page 1)

"I am not very happy with the results of the meeting," Wilson said. "I feel like not enough people were informed about the implement of a new schedule and I personally still have no idea what the schedule is."

Special education teacher at Addison Trail High School and district resident KerryLynn Hunter is amazed by the Board's passion for implementing the new system, however as a taxpayer she is concerned about the program.

"I am a sole supporter of block scheduling if it is done properly in a good manner," Hunter said. "It takes 100 percent cooperation and commitment."

Board member Bill Brown said that the new schedule is good for all students because it provides them with additional educational opportunities.

"There is no final form for the schedule as of right now, this is just a concept," he said. "You have to start with something to move forward."

'I am a supporter of block scheduling if it is done properly.'

--KerryLynn Hunter

The advantages of the schedule, according to Brown, are new learning and course opportunities, a maintained student-to-teacher ratio, opportunity for a homeroom and assemblies, and a period for clubs and extra-curricular activities. The disadvantage is change.

Board member Rich Nagel stated after Brown's presentation that opinions expressed were not those of the whole board and he does not agree with the new schedule.

Following Nagel's comment there was an uproar of applause and one member of the audience stood up and shouted, "At least someone knows what they are talking about!"

During the previous Committee of the Whole meeting on Nov. 1, students and staff examined how students would be placed in different academies with the new schedule.

Under the current schedule proposal, after freshman year, the students would take the EXPLORE test to determine their placement for the rest of high school.

If students scored above the designated cutoff, they would enter the Future Academy, enabling them to take more electives.

However, if students scored

below the designated cutoff, they would enter the Foundation Academy, increasing their number of core courses and limiting their elective options.

Fikis also raised the question of possible discrimination because of the academies.

"Wouldn't these academies lead to de facto discrimination?" Fikis asked the Board. "And if they do, do we really want to support it?"

Fikis also mentioned the concern over class load. With the current proposal, the teachers would have to teach an additional class. Thus, in some cases, teachers could be teaching "20 to 40 percent" more students than they are now.

However, concern wasn't limited to just academics.

Classes were also a big issue during the meeting. Several questions were raised regarding students taking courses at TCD and students working part-time.

Counselor Ward Rau spoke on the impact the schedule would have on credits.

"In order for a student to get credit for a semester's worth of a class, a student must spend 3,600 minutes in class," said Rau. "These are the standards used by the NCA."

The standards used by the NCA (North Central Association) are nationally recognized and are used to evaluate high schools. With the current 10-hour schedule, a student taking a 50-minute class five days a week for 18 weeks (the equivalent of a semester) will have 4,500 minutes by the end of the semester.

"But in reality, it's not that high. Here at the high school, we have days off, shortened days, shortened periods," said Rau. "Students also need a cushion, just in case they get sick or go on vacation."

However, under block scheduling, a student taking the same 50-minute class four days a week for 18 weeks will have 3,600 minutes, the bare minimum.

"With the block scheduling, a student cannot miss a class, at all. Otherwise, they could not pass the semester," said Rau.

Students in special education were also a concern. As special education teacher Linda Gilbert explained, changing the schedule next year would hurt some of the handicapped students.

"We've already mapped out 10 percent of incoming special Ed students' IPS," said Gilbert. IPS (Individualized Education Plan) maps out a specialized school plan for students and are regulated by federal law.



Photo by Sabrina Potirala

In addition to decorating their homes for the deceased, families also visit cemeteries where family members are buried. Students created this display as a blend of color, humor and mourning.

Welcome Center does not mourn death, celebrates it

By Sabrina Potirala

Halloween time is usually associated with trick-or-treating, but for some it is a time to honor and respect relatives that have passed away.

The Day of the Dead is a celebration to honor the dead who, it is believed, return to their earthly homes on Halloween in many Latin American countries. This event takes place on Nov. 2, and is commemorated with a three-day celebration that begins on the evening of Oct. 31.

The Welcome Center participates in a yearly tradition that includes an exhibit representing the Day of the Dead.



Photo by Sabrina Potirala

Many Latin American families construct altars for deceased loved ones, which can include candles, favorite foods and drinks and other decorations.

Usually, there is at least one exhibit displayed in the office area of the Welcome Center where teachers are able to visit and eat pan de muertos, also known as dead bread.

This year, Miguel Arroyo, Welcome Center director, suggested that the celebration be turned into a collaboration of displays between departments and students in order to open the display to the public.

"We also decided to open it up to the elementary and middle schools because the Welcome Center works with the dual language program from Gary School," said Arroyo.

There were several exhibits presented in the Welcome Center. These included a pre-Columbian display built by the elementary and middle school students. Welcome Center high school students presented an exhibit from Oaxaca, Mexico. Students in the foreign language program presented a modern exhibit. The dual language students created a collage, and the bilingual program students displayed four traditional exhibits.

"The display represented different eras in the history of Mexico and how the Day of the Dead altars were exhibited," said Arroyo.

Arroyo feels that the collage was a nice way to express the love and respect for the dead.

"We had yellow paper where students who visited the exhibits were able to write down the name of a loved one who has passed and honor them in remembrance," said Arroyo.

He feels these displays profited the students in many ways.

"It benefited the Latino students because they were able to show the importance of their culture," said Arroyo. "Other students got to see and experience the Mexican culture and why it is important."

Arroyo and some of his colleagues have already begun thinking about how the display will be represented in the Welcome Center next year.

"In Latin American countries we really honor our dead. We just never forget them and we want that to be seen in next year's exhibit," said Arroyo.

French classes give school a foreign flair

By Katie Taylor

Students got a taste of French food, film and culture during French week earlier this month.

French teachers provided free hot chocolate and French music before school Nov. 4 where students enjoyed croissants and watched French morning television.

"It was really fun to have a French breakfast with the students," said French teacher Zerrin Bulut. "The hot chocolate was a real hit."

The French breakfast was banned from operating in commons and offering coffee because it would have competed with the cafeteria breakfast sales. Instead, students met on the third floor in a French classroom.

International Club sponsored a French film festival Nov. 7 where they showed the 1954 version of "The Moulin Rouge". French teacher Majorie Appel saw a snippet of the film in the Toulouse-Lautrec exhibit when she took French 3 and 4 students to the Art Institute of Chicago in October. She decided it would be a great activity idea not only for International Club, but also for French week.

"I picked it up at the Art Institute, and I thought 'Everyone knows the new one, why not see the older one and see what life was like in France in the nineteenth century'," said Appel. "Plus, by watching it we got to learn about one of the most important artists in French history, Toulouse-Lautrec."

Students enjoyed seeing the film, that starred Zsa Zsa Gabor. The complex dance numbers were also a favorite of students.

A poster contest closed French week, where students created posters about what "Francais" means to them.

"French means so many things to different students, from food, culture, fashion or Parisian tourist spots," Bullut said. "It's interesting to see what different things people picture when they think 'Francais'"

Overall, Bulut considered the week filled with French culture to be a success not only in offering fun activities for students, but also beneficial to French students and the entire school.

"It's fun to do and to raise awareness of all the students who study French and its culture," Bulut said.

Newly expanded NHS prepares for Frosty Fest, filling community with holiday cheer

Students welcome winter with festive costumes and decorations

By Cristina Sarnelli

With over 100 members this year, the National Honor Society is getting revved up for their upcoming Frosty Fest in December.

One of the organization's first community service projects was the annual leaf raking project where students went around the community to rake leaves for the elderly on Nov. 5. Their most anticipated project, Frosty Fest, is coming up on Dec. 3.

"Frosty Fest is a community event in honor of the holiday season where members of the community and children come and take part in holiday games and activities," Katie Jones, co-adviser of the organization, said.

Frosty Fest is a mandatory event for all NHS members. The night before the event, members decorate commons with holiday streamers and decorations. The day of Frosty Fest, members dress up as elves and Frosty the Snowman. They hold a Santa's Secret Shop in which children from the community buy gifts for their parents. They also hold a meet and greet with Santa.

Students have really anticipated the event in the past, and

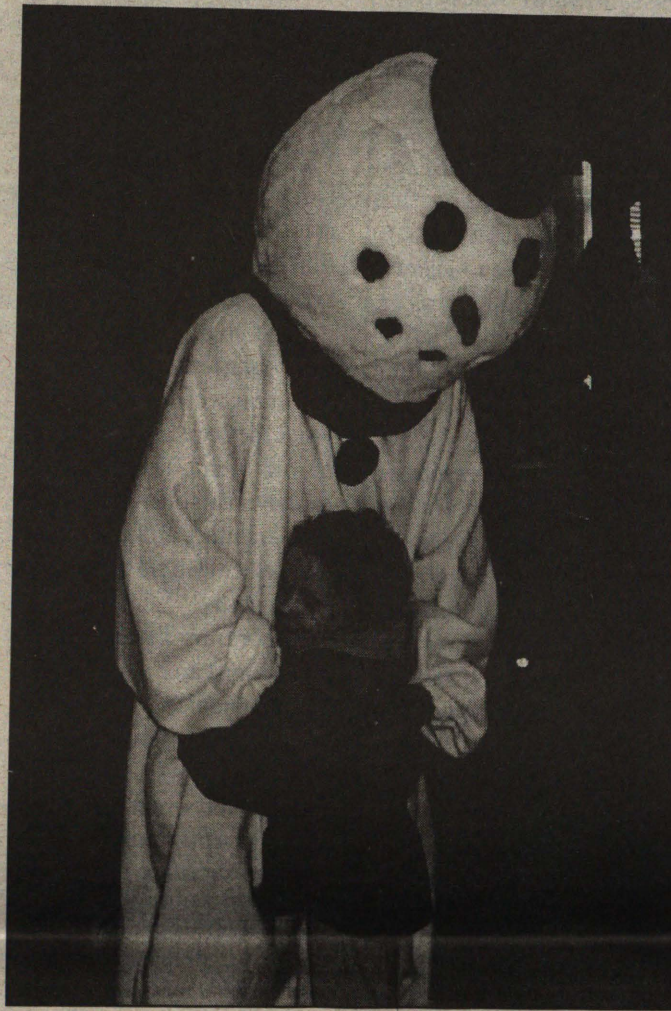


Photo courtesy of Catherine Jaeger

NHS members are responsible for decorating the school and dressing up for the kids, as this snowman did last year.

Jones expects a big turn out for the event this year.

"Frosty Fest was really popular last year, so I would

think it would be equally popular this year," she said.

NHS is an organization of students who have a 3.0 GPA

or higher that are selected by a faculty council. These students show potential in leadership, service, and character in school and in the community.

Students who want to apply for membership in NHS must be juniors or seniors and have to submit applications that ask about community service, grades, and extracurricular activities that they have been involved in.

The faculty council goes over these anonymous applications and selects new inductees.

Co-adviser Catherine Jaeger believes that NHS offers a great opportunity for students to volunteer.

"NHS gives students more opportunities to get involved with the school and community through volunteer work," she said.

This year's induction ceremony was on Oct. 20. In past years, students were inducted in the spring, but it was changed to fall to allow seniors to have more time to be involved with the organization and to allow them to be able to put NHS on their applications before graduating. Over 60 students were inducted into NHS this year.

Student-run preschool gives teens in child development early teaching opportunities

By Kellie Virnich

As parents in the community begin their frantic holiday shopping, they must consider what to do with their young children. One option is the preschool the high school's child development classes hold twice a year.

At the beginning of each semester, students in both child development 1 and 2 learn about how to handle children, how to teach them, and what to expect. They come up with lesson plans and form an idea of how to run a class before their final test: Running a real preschool.

Child development 1 holds a three-week course from Nov. 29 to Dec. 15, and students in the second, more advanced class hold a 12-week course.

Preschool director Patti Kozlowski feels that this opportunity is beneficial for not only the children and their parents, but the students who are

responsible for the school as well.

"Running this program gives these kids a chance to experience a teaching atmosphere," she said. "A lot of them want to be teachers, and I would say that the majority want to go into child-related fields."

In addition to the first two classes, who actually teach the children, the advanced child development students are responsible for assisting Kozlowski in teaching them. These dedicated students compose labs and lesson plans that prepare the teenagers for the children, including having them make up age-appropriate games and read stories to each other.

"The freedom is the best thing about this class, and the teaching experience. You have basically gotten the whole spectrum, teaching big and little kids," said advanced child development student Tracy

Opel, who will train to be a teacher after graduation.

The students are all dedicated to the children who attend the preschool, and Kozlowski said that building relationships and communication between the ages is another goal of the class.

She said, "I really think that being around kids more, and learning about what makes them act the way they do, makes the people who handle them less frustrated. Teens can be a lot like 2-year-olds, and helping them understand what goes on in young minds can prevent problems like neglect and child abuse."

Though not every student who has gone through the classes plans to teach, each is devoted to caring for children, and nearly all of them are considering a child-related field.

Junior Melissa Olsen, an advanced student who is still unsure of her career, knows

that she will end up doing something for kids.

"The class was just great, because you could come in on the worst day, and you would be guaranteed to leave smiling. This class is harder than people think, but if you're willing to work, it's really rewarding," she said.

Kozlowski stressed that the program concentrates on developing the children not only academically, but socially and emotionally as well.

The children not only go through exercises in basics like the alphabet, shapes and colors, but learn how to share and play with others.

Spanish-speaking students are present in both the morning and afternoon session, but they also help children learn and improve English skills.

Each preschool program will run three days a week, from 8:50 to 10:45 a.m. and 1:15 to 2:10 p.m.

Variety show displays students' many talents

By Sabrina Potirala

The annual variety show's Halloween theme sparked a devilishly delightful response from the audience.

"This year's variety show was a ghoulishly good time," said Future Business Leader of America (FBLA) adviser Maria Wirth, in response to the variety show's Halloween theme. FBLA sponsors the show, raising \$620.

Wirth said the show had diversity and was able to entertain the audience.

"This year's show differed from last because there were a lot fewer bands performing and more skits," said Wirth.

The amount of variety in the skit as well as how fun the skit is played a major role for the judges when deciding the final acts.

"The goal was that everyone had a great time when they came to see the show," said Wirth.

This year's performances included "Detective of Seville" with seniors Dave Taylor, Miles Lincoln and Tyler Dameron; "An Amalgamation" with senior Ryan Burlison; "On My Own" with junior Amy Smolucka and senior Angie Panozzo; "Turn the Page" with senior Alex Breinig; "Quin's Band" with seniors Quin Barclay and Brian Brewster, and juniors Derek Soutar and Jim Foreman; "A Stranger in My House" with junior Alesandria Hill; "Guitar" with senior Carl Johnson; "Life" with senior Amanda Bass and freshman Rachel Bass; "For Good" with seniors Erin Silk and Sara Duran; "Lose Control" with senior Tracy Opel; and for the finale, "Re-

venge of the Nerds" with seniors Steve Migliorato and Eric Lauer.

Dameron felt the audience was satisfied with the performances based on the amount of positive feedback the audience gave after the skits.

Dameron's favorite part about performing in the variety show was seeing the audience's reaction to the skit.

"I love to hear the audience laugh, whether it be at us or with us. Our main objective is to have fun and let the audience have fun," said Dameron. "It is all worth it in the end to hear the applause and cheers of the crowd, no matter how stupid we make ourselves look."

Although Dameron has performed in the variety show before, he felt that the first performance could have gone better.

"The 4 o'clock show was a little shaky because it was our first performance in front of an audience. It still went well though," said Dameron. "I thought the 7 o'clock show was great, we got everything right and made minimal mistakes."

Dameron hopes that people will continue to try out for the variety show.

"To all the underclassmen, Miles, Davy and I are graduating this year and we need people to take our place," said Dameron.

The variety show was held on Oct. 28.

After the event, FBLA donate a portion of the proceeds, which totalled up to \$620, to a charity of their choice. This year's charity has yet to be determined.

'The Nerd' is still getting laughed at, this time as play makes debut

Play showcased slap-stick comedy and witty one-liners

By Julie Youngwith

Goofiness took center stage during the fall play, "The Nerd."

The play took place Thursday through Saturday.

The play was written by Larry Shue, a Glenbard West graduate. "The Nerd" was his first play, but he is better known for his other works.

"The Nerd" tells the story of a young architect who is entertaining a client. During the visit, they are interrupted by an old friend, the nerd, who quickly wears out his welcome. The architect and his friends then scheme to rid themselves of the nerd.

Senior Davy Taylor plays the protagonist architect, Willum Cubbert; junior Dave Thomas plays the client; junior Rachelle Henning plays Cubbert's love interest; and senior Dan Visser plays the nerd. Juniors Carissa Gerber and Mike Dalton and freshman Lucas Valdez also have supporting roles.

Play director Mary Hafertepe chose this play because she saw it several years ago and thought it was very funny and that it was time to do a comedy again.

"The Nerd has a really twisted sense of humor," said Hafertepe.

The cast members had to overcome a few difficulties, such as making their cues and staying in character.

"The play is really out there. There is a scene where the entire cast is on stage spinning around barefoot with plastic bags on their heads," said Tho-

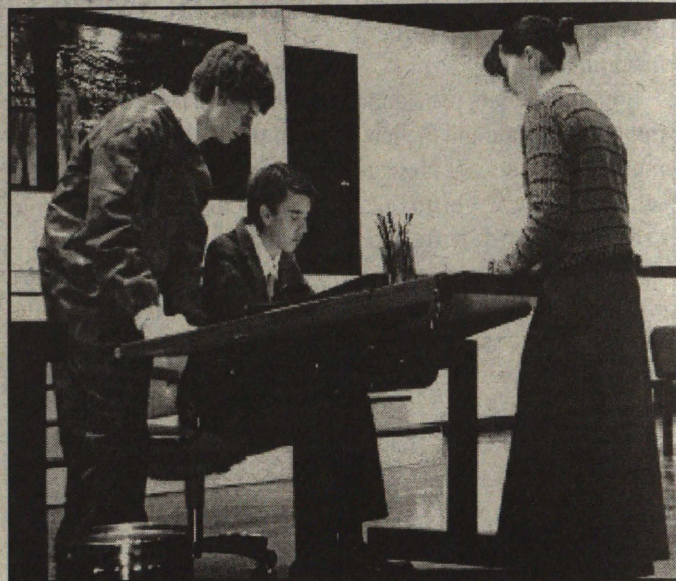


Photo by Julie Youngwith

Senior cast members Dan Visser and Davy Taylor, as well as junior Carissa Gerber, rehearse their production of "The Nerd".

mas. "And that's just Act I. We really had a hard time keeping straight faces."

Besides acting, there are many other responsibilities that are involved in putting on a school production like "The Nerd."

Cast and crew both took responsibility for building the set. Everyone put in many hours hammering, sanding and painting, even on the weekends.

"The set was one of the biggest obstacles because it is so sophisticated," said Hafertepe.

The prop crew is responsible for obtaining props and making sure that they are in the right place during the play.

Hafertepe said "The Nerd" has many props that the crew had to find or make including fake cottage cheese that was thrown on the jacket of a cast member.

Lighting and sound, was handled by the tech crew.

Junior Rachael Hasse headed the tech crew along with Jeff Manimbo, the tech director and assistant director.

One of the more popular crews is costume and make-up. They are in charge of gathering all the parts of the costumes, and making them if necessary.

The costume and make-up crew were also responsible for applying stage make-up to the actors the nights of the play.

"I help with make-up for every play and musical. The boys need the most help because they have no idea what they are doing," said senior Lora Vodicka.

There were also students in charge of publicity and tickets. Their job was to sell tickets and promote the play by making posters.

Snowball travels over the rainbow at weekend retreat

By Cristina Sarnelli

Operation Snowball hosted a student trip over the rainbow and down the yellow brick road to teach students about teen leadership.

Snowball, commonly mistaken as an anti-drug program, is actually a three-day retreat.

During the event, students learn about leadership, issues relevant to teenagers, and help with decision-making, according to organization adviser Catherine Thielberg.

Any student is eligible to join Snowball, and the only requirement for the club is an application.

The trip was Oct. 28-30 at Loredo-Taft. The theme of the program this year was "Wiz-

ard of Oz" and was thought up by Thielberg.

"I was listening to the song 'For Good' from the musical 'Wicked,' and one of the lines was something like 'every single person comes into our lives and changes us for good.' I thought it would be a good theme for the Snowball trip, and the students thought up ideas for the theme, and we came up with 'Wizard of Oz,'" she said.

Teachers on the trip dressed up as characters from "The Wizard of Oz" such as the Tin Man and the Cowardly Lion. The program also made t-shirts with the phrase "One Wicked Weekend."

(See Snowball page 7)



Photo courtesy of Alex Molina

Several members of the administration also participated in the "Wizard of Oz" themed Snowball retreat, including (from left) Catherine Thielberg, Tammi Murphy, Kim Chambers, Kristina Mallon and Josh Chambers.

Snowball... (continued from page 6)

When the students arrived, they were split up into groups to find their rooms.

On the trip, the students listened to guest speakers such as the group MWAH. The group performed skits, dances, and sang songs that dealt with dating violence, alcohol abuse, and bullying.

The students also listened to a guest speaker, Juan Ortiz, who spoke about problems he had when he was in high school.

Ortiz talked about his life and his parents who came from Mexico and moved to West Chicago, where they lived in an abandoned house for three years.

His dad was an alcoholic and drug dealer who was eventually arrested. Ortiz tried to inspire his father to turn his life around.

Junior Heather Stoeberl who also went on the trip said that Ortiz also talked about "balcony people," or people who are people that are always trying to make you feel good and are very important people to have in life.

Stoeberl said the speech was very encouraging and inspira-

tional.

Not only did the students listen to inspirational speeches that taught them about life issues and leadership, but they also got to have hands-on experiences.

The students present at the retreat also participated in large group activities where they learned how to cooperate with each other.

"The group activities were supposed to help the kids at the retreat trust the other people in their group and teach them communication and compromise," junior Alex Molina explained.

Thielberg believes that all students should attend Snowball events. She feels that it is a great learning experience that can teach students a lot about life.

"I absolutely believe in the power of teens to make a difference in their personal lives, school, and their community," said Theilberg. "What they need in order to do this is good decision making skills, accurate information about teen issues, and support from adults. Snowball teaches them about all of this."

Math team continues to calculate their way to the top of their conference

By David Thomas

With two meets already under their belts, the math team is doing everything they can to prepare for the second half of the season.

Twice a week, they can be found in room 149 computing problems that most students wouldn't do.

But they do so with confidence, and they have every reason to.

Their most recent meet, held at Illinois Math and Science Academy on Nov. 2, has placed the team fourth in their division.

The division has 10 teams. Ahead of the team are St. Charles North, Wheeling, and St. Charles East. However, St. Charles East is leading by few points.

The team's continued success this season is the high scores of the freshmen.

"We're in a good position to finish in the top three in our

division this year," said math teacher Aaron Hayes, who is also the team's adviser. "And our freshmen are part of that reason."

There are several freshmen on the team who continue to score high on their tests.

Tu-Nhi Le, who scored a perfect 25 in the last meet, was again leading the team in terms of points. Le, along with freshmen Anna Lane and Ian Letts, scored 19 out of 25 in the sophomore portion of the competition.

"We've practiced hard and done well. Hopefully we'll be ready for the next meet," said Lane.

But the freshmen are not the only ones supporting the team. In the senior portion of the test, senior Dustin Hedmark, junior Tu Le, and sophomore David Musick scored a combined 36 out of 75.

However, despite the scores, the team finished fourth out of

five at the Nov. 2 meet.

"We were going up against some pretty tough teams," said Hayes. "IMSA and Benet Academy continue to dominate in almost every meet they're in. So, technically, we finished two out of three."

But failing to match IMSA and Benet Academy is not what has Hayes worried.

"Traditionally, it's usually around this time the number of the kids on the team drops," said Hayes. "But we're getting more kids this time. Hopefully the kids will carry over into the second half of the season."

There are two more meets left in the season, and Hayes remains optimistic.

"Although we didn't score as well as we could, we did better than I expected, considering the teams we were up against," said Hayes. "We are making great strides this year."

New opportunities arise for color guard Members hope to expand their horizons with winter guard

By Brittany Blanchard

During the transition between the football and basketball seasons, a new opportunity for color guard could be coming soon.

Captain Jenny Linsenmeyer said that the possibility of a winter guard is an idea the team came up with last year, but decided to pursue this year after preparation.

"We all brainstormed this idea at the end of last season," said Linsenmeyer. "Everyone thought that we should try it because it would be a lot of fun and many other schools in the area have a winter guard."

If this year is successful,

winter guard will perform without the marching band at half time during varsity basketball games.

"We'll perform to a music recording," Linsenmeyer said. "Because the band won't have to learn new music, we can vary our show each game with different songs."

The team presented the idea to athletic director Bob Stone last year and received permission to proceed, however, due to a lack of time, the team decided to postpone the idea until this year.

"We hope to finalize our plans in the next few weeks. Last year, this idea fell through

because it was so new. This year, we are really prepared and hope to see it happen," said Linsenmeyer.

The team has encountered few problems and need to meet few requirements within the school to obtain their goal.

"We just have to make sure we don't interfere with the poms or any other halftime performances but I think a lot of people would be really excited to see a winter color guard," Linsenmeyer said.

Anyone who was a member of the fall marching color guard is eligible to participate in the winter guard.

All freshmen, sophomores, and juniors interested in joining can try out in April for next year's fall marching and winter color guard.



Photo courtesy of Lora Vodicka

Color guard members including, (left) seniors Lora Vodicka, Jenny Wojcicki, Phyllida Kornoski, hope to perform during halftime at basketball games.

Students race against the clock in the Scholastic Bowl

By David Thomas

The clock ticks as 10 students race to think of the right answer. A right answer here would win the game for their team.

Their hearts stop when they hear the sound of the buzzer. And they sink when the student gives the right answer to the question.

Every Tuesday, in room 177, students that participate in Scholastic Bowl can be found answering questions that can profound and perplex even the brightest.

Social studies teacher and team adviser Nick Caltagirone

is positive about this year's season.

"This is the largest scholastic bowl since I've worked here. There are about 25 kids at each practice," said Caltagirone. "All of them have the potential to do very well."

Caltagirone has every reason to be positive. According to Caltagirone, last year was the team's strongest year yet, with the team winning three matches. This is despite the fact that the DVC has very tough teams.

"Naperville North and Wheaton North are consistently strong teams," said

Caltagirone. "But I'm real happy of how we did."

Caltagirone's enthusiasm is even reflected on the students.

"I think we're going to do very well this year. We've got a coach who knows what he's doing and a team that is geared up and ready to go," said sophomore Paul Warkins, a returning player.

Students in Scholastic Bowl are quizzed on various topics. Although many of those topics are academic subjects, such as history, math, and science, some of the questions do relate to areas like sports and pop culture.

Because there are so many new players, the team has been holding mock matches "just to get the feel of things."

Scholastic Bowl matches are usually between two teams of five, and anyone on the team can answer.

However, the teams answer with a buzzer system, which pressures teams not only to get the answer right, but to answer the question before the other team.

After a few mock matches, Caltagirone says they'll go into straight content.

"One of the areas we're going to be looking in is

Shakespeare. He continues to be a topic in the matches," said Caltagirone. "We're going to be looking at characters, meanings, important plot points."

Caltagirone's strategy for this year is relatively simple. He plans on developing well-rounded teams at both the varsity and junior varsity level, with two at each level.

"I want to make sure everyone has a chance to play. But I want a well-rounded team," said Caltagirone.

The team has not chosen captains yet, but they will do so as their first match draws near.

Our View

Pledge should unify, not divide

It's funny how an act meant to unify a nation only seems to make America's great divide even bigger. No matter what the issue, or how the people on the right, the left, and the in between view it, our country always seems to find itself amidst a controversy.

This time the debate dealt with the Pledge of Allegiance as it once again found its way to the Supreme Court.

Last year, atheist Michael Newdow of California sued his Elk Grove Unified School District calling it unfair and unconstitutional for the school to force his 9-year-old daughter to include the phrase "under God" during the recitation of the Pledge each morning.

The contentious phrase was not always included in the nation's pledge. Congress incorporated it into the Pledge of Allegiance, originally written in 1892, during the Cold War in 1954 in hopes of denouncing atheistic communism then raging in the Soviet Union and preventing it from infiltrating the United States.

Newdow argued that reciting the phrase is forcing religion on school children, once again blurring the line between church and state.

It is understandable that citizens should be able to

be patriotic without being religious. They should have the opportunity to recite the Pledge of Allegiance and honor their country without having to worship any sort of deity in the process. Objectors, however, seem to be few and far between.

According to an Associated Press poll, about nine in 10 people do not have any opposition to the reference of God in the Pledge. So should the Supreme Court ask the entire nation to change its ways just to appease a small group of people?

Instead of removing the phrase, why not allow those who do not wish to say it remain silent for that second and a half of the Pledge? There is nothing that states each word must be said by everyone. If a citizen doesn't believe in God, that's fine. That person can still demonstrate his or her pride for the country by pledging every other word of their allegiance.

More importantly however, as a nation, let's not forget the sole purpose of the Pledge of Allegiance. It is to unite our country, not provide another way to divide us. Instead of fighting about whether or not we should be "one nation under God," let us remember that we are "one nation... indivisible, with liberty and justice for all."

Letters to the Editor

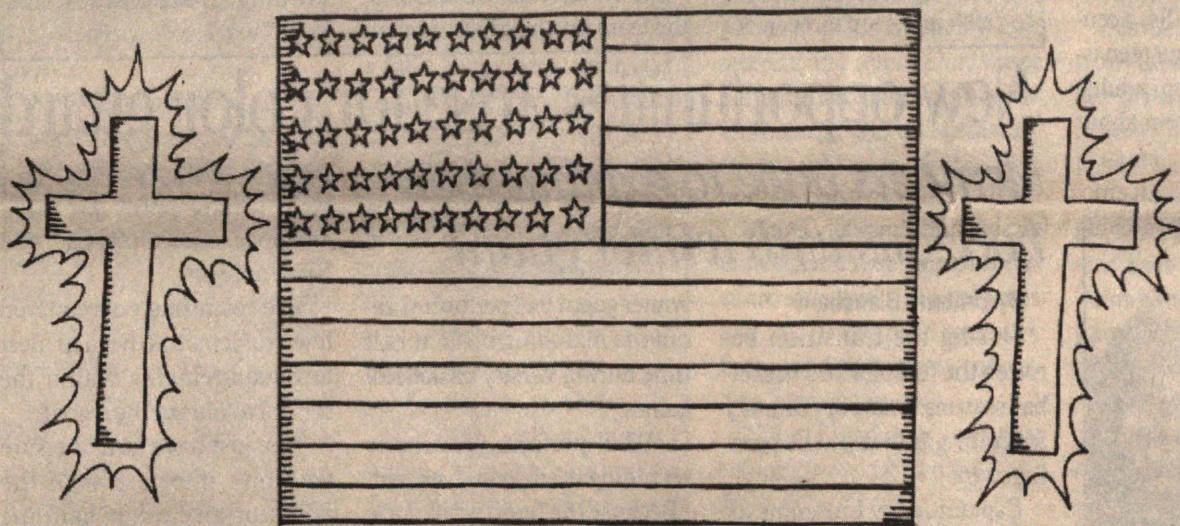
'Wego Through the Tube' defends Myspace segment

The segment that was aired on 'Wego Through the Tube' was not solely about MySpace. The segment focused on online dating as a whole. The segment had interviews from people who liked online dating (Rubin), and people who opposed it (Natalie). To say that the segment was being unfair by saying that is being biased. Media isn't always fair and has lots of bias. Have you seen the difference in coverage that CNN gives compared to FOX? Coverage on the same event is expressed much differently. The segment was an opinion and is deeper than MySpace alone. You wrote, "Programs at Community High School should... not be used to insult and mock students", this segment did no such thing as to insult anyone. It was an opinion. If students can't accept other opinions then maybe they should be watching a show that continuously expressed different opinions. "Wego Through the Tube" is a program that expressed opinions and views of students. Whether it be about parking, Halloween, or what they do on the weekend.

Chris Prochnow

I am currently working on making the "Wego Through the Tube" segments. I have a MySpace and I did not find the segment offensive. Frankly, I found the segment to be funny because that is how it was meant to be taken. I also do not appreciate the fact that you said in the segment they were not "displaying both perspectives on the opinion without bashing or putting on skits..." Obviously they did because they had Sean talking about how he hooked up with a girl through a dating site. The segment was about online dating. I believe this whole editorial was bias and unfair.

Dan Hoshaw



Thieves cause punishment for all students

Thieves are hitting students in the pocketbook with their lack of respect for other people's property, including the food lines.

That's right, it is now up to the entire student body to take on the responsibility of making up for lost revenue due to individuals that choose to steal. With the increase in prices, it seems likely that this will provoke more students to lean towards stealing.

Although the increase may help the school make up for some lost revenue, it will never be completely regained because there is no way to prove how much is actually stolen.

But it is not just the items that are being stolen from the cafeteria either. Recently, the school has also seen

an increase in valuable items being stolen.

Although it is common for a school to have some thefts, the school has seen an increase in value of thefts such as iPods, cell phones, small electronics, and calculators.

Gendercenter.org reported that only about 62 percent of all thefts are reported. This in itself is a problem, because if a theft is not reported there is no chance of the perpetrator being caught, and chances are that person will continue to steal.

Unfortunately, supervisors do not know which students they can and cannot trust so the only option they have left is to treat everyone like they are going to steal.

At least that is how it is done in the school cafeteria, according to the food service manager Donna Edminson. This may lead to unfair accusations and turn an honest individual into a suspect.

It does not seem logical to punish the entire school body by making all students a suspect because of a select few individuals who choose to participate in such activities. Unfortunately, however, it is the only option the school has to make up for the losses due to theft.

For individuals to fulfill their potential in school, schools should be a safe and secure place for everyone. Instead of stealing, people should have the decency to respect other's property.

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THE WILDCAT CHRONICLE is the student newspaper at West Chicago Community High School. It is a public forum for freedom of expression and encourages readers to express their views. The Chronicle publishes eight times a year, with the student editorial board making the decisions concerning the paper's contents. Unsigned editorials represent the views of the majority of the staff.

LETTERS TO THE EDITOR are welcomed and will be published as space allows. Letters must be signed, although the staff may withhold a name upon request. The paper reserves the right to edit letters for grammar and clarity, and may refuse to publish a letter. Letters to the editor may be e-mailed to Laura Kuehn at lkuehn@d94.org or delivered to Room 319 before or after school.

Television shows offer priceless education

Many life lessons can be learned by watching TV

By Katie Taylor

By the time teens graduate from high school they will have watched 15,000-18,000 hours worth of television according to AskDoctorMarla.com, a



teen health website. Compare this with 12,000 hours spent attending school.

This means that in the time I have spent in front of the television, I have gained just as much, if not more,

information from television shows as I have from my teachers at school.

This makes me wonder, what exactly have I learned from watching TV?

From watching various episodes of "The OC" I have learned that in the magical world of Orange County typical high school students (ages ranging from 18-26) can run away, become teenage parents, attempt suicide, deal drugs and maintain alcoholic lifestyles without any punishment from their parents, and still somewhere find the time to attend the casual runway show or debutante ball.

I also learned that mothers ideally primp, pluck,

and undergo enough plastic surgery to generate looks that compete with their teenage children, and are usually gold diggers, alcoholics, or insane. "The OC" obviously has suburban life pinpointed.

MTV, more than any other channel, has taught me invaluable lessons. For example, if I'm unhappy with my looks, according to a show called "I Want a Famous Face", the logical solution is to get plastic surgery to look like my favorite celebrity.

Another priceless gem of television, "Jackass", taught me that video recording myself sticking firecrackers in places they definitely don't belong can make me millions of dollars and can get me a TV show. I should really get to work on that.

I also learned from MTV's popular reality show "Next" that when I get tired of the particular person I'm seeing, I can just shout out "next" and another gorgeous and probably promiscuous guy will pop out of a bus ready to sweep me off my feet.

Other reality shows are educational as well. By watching various dating shows including "The Bachelor" I learned that dating 15 people at the same time is appropriate, and a typical first date involves magical dinner plans, a limousine ride, and plenty of rose petals. I expect nothing less.

I've also learned how to eat bugs and various animal body parts efficiently from "Fear Factor". This will clearly get me far in life.

It amazes me that I have learned all these things just by watching television and I'm really excited about the prospect of valuable future knowledge.

Being a part of the MTV generation has really made me extremely intelligent, hasn't it?

Americans should not re-elect outspoken members of Congress

Politicians' outrageous statements could damage America's credibility

By David Thomas

Common sense would say that after years of lies, the average American would wise up and stop believing the politicians in Washington. After all, more than half the stuff they say is ridiculous.

Nope.

A small number of congressmen are removed from office every two years. This is because the Democrats and Republicans have built a base they keep feeding with laws and sound bites. And in turn, the base, and corporate lobbyists, give money and votes to its party members.

This is expected. After all, everyone is human and gives into temptation once in awhile, but Congress is getting out of control.

For starters, Rep. Tom DeLay (R-Texas), ex-House Majority Leader. He's indicted for violating campaign finance laws in Texas. But his behavior is, again, not surprising. The House Ethics Committee has admonished him thrice this year. And he's made outrageous—and untrue—statements.

Literally, outrageous.

Here's DeLay on the causes of the first Gulf War, as reported by the Washington Post, Nov. 4, 1990, "The greenies have led us into the crisis in the Middle East...

The rabid environmentalists felt it was more important to jeopardize the lives of our brave American servicemen than risk the death of a single snail darter."

The Gulf War started when Iraq disregarded a UN resolution to withdraw its military from Kuwait. So how does Saddam's greed play into environmentalism?

Almost all of DeLay's outrageous statements are lies, yet he says them because they play to his base. For example, he is quoted, by the Congressional Record, April 23, 1996, "Emotional appeals about working families trying to get by on \$4.25 an hour (the minimum wage in 1996) are hard to resist. Fortunately, such families do not exist."

Wow. And he's re-elected every two years.

But outrageous statements can be dangerous. According to FOXNews.com, Rep. Tom Tancredo (R-Colo.) suggested, on the air, that America should bomb Mecca if America was nuked.

It's bad enough that 15 die when a story about U.S. soldiers flushing the Koran down the toilet is printed. But bombing Mecca, the holiest city in Islam?

America already has a credibility and image problem in the Middle East, which hampers the ability to gather intelligence and perform operations.

But if America bombed Mecca, then Iraq and Afghanistan would be for naught. There would be backlashes around the world, even here.

Although Tancredo's statement was insane, chances are, he'll be re-elected. So will DeLay (unless found guilty), and everyone else that sells themselves to beyond-reason limits. But there is way to stop them. And that is to stop listening to them, and vote them out of office. Beyond that, there's nothing the people can do.

Question and Answer

What is your favorite part of fall?



Jim Siekmann
Senior

"The beautiful scenery."

"Having Thanksgiving with my family."



Jessica Jones
Sophomore



Ellen Gebhardt
Sophomore

"Halloween, because it gives you an excuse to go out and act like a kid again."

"The leaves changing colors and everything being so colorful and vibrant."



Dianna Gouskos
Freshman



Aaron Hayes
Math teacher

"Cold, crisp, sunny days where you're almost too warm in the sun and too cold in the shade."

"I'm looking forward to vacationing in Singapore with my cousin."



MaryPat Flanagan
Junior

Trouble falling asleep and waking up frequently are symptoms of insomnia

By Cristina Sarnelli

All people know the importance of catching some good z's. People need sleep to function, to get them through school, work, extracurricular activities, and so on. Unfortunately, there is a sleep disorder that can prevent getting that good night's rest: insomnia.

Insomnia is a sleep disorder in which a person may find themselves waking up or waking up too early, accord-

There are two categories of insomnia. One is primary insomnia in which a person develops the disorder, but it is unrelated to health problems. The second is secondary insomnia in which a person develops the disorder because of health conditions such as body pain or by drug or alcohol use.

Two types of insomnia exist. Acute insomnia lasts for a few nights to a few weeks, while chronic insomnia occurs for at least three nights every week month. According to www.medicinenet.com, acute insomnia can be caused by stress, emotional or physical illness, and changes in sleep routine while chronic insomnia can be caused by depression, severe stress, and body aches or discomfort.

To help treat chronic insomnia, a doctor may prescribe sleeping pills. For chronic insomnia, patients may go through relaxation therapy and other therapies to try and cure the disorder.

Even though sleep prevention is sometimes caused by illness or anxiety, school nurse Tammie Murphy believes that it also works the other way around.

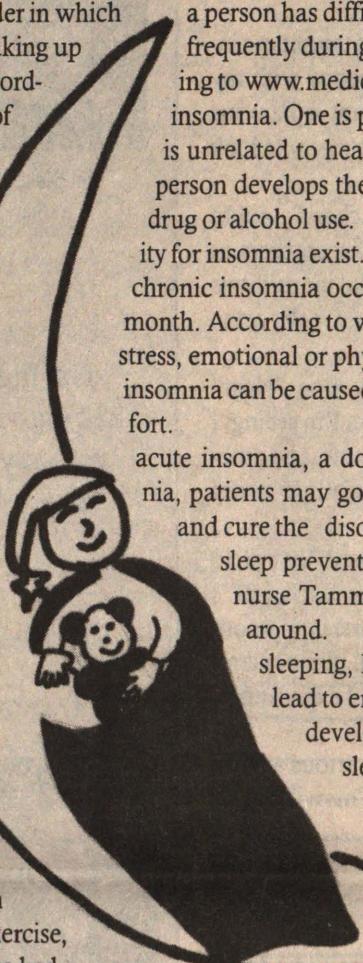
"If you are not sleeping, lack of sleep causes illness, and illness and fatigue can lead to emotional anxiety," she said.

To help prevent developing insomnia, there are ways to ensure getting enough sleep and waking up well rested. Create a sleep routine in which you go to bed at the same time each night and wake up in the same time each day, avoid naps, stay away from having too much caffeine or big meals late in the day, exercise, and try doing something relaxing before going to bed.

Lack of sleep can become very dangerous to people's health. According to Murphy, it gets worse over time.

"Eventually, if the lack of sleep is prolonged, people can be more prone to illness. The more prolonged it gets, the more anxious you start getting and you may start to go crazy," Murphy explained.

Those who feel they may have the symptoms of insomnia are urged to call a doctor right away so that medicine and therapy can be prescribed to fix the problem before it gets too critical.



Wake
Millions of people
disorders, and one of the
what you can do to prevent
your good night's

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Breathtaking Nightmare

Junior Brit Casey has been starting with her diving into a "Swimfan." Once she dives, she hyperventilates and struggles to get to the top. The reason she can't get to the top is that she's got a lung problem. She feels like she's going to reach the surface and then she goes back under water. Once she starts to breathe, the weirdest thing is that she's actually dreaming.

Chasing Laura

A dream by senior Laura Granger about a mob of angry gunmen. Her dream is much like the one in the movie "The Matrix" where one was blaming her for a murder. Sick of the accusations, she ran to escape the city, a mob of gunmen was chasing after her. Terrified, she ran from them. As the men chased her, she saw a robot from the movie "Star Wars" #5, a robot from the movie "Star Wars" that was safe in her house. She walked into the house and saw the man sitting on her couch. The man was getting closer to Laura. The man had a flesh covered patch on his head but was cut off as she heard someone say, "The deep voice said, 'You'll never do, we are always watching you.'"

Daddy Dearest

Senior Laura Steere still can remember her dream, she had just woken up looking at the middle of the night, and she started to cry. She went to tell her parents what she was talking about. They checked her room and found her desk. Her family ran outside, but she found out that her dad was trying to ask her why she woke up. She thinks she should admit that, "The next day I checked

Physical injuries include a problem sleepwalkers face

By Katie Taylor

Sleepwalking is a sleep disorder affecting an estimated 10 percent of all humans at least once in their lives, according to an article called "Sleep Walking," written by Marion Howard.

This occurrence varies in severity and frequency, but children ages 4-5 are most likely to sleepwalk.

In children, sleepwalking is commonly caused by physiological problems, which they usually grow out of during puberty, according to "An Overview of the Parasomnias" by Mark Mahowald.

Cases of adult sleep walking can be caused by a disorder of

the mind, and also stress, substance abuse, and medical conditions such as partial complex seizures.

A common misunderstanding about sleepwalking is that a sleepwalker should not be awakened.

According to crescentlife.com, it is not dangerous to awaken a sleepwalker, although it is common for the person to be confused or disoriented for a short time on awakening. Another misconception is that a person cannot be injured when sleep walking. Actually, injuries caused by such things as tripping and loss of balance are common for sleepwalkers.

To prevent any injuries one might encounter when sleepwalking, the home of a sleepwalker should be as safe as possible. Having a bedroom on the first floor, and also setting an

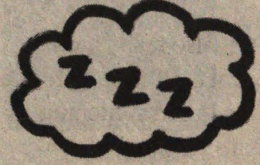
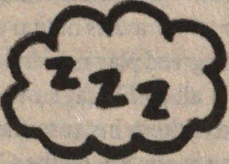
alarm at night can help prevent possible dangers for sleepwalkers.

Episodes of sleepwalking can include many different activities, from just getting up and walking around to complex activities such as dressing and undressing or moving furniture.

Amnesia is a danger that usually follows a sleepwalking episode. Sleepwalkers usually remember little to nothing.

Sleepwalking can be treated with drugs, but hypnosis has also proven to be successful on a short-term basis, according to crescentlife.com.

It is very important that a chronic sleepwalker seek professional help.



Behind Closed Eyes

Wake up!
 If you suffer from sleep
 disorders, they could be you. Learn
 how to prevent from losing out on
 tonight's sleep.



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...re
 ...been having a reoccurring dream that
 ...to a green pool like that of the movie
 ...dives into the pool, she starts to
 ...gle towards the surface, but for some
 ...top. She struggles to get air into her
 ...s going to suffocate. She finally gives
 ...and all of the sudden, starts breathing
 ...starts to breathe, she wakes up. The
 ...actually holding her breath the whole

...a Gray left her running from a mob
 ...eam started off with her living in a
 ...in the movie "The Giver". Every-
 ...murder that she did not take part in.
 ...e ran away. While she was trying to
 ...gunmen found her and started run-
 ...he only thing she could do was to
 ...n chased her, she heard the voice of
 ...e "Short Circuit." The robot saved
 ...e in her house, or at least she thought
 ...the living and there was a strange
 ...The man stood up and started get-
 ...man did not have a face, but rather a
 ...head. He reached over to hug her,
 ...someone talking on a loudspeaker.
 ...'ll never survive. We see what you
 ...g you." After she heard the voice,
 ...hat it all meant.

...member one of her childhood dreams. In
 ...looking for a drink of water. It was in the
 ...d to hear a strange ticking sound coming
 ...parents, and they came to see what she
 ...her room and found a bomb in a shelf of
 ...out Laura ran back to save her dogs. Just
 ...e, the house blew up. Later in the dream,
 ...ng to blow up the house. Before she could
 ...nks the dream was kind of funny, but had
 ...cked my desk!"

...rea Bradley and Katie Taylor

Sleep disorders can lead to more than just lack of rest

Studies have shown that abnormal nocturnal habits link to other teenage problems such as obesity

By Ellyn Fortino

At least 40 million Americans each year suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems according to medicinenet.com. These disorders and sleep deprivation interfere with work, driving, school and social activities. They also account for an estimated \$16 billion in medical costs each year.

Part time jobs, busy schedules, social life, school demands and other stimulation from late night activity such as TV, video games and the Internet fuel sleep deprivation among teens and can also take a toll on their health.

'Several recent studies have suggested that sleep deprivation may at least partially explain the epidemic of obesity in the U.S, and now new research strengthens the argument.'

--Salynn Boyles

Beyond leaving teens groggy, clutching a cup of Starbucks cof-

fee and dozing off during classes, failing to get enough sleep or sleeping at strange hours heightens the risk for a variety of different health problems including cancer, heart disease, diabetes, and obesity, recent studies indicate.

School days start around 8 a.m. and teens are finding it hard

to get to school on time. Once at school, the lack of sleep affects their concentration, decision making and critical thinking in class.

"Most students at Community High School, to my understanding,

do not get enough sleep because they are going to bed around midnight," said psychology teacher Marc Taylor. "It shows when kids fall asleep in my class."

Junior Lauren Dylla says that she wishes the school day started later.

"I like sleeping in because I'm not a morning person at all," she said. "It is really hard to concentrate at school when you have only gotten a few hours of sleep."

A growing number of Americans and teens are both overweight and sleep de-

prived, and there is increasing evidence that the two are related. Several recent studies have suggested that sleep deprivation may at least partially explain the epidemic of obesity in the U.S, and now new research strengthens the argument, according to Salynn Boyles from WebMD medical news.

The study follows a series of others that have found similar associations with other illnesses, including several reports from the Harvard-run Nurses' Health Study that has linked insufficient or irregular sleep to increased risk for colon cancer, breast cancer, heart disease and diabetes.

"Sometimes it is really hard for me to fall asleep at night and I don't know why because I don't have much stress in my life," said senior Joffrey Benter. "It is really hard waking up and going to school the next morning when that happens."

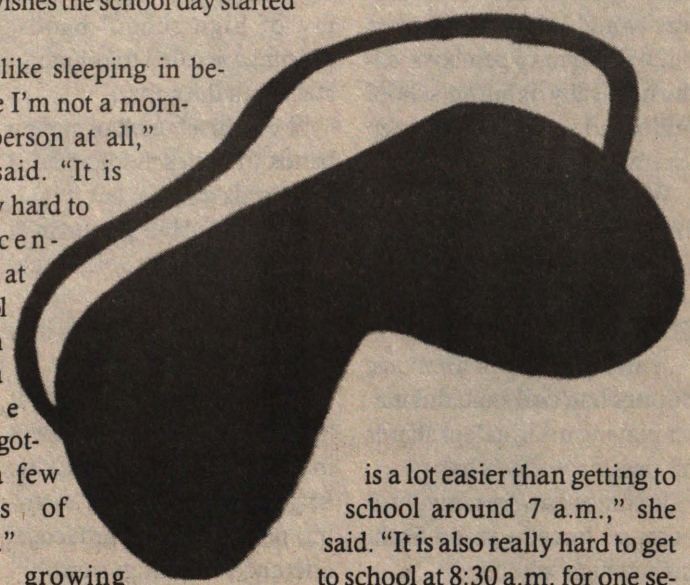
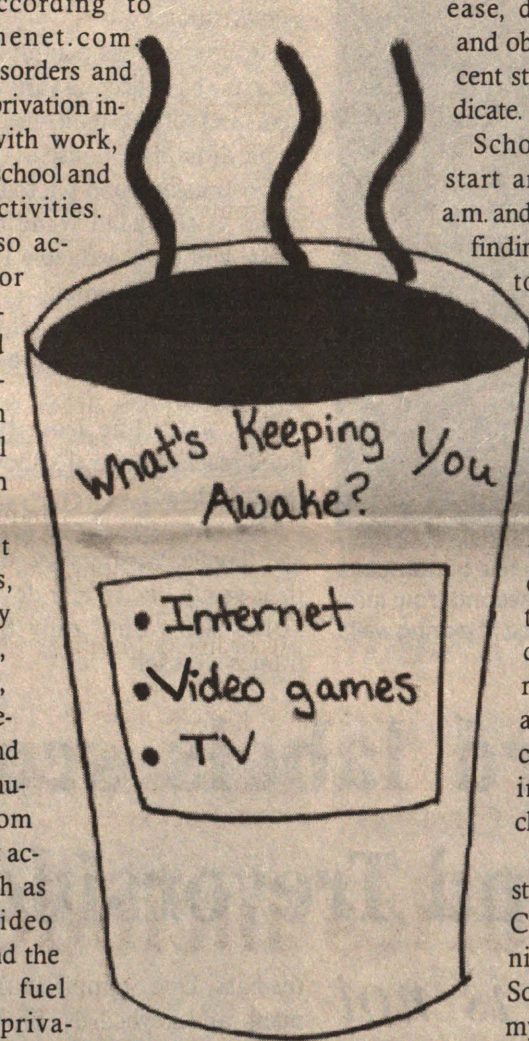
The amount of necessary sleep varies from person to person, with some breezing through days on just a few hours of slumber and others barely functioning without a full 10.

But most people apparently need between seven to nine hours, with studies indicating that an increased risk for disease starts to kick in when people get less than six or seven, experts say.

"Too much or too little sleep is not good," said Taylor. "If you have at least have five to seven hours you don't have to worry."

Junior Alexandra Duriavich said that any student at Community High should have the opportunity to have first hour off or a late arrival if the school day does not start later so students are well rested.

"I have first hour off and getting to school around 8:30 a.m.



is a lot easier than getting to school around 7 a.m.," she said. "It is also really hard to get to school at 8:30 a.m. for one semester and then switching to 7 a.m. next semester."

Graduates help clean up damage left by Hurricane Katrina and rebuild hope

By Andrea Bradley

Former students Carri Wostratsky and Ashley Saville witnessed what a hurricane can do up close.

The 2005 graduates now attend Northern Illinois University and were able to help Hurricane Katrina victims through a campus organization called

Campus Crusade for Christ.

The group of 15 students, along with two advisers prepared for their 46-hour drive on Oct. 20, to help clean up Slidell, La.

During the trip, the group saw everything from devastated people to cars flipped over in the streets.

The first day of helping came early as the group prepared to clean up their first house. As the group walked in, the refrigerator was tipped over, tables were turned, and books were stuck in the mud-coated floor, said Wostratsky.

The woman living in the broken down house was full of high spirits and motivation. She really appreciated the help, said Wostratsky.

Group members continued their day by collecting various items and sorting small objects laying around the house.

Wostratsky found photo albums, a shredded wedding dress, and other valuable belongings while cleaning.

"It was hard to see all of their memories washed away," she said.

The water line from the flood reached the walls above the girls' heads.

Due to massive flood damage, Saville, Wostratsky, and their group had to tear down house walls until only the frames were left.

Not only did the girls see the damage of property, but also the emotional damage done to those they were helping.

A woman's mother died after lying in a car for 22 hours after trying to be moved from her hospital bed, said Wostratsky.

Though saddened by the stories heard, the group was motivated to do as much as they could before their curfew. A curfew was set to keep the volunteers safe from the many looters who raided the houses at night, said Wostratsky.

The curfew for all organizations in the area was around 5 p.m., or at dusk.

After the hard first day, the group went to their "hotel", which was a pew in a nearby church.

The group had to sleep in the church since most buildings were virtually wiped out.

The group did the same thing the next day, but also was able to take a trip to Waveland, a city near the Gulf. There, the girls saw more severe damage.

The group could not believe what they were seeing, said Wostratsky.

After two full days of work, the group took on a different assignment.

Outside of a church, the group set up a van, giving out food to those who needed it. Wostratsky and Saville also helped put up a tent to serve as a small grocery store.

The store was open to residents who needed toiletries, food, toys, and books. The store had to put a limit on some of the items they sold, to give others a chance in obtaining necessities.

Also, the shoppers had a 10-minute time limit in the store. As a result, the girls helped customers find what they needed as fast as they could.

"By the end of the day, everyone was physically and emotionally wiped out," said Wostratsky.

After two days, the group headed home after a tiring, yet amazing rescue trip.



Photo courtesy of Carri Wostratsky

Thousands of homes had to be rebuilt in the wake of Hurricane Katrina. Former graduates Ashley Saville (second from left), and Carri Wostratsky (first on right) participated in tearing walls down so houses could later be rebuilt.

Major record labels scouting new talent, Jennings' band Trevorside answers the call

But the teacher is not ready to give up his day job

By Brittany Blanchard

Students may know Dave Jennings as the helping hand in the Academic Skills Center, the English 3 teacher all juniors would love to have, or as one of the quirky pep-boys, enthusiastically igniting school pride during each of the pep assemblies.

What many students don't know about him, however, is that his talents reach further than those he contributes to Community High School.

Jennings' passion for music inspires him daily and this guitar playing multi-talent shares his passion with his band.

Jennings has been involved in music since he was a freshman in high school.

"I started playing guitar when I was a freshman. I sang in various choirs too but those

don't really count," said Jennings. "I was the kid they just let in so he wouldn't feel bad."

After performing in a variety of high school bands, Jennings decided to primarily stick with the guitar.

"I was in a bunch of crappy bands in high school and did the vocals for one, but it basically sounded like gibberish in a really high lady's voice," said Jennings.

Currently, Jennings is in a band called Trevorside.

"It is my understanding that the word trevor means prudent in Gaelic (an ancient Celtic language), so it's kind of an 'erring on the side of prudence' reference," Jennings said.

The band, consisting of five members: Aaron Morteson on the drums, Gordon Persha on

the bass, Doc Stampfl on the piano and keyboards, Brook Dekker on the guitar and vocals, in addition to Jennings on the guitar, emerged out of the collapse of a previous band that three members of Trevorside were involved in.

Although he claims not to feel very 'rock and roll,' Jennings compared many of the the current British artists' style of music to Trevorside's.

"I guess we're aspiring to be in the same vein as the Coldplay, U2, and Radioheads of the world," said Jennings. "We figure there really isn't a lot of great American music anymore, so why not steal from the Brits?"

According to Jennings, the band has a unique way of writing their music. Morteson and Stampfl write most of the songs primarily with piano and drums, which therefore allows each of the other members to add in a lot of their own touches with their particular instrument.

"I think (this process) gives Trevorside a kind of freshness," said Jennings. "It's like buying a coloring book and then getting to color it in."

Presently, Trevorside has produced a demo with four of their songs and are receiving interest from various labels.

"We're in talks right now with EMI and Sony for record

deals so that's kind of exciting," said Jennings.

According to Jennings, however, no matter how successful Trevorside becomes, he will not leave his position as a teacher.

"I like the stability of my job and being able to go home to my wife and kid every night," Jennings said.

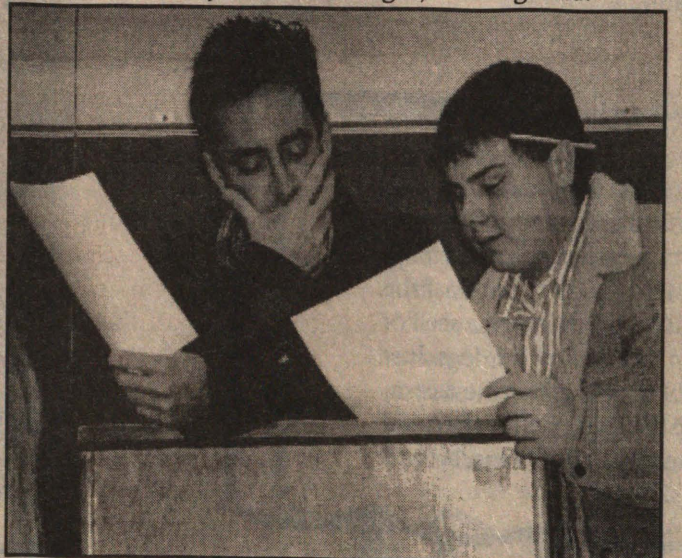


Photo by Ellyn Fortino

Dave Jennings moonlights at night with Trevorside and during the day he teaches English to students like junior Mike Cirelli.

Technology Center of DuPage offers hands-on training that is applied in the 'real world'

By Ellyn Fortino

With technology driving more and more of the market place, real-world experience is becoming just as important. By adding Technology Center of

DuPage (TCD) electives to a junior or senior year curriculum, students can learn hands on about the real world work place.

At TCD students learn train-

ing in one of today's 19 fastest growing careers such as television production, electronics, automotive technology, and health care.

Many classes at TCD also allow students to receive certification after completing a course. Certification can give students a head start on securing their professional credentials. Programs include auto body repair and refinishing, automotive technology, certified nurse assistant, construction trades, cosmetology, culinary, pastry arts and hotel management, electronics, computer technology, fire science, medical and health care, network technician, and office systems.

Another benefit of choosing TCD in a student's curriculum plan is the college credit received after completion of a course.

Programs that receive college credit are construction trades, machine tool, pre-architectural and pre-engineering CAD (computer aided design), computer information systems, data entry, office sys-

tems technology, graphic communications, multimedia and TV production, certified nurse assistant, fire science, medical and health care careers, auto body repair and refinishing, automotive technology, cosmetology, culinary arts, pastry arts and hotel management, early childhood education and care, electronics and computer technology, HVACR, and network technician.

"TCD is a great opportunity for students who think that they are interested in a specific career that is offered there," said head counselor Maura Bridges. "It is great preparation for the future because it is a hands-on experience that is not offered here."

The most popular programs among students are cosmetology, automotive technology, culinary, pastry arts and hotel management, said Bridges.

"These classes are very popular because they are completely different than classes we offer here," she said. "If you are interested in any of these classes you should talk to your counselor as soon as possible."

No matter which program is chosen at TCD, students will have the opportunity to graduate from high school with stronger reading, writing, math, listening, and speaking skills, and improved analytical thinking.

"I am taking cosmetology this school year and I love the class," said junior Caitlin Flood. "I have met tons of new people. I met girls from Lake Park, Fenton, Wheaton North, Addison Trail, and Wheaton Warrenville South High School. I have gotten so close with them."

Students can sign up for TCD during their course selection appointment with their counselor during November and December said Bridges. Students complete an application and an additional information form and returns it to their counselor after the meeting.

"We review all applicants in January and February and make selections at that time," she said. "It is based on grades, school performance, and behavior."

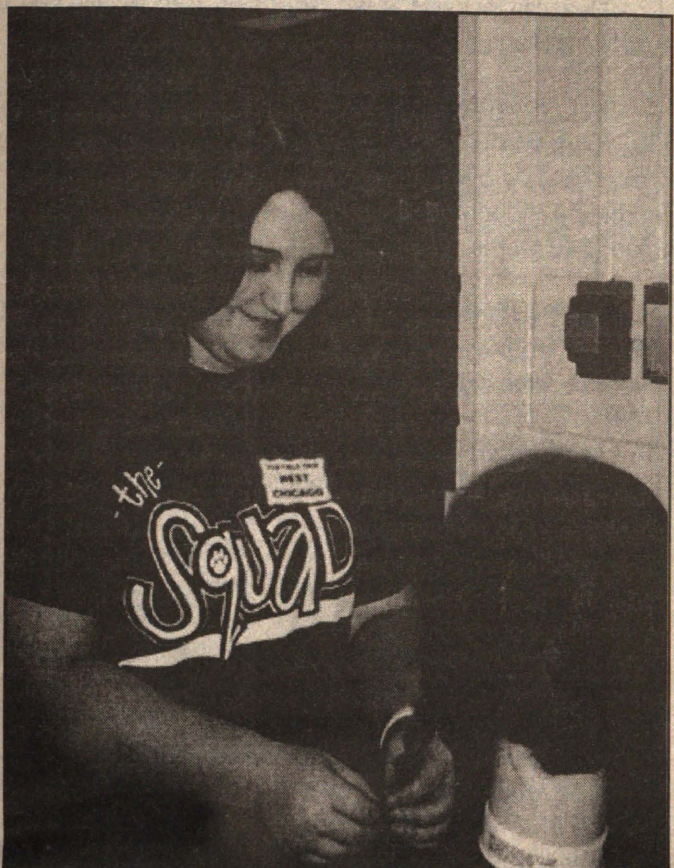


Photo by Ellyn Fortino

Sophomore Stephanie Marter explores the cosmetology field as a possible career option.

College Column...

As students begin to submit transcripts, they start to realize the importance of admission policies

By Kellie Virnich

As seniors either finish sending in applications or, for those who got an early start with the application process, begin to receive acceptance or rejection letters, students must be aware of the different admissions policies for each of their prospective colleges and universities.

Regular admission, the choice for most students applying to college, usually runs between December and February. Students usually receive a decision in the spring, and no commitment must be made upon admission.

Early action or decision requires students to apply earlier, the latest ending in November. These students also hear back from the schools faster and earlier than students who applied regular decision. These phrases are not interchangeable. Early action is merely for students who want a head start applying, and though they hear back sometimes as soon as early decision applicants, they do not have to choose the school they

are accepted into. This allows students to apply early action to several schools, whereas an early decision acceptance requires seniors to withdraw from any other school commitments they have made.

Head counselor Maura Bridges encourages students to familiarize themselves with these terms and to research the schools they are looking at to find out the different requirements.

"Some schools don't have early decision, and others require students to attend their school if they are accepted early," she said.

Rolling admissions is another method some schools use to select incoming students. Rather than waiting for the majority of admissions to come in and choose from them all at the same time, this approach chooses applications for acceptance and denial as they come in, allowing students to hear back from the schools quicker.

"Either way, your best bet is to turn all your information in as quickly as possible. So many students turn forms into the

counseling department a few days, or sometimes even the day before they're due, and expect it to get there automatically," Bridges said. "And if you turn something in right before winter break, don't expect it to get to the college before January, because we're on break just like everyone else."

While filling out applications, for both schools and scholarships, students need to be aware of all the information they will need.

Have all personal information ready, including parental data and test scores. The high school's address is often requested, as well as the ACT/ETS/CEEB code.

Since students are now responsible for ordering ACT and SAT scores directly from those organizations to the college of their choice, they also need to find out what dates tests were taken. For ACTs, students also need to know if the tests were on the national test dates (the optional ones), or the state test dates, when it was mandatory for the entire school to take the ACT.

Students find it beneficial to combine English and social studies into one class

By Julie Youngwith

Students are provided an opportunity to connect between social studies and literature in studies classes.

There are three different studies classes: global studies for freshman, world studies for sophomores and American studies for juniors.

Studies classes meet two periods a day with the six minute break between periods in a double-sized classroom with two teachers.

Global studies meets with a geography and English 1 teacher, world studies meets with a world history and English 2 teacher, and American studies meets with an American history and English 3 teacher.

This year the global studies teachers are David Saynor and Brian Turnbaugh. The world studies teachers are Barbara Laimins and Tim Courtney. The American Studies teachers are Candace Fikis and Jason Kling.

The studies teachers have activities planned into the curriculum so that classes have variety.

"I loved that the studies classes have so many different activities. The class never got boring," said senior Lora Vodicka.

Many students and teachers like that the students in studies classes are able to apply English directly to social studies.

"I think studies classes provide interactive, unique opportunities non-studies classes don't have," said social studies department chair Lisa Willuweit. "Not only are students being taught social studies and English, but they get to make a connection between the two."

Despite the double class period, students do not have double homework. Students receive the same amount of homework as if they took English and geography separately.

Many students find it beneficial to have two teachers in a class.

"When I have a problem understanding something and one teacher is busy I can always go to the other," said senior Jenny Wojcicki.

Many factors contribute to an individual's decision to engage in a vegetarian lifestyle

By Sabrina Potirala

Vegetarianism not only contributes to voicing animal rights, but may help to reduce many risks for diseases later in life.

Vegetarian diets are separated into categories known as lacto-ovo vegetarian, lacto vegetarian, ovo vegetarian, vegan or pure vegetarian, fruitarian, and a raw foodist.

A lacto-ovo vegetarian eats no meat, poultry, or fish, but includes dairy products and eggs in the diet along with plant based foods. Lacto vegetarians exclude all animal products, except dairy, from their diet. They also eat all plant-based foods.

The ovo vegetarian diet excludes all animal products except for eggs and includes eating plant-based foods as well. A vegan or pure vegetarian eats no animal flesh, dairy products, or eggs and follows a strict diet. Fruitarians follow a much simpler diet that consists of fresh fruits and some vegetables that include cucumbers, tomatoes, and avocados. Those who follow a raw food diet include all fruits, vegetables, nuts, seeds, and grains. However, a raw foodist does not cook or heat the foods, but eats them only in their natural state.

"To be on the safe side, if you are one of the few people who do not consume dairy products or eggs, you can take a non-animal derived supplement," said school nurse Tammie Murphy.

There are many reasons why

an individual may chose to become vegetarian or vegan. Among the most common reasons is the diet is beneficial to an individual's health and because of the effects raising animals for meat is having on the environment.

According to vegsoc.org, a recent study by the Vegetarian Society showed that the number one reason people decided to go vegetarian was because they did not morally approve of killing animals, or because they objected to the ways in which animals are kept, treated, and killed for food.

Senior Naiya Panchal has been a lacto-ovo vegetarian all her life, and feels that saving animals is among the most important reason to become vegetarian.

"I believe that you shouldn't eat a living organism if you have other sources of food," said Panchal.

Panchal believes that there are many benefits of being vegetarian such as not having to worry about diseases an individual can receive if they do not properly prepare meat.

"You also do not have to live with the guilt of knowing that you contributed in the killing of a living thing," said Panchal.

Vegansociety.com reports other benefits such as decreasing the risk of having a heart attack or stroke, protecting against various cancers, lowering blood pressure, and guarding against loss of vision during old age.

One of the most challenging parts about becoming a vegetarian for teenagers is telling their family they want to engage in that lifestyle, vegsoc.org reported. The best way to engage in that type of conversation is to not get caught up in arguments, rather the individual should gather all the information about vegetarianism so they are able to calmly explain their decision.

"It was really never a hard thing to not eat meat for me," said Panchal. "I live in a house where we were taught from birth not to eat meat."

Vegansociety.com reports one of the most common concerns about being vegetarian, is how a vegetarian is able to get enough iron and protein in their diet. However, a well-balanced vegetarian diet provides all the nutrients needed for good health. Protein is also found in dairy, eggs, nuts, grains, and other sources.

"It is really easy to make sure you are getting the required amount of minerals you need. All you need to do is eat foods that are high in protein to make up for any that you might have lost," said Panchal.

If someone is thinking about becoming a vegetarian, Panchal suggests that an individual slowly adjust to eliminating meat.

"You shouldn't do it all of a sudden. Take your time and it will be a lot easier to completely eliminate meat from your diet," said Panchal.

Vegetarianism benefits not only the individual, but saves millions of animals in the process

- Avoiding meat is one of the best and simplest ways to cut down fat consumption.

- In the United States alone 500,000 animals are killed for meat every hour.

- Meat can include the tail, head, feet, rectum, and spinal cord of an animal.

- If people ate plants that farmers grow instead of feeding them to animals, the world's food shortage will disappear virtually overnight. One hundred acres of land will produce enough beef for 20 people but enough wheat to feed 240 people.

- Half the rainforests in the world have been destroyed to clear ground to graze cattle. Roughly 1,000 species a year become extinct because of this destruction.

- The following diseases are more common among meat eaters: anemia, appendicitis, arthritis, breast cancer, cancer of the colon, cancer of the prostate, constipation, diabetes, gallstones, gout, high blood pressure, indigestion, obesity, piles, strokes and varicose veins.

- Lifelong vegetarians visit hospitals 22 percent less often than meat eaters and for shorter stays.

- In a lifetime, the average meat eater will consume 36 pigs, 36 sheep and 750 chickens.

- Every day, tens of millions of 1-day-old male chicks are killed because they will not be able to lay eggs. There are no rules about how this mass slaughter takes place. Some are crushed or suffocated to death. Many are used for fertilizer or fed to other animals.

- It is much easier to become and stay slim if you are a vegetarian.

- If you eat meat, you are consuming hormones that were fed to the animals. Nobody knows what type of an effect this may have.

Source: giveusahome.co.uk/articles/vegetarianism.htm

Catherine Taylor's love for music results in Artist of the Month

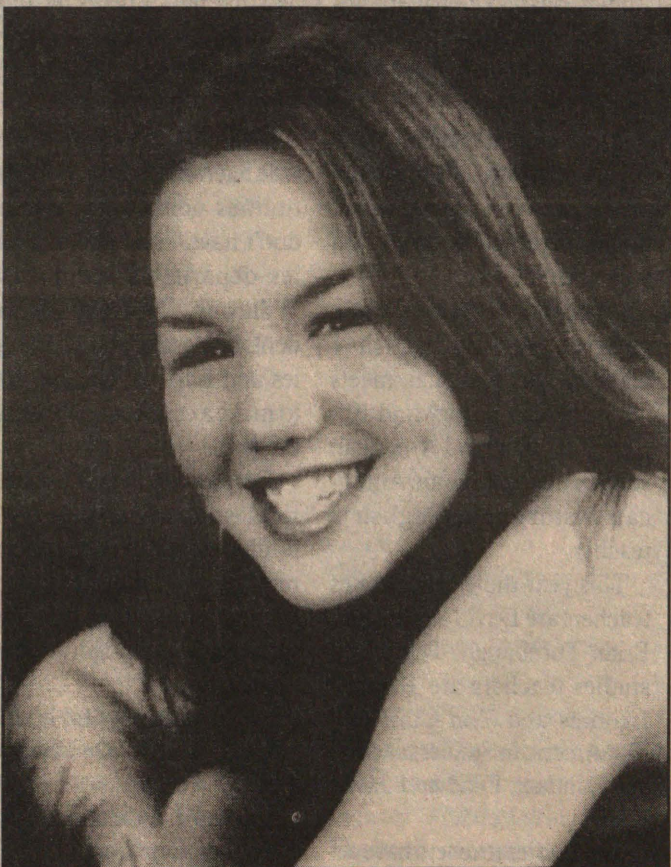


Photo courtesy of Catherine Taylor

Catherine Taylor has been involved in multiple choral groups and hopes to pursue a career involving singing.

(Each month, a different fine arts teacher will select Artist of the Month. Choir director Brandon Fantozzi chose Catherine Taylor as Artist of the Month.)

By Julie Youngwith

November Artist of the Month, Catherine Taylor hopes to sing her way to a professional singing career.

Taylor became involved in music at an early age. Her mother, who is a member of the Lyric Opera, made music a part of Taylor's life since the day of her birth.

She started piano lessons when she was 6 and began singing at her church's children's choir when she was 7.

Taylor says music runs in her family.

"I know a lot of musicians say music has always been a part of their life, but for me it could not be truer," said Taylor.

Taylor's mother is not the

only member of Taylor's family who holds a passion and talent of music, her grandmother was involved in choir and offered a choral scholarship to attend Indiana State University.

Taylor joined the school's mixed chorus her sophomore year and is currently involved in both concert choir and chamber choir. She is also involved in her church's yearly Christmas choir.

"I enjoy choir because all sorts of people come together to make music. When everyone is in sync we make a great sound and the energy is amazing," said Taylor.

Singers such as Dame Joan Sutherland, Renee Fleming and Natalie Dessay have influenced Taylor's path of music.

Taylor attended Blue Lake Fine Arts Camp in summer, a camp for students involved in the performing arts.

Sophomore year Taylor was

one of 15 students from Community High School chosen to participate in Fox Valley Music Festival, where they participated in workshops and performed with other area high school music students.

She was also involved in the Opera Tosca as a part of the children's choir last year.

One of Taylor's favorite music memories is when she and her sister were involved in a performance of "The Magic Flute" at the Lyric Opera when she was 7-years-old.

"When I sing it's like I get a natural high and when I'm done I feel this rush go through my body that is indescribable," said Taylor.

Taylor currently takes voice lessons to improve her voice and technique. She plans on attending College of DuPage next fall in order to focus on her future career in music performance.

What will Hollywood think of next?

Acting talent and visual effects fail to save 'Zathura' from crash landing

By David Thomas

Hollywood is crazy.

Not "crazy" as in let's-give-people-new-stories-with-outrageous-characters-and-intriguing-insight. No, they're "crazy" as in let's-take-a-recycled-lesson-add-CGI-and-base-it-off-a-book-that's-a-sequel-to-an-already-bad-series-crazy.

Crazy as in some should be committed. The evidence: "Zathura."

The movie has a very simple story. Brothers Walter (Josh Hutcherson) and Danny (Jonah Bobo), have just gotten into another fight. But this is not new. There is bad blood between the brothers. Walter continues to blame Danny for their parents' divorce (Tim Robbins is their dad). The fight escalates, and Danny finds himself in the dark basement, thanks to Walter.

As Danny navigates his way through the dungeon-like basement, he finds the board game "Zathura: A Space Adventure" resting underneath the stairs.

Danny tries to get Walter to play along. But Walter refuses, and Danny starts playing by himself.

The board game, "Zathura" is similar to "Jumanji." One, the board game has mystical powers. Two, once the game starts,

Visuals: B-
Story: C
Acting: C
Overall: C

it has to be finished.

But instead of jungle dangers, the cosmos are the weapons of choice for "Zathura." For example, after Danny's first turn, meteors smash the living room to pieces.

It should have ended there. But, alas, it did not.

From there, the board wreaks more chaos. The house is floating near the rings of Saturn, a robot goes berserk, and the house is pummeled by Zorgons. Zorgons are big, green, meat-eating lizards that love to eat meat and are attracted to heat.

But do not think the brothers are unsupervised. They have an older sister, Lisa (Kristen Stewart), who is the typical teenager. She sleeps until 2 p.m., listens to music, rebels against her dad, and is oblivious to what's going on, mainly because she was in a cryogenic sleep most of the movie.

Then there's the astronaut (Dax Shepard). He arrives halfway through the movie, thanks to the game board. It's hard to place a definitive character trait on him, but he eventually serves



The board game, "Zathura," takes brothers Walter and Danny on a wild ride into outer space.

as a mediator between the quarreling brothers.

But even Shepard and Robbins can't save "Zathura." The thrills are cheap and predictable as the house endures calamity after calamity. However, "Zathura" will more than likely be a smash. After all, it directly appeals to its core au-

dience: quarreling brothers. And the lesson of the movie is easily discernable in the opening scene.

Basically, "Zathura" would wow a toddler. Everyone else should save their money for something worthwhile, like "Harry Potter and the Goblet of Fire" or "Walk the Line."

Grading Scale

- A = Awesome
- B = Good
- C = All right
- D = Could be worse
- F = Absolutely horrible

Top 10 war movies

We honor our veterans in several ways. By making movies about war, we document not only the bravery of the soldiers fighting, but the horrors of war itself. The Top 10 War Movies, as chosen by the Chronicle Staff.

1. "Glory" (1985)
2. "Black Hawk Down" (2001)
3. "Saving Private Ryan" (1998)
4. "Jarhead" (2005)
5. "The Patriot" (2000)
6. "Pearl Harbor" (2001)
7. "Windtalkers" (2002)
8. "Full Metal Jacket" (1987)
9. "Platoon" (1986)
10. "M*A*S*H" (1970)

Brian's Charhouse is a place for celebrations

Atmosphere: A
Service: B
Food: A
Overall: A-

flambé, a warm plate of flaming cheese that is delicious.

The salad course is appropriately small and fresh, served with a hearty amount of dressing. Potato soup is served, but is a let down in its texture and extreme saltiness.

For the main course, classic steak cuts are available for the safety seeker, such as New York strip steak or filet mignon, but it is well worth it for one to try the more adventurous seafood platters, as they are prepared with much care and time.

For instance, the sautéed tilapia carciofi, served with artichoke hearts, spinach, tomatoes, mushrooms, and capers, is tender and served in a light lemon wine sauce. Its price, \$18.95, may seem high but is moderately priced compared to other dishes.

Another safe bet is the light char grilled herb chicken breast, \$17.95, topped with sun dried tomatoes and basil butter, all over a bed of angel hair pasta.

The service is polite and friendly, and the waiter attentive and offering insight into the specials and other menu choices.

Aside from the friendly, at-home atmosphere, prices can be a bit expensive for high school

students, but portions are extremely generous. Appetizers range from \$3.95-\$9.95, seafood platters \$18.45-\$22.95, steaks, chops \$18.95-\$32.95, and combos \$19.95-\$27.95.

This restaurant would be a great place to go for a celebration, homecoming, or a date. With its variety of mature tastes and classic dishes, Brian's Charhouse is a place teens should definitely visit.

Brian's Charhouse is located at 371 North Ave., West Chicago. Hours: 11:30 a.m. to 10 p.m. Monday through Thursday, 11:30 a.m. to 2 a.m. Friday, 4 p.m. to 2 a.m. Saturday, and 11 a.m. to 9 p.m. on Sunday. Phone number: (630) 876-2000.



Photo by Katie Taylor

Brian's Charhouse offers a classy dining atmosphere and tasty dishes.

By Katie Taylor

Brian's Charhouse is a friendly joint with a woody paneled bar full of red-vinyl booths, a candlelit dining room, and a buzzing karaoke club.

Along with a pleasant reception, this cozy establishment offers a menu with great variety and a peaceful dining experience.

The dining room was far

enough from the karaoke room, which is in a bar for those 21 and up, to enjoy the peaceful ambiance set by the roaring fire and candlelit room.

The appetizers offer a large variety of selections, ranging from a signature recipe escargot to honey stung chicken fingers. Crab cakes are also offered, but are disappointingly bland. The most fun is the

Wanna rock?

Sophomore effort shows growth in Rejects' music

Vocals: B+
Rhythm: B
Lyrical Content: A-
Overall: B

By Andrea Bradley

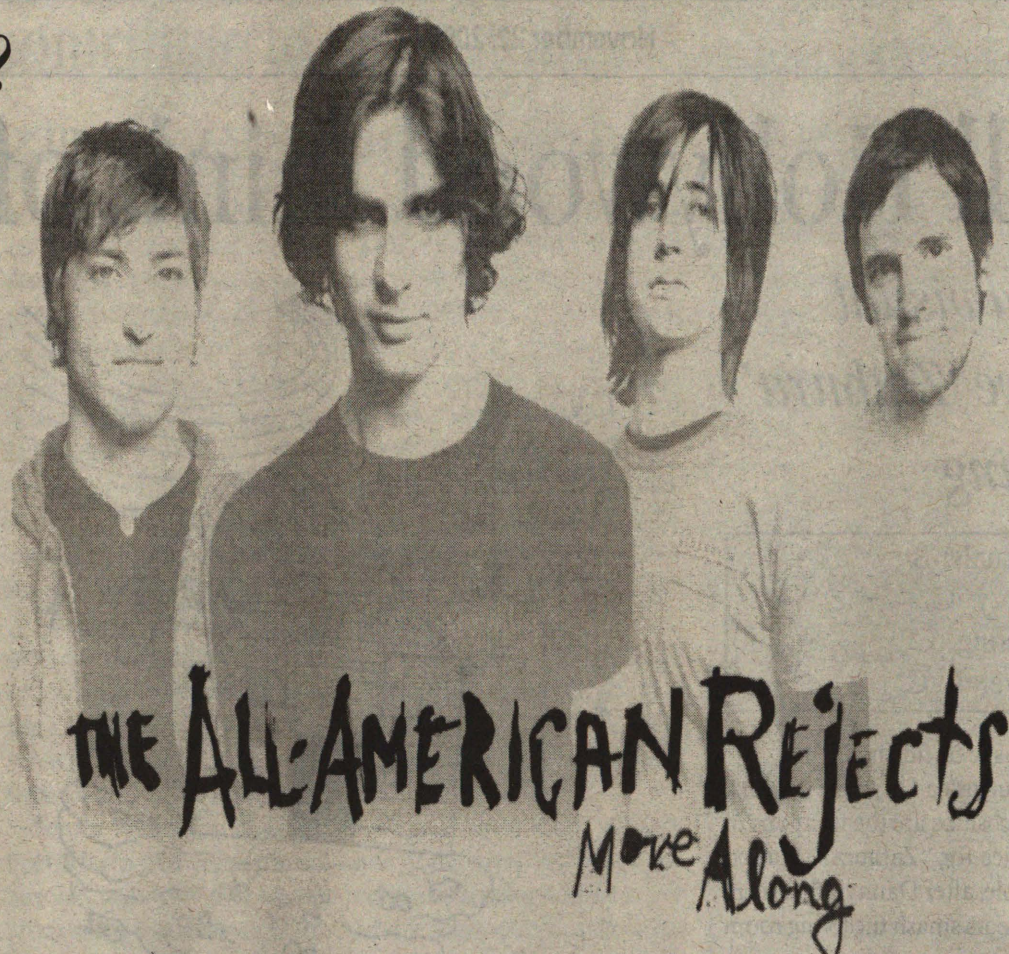
On their sophomore album release "Move Along", The All-American Rejects continue to produce catchy pop-rock songs.

Lead singer Tyson Ritter strengthened his voice and shows a new maturity that he lacked in the band's self-titled debut. Ritter's voice is soft and combines with an edge of rock that creates for an overall mel-low tone.

Along with Ritter's voice, another new strength for the band can be found in their strong guitar riffs that resemble those of Green Day.

Guitarist Nick Wheeler is able to reel in listeners with his sharp opening riffs, but then falls into the same sound as other radio famous bands such as My Chemical Romance and Blink 182. The music from these bands is worth listening to, but since they created their own sound, The All-American Rejects need to do the same.

Although the All-American Rejects are able to hold their own, they need a sound that will



Chris Gaylor, Tyson Ritter, Nick Wheeler, and Mike Kennerty (from left to right) show growth as music artists in their new album, "Move Along."

set them off as individuals, or risk losing valuable airplay on radio stations, and potential listeners.

"The All-American Rejects are just another generic pop-punk band that is helping to saturate the music industry with lame corporate rock," said senior Nick Gorski.

Even though the boys need to stand out from other bands, their songs are still catchy and somewhat upbeat for the message they display.

Soothing ballads such as "It Ends Tonight," show the new maturity in Ritter's voice.

The track "Move Along" in-

spires listeners to put the past behind them and move forward in their lives.

The lyrics have a great meaning, and Ritter's voice is exceptional throughout the song.

The lyrics "Even when your hope is gone, move along, move along just to make it through," (Move Along) show the main theme of the the entire CD.

The All-American Rejects CD is all about bad relationships and overcoming them. They are motivational songs meant to chase away the bad feelings of a break up in a relationship.

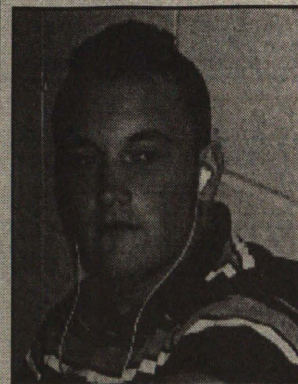
"Move Along" has much

more diversity than the band's first album and has shown big improvement. The lyrics are much more intelligent on pop/rock songs such as "Change Your Mind" and the drummer Chris Gaylor shows excellent discipline as he follows the sound of guitars played by Wheeler and Mike Kennerty.

The band as a whole has improved by blending themselves together, rather than focusing on one member. During the song "Dirty Little Secret," the four rockers play off of the sound of each other, and it creates for a catchy song as well as a great album.

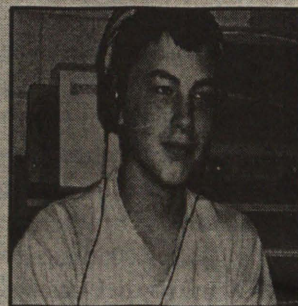
Sound Bites

What We-Go students are listening to:



Student:
Tucker Hauptman
Year:
Sophomore

Listening to:
Run DMC



Student:
Chuck Baron
Year:
Sophomore

Listening to:
AC/DC

No surprise here on why 'Lost' is still enthralling viewers with plot twists and character backgrounds

TV series combines suspense with flashbacks and acting talent to create a gold mine

By Andrea Bradley

Along with "Desperate Housewives," hit thriller "Lost" was one of the breakout shows in the fall of 2004. The creative story line is what keeps viewers coming back for more.

The sci-fi television show is located on a strange island after 48 passengers survive a plane crash. The plane was traveling from Australia to Los Angeles, when the back of the plane ripped off. Some passengers survived, and have been the stars of the first season of "Lost". But with the second season, producers are bringing many new characters to the show by allowing the original survivors to run into survivors

from the back of the plane.

This creates for television genius. The show is able to change the characters, but keep the same viewers.

"The new characters make the show so much more suspenseful. I can't wait until they run into the other characters," said senior Laura Gray.

This shows that the show's plot line is what makes it a hit. The constant butterflies in the viewers' stomachs make them eager to find all the answers.

To continue reeling in viewers, producers are doing everything they possibly can to bring suspense to the show.

"The plot line of 'Lost' is crazy. You think you know

what's going to happen, but then the complete opposite happens. The suspense is what keeps me watching," said junior Linda Do.

The "Lost" pilot was packed with suspense, including a monster like presence in the heart of the jungle. Some viewers believe that the presence is an actual monster, while other viewers picture it as some sort of a trap, set up by the infamous Others.

The Others are what the survivors believe to be the presence on the island. The show uses the imagination of the viewer to create suspense. At times, the presence seemed to be a creature, other times, it seemed to be a group of people, but now, with questions answered, viewers know that they are humans.

Although the producer gave an answer, more questions can be asked. This is a key element

in the show's sudden success.

"Even though it is necessary to keep the viewers guessing, the suspense can become frustrating," said senior Nick Gorski.

Still, the show has enough action to keep the viewers interested. It combines the right amount of action a good show needs: drama, mystery, and humor.

"Lost" has an incredible cast of characters and amazing acting. The stars portray their parts without flaws. For example, Sawyer, who seems to be a convict, portrays an arrogant young man, and has the features to prove it. His long hair, and stubble make him look lazy, and that is exactly what Sawyer appears to be in the first season.

Also, Jack, played by Matthew Fox, is a doctor, and is the All-American man. Strong, athletic, and smart, he takes the role of the leader of the survivors.

Each episode centers on a different character, but somehow the producers connect all of the other characters to Jack.

In addition, it is fun to see where the characters have met in the past, and how they got to the island.

It is also fun to watch the other characters. The producers use many characters to reach out towards the viewers. Many who watch "Lost" soon have a favorite character.

"My favorite character was Boone," said senior Lauren Buscemi, speaking of the gentle kind man played by Ian Somerhalder.

"When he died, I had tears in my eyes," she said.

"Lost" producers use this powerful effect on characters to really get into the show.

The characters combined with the intelligent suspense in the story line will keep viewers tuned in for awhile.

A night to remember... Well, not really

Dynamic duo excels with acoustic set, outshining the Click Five and main act

By Ellyn Fortino

Golden-spiked teenage heartthrob Ryan Cabrera has only hit the lips of the commercial mainstream for little over a year, but teens and pre-teens all over the country are singing along with his knack for high pitched abrupt key changes.

Cabrera, now promoting his new album, "You Stand Watching," kicked off his six week U.S. tour on Oct. 18 in Anaheim, Calif. and arrived in Chicago on Nov. 1 at the Rosemont Theatre.

Opening bands included the spunky identical duo, The Veronicas and the bubble gum pop sounding The Click Five.

Audience members included parents with their pre-teens sporting home made Ryan

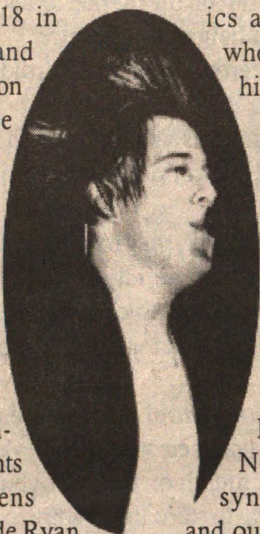


Photo by Kayla Harris

Ryan Cabrera wows the Rosemont Theatre audience with his good looks and music abilities

Cabrera t-shirts with slogans such as "Marry me, Ryan!" and "I love you, Ryan!"

Once the lights dimmed and The Veronicas came out, girls began screaming loud enough to pierce eardrums. The Veronicas performed an acoustic set and were able to blend their almost identical harmonies together to make the audience fall in love with their sensible lyrics and original style when performing their hit single "4 Ever".

After The Veronicas, The Click Five came out with their instruments and matching black suits, red shirts, and black ties. Almost a split image of boy bands such as The Backstreet Boys or N'Sync, due to the synchronized moves and outfits, but in a more

"rock" manner due to the fact that they attempt to play their own instruments.

Their set was mediocre, nothing amazing. Considering they are such a young and new band it was surprising how self-centered they were while performing. However, the 11- and 12-year-olds loved it and sang along with every word to "Just the Girl" while jumping up and down and screaming hysterically. Later in their set, while guitarist Joe Guese was pumping up the fans, he tumbled over the wall and fell into the crowd, making The Click Five MTV generation fans gasp in terror. He was able to get on stage and finish the set after the fall.

Around 8 p.m., Cabrera took the stage with his band which consisted of a saxophone player and cello player, giving the pop sounding music more of a symphonic feel.

Cabrera for the most part of the set played along with electric/acoustic guitar while flirting with his audience. Later

Photo by Kayla Harris



The Veronicas, played an acoustic set that pumped up the crowd.

Cabrera did sit with a keyboard to serenade the sad song, "It's you" towards the end of the concert. He also traded duties on the drums during "True." Cabrera could be a fine drummer on most rock bands if the front of the microphone didn't clamor for his good looks and charisma.

The set had the entire band jamming with a kind of grass roots feel, which seemed to liberate Cabrera's vocal range. "You Stand Watching," Cabrera's self-produced album, takes a spontaneous and organic track towards Cabrera's music and shows in his performance.

More than your pre-packaged teen dream

An interview with The Veronicas reveals intimate details about the duo

By Ellyn Fortino

Identical duo The Veronicas is more than your pre-packaged teen dream. They deliver a tough but feminine image along with hooks and harmonies that any teenager can relate to.

Twins, 20-year-old Jess and Lisa Origliasso grew up in Brisbane, Australia and started performing at the age of 5 in an after school musical theater club. After a few years the twins ditched the club and started a musical career.

They took private voice lessons and for the next several years played gigs in Brisbane and around Australia's gold coast.

"Growing up we loved 'Jesus Christ Super Star' and 'Rocky Horror Picture Show,'" Jess said, at a press conference on Nov. 1 before the show. "We also really liked AC/DC and INXS. We are big fans of Australian bands," Lisa added.

The Veronicas current musical influences include No Doubt, My Chemical Romance, Jimmy Eat World, and Avril Lavigne.

By the time they were 14, the sisters were musically maturing and playing covers

of Elvis and Roy Orbison tunes, and making a good living on the Australian festival circuit.

In their teens, the twins released three teen pop albums as Lisa and Jessica. In 2001 the girls landed roles in the Australian children's series "Cybergirl".

When Jess got a guitar for her 18th birthday, the Veronicas began banging out original songs that eventually found their way into the right hands. When they were 19, the sisters had signed with Engine Room, an Australian production team, and later signed with Sire Records in Los Angeles.

"It is amazing how quickly everything happened here in America. Our music video is on "TRL" now," said Lisa.

Jess and Lisa can blend their songwriting and singing abilities along with their stage performances to make an irresistible debut album named "The Secret Life of the Veronicas." The album includes everything from, according to the sisters, "fun party tracks to serious songs that are easy to relate too."

"We don't want to be a big statement, we just want to be ourselves and hopefully



Photo by Kayla Harris

The Veronicas, Lisa and Jess Origliasso, performed an acoustic set of their songs at the Rosemont with Ryan Cabrera and the Click 5 on Nov. 1.

people can relate with us and our music," said Jess. "We as women have a lot to say and opinion is everything. We want to show people that women can rock too."

The Veronicas joined Ryan Cabrera and The Click Five on tour this fall.

"Performing and touring with my sister is so fun," said Lisa.

"We are stuck together all the time, so we do have our fights," Jess added. "But we wouldn't want to be doing this with anyone else besides ourselves."

STEROIDS VS WEIGHTLIFTING

Working hard for success

By David Thomas

Every day junior Steve Ocampo enters the exercise room and starts lifting. By the end of the day, he's sore, tired and ready to go home.

But it's worth it.

"When I first started, I could only do 50 pounds (on the lateral pull)," said Ocampo. "Now, I'm up to 100."

Ocampo is just one of the many students that can be found lifting weights in the weight room after school. Ever since the room received new equipment last spring, as many as 30 students have been using this opportunity to get in shape.

"But that's now. Just wait till football season is over," said physical education teacher Jamie Phillips.

Bodybuilding isn't restricted to athletes only. Just ask Milos Babic, a fitness specialist at Wheaton Sportcenter.

"We have a wide range of people using our machines," said Babic, who sees many clients everyday. "Their ages can range from as young as 14 to as old as 84."

According to Babic, everyone who lifts weights on a regular basis always sees improvement. Freshman Stuart Sankovich was only able to bench press 115 pounds at the beginning of the year. But after recent visits to the weight room and a local fitness center, Sankovich has raised that number up to 130.

But bodybuilding isn't just about increasing muscle mass.

According to Babic, bodybuilding has become more than lifting heavy weights.

"Bodybuilding is about getting into healthy habits. You do not see bodybuilders smoking or drinking. There are a small percentage of bodybuilders who do use steroids, but the majority do not," said Babic.

It's also become a health science. Several cardiovascular problems, including high blood pressure and blood sugar, are regulated with bodybuilding.

However, people who do not lift weights are not condemned to die young.

"You don't have to body build. There are all sorts of other stuff you can do to get into shape," said Babic. "It's not predetermined that if you don't body build, you will die at 50. You might be more of a risk for [health problems], but not necessarily. Not if you take care of yourself."

Newcomers to bodybuilding should not be deterred by the idea of an arrogant muscle man dominating the weight room. Babic said that, although there are some bodybuilders who are arrogant, they are mostly found at the professional level and most bodybuilders are "regular guys."

In addition, newcomers should get an orientation from someone who has credentials. In the exercise room, there is always an instructor nearby.

Newcomers are also advised to keep things easy.

"Do not start lifting massive amounts for the first time," said Babic. "You can make all sorts of mistakes if you decide to rush into it."

But some students, with the weight of academics and extracurricular activities on them, may find it hard to get to the exercise room or a local gym. Students can easily do some of the exercises at home. Crunches are, as he described, "still one of the most respected ab exercises."

"You can do so many simple variations with many exercises, it's mind-boggling," said Babic.

However, it all depends on the person and their goal.

"Depending on what you want to achieve should affect what you do and how much you do," said Babic. "But as long as you do it right, there is no disadvantage to bodybuilding."

The fitness room is open to all students after school from 3:15 to 5:30 p.m. Students with questions are encouraged to contact the P.E. department.

The Wheaton Sportcenter is located on 1000 West Prairie Avenue in Wheaton. Membership only. Students with questions should call 690-0887.

The unfair advantage

By Andrea Bradley

Many different types of steroids are out on the market today. Some are used to help people, while others are used to enhance performance.

Among the many types are corticosteroids, anabolic steroids, androgenic steroids, and stimulants.

The most common category of steroids is anabolic which help to stimulate muscle size and strength. Teens around the world are using them in sports, hoping to become better athletes.

These teens know that by using these drugs, they may become stronger, but do not know that is not all they might get. Acne, oily skin, hives, increased body hair, nausea, insomnia, and psychological problems are just a few of the other things steroid users can experience while on these drugs.

hair, nausea, insomnia, and psychological problems are just a few of the other things steroid users can experience while on these drugs.

Still, people and exercising about \$100-

Dueing en-

insist on steroid use. Instead of lifting weights to gain their strength, they resort to spending 150 per month on their bodybuilding substances according to steroiduser.com.

to the rapid growth of steroid use, new laws are being enforced to protect athletes who are uninformed about substances they are taking.

The Controlled Drugs and Substances Act regulates a lot of illicit drugs, including steroids. Anabolic steroids are dealt with by a law stating that trafficking and possession with intention on trafficking are punishable offenses.

Possession or sale of steroids without prescription can put a person in jail for up to one year with a minimum fine of \$1,000.

Although these drugs can be dangerous, they are still used to help many patients recover from surgery, and to help rid some types of viruses.

These are medications and are used in small doses, but even in a smaller proportion, medical steroids still can be dangerous.

Teens are usually uninformed of how dangerous these medications are, and professional athletes are not helping.

Many professional athletes are being caught using illicit muscle enhancers. Without more punishment for the pros, teens are seeing more and more reasons why they should use these drugs.

"It's really sad that in order to compete, kids turn to steroids. It's heart-breaking that an issue like steroids, that was a problem in colleges and professional sports, is now a problem in high schools," said physical education teacher Kim Maloney.

School programs are finally taking action by setting strict rules and becoming more involved with the athletes.

"It (steroids) ruin peoples' bodies. It's terrible for sports. It's not fair for people who work hard for their success," said head wrestling coach Jamie Phillips.

Still, students break the rules and cheat their ways to the top.

Rules in the school's assignment notebook make the consequences clear for teens who are thinking about using steroids, as well as other drugs.

The student's first violation is a two-week suspension from the competitive season of their sport. This also means that if the specific sport is already finished, the next season they participate in that sport, the suspension will still need to be served.

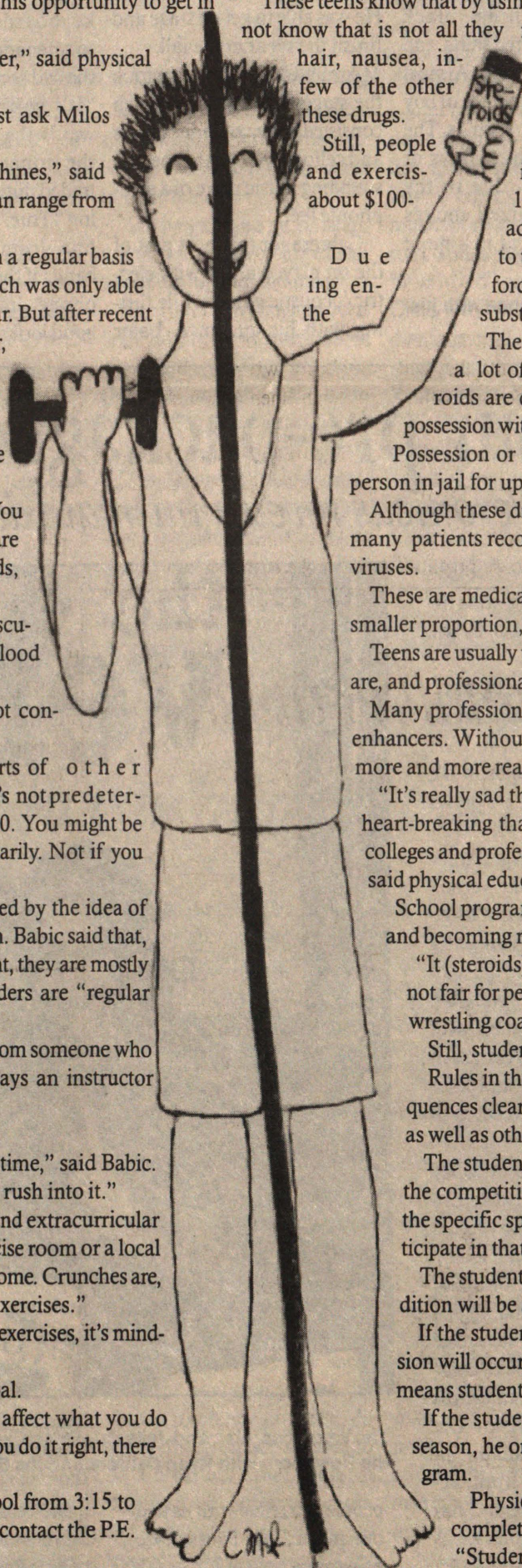
The student must also attend all practices, but under no condition will be allowed to play in a game.

If the student obtains a second violation, complete suspension will occur for the rest of the sport season. Total suspension means students are not allowed to attend games, or practices.

If the student wants to participate in a sport during the next season, he or she must attend a substance rehabilitation program.

Physical education teacher Helen Zmrhal believes in a complete suspension.

"Students who use steroids should be kicked off their teams, and the games they played in should be forfeited because steroid use gives their team an unfair advantage," she said.



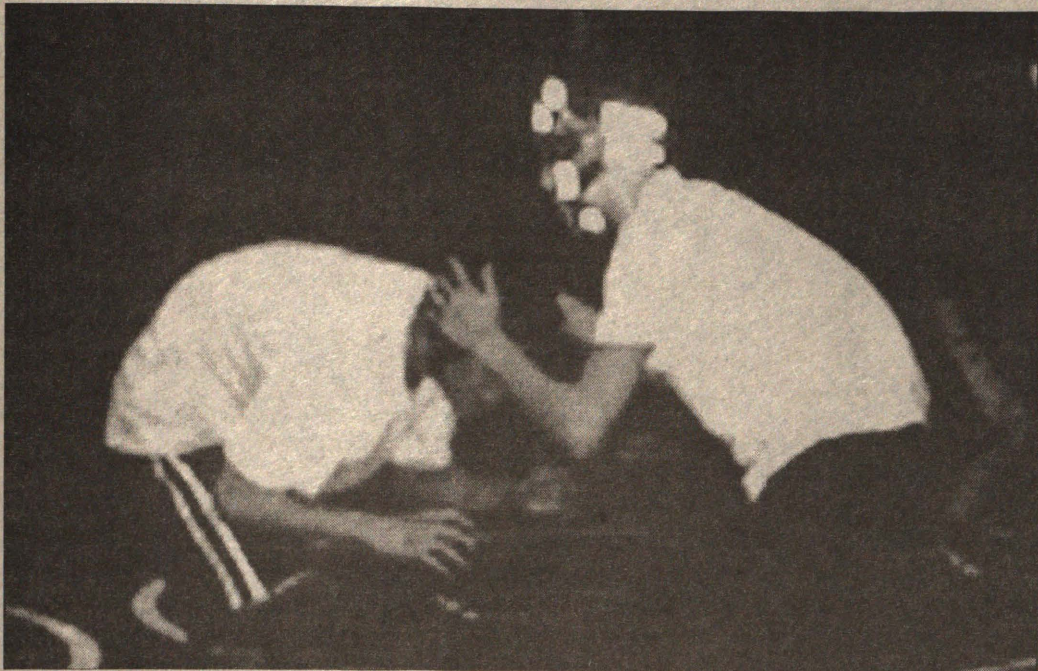


Photo by Cristina Sarnelli

Junior Brandon Klecamp tries to pin fellow junior Tu Le in an after school practice.

Coach preparing team in hopes to qualify for state competitions

By Cristina Sarnelli

The wrestling team is off to a hefty start with about 45 members on the team and a new head coach, Jamie Philips.

To get boys to join, Philips hung signs around the school about an informational meeting dealing with the team. Other boys joined by word of mouth.

Philips has high expectations for the boys this year. He said that the boys will be training harder and will be more successful this year.

"The wrestlers are expected to be dedicated to the sport, their academics, and their team.

They need to be at practice every day and work hard," Philips said.

In order to prepare for meets the boys train and work out six days every week.

"It is extremely important to be well conditioned to compete at a high level. We as coaches also work hard to teach the wrestlers the technique that they will need to know to be successful," he said.

The coach also feels that wrestling is one of the harder sports to prepare for, and most people are not willing to go through such intense practices

that are needed in order to get the team ready for competitions.

"I expect to get some wrestlers to qualify for the state tournament, hopefully place winners at the tournament, place in the top half of the conference, and be at the top of every tournament we compete in," said Philips.

Philips is looking forward to working with the boys and watching them become successful.

The team's first meet is Wednesday against St. Edwards-Elgin, and will compete at the Wildcat Tournament on Saturday in the Bishop gym.

Coach's Corner

Hasty knows what it takes no matter what the odds

By Kellie Virnich

Physical education teacher Kristi Hasty always knew she was meant to pursue athletics, even growing up in the small community of Mackinaw, Ill.

The town, with only 1,200 people, had no stoplights, she remembers, and only one restaurant. Hasty recalls playing hide-and-seek with all of her neighbors at night, and the entire town was their playground.

"Safety just wasn't an issue," said Hasty. "Everyone knew everyone else, and no one worried about locking their doors."

Hasty's father, also a strong athlete, is her biggest supporter, and a constant inspiration to keep playing. He has been behind her choices 100 percent, she said, and she appreciates how hard he worked to earn a comfortable living for his family.

Hasty was always one of the best athletes in her school, beating the majority of the boys in both recess games and in gym class. She said she does not remember having toys growing up, only sports equipment.

Though many girls sports were not offered during her high school career, Hasty was able to play shortstop on the softball team, and joined the new girls basketball team the year before graduation. She went on to play both volleyball and softball for two years at Illinois Central College in Peoria, and was a volleyball captain at George Williams College in Downers Grove, which placed in the nation's top eight all four years she attended.

"As long as I can remember, I have wanted to teach physical education and coach. Sports were always just such a large

part of my life, and I want to share that with others," she said.

After coaching women's volleyball for five years at Elmhurst College, where Hasty said she did very little actual coaching and mainly recruiting, two high schools called asking if she was interested in teaching and coaching positions. Hasty interviewed at Community High School first, who offered her a job the day before Oak Park High School called for a second interview, she decided to stay here.

"It's the kids that keep me here," Hasty said. "We get a bad rep from other schools, but most of the students I have come across in 12 years are respectful and hardworking."

She also cited the freedom she gets in coaching decisions and the diverse student population reasons she loves the school. Though the school's lack of wins stresses Hasty out at times, she keeps it in perspective and teaches her teams to be gracious winners and losers.

Through coaching volleyball, Hasty has seen many student athletes grow and mature, both in their athletic techniques and in their personalities. She encourages all students to try for at least one sport in high school, as she believes it is their last opportunity for the team atmosphere that high school athletics provide.

She said, "I like being able to teach them about more than just volleyball and winning when I'm coaching. Through team sports teens learn how to manage time, how to work with others and share, and how to take responsibility for their choices."

Athlete of the Month

McLeland scores another award

Each month a different coach will nominate an athlete for Athlete of the Month. Head swim coach Curt Herrin chose junior Katie McLeland.

Katie McLeland is November's Athlete of the Month for her contributions to the swim team as well as for her multiple accomplishments.

By Julie Youngwith

Athelete of the Month Katie McLeland may be young, but she swam her way to the top of her competition.

McLeland has been swimming for 12 years, eight competitively, and competes in the 200 medley relay, 400 free relays, 200 freestyle, and 500 freestyle.

Last year, she placed third at DVC. She also received an All-Conference Honorable Mention, and received the Academic All-Conference Award for the past three years.

McLeland says former West Chicago swimmers Jackie Vavrek and teammate Julia

Shallcross are her biggest inspirations.

"Jackie is an inspiration to work hard and try my best," said McLeland.

"Julia is always there and reminds me that hard work can be fun."

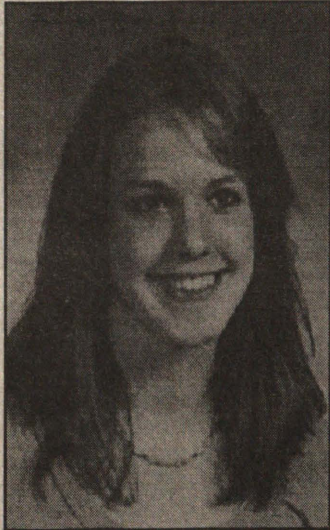


Photo courtesy of Katie McLeland
Junior Katie McLeland finds motivation in swimmers.

Her favorite memory as an athlete was when she was an alternate for state when Jackie Vavrek became state champion in the 50 freestyle.

"That was an amazing and once-in-a-lifetime experience," said McLeland.

McLeland likes other aspects of her sport besides swimming.

"I enjoy all the close friendships over the years with people on my team the most. And the fact that you don't sweat!" said McLeland.

McLeland tributes her coach, Dan Johnson, as someone who has helped her achieve her goals throughout high school.

"He really pushes me to fulfill my potential and he can always cheer me up even if I didn't perform well that day," said McLeland.

She also credits her other coach, Curt Herrin, saying that he provided her with some good insight makes her work hard to improve.

Next year McLeland hopes she and the rest of the swim team make it to state and after high school she plans on swimming in college.

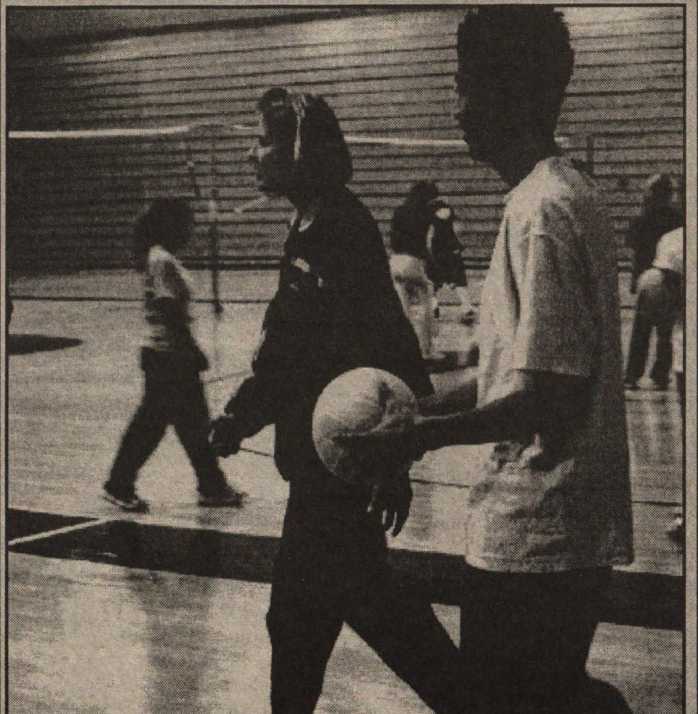


Photo by Julie Youngwith

Volleyball coach and physical education teacher Kristi Hasty.

New food pyramid aims to keep people healthy and on top of their diets

Recent changes make meal plans more personal with technology

By Ellyn Fortino

For the first time since it introduced the Food Guide Pyramid in 1992, the federal government unveiled a makeover of this well-known icon in April that emphasizes eating a variety of food, including healthful fat, and underscores the importance of physical activity.

Named the Food Guidance System, the new pyramid sports colorful vertical stripes for each food group from tip to base, rather than the horizontal categories of the old version.

'If you like to eat a lot of junk food, water helps flush out the sodium and fat that your body doesn't need.'

--Patty Clifford

It also adds a staircase along one side as a reminder for the chronically inactive American public to become more active

to burn more calories.

The new image is based on the 2005 U.S. Dietary Guidelines, which were released in January to boost the importance of fruit and vegetables, whole grains and healthy fat, including nuts and olive oil, and for limiting foods with added sugar, saturated fat and trans fatty acids.

Unlike the old pyramid, the new version is interactive and for now, almost entirely a creature of the Web.

"The new food guide pyramid is very personal and that is good for adults and students because you can find out exactly how much of different foods you need during a day based on your physical activity and age," said Food and Fit teacher Patty Clifford.

"One student of mine runs cross country, and the new Food Guide Pyramid told him he needs twice the amount of carbohydrates that average teenagers his age do. Before he had no idea," said Clifford.

The pyramid also mentions including water in the diet and eating a variety of foods throughout the day in moderation.

It is very important for a per-



Photo by Ellyn Fortino

The girls swimming team competed at sectionals at St. Charles East High School Nov. 12, however, no athletes qualified for state. Junior Caitlin Kregel placed 6th in the 100 backstroke, just missing the state qualifying time by less than a second. Swimmers hope to qualify relays and individual events next year, with a strong team of juniors that will lead returning freshmen and sophomores. Freshman Caitlin MacDonald, pictured, is a team member.

son to drink water whether they are in shape or not. A person needs to drink half of their body weight in ounces each day Clifford said.

"If you like to eat a lot of junk food, water helps flush out the sodium and fat that your body does not need," she added.

"If you don't drink a lot of water your body is storing the fat, sodium etcetera, and that is what makes you gain weight."

It is important in the morning to have breakfast so you will not become tired throughout the day.

"Your body needs brain food in the morning so you won't fall asleep in class. It doesn't matter what you eat for breakfast, but it is good to get a variety of foods from the pyramid," Clifford said.

"Even pop tarts are better than nothing."

The Food Guide pyramid is a tool that was developed to

help people make healthy daily food choices. It is not a rigid rule, but rather a flexible set of guidelines to help a person build a healthy base in their eating plan.

No matter what a person's shape or size, following a sound weight management program with foods from the food guide pyramid is very beneficial. It reduces the risk of lifestyle-related health problems such as high blood pressure, leading to longer healthier lives.

Andie's Angle

T. O. loses more than spot on team, fans turn heads too

By Andrea Bradley

When you carry a Sharpie around in your sock, you are definitely starting to think ahead.

That must mean Philadelphia Eagles star Terrell Owens loves to think ahead.

T.O.'s theory, "If you got it, flaunt it." That used to work for this multimillionaire star, but now, his coach is sick of it.

Owens was recently suspended for the next three games due to his inability to say anything nice about his team or teammates.

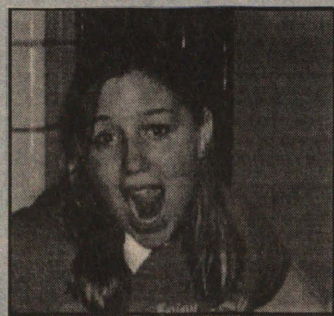
But now on top of his suspension, he is deactivated from the Eagles roster.

In an interview with ESPN.com concerning his deactivation, he claimed that the Eagles would be better off with Green Bay Packer's quarterback Brett Favre.

He blames his quarterback,

Donovan McNabb for the losses this season. He claims that McNabb's injuries caused the Eagles to fall behind.

Owens even went as far as saying "Obviously, a quarterback that has the weapons like



Donovan has with his team — with me, LJ (Smith) and Brian Westbrook — obviously that helps him be a better quarterback."

Clearly the problem cannot be T.O., and his multiple injuries had no effect whatsoever on his team.

Whatever Terrell.

Let's take a look at how this all started.

After Owens fired agent David Joseph, and hired Drew Rosenhaus, everything became a game of who could whine more. Obviously, Owens was winning that game.

He demanded a new contract giving him more money, only one season into his already drawn up seven year contract.

In March of 2004, Owens an ex-agent Joseph, agreed that he should be paid \$48.97 million for the next seven years of play.

Owens explanation on the wanted raise was that he has played through pain and should be rewarded for it. His statement, "Yeah, I deserve the money I was asking for."

Well, \$48.97 million must not cover playing on a bad ankle. After all the whining about a contract, Owens moved

onto bigger and better things, which was claiming exactly what he deserves.

After his 100th career touchdown, he got angry with his team for not giving him the praise he was expecting.

It is true that hitting the 100 touchdown mark is a huge thing, but it is still not justifying Owens' anger.

Maybe his team failed to acknowledge his accomplishment, but maybe McNabb left out his congrats because Owens poked fun of his fatigue in the Super Bowl.

When asked about why it bothered him, he denied even caring about his career highlight.

"I didn't really think too much of it. Obviously, it's a great accomplishment.

I guess is I look down the road some time, I'll look back on it and see how special it is. But to

me, it was just another touchdown.

"You know I expect to score every week," he said in his interview with ESPN.com.

Later though, he admitted to feeling disrespected when they blew it off.

"It just shows the lack of class that they had," he added.

Maybe T.O. really stands for "totally oblivious."

With his team angry with him, and his fan base rapidly dropping, Owens still keeps smiling like nothing ever happened.

Owens probably never even turned red when he gave pizza delivery man James Lewis a \$5 tip, and Lewis dropped it on the doorstep.

Sorry Terrell, but with your constant complaining and whining, it looks like you will never see another \$6 million season again.