

# Wildcat Chronicle

Community High School



326 Joliet St. West Chicago, IL 60185

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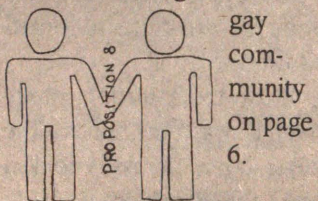
### News

A series of one-act skits for the fall play left the crowd wildly entertained. Read about the performance on page 4.



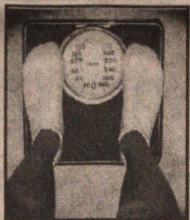
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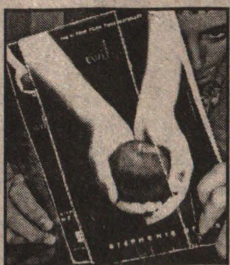
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With practice well on its way, both basketball teams are preparing for the season. Read season previews on page 16.



# Record shattered

By Greg Vodicka

With students lined up to brighten lives, Key Club's fall blood drive shattered spring's previous record with 181 units donated.

April's drive accumulated 152 units of blood, resulting in a \$2,500 award from LifeSource to put towards helping non-profit organizations.

Counselor and Key Club adviser Ward Rau deemed the drive a success.

"This is by far the best one we've ever had," said Rau.

While students signed up for the drive, it became clear to Rau that they needed to order more staff and equipment.

"Our original goal was 150, but after sign ups were well over our goal, I knew we were going to need some extra help," said Rau. "At the beginning of the day we had 283 students signed up."

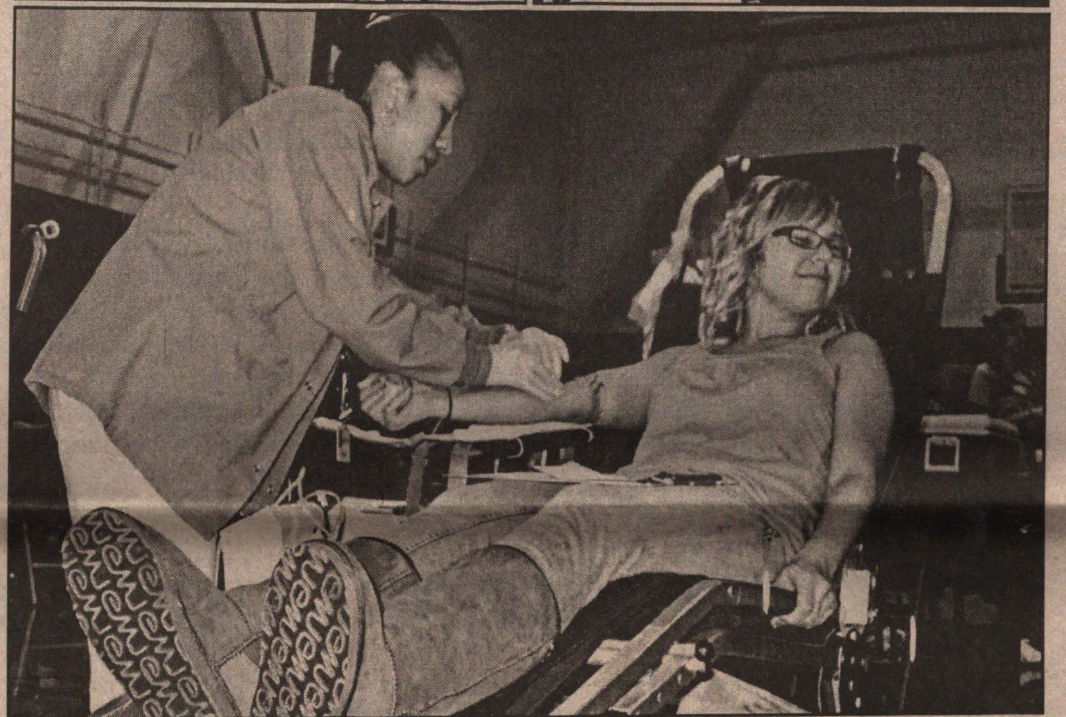
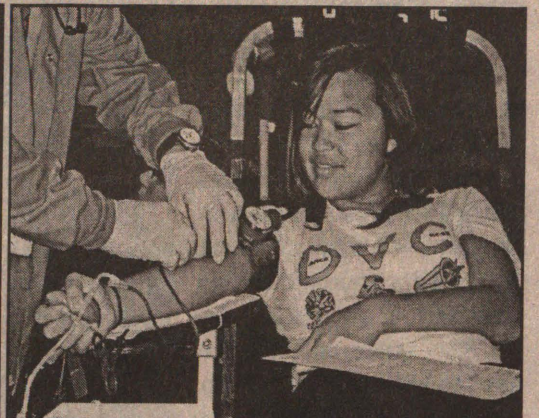
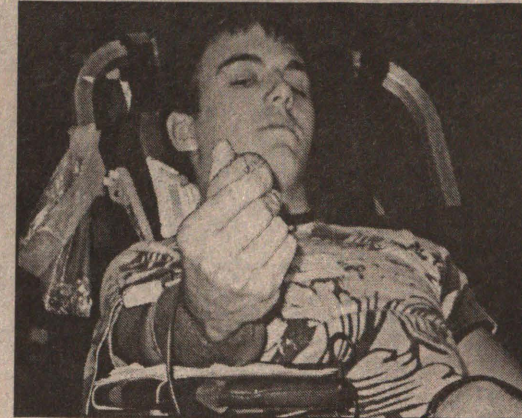
Advisories played a big role in the success of the drive. Instead of signing up in commons, students could sign up in advisory.

"In past years we had done well but this year there was a jump in numbers," said senior Key Club leader Sarah Kimball.

The Key Club leaders decided lunch sign ups weren't working well, and discussed other options such as sign ups in advisories.

"It worked well as far as visibility," said Rau. "Freshman and sophomore classes were disappointed they didn't have a shot to win, so we definitely got the word out."

In addition to getting visibil-



Photos by Greg Vodicka

Students donated a record breaking 181 units of blood at the blood drive. Top left, junior Blake Zumpano, right senior Sara Lim, bottom senior Melissa Conway with an unidentified nurse.

ity, advisories served as teams in a competition for a pizza party.

Complements of Key Club, a pizza party was awarded to Kristen Isacson's 6A advisory, the overall champs with 84.6 percent class participation. Other pizza winners include Brianne Ferreiro's 4A, Lindsey Evan's 5B, and Joy

Tanimura-Winquist's 6A advisory, each with 47.6 percent participation.

"The competition not only got people excited to participate, but it spread the word," said Kimball.

Crediting this success to the contest, Kimball is proud of the Key Club for its dedication.

"With the advisory contest and inviting parents the numbers soared," said Kimball. "It's been our best turnout ever."

Pleased with the turnout, Rau admitted he was disappointed they couldn't break 200 donors. However, he said it was exceedingly successful and cannot wait to top it.

# Obama breaks race barrier

*First African-American wins presidency while promising hope and change in Washington*

By Jessica Bergmann

Millions of people around the world anxiously tuned in Nov. 4 to witness the most monumental election in history: the victory of Illinois Sen. Barack Obama as the first African American president of the United States of America.

Obama won the race to the presidency with an astounding 51 percent of the popular vote, whereas his opponent, Arizona Sen. John McCain, received 48 percent of the

vote.

Popular vote percentages across the nation were extremely close, including Florida and Virginia, where Obama won by 2 percent or less of the vote according to statistics printed in USA Today.

As voting polls closed nationwide, Americans watched as projected winners were declared in individual states.

Generally Republican states such as Ohio, Virginia, Iowa and Colorado all cast their

votes toward the Democratic nominee, leaving McCain in a position virtually impossible to win.

Obama received an unsurpassable 349 electoral votes, more than double the amount of electoral votes McCain received.

Senior Brian Skrzypczak voted for his first time to ensure his voice was heard.

"As I went to vote, I knew I was going to vote for Obama. I believe Obama is a good pol-

itician who can only improve our country with his new policies. He may not have much experience, but he is a strong speaker and gets his point across well," Skrzypczak said.

He was pleased that he voted in the historic election and hopes that Obama will make a good leader.

Some Republican students have already begun to show their disapproval of Obama's win.

See Election page 3

# Paying the price for vandalism

By Greg Vodicka

When students hear nature calling, they often find locked doors due to vandalism and graffiti caused by students.

"The second floor senior hall bathrooms are the worst," said Assistant Principal Pete Martino.

In addition to the bathrooms in senior hall, the first floor bathroom near entrance A has also had issues.

While the bathrooms in senior hall cause the biggest headache for maintenance, Martino has no sympathy for vandals.

"Why would anyone ever have a need to graffiti or whip toilet paper around?" said Martino.

Showing her concern, senior Sally Brown also wonders why students are so immature.

"We're supposed to be seniors. This is childish behavior," said Brown.

The problem is not a new one, according to Martino.

"We leave bathrooms locked until they're cleaned up. It takes a lot of time to clean, and maintenance shouldn't have to waste all

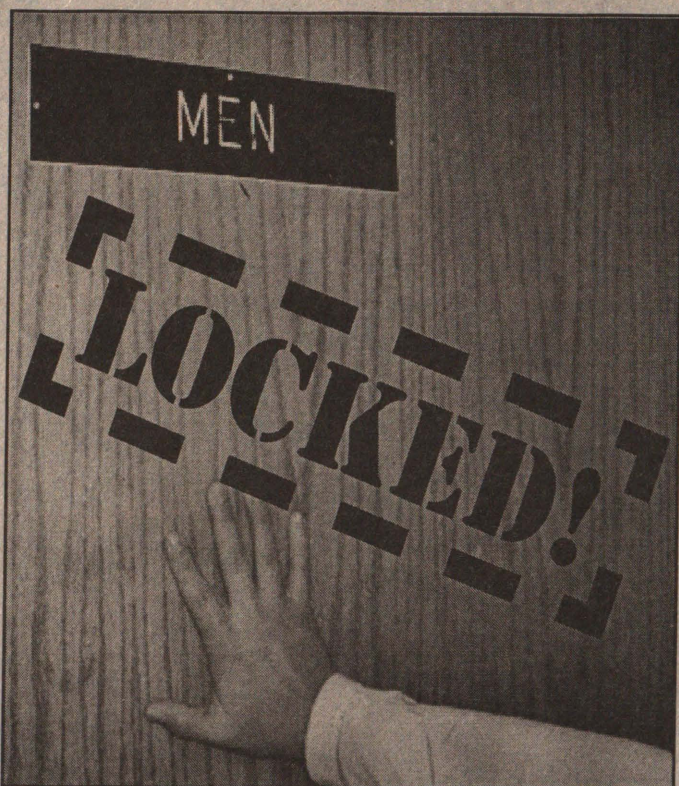


Photo illustration by Jessica Bergmann

**Bathrooms throughout the school are being locked due to vandalism, causing a disruption to the students' day.**

their time on that," said Martino.

Trying to keep staff informed, Martino said that when administration locks bathrooms, they try to send out an e-mail to teachers in the area.

Often, maintenance locks

vandalized bathrooms if they get there first. Teachers are not notified when maintenance locks them, according to Martino.

When it comes to teachers, some argue that the bathroom locking is an issue.

"It is a problem. They

should be open all the time," said English teacher Brad Larson. "If students treated the bathrooms properly there wouldn't be a problem."

Students also wonder why their bathrooms have been taken away.

"I'll be holding it in all day until my bladder is about to burst when I can't find an open bathroom," said senior Blaine Flanagan. "Then when I take the time to go, I have to scurry all over the school to find an open one."

With five minute passing periods, senior Alex Puetz claims he cannot make it to a bathroom in time for class.

"I'm always late to class whenever I try to go to the bathroom," said Puetz. "I have a lot of classes upstairs too so it makes it even harder since they are always locked."

If bathroom time does not work out during passing periods, students often turn to class time.

When asked how long they expect students to be gone on a bathroom pass, 95 percent of 20 teachers surveyed said less than five minutes.

"I have a teacher that writes in the time you leave and the time you have to be back by," said senior Gina Stolzman. "We have no more than five minutes to go."

Students argue that is not acceptable.

"When I can't find an open bathroom, it can take me over 10 minutes round trip," said Puetz.

If students are consistently gone from class longer than anticipated, several teachers said they begin to take away privileges.

"Since I never have time to go during passing periods, I try to go during class. Sometimes my teachers get annoyed and stop letting me go," said senior Zak Bayless.

However, some students don't see the affects of locked bathrooms at all.

"I use the bathroom pretty often to wash my hands. I've never come across a locked one," said Stolzman.

While some students criticize the locked doors, others understand the cause.

"People need to stop the graffiti," said Flanagan. "It ruins it for the rest of us."

## Helping to educate one step at a time

*WeGo 2 Africa hopes to build \$40,000 school through creative fundraising and clothing sales*

By Jessica Bergmann

WeGo 2 Africa is back in full swing with a new mission statement and clear objectives.

The community leadership class has high expectations for what they wish to get accomplished this year, with its biggest goal being to build a new school in Angola.

Instead of being only \$10,000, the new schools cost somewhere around \$40,000.

"We have a lofty goal of raising \$40,000 this year. It's a high goal, but it's definitely achievable," said community leadership teacher and WeGo 2 Africa adviser Mary Ellen Daneels.

While the price of building a school has increased, Daneels stressed that this money will not be used in vain.

"The new schools are built to last 100 years instead of only 15 years. They also contain five classrooms, where the old schools usually only contained three or four," Daneels said.

The community leadership

class' goal is to facilitate in learning, living and leadership

"In our school [that we built] in Sakutopi, the 1st and 2nd grade classroom had over 85 kids in it. They sat on each other's laps, on the floor, or anywhere else they could find," Daneels said.

On average, there are two shifts of students per day in the Angolan school, which Daneels estimates to equal around 240 students being educated each day.

"The school teaches 7 to 27 year olds, so it's not just for kids, but also for adults. Some [Angolans] walked one and a half hours or more just to get to school and back barefoot each day," Daneels said.

Daneels also wants to stress that while students have helped to provide a bet-

ter education to Angolans, there is still much to be done. Over 50 percent of the Angolan population is still illiterate.

"The demand for schools is great,

and these larger schools [being built] allow more students access to an education," Daneels said.

The community leadership students have put great thought into fundraisers, one of which being the new fall clothing line, to help build the new school.

"Students should buy the clothing to support a good cause. It's a win/win situation: help build a

school in Angola and get some fabulous looking clothes," said designer and

senior Caitlin Shiga.

Shirts are \$12 and sweatpants are \$20, or both for \$30.

Students can order the items in commons until Friday.

Another fundraiser that the community leadership class is eager about is the

"Look Up" project, where students have the chance to pay to paint a ceiling tile within the school.

"Dr. Cheng's initiative is to beautify the school and make it a more welcoming and inviting place to be, so he approved of this idea," Daneels said.

Senior Katie Bell was the one to come up with the idea after it was utilized at Benjamin Middle School.

"We thought it would be a really cool idea because it can help to raise school spirit," said Bell. "Students are able to leave a piece of them behind and make their mark on the school while changing the lives of those who are less fortunate than us."

Those who wish to participate in the fundraiser can contact Daneels in room 206.

Other fundraising ideas include a Sadie Hawkins dance, a faculty talent show, a school film festival, and a matinee performance of the spring musical, where the money from the tickets sold would go directly to the WeGo 2 Africa program.

"If time and need arise, we have plenty of other ideas," Daneels said.



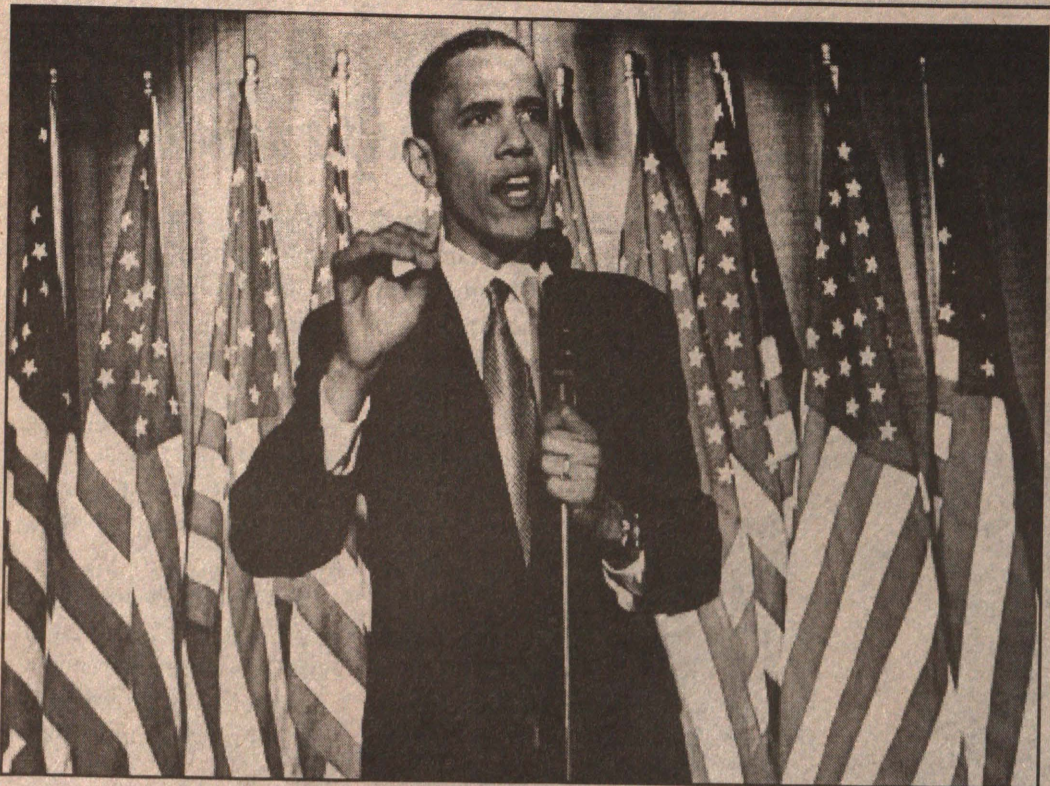


Photo courtesy of www.barackobama.com

President-elect Barack Obama inspires Americans with his talks of hope and change in Washington and his promise to restore the country's integrity.

## Election: Obama promises big changes

*Continued from page 1*

"I'm disappointed because Obama's for partial birth abortion, which is murder. I also dislike the fact that he wants to spread the wealth, which means even if I work really hard, the guy who doesn't will get more than he works for," senior Ethan Dean said.

On election night, close to a quarter of a million people stood in Grant Park to show their support for Obama.

Senior Drew Bowker was able to make his way into the crowd and stood eagerly to see Obama speak.

"I went to Grant Park on election night because I wanted to be a part of history," Bowker said. "I wanted to be with a million other Obama supporters and experience the election as an ac-

tual event and not something that just took place in my living room."

Close to 11 p.m., Obama delivered his acceptance speech.

He began by congratulating opponent McCain and vice-presidential candidate Alaskan Gov. Sarah Palin by saying, "I look forward to working with them to renew this nation's promise in the months ahead."

Obama's promise is to cross political lines and work with people of both parties as well as the American people in order to restore the country.

The daunting tasks that Obama faces in the White House will be a challenge. Issues such as the economic crisis and the war in Iraq need to be solved and Obama has promised solutions.

However, Obama recogniz-

es the fact that he may not be able to accomplish what he hopes to achieve in the time he's in office.

"The road ahead will be long. Our climb will be steep. We may not get there in one year, or even one term, but America, I have never been more hopeful than I am tonight that we will get there. I promise you, as a people, we will get there," Obama said in his acceptance speech.

Upon hearing this, the crowd in Grant Park began chanting what Obama has been preaching throughout his campaign: "Yes we can!"

"He truly believes that change is coming to America. Listening to him speak, I had no choice but to believe his words. He filled me with hope and happiness as the outlook of tomorrow just got brighter," Bowker said.

## More than just a grade point average

By Greg Vodicka

Seniors are beginning to question whether the changes in the valedictorian requirements are an accurate way of measuring one's success.

The 2007-2008 valedictorian was the first to be selected out of a group of peers under the new criteria.

According to Principal Moses Cheng, the valedictorian is selected after keeping a 4.0 grade point average (GPA) and earning the most academic quality points, or credits. This means, after filtering students by GPA, the next step is looking at the amount of credits they have earned throughout their high school career.

"It's one of the highest honors you can receive," said Cheng.

Prior to the changes, there were many students who were named valedictorian. Now, there will only be one.

"In years past, we were in the double digits," said Cheng. "So the discussion was: Does our system truly recognize the best in the class?"

According to Cheng, grandfathering grades was never a suggestion.

While this rule was implemented during the '07-'08 school year, many seniors are still unaware of these new requirements.

"I had no idea about the changes. I really wish I was aware so I could have taken the steps to be eligible," said senior Chrissie Rovtar. "I wouldn't have taken 8th hour

off this year."

Senior Jordan Long agrees with Rovtar and feels as if the new requirements are unfair to students who are involved in sports and extra-curriculars.

"When you're on the golf team, it is required to take 8th hour off for the first quarter of the year," said senior Jordan Long. "I don't care that they changed the requirements, but they shouldn't expect us to abide by them since it was just put into action last year."

While some were left in the dark, several students were notified about the changes when they were implemented. According to senior Jozef Pavnica, English teacher Chris Covino told his AP English 3 class about the changes last year.

"I knew about the changes, but I was mad because you can't make up what you didn't do freshman and sophomore year," said Pavnica.

While understanding requirements, Rovtar argues the definition of a valedictorian.

"The valedictorian is the highest person in the class," said Rovtar.

However, according to Cheng, valedictorian is purely an academic decision, and other factors such as extra-curriculars and difficulty of courses are not accounted for.

"If all you do is study and have a 4.0, you're not really representing West Chicago," said Rovtar.

## Speech team talks its way to the top

*Students improve vocal skills while preparing for tough competition*

By Amanda Rathe

Speech team is having a strong season and placed 8th out of 21 teams at the Huntley Invitational tournament on Saturday.

The team has improved their skills since the home invitational on Nov. 8, where the team placed 13th out of 21 teams.

English teacher and coach Jason Kling feels the home competition went great and hopes to continue advancing.

About 600 people were at the school, and 102 classrooms were used as well as the LRC and gym.

Junior Jessica Ledesma

placed 8th in the competition for original comedy.

"Basically, you have to come up with a story that has a moral. There are as many characters as you want, and you have to change your voice and posture and stuff," said Ledesma.

This is Ledesma's first year in speech team so she was surprised to find out she placed.

"It was exciting, I didn't expect it at all," she said.

Speech team's next meet is Saturday at Thornton High School.

The season lasts from November to the middle of

February, and during this time the team is always busy preparing for its next tournament.

"The kids pick one or two events that they compete in. Some are comical, dramatic and political," said Kling.

Team members have coaches that they meet with once a week to work on their skills. Students on speech team take it seriously and have a good time while they are at it.

"I like the coaches and the people on the team. It's a fun way to overcome speaking fears," said senior and four year speech team member Jamie Roman.

They meet every Monday after school to practice their specific skills. Students interested in joining should see Kling in room 184.



Photo by Alex Lima

Seniors Kasha Grabiec, left, and Jamie Roman, practice their skit for the upcoming speech competition on Saturday.

*Around the school*

Compiled by Amanda Rathe

*Donating to hospital*

Teen Associates Board (TAB) is starting its first fundraiser for the year.

"I think we are going to do the candy cane sale like we did last year," said senior and four-year TAB member Abbey Mastroianni, who has volunteered with the Young Associates Board (YAB).

"We fundraise and hold events for YAB. It raises money for kids with brain tumors," said Mastroianni.

They do fundraising for them, and some members attend a 5K run in the summer.

"Teen Associates Board is an off-shoot of a fundraising board for Children's Memorial Hospital," said math teacher and adviser Kristina Mallon.

At this time, TAB is looking to make a visit to the hospital to do some hands-on work.

If you are interested in joining, see Mallon in room 150.



Photo by Amanda Rathe

**Junior Sally Stob enjoys the options that Art Club provides, including her ability to choose which art projects she does.**

*Helping students form friendships*

Wego Buddies helps to form friendships and bonds between general education students and students with disabilities.

They went on their annual trip to Enchanted Castle in Lombard on Nov. 7.

"It's always our most popular event, and we had 26 students go. They really seemed to have a good time," said

special education teacher Abby Lynch.

The field trip was also very popular among the students who went.

"I liked the field trip. [My favorite part] was the bumper cars, I would recommend it," said senior Emily Laffey.

Enchanted Castle is only one of the many activities Wego Buddies arranges for

its participants.

"Next month is popcorn and a movie, January is Painted Penguin, and February is a dance. After that the events are not set in stone," said Lynch.

If you want to be involved, see Lynch in room 159. They have two meetings every month, so listen for the announcements.

*Independent cast proves success**Fresh approach to performance leaves audience entertained*

By Megan Hernbroth

A different approach to the usual fall comedy proved to be worth the effort by cast and crew.

"All in the Timing" by David Ives was a series of short one-act plays, performed by a cast of 24 students ranging from inexperienced freshmen to veteran seniors.

"We hoped for a lot of laughter from the audience," said director Mary Hafertepe. "But we expected some confusion so the audience had to be alert and attentive."

Opening the play was a small act of two characters who met up in a café. The man's goal was to get the woman to like him, and each time he said something offensive, a bell would ring offstage

and he would start over.

Following that was a short bit about three captive monkeys attempting to write "Hamlet." "Seven Menus" was about a group of four friends who kept remarrying and divorcing, keeping the audience in fits of laughter with witty comebacks and quick jokes. Ending the first act was "English Made Simple," that used two main characters to illustrate the importance of word and body language.

A slightly confusing play called "Philip Glass Buys a Loaf of Bread" began the second act with an almost eerie dialogue. Actors talked with a beat and matching choreography.

"Universal Language" came after that, leaving au-

diences even more confused with its mixture of German, French, Italian, English, and Gibberish, claiming to be the language everyone knows.

A state of mind called "The Philadelphia" where nothing goes right and the opposite always happens was explained to audiences in the next play.

Wrapping up the production was "The Mystery at Twicknam Vicarage." Audiences loved the fake British accents.

"This play is very different, not just because it's a series of one-acts, but more because of just the plays themselves," said Hafertepe. "I would definitely do it again in a few years."

Sophomore Tori Snell enjoyed her work with a larger but more independent cast.

"I got to work with a lot of different people and I know

*Creativity helps community*

Now that they have finished the WeGo 2 Africa banner for commons, Art Club members plan to raise money for the Peoples' Resource Center in Wheaton.

"The Peoples' Resource Center provides Thanksgiving meals to those who can't afford it," said senior and Art Club president Caitlin Shiga. "And whatever we raise for them will be matched by an anonymous donor."

According to Shiga, members stay involved in both the school and community by doing things like "painting the banners in commons and donating to various organizations."

Art Club members continue to work on individual art projects alongside the fundraiser planning.

Members can work on pretty much any kind of project they would like during meetings.

"People work on ceramics, the pottery wheel, computer art, woodworking, sketching, etcetera," said Shiga.

Other members of Art Club enjoy the freedom they have to choose their projects.

"I get to try new art projects that I wouldn't get to try in class. It is more independent, and you have a choice about everything," said junior Sally Stob.

Art Club meets every Thursday after school in room 193.

"For those who enjoy art and getting together with students who like the same thing, this is the club for you," said Shiga.

*Competing beyond class*

Math team is already starting strong this year, specifically its novice freshman team that has placed second in the two competitions thus far.

Freshmen Jeff Pekosh even received a perfect paper at the competition.

At the competitions, each member of the math team must show expertise in different math concepts.

"Each grade level takes a written test that has five questions, and then there is an oral competition where the student must prepare and

present the answers to three problems," said math teacher and coach Kristina Mallon.

Math team usually has five or six meets and the next is on Dec. 4.

Students on math team enjoy what they do.

"It's fun to hang out and do what we like to do," said four-year math team member senior Ashley Michnick.

Math team meets in room 150 on Wednesdays. They use the time to go over material to prepare for competition.



Photo By Megan Hernbroth

**Junior Tony Wondolkowski and freshman Demi Demas rehearse "Sure Thing," a skit which mocks pick up lines.**

some of these plays are the hardest ones we'll ever have to do here, so it's like an accomplishment," said Snell.

Sophomore Sami Lauf performed in "Philip Glass," a

hit with the audience.

"We worked really hard," said Lauf. "We were there every day when we didn't have to be and we even met outside of school."

# Extracurricular involvement pays off

*Student of the Month is based on a solid academic history, commitment in extracurricular activities, and community involvement. Students must be nominated by at least one staff member and the final decision is made by the student activities director and a committee made up of additional staff members.*

**By Jessica Bergmann**

Senior Jozef Pavnica has found a way to excel in academics while participating in school activities.

"Maintaining a 4.0 while playing sports would be my biggest high school accomplishment," Pavnica said.

Pavnica has played for the soccer team and varsity tennis team for four years, where he was captain for two.

"There's definitely a lot of time management that has to be done, which is an area I've definitely grown in," Pavnica said. "I've learned how to act responsibly and how to work

together with other people."

Besides participating in sports, Pavnica is also in Scholastic Bowl, International Club, Future Business Leaders of America (FBLA) and Operation Snowball.

"I think that [Operation Snowball] is a good way to give a positive message to other students that they can remain substance free," Pavnica said.

Besides school activities, Pavnica finds time to participate in a high school ministry at Community Fellowship Church, where he has participated in community service events such as a 30 hour famine, world relief outreaches, and restored basements after the recent summer floods.

"I think it's important to help people who may be less fortunate than you," Pavnica said.

His greatest source of inspiration has come from a leader

at his high school ministry.

"I admire my youth pastor, Mitchel Lee. I have never met a man more knowledgeable or more sure of what he does," said Pavnica.

Pavnica also admires mathematics teacher Patrick Fox. He recalls his funniest moment of high school being during his junior year, when he dressed up as Fox for Halloween.

"What are the chances that I would have a teacher that looks so similar to me?" Pavnica asked.

While Pavnica has enjoyed high school, he anticipates entering college, although he is undecided as to where he will attend.

"I'm most likely going to major in biology or chemistry in order to become a doctor of pharmacology, which is like a pharmacist, but more on the research side," Pavnica said.

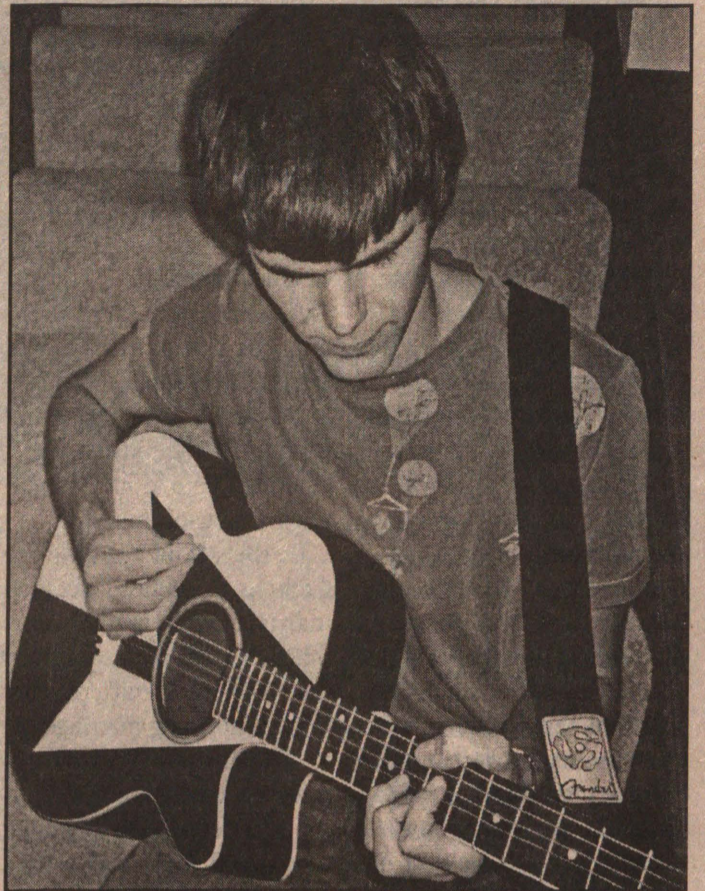


Photo by Jessica Bergmann

When senior Jozef Pavnica isn't participating in sports or extracurriculars at school, he finds time to practice guitar.

## Firsthand experience

### Students have a chance to shadow professionals

**By Amanda Rathe**

Figuring out what to do for a living is a stressful experience for the majority of high school students.

Some students took a first step in the right direction Nov. 7 when they went on the school's career exploration field trip.

According to business teacher Peggy Peach, the event went really well.

"It's an opportunity to see firsthand what really happens in the work place," she said. Otherwise, kids' exposure to careers is what they see on T.V. and what their immediate family members do."

Students who participated in Career Exploration Day got a lot out of it.

Sophomore Katarina Noelle went to Centennial Counseling in St. Charles and shadowed a pediatric psychologist.

"I learned a lot," she said. "He told me about how the job has affected his personal life, and how to run a session."

Noelle enjoyed talking to a person who is in the field she plans to go into because it showed her the obstacles she would face in the future.

Senior Lia Smith participated to find out more about

being a podiatrist.

"I observed Dr. Robin Pastore while he worked with some of his patients. I learned a ton of stuff and it was super interesting," Smith said.

Career exploration has made an impact in the past.

A former student shadowed an architect and got a summer job out of it.

After graduation she attended U of I for architecture, and was then hired by the company at which she shadowed.

According to Peach, career exploration helps students choose where to go in the future, and can give students a head start in their decision.

"Even if they find out it isn't what they want to do, it is still a valuable life lesson," said Peach.

## Lending a helping hand

**By Alexis Hosticka**

Students have the opportunity to help those in need during the holidays by bringing non-perishable items to advisory from Dec. 3 to 19.

If advisories participate, the advisory with the most items will win a pizza party and second and third place will receive cookies.

Students can bring in canned goods, items such as paper towels, toilet paper, and soap.

SkillsUSA is sponsoring the event, which helps the

local food St. Mary's food pantry.

Students can also pay off detentions and PE make-ups by bringing in canned foods and paper items from.

Every three items brought in can pay off one detention, but there is a maximum of three.

They can also be used to pay off one PE make-up.

Skills USA adviser Patti Kozlowski said that breakable items or those that need to be microwaved or refrigerated should not be brought.

Students should bring items to their advisories, but if they are paying off detentions or PE make-ups, items should go to the gym teacher or dean.

According to Kozlowski, this food drive really makes a difference.

They receive many donations during the holiday season, but the school helps during the harder times.

"From the generosity of students here, the pantry has food from January to February," Kozlowski.

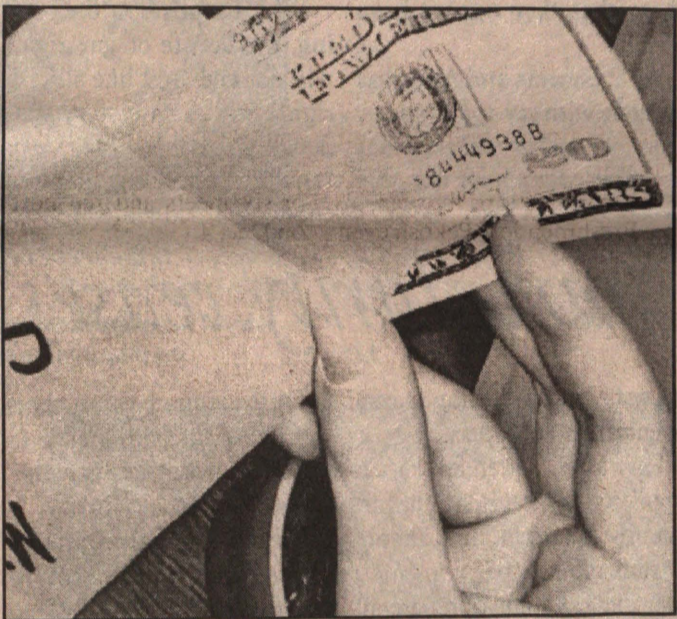


Photo by Alexis Hosticka

Sophomore Nicole Burlingame places \$20 in English teacher Patty Santella's envelope, although she opted out.

## Infamous turkey suit raises money for charity

**By Alexis Hosticka**

Thursday is the last opportunity to cast votes for the two teachers who are candidates for wearing the infamous turkey suit Friday.

Originally, almost all the teachers were in the running for the turkey suit, but about 20 opted out.

Students can vote during lunch hours by donating money to their favorite teacher.

"Whoever's got the most money stays alive and whoever has the most wears the suit," said Student Council adviser Eric Lasky.

After the first week, eight teachers with the most cash remained in the running. It was slowly narrowed down

to five, then two teachers. Students' votes on Thursday will determine the winner.

"Our goal is to raise \$1,000," said Lasky. "The proceeds will be split between a charity and Snowball."

So by voting for a teacher, students not only get to see an adult dressed up like a Thanksgiving delicacy, they're also supporting a worthy cause.

This is the fifth year the turkey costume contest has run and past winners are eligible to wear the suit again.

On Tuesday, the teacher with the most money were English teacher Patty Santella and PE teacher Hal Chiodo.

So which teacher do you want to see wearing the suit?

Our View

## No right to overturn same-sex marriages

On Nov. 4, changes were made around the country, including the election of Barack Obama as the first African-American president of the United States.

While that change was for the better, some choices involving gay rights were not.

Proposition 8 banning same-sex marriage was passed in California, thus putting over 15,000 marriages in jeopardy.

When the California Supreme Court overturned a same-sex marriage ban in May, California took a step towards equality for all. Now, it has taken three steps back.

Supporters of the ban claim that the Supreme Court had no right redefining marriage. What is the definition of a traditional marriage?

Traditional marriage does not exist, and same-sex marriage hasn't devalued marriage. The fact that 50 percent of all marriages end in divorce

devalues marriage.

Also, religious institutions such as the Mormon and Catholic churches claim that marriage is not a right, and that it is a sacrament. These churches seem to have forgotten the roots of marriage.

In the Medieval era, the Catholic Church condemned marriage as an anti-religious practice; until they recognized that they could make money from performing marriages.

Also, to say that marriage is not a right, when in this country married couples receive over 1,000 more rights than same-sex couples, is incorrect.

When the Supreme Court assured same-sex couples the right to marry, they should have stuck to the decision and not given false hope to those who have waited and wanted to get married.

However, California was not the only state with same-sex

issues on its ballot. Arkansas passed a controversial act that limits adoption and foster parenting strictly to married couples.

This ban prevents homosexuals from adopting, but also averts heterosexuals who are single, or in a committed relationship from adopting or foster parenting.

The act wants to place adopted and foster children in "strong" families with two parents.

However, by denying unmarried people this right, the foster care system and many children will suffer.

It is possible for children to have normal childhoods in single-family homes or with gay couples.

By denying them the right to adopt, the foster care system will continue to be inflated with children who deserve to have homes.

It takes a strong person to



raise a child, but it does not require a two-parent household in order to do that.

If single people want to adopt and meet the qualifications to raise a child, the government has no right telling them that they cannot have a child.

As California and Arkansas struggle with gay-rights issues, Connecticut has realized what the other states have not; this debate is about love.

That is why on Nov. 12 same-sex marriages were permitted in the state. In a time when same-sex couples are being denied their rights, there are those who realize everyone is alike.

With Proposition 8's passing, the debate of gay rights will not end. Just like all civil rights battles in history, this debate will not end until every same-sex couple is guaranteed equal rights.

## Keep locking bathrooms until immaturity ceases

### Students should grow up if they want their facilities back

After the bell, racing out of class to make it to the bathroom while still being on time for the next class is an occurrence many students have experienced. How many of these students have then been shut down by a locked door?

While passing periods are only five minutes, administration claims that is plenty of time to get from class to class. However, as more and more bathrooms are locked, the chances of coming across a locked facility are high.

Giving maintenance time

to clean up, the administration often locks bathrooms. Unintentionally, this punishes students responsible for the vandalism, as well as students who are not.

Bathrooms are being closed due to vandalism and graffiti. This is ultimately a problem within the student body.

When pointing fingers, it's easy to blame the administration for this inconvenience. However, the students are responsible.

Taggers and vandals need to grow up and realize they are

ruining bathroom privileges for everyone. No one cares who you think is a loser or how many swear words you know how to spell.

Kicking in bathroom doors or throwing around wet toilet paper is just as ridiculous.

We're not in 4th grade anymore. There's not always going to be someone there to clean up the mess.

In addition, the locations that have had the worst problems are the two in senior hall. Yes, seniors acting like grade schoolers.

To some, locked bathrooms are not an issue.

Sure there are other bathrooms open in the school, and

it's not like this is going to end in vandalism.

However, it affects more than just the student that is late for class searching for an open facility.

Some teachers don't mind letting students leave class to use the bathroom. But leaving class for upwards of 15 minutes is not acceptable.

But, if the nearest bathroom is locked and roaming the school for one to use is the only option, 15 minutes is an appropriate estimate.

All this class time consumed causes teachers to deny students the chance to leave class for the bathroom.

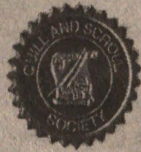
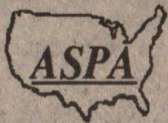
Will locking the doors to

the bathrooms convince these "children" to stop acting so childish? It's doubtful. But, that isn't the point.

The point is, while opinions marked on the walls might be read by a few, the annoyance of consistently running into locked doors surpasses any cool points that may have been won.

Until students realize how pointless vandalism and graffiti is, bathrooms should stay locked. Sure, it isn't fair to the students who use bathrooms simply for going to the bathroom. But until we can put an end to the immaturity, the school facilities should stay shut.

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## *Should choosing valedictorian be based on credits?*

While crediting time spent in the classroom, the valedictorian policy disregards students participating in extracurriculars

Graduation is a day of bliss for the hardest working students with perfect GPA's as they give their valedictory speeches, but now not everyone with a 4.0 will earn that designation.

Valedictorian is a title meant for the students who have proved themselves smartest in their graduating class. By maintaining a 4.0 GPA, they establish themselves as academically intelligent.

### Alexis Hosticka



However, due to the fact that there are 17 students with straight A's, the administration was forced to add a second step to achieving that glorious title. Now, valedictorian candidates cannot have taken any study periods or off-hours in their high school career.

A GPA is an average of all of a student's grades. A student who took a full schedule and earned seven credits or one who took study hall and earned six can both have a 4.0.

However, the one with the full schedule worked harder toward those straight A's because he or she had more classes, which equals more homework, studying, and perseverance throughout his or her high school career.

Some people argue that counselors practically force freshmen into taking a study hall. However, 14 year olds ought to be able to decide whether they can handle homework and should be capable of saying "no" to a study hall.

Sports and clubs can intervene with the completion of homework, but the valedictorian is supposed to be the most academically intelligent student in the class.

A full schedule is an indicator that a student is interested in learning and wants to make the most of his or her high school career by taking a variety of elective classes. Students may or may not gain extra homework from taking a full schedule of electives – it depends if the class is Spanish or art.

Valedictorians are the students who have worked the hardest throughout high school. Those students not only maintained faultless GPA's, but also used every hour of their school day for educational purposes by having a full schedule. They are the ones who deserve that extra recognition on graduation day.

With the policy for choosing the valedictorian, many people who have worked hard in school since the seventh grade are now asking, "What's the point?"

The administration is only considering someone with a 4.0 GPA and four years of a full schedule for the title.

Valedictorian should not be based on students having a full schedule, but on the difficulty of the classes they took. Grades should be weighted in order to narrow the choice down.

A 4.0 means something completely different to advanced placement (AP) students than it does to students in grade-level classes.

Making the choice to take an AP class is accepting an extreme decrease of free time, and a radical increase of stress.

On any given night, these students may spend four or more hours doing homework for a single class.

Some students with extra ambition take up to three of these classes in one year, leaving them with three times the homework.

Sacrifices such as these are what put these extraordinary students a step above the rest.

Every student who is eligible for valedictorian should be looked at individually.

The majority of students who are in advanced classes are, by nature, in plenty of extracurricular activities as well.

With all of this to juggle and college right around the corner, AP students should not be faulted for taking a study hall here and there to handle the workload.

It is unfair to toss students in that situation out of the running for valedictorian, when they have devoted the majority of their lives to academics since they were 13 years old.

The top of the class consists of the students who did the most work in the hardest classes, even if they did not take the maximum amount.

In the end, it is the quantity plus the quality of work that makes the valedictorian number one.



### Amanda Rathe

Someone who speaks to the entire senior class as valedictorian should not just be a student who performs well in school, but a student who is well-rounded, getting straight A's and dedicating his or her time to extracurriculars.

### Clark Hudmon

Our administration needs to take extracurricular activities into consideration. As it stands, they will only accept the students who have had a full schedule, ignoring students who dedicated their time around the school or community.

Extracurriculars not only shows commitment to an activity, but dedication to the school.

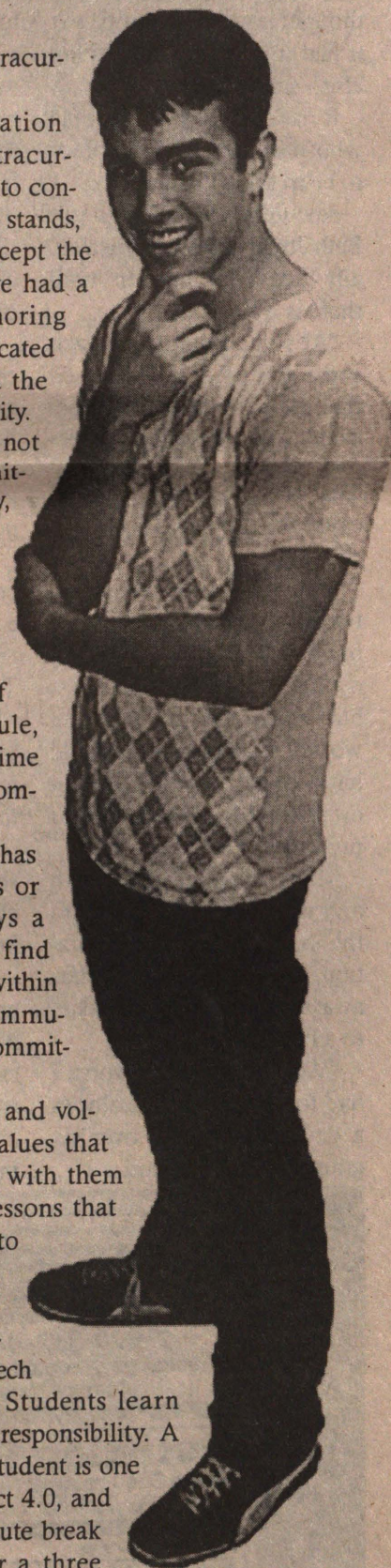
Some 4.0 students simply go to school and go home, regardless of their class schedule, and do not give time to the school or community.

When a student has to go to meetings or practices six days a week and has to find time to do work within the school and community, that shows commitment to school.

Extracurriculars and volunteering teach values that students can take with them throughout life, lessons that aren't only how to shed a block in football, or the proper hand gestures to use in a speech on speech team. Students learn about respect and responsibility. A more committed student is one who has the perfect 4.0, and trades in a 50-minute break during school for a three hour practice, or to volunteer at the hospital.

Today good grades are not enough to get into college; students must join clubs and do community service work. Not everyone can just take a full schedule and get into college.

The valedictorian needs to be a well-rounded individual, someone who doesn't just keep a nose in the books. We need a student that gives time to more than just school; someone who's not just a student, but an athlete, a community member, the president of a club.



## Anorexia

### Limited nutrition leads to unhealthy weight and body

By Amanda Rathe

*\*The name has been changed to protect the privacy of the person involved.*

Anorexia nervosa is a self starvation eating disorder that many people only hear about in health class, but for junior Karen\* it is reality.

"It just started from depression that was never treated. I thought it would go away, but it just turned into something else," said Karen.

It is common for people who have an eating disorder to be in denial about it.

According to school nurse Beth Jones the diagnosis usually does not happen until there is a climax.

"At some point they reach some sort of crisis where either the parents notice something is wrong, or sometimes they realize on their own. That is the best situation because the prognosis is better," she said.

Karen fits somewhere between these categories saying, "At first I didn't think [an eating disorder] was an issue, but when it started to get worse I suspected that I could have an eating disorder. But every time I just rationalized my way out of it."

Many times people with anorexia have to be sent to the hospital and rehabilitation, but Karen was 5 pounds away from having to be taken to a hospital.

"When I got to the worst, I had to eat under 500 calories a day, and nothing over six grams of fat," she said.

Through her ordeal, Karen lost a total of 25 pounds over about three months.

"If I went over my calories, my day was ruined, and the next day I would eat less or exercise more," she said.

According to Jones, the diagnosis is usually done by sitting down with the patient and checking medical history, looking at things such as the electrolyte level.

"I was diagnosed at the beginning of last year. I went in for a physical and she referred me to a dietician and therapist," Karen said.

Many extreme health conditions result from being anorexic.

"The heart muscle is a huge concern," said Jones. "It is a muscle and when you deprive it of nutrients, there is a lot bigger of a chance that it will go into cardiac arrest. Osteoporosis is also a big risk."

Some other symptoms can be dry hair and skin and also a fine layer of hair that covers the body called lanugo. The body's purpose for doing this is to try to conserve body temperature since an anorexic's body can no longer maintain it properly.

Karen was caught before she experienced any severe effects, but she received the help she needed right away.

"I used to see a therapist and nutritionist once a week. Now I still see a therapist every week, and a nutritionist every other week. I see a psychiatrist about once a month," she said. "I've come

a long way since [the beginning], but I still have a bit to go until I'm back to normal."

Jones agrees saying, "It's very hard for anorexics to get over it completely. They have to be very careful [of a relapse]."

Karen knows that she has certain qualities that made her more susceptible to an eating disorder.

"I'm a perfectionist so I can't handle not being perfect 100 percent of the time. I'm not very open about my true feelings, and so I keep them inside which isn't healthy. I suppressed all the stress and feelings by not eating," she said.

After all she has been through already, Karen feels she has improved a lot.

She attends group therapy where she talks to other girls who are suffering from an eating disorder. There they support each other and they all eat something that causes them a lot of stress.

"Now I tend to have a problem with binge eating because I restricted my diet for so long," Karen said.

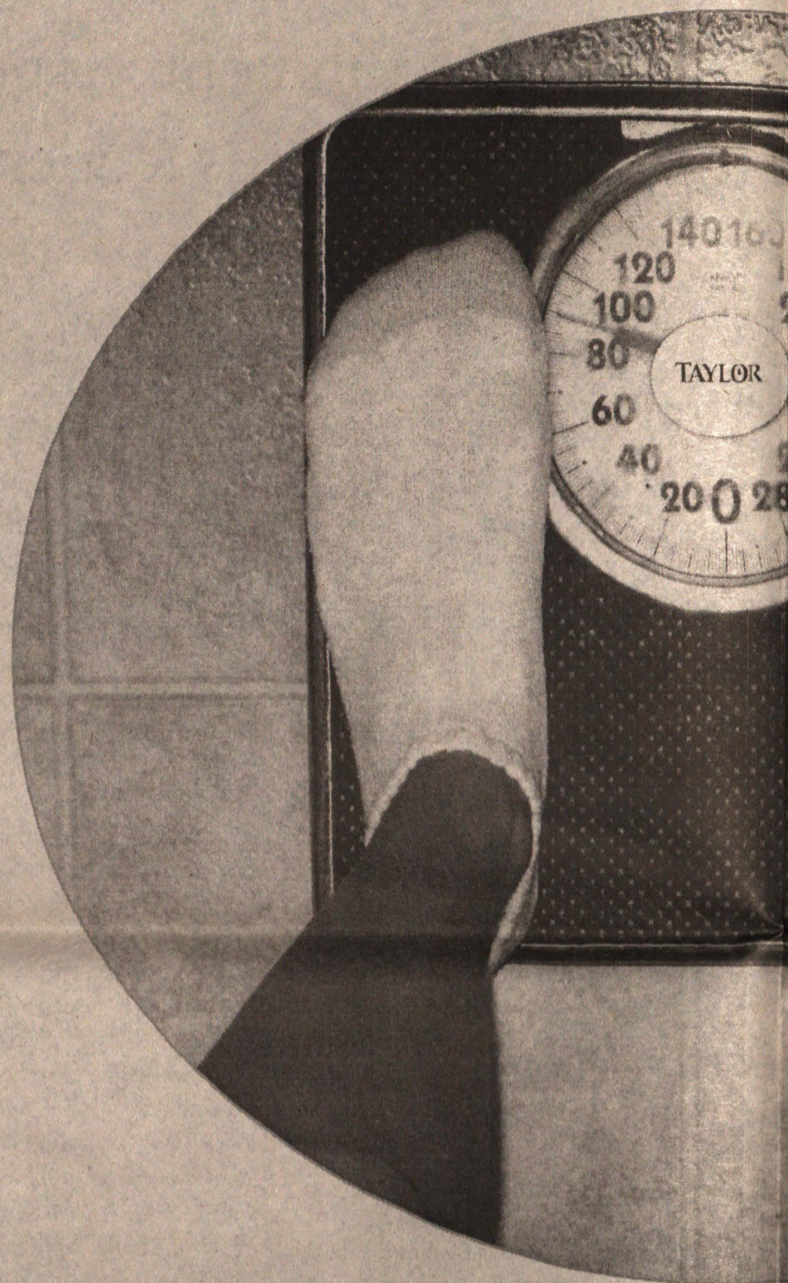
She wants to point out that the most common misconception about anorexia is that it is all about wanting to look good, but it's really the result of emotional issues.

Karen offers a piece of advice to others who might be going through anorexia.

"Don't expect it to be fixed over night, but the sooner you get help, the sooner you'll get better," she said.

## Eating Di

The high stresses of leave some teenagers



### Anorexia and bulimia causes and are both treated

## Causes

- Majority of eating disorder victims are 14-18 years old.
- Many doctors and psychologists link eating disorders to low self esteem, which could partially be blamed on the media's image of people, and how young people will go at all costs to look like a model in "Vogue."
- It is eight times more likely to have an eating disorder if a family member had it before, and 10-20 times more likely if it is a sibling.
- Eating disorders aren't solely caused by low self esteem; they could be caused by traumatic events within the victim's life. Also disorders could be used to relieve stress, or punishment for doing something bad.
- Some psychologists think that victims of eating disorders have more cortisol, a chemical in the brain that causes stress.
- People with eating disorders are perfectionists, and they are trying to have the perfect body. They are often "the good kids" that get straight A's.

Information compiled by Clark Hudmon from [www.webmd.com](http://www.webmd.com), National Institute of Mental Health, and [www.teenhealth.com](http://www.teenhealth.com).

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Servings Per Container 1	
Amount Per Serving	
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<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Potassium</b> 290mg	<b>8%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
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## Disorders school and society with complications

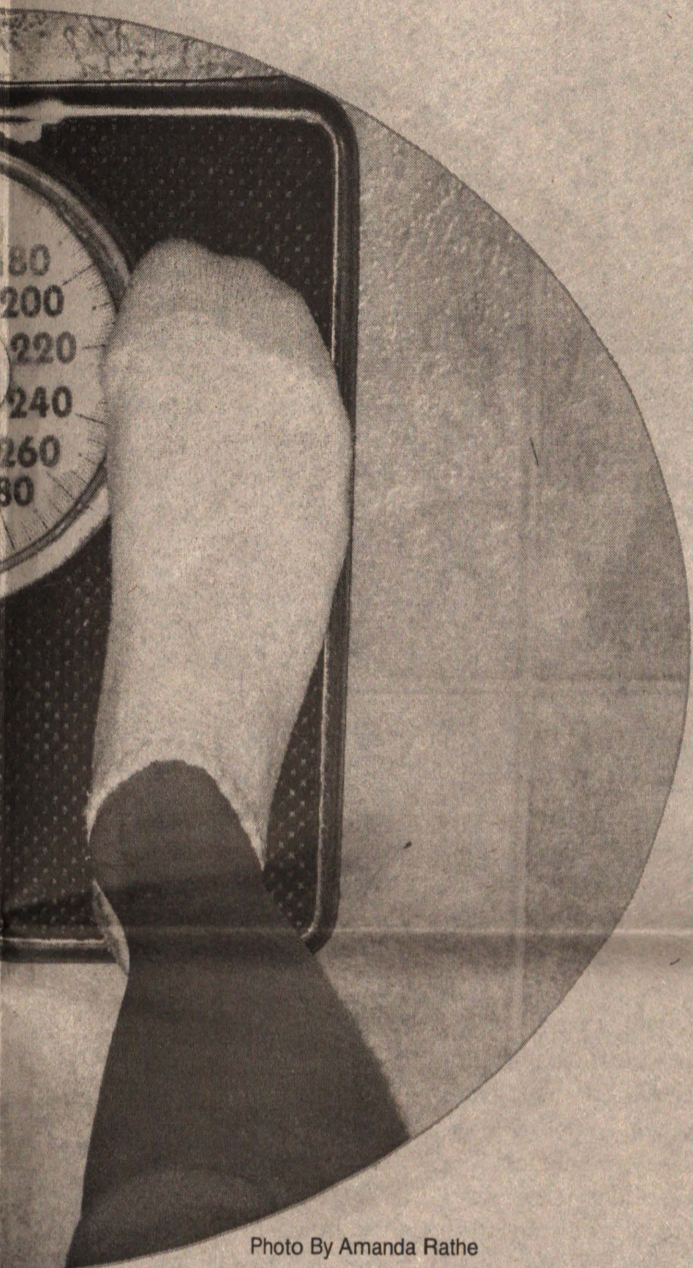


Photo By Amanda Rathe

## are linked to various ated in a similar way Recovery

- The first step of recovery from anorexia or bulimia is the person admitting to having a disorder. This step can be difficult due to embarrassment or pressure from family and friends.
- Students suffering from eating disorders should talk to responsible adults. Parents, teachers, the school nurse, or counselors are probably the best choices.
- The recoveries from anorexia and bulimia are very similar, and the difficulty of recovering depends on the severity.
- One of the most effective treatments is behavioral therapy. This involves group and individual counseling.
- The recoveries from anorexia and bulimia can be easier through assistance from friends and family.

Information compiled by Alexis Hosticka from www.teenhealthandwellness.com, and School nurse Beth ones.

# Bulimia

## Stress and sadness causes a cycle of bingeing and purging

By Megan Hernbroth

*\*The name has been changed to protect the privacy of the person involved.*

Stress of school, family, and friends can overwhelm even the strongest students. For sophomore Sadie\*, her stress load led to the development of bulimia nervosa.

Sadie was diagnosed with bulimia nervosa in eighth grade.

"I felt like eating was the only thing I could control in my life because that's when I found out my mom had cancer," said Sadie. "I felt like this was the only thing I deserved."

Victims of bulimia suffer from an inappropriate cycle of bingeing and purging of food hoping to prevent weight gain, but they may still be a normal weight or even overweight, making the victims almost impossible to pick out in a crowd, according to [www.eatingdisorders.org](http://www.eatingdisorders.org).

"Bulimia nervosa is a serious mental and psychiatric disorder which seven percent of the population suffers," said school psychologist Alicia Thomas. "Of that seven percent, only two percent have sought help for their disorder."

The average person thinks of food about 10-15 percent of the day. Someone suffering from bulimia makes food the only thought, thinking about it around 85-90 percent of the day, according to [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org).

Influences such as television, movies, and pop icons are usually blamed in the skyrocketing statistics concerning bulimia and teens. However, bulimia has been in medical literature since the 1800s, before any movie stars or models made their way onto the scene.

Sadie was persuaded to attend a rehabilitation facility for eating disorders at the end of her eighth grade year, but she didn't want to miss out on her graduation.

"I went to therapy for it and now I have a food therapist who teaches me how to eat right and that food isn't the only thing I can control," said Sadie.

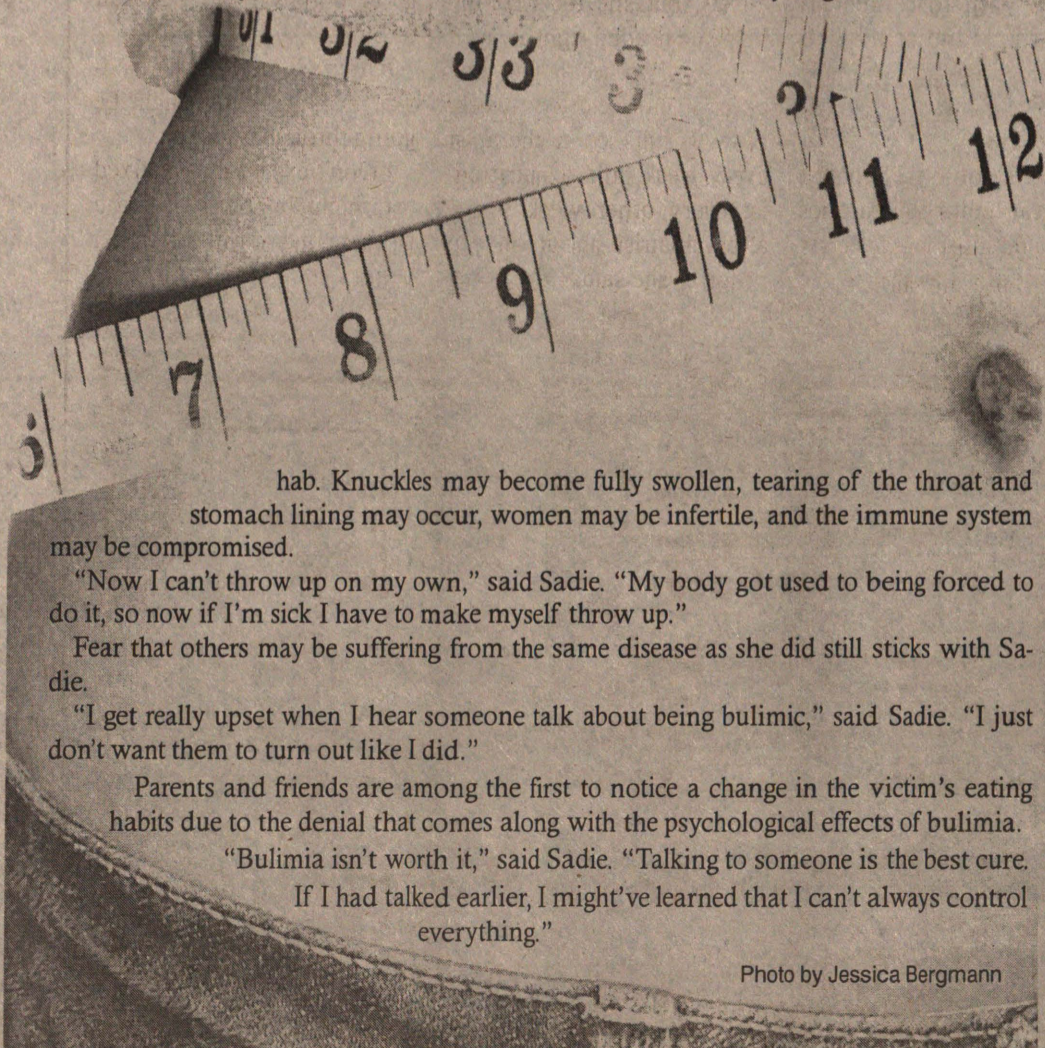
Rehabilitation rates from bulimia are encouraging, although only 2 percent of its victims actually seek help. Denial, being a major factor in this disease, makes asking for help nearly impossible according to [NationalEatingDisorders.org](http://NationalEatingDisorders.org).

"Friends can be really supportive when someone is asking for help," said Thomas. "But the real help these students need is in professional counseling."

With her disorder behind her, Sadie still suffers every now and then from that feeling of losing control.

"Whenever I eat a lot of junk food it kind of brings back bad memories," said Sadie. "Now I have to keep learning there are different ways to control everything or just that I can't control it at all."

Physical effects still haunt the victim even after they've graduated from re-



hab. Knuckles may become fully swollen, tearing of the throat and stomach lining may occur, women may be infertile, and the immune system may be compromised.

"Now I can't throw up on my own," said Sadie. "My body got used to being forced to do it, so now if I'm sick I have to make myself throw up."

Fear that others may be suffering from the same disease as she did still sticks with Sadie.

"I get really upset when I hear someone talk about being bulimic," said Sadie. "I just don't want them to turn out like I did."

Parents and friends are among the first to notice a change in the victim's eating habits due to the denial that comes along with the psychological effects of bulimia.

"Bulimia isn't worth it," said Sadie. "Talking to someone is the best cure.

If I had talked earlier, I might've learned that I can't always control everything."

Photo by Jessica Bergmann

## Balancing school and religion

### *Conflicts during holidays*

**By Sarah Berger**

Strict religious rules require sophomore Mehak Damani to wear a head scarf, but she adapts the rules to fit her modern American lifestyle.

Damani is a Shiite Muslim who practices Islam.

"I follow most of the rules, I'm not extreme, but at the same time I'm still into it," said Damani.

Damani follows religious rules such as not eating pork, drinking wine, or intoxicating her body in any way.

Although Damani doesn't follow all her religious beliefs strictly, such as not wearing her head scarf all of the time, she still respects her religion's beliefs and traditions.

"I pray when I have time, and I cover my body. I'm not allowed to wear sleeveless shirts, shorts, or show my knees. I respect my elders, and try really hard not to swear in my anger," said Damani.

Shiite Muslims celebrate holidays such as Eid, Chand Rhaat, and Ramadan. Although they might interfere with her school life, Damani manages to balance both her studies and religion.

"During Ramadan I have to fast so it affects how I feel. When I get home, I go to sleep instead of doing homework, so sometimes I fall behind.

It's hard on Chaad Rhaat because we stay up late to put on henna and congratulate people that we know, so if I have to go to school, it's hard to wake up," said Damani.

After Ramadan, Muslims celebrate Eid al-Fitr, which means the Festival of Fast-Breaking. On Eid, Damani gets to stay home from school to prepare for the celebration

Sometimes her faith brings her unwanted attention from strangers. Damani has experienced people judging her and her appearance because of her religion.

"There was one time in eighth grade when people started calling me Saddam Hussein's daughter. I can still see people judging me because I am Muslim," said



Photo by Sarah Berger

**Sophomore Mehak Demani prays whenever she finds time in her busy schedule with school and homework.**

that occurs later that day.

"It's fun because you get to wear new clothes and have fun with friends and family members," said Damani.

Although balancing school and her religious beliefs can be difficult, Damani keeps up her good grades and her Shiite Muslim customs.

Damani.

Damani keeps a positive attitude, despite what other people may think.

"I let people know that if they can't get their facts right, they shouldn't say anything at all. They should get to know a religion before judging it," said Damani.

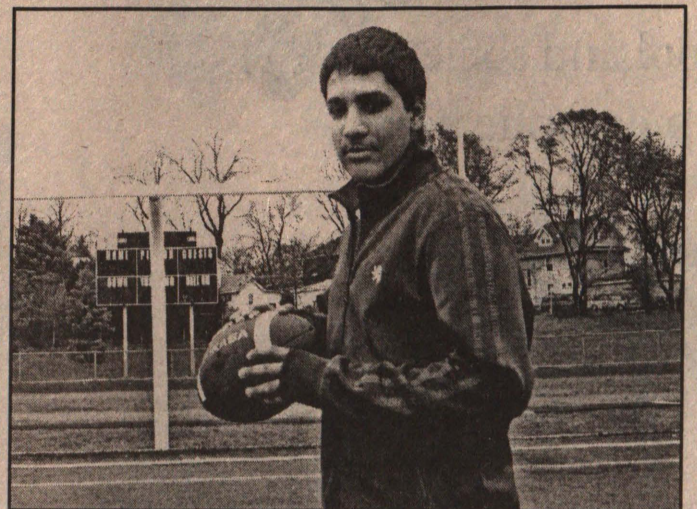


Photo by Jacob Wucka

**Freshman Faizan Khan juggles football practice and fasting.**

### Practice on an empty stomach

**By Jacob Wucka**

Ramadan is a Muslim holiday that falls every September, in which Muslims fast for 30 days to teach themselves humility, patience, and sacrifice. It also falls during football season.

Freshman Faizan Khan has been a practicing Muslim his entire life, and had always yearned to play football.

"I always wanted to join but my parents never had money to put me in a district team," said Khan.

With the start of the school year, Khan joined the team with hopes to be an active participant in practice and at games.

However, when Ramadan started on Sept. 2, Khan and his family had to begin abstaining from eating during the daylight hours. With the fasting, Khan had a hard time adapting to football and grueling practices.

"The first week I couldn't do it. I wasn't doing as much, and I couldn't do the warm-ups," said Khan.

Khan had to adapt to waking up earlier in order to eat and be prepared for football.

"In the morning I would get up at 5 (a.m.), eat, pray, and then I had to wait until 7 (p.m.)," said Khan. "If I didn't wake up on time, I pretty much went to school hungry."

Yet as time went by, Khan was able to work past his hunger and keep up with team exercises.

"After awhile I adapted to it, and as weeks went on, it

just started to feel like a normal day," said Khan.

Even though he adapted, according to Khan he did not fast for one day; one day he called "one too many."

"When you mess up you have to remake it. So when I missed that one day, I had to make it up and it was still during the football season," said Khan.

At the start of the season, his parents were pessimistic about his chance to stay committed to football and the practices of Ramadan.

"They didn't think I'd be able to fast and play football, but I showed them that I was able to play and could do it no matter what," said Khan.

After going through a season of football successfully, and another year of Ramadan, Khan says he plans on playing again next year.

"I got a taste of what football is like. Now I know that I have to work out more, and eat healthier," said Khan.

When the next season starts, he has a plan to keep up at football practice and during Ramadan.

"I will try to eat more, and stock up. I'll stick it out like I did this year," said Kahn.

Counselor and freshmen football coach Ward Rau sees great potential for Khan in the sport, especially after watching him balance his religious and athletic lives seamlessly.

"It was a challenge for him, and it affected his participation in football, but I respect his commitment," said Rau.

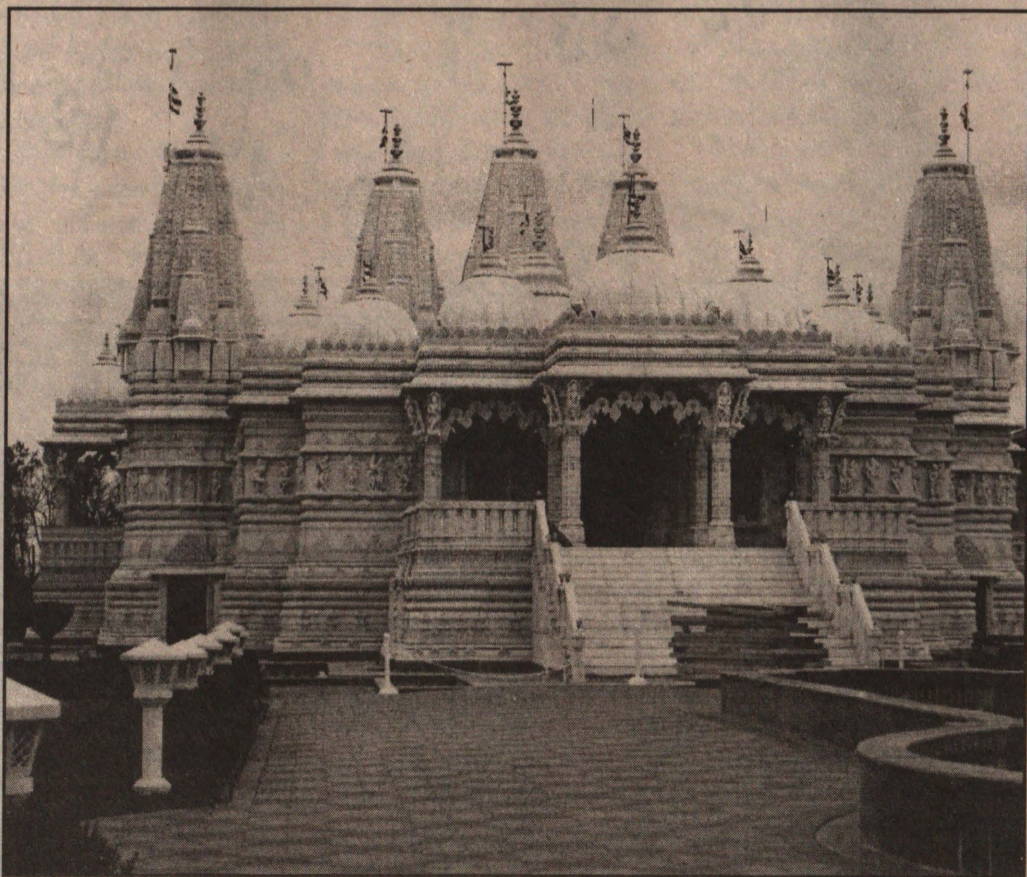


Photo by Megan Hernbroth

**Sophomores Mehak Demani and Faizan Khan value religion and school as important parts of their daily lives. At this mosque in Bartlett, visitors and worshippers are welcomed.**

# Assimilating to an American lifestyle

## *Struggling to adapt*

By Alexis Hosticka

A year and a half ago, sophomore Shrijan Shrestha boarded a plane from Nepal to America, his new home country, not knowing what to expect.

He's found that school here is more laid back.

"In Nepal, they hit you if you didn't do your homework," said Shrestha, who quickly picked up English. "School is a lot easier here. It was hard, fun, and challeng-

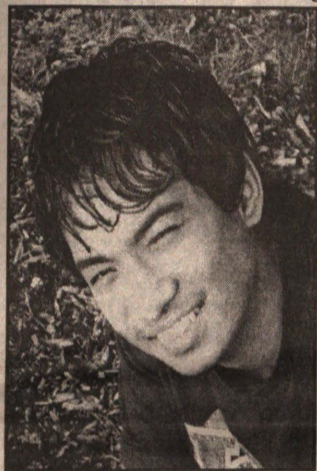


Photo by Alexis Hosticka

Sophomore Shrijan Shrestha enjoys soccer.

ing to learn English."

His school in Nepal was smaller, and instead of the students moving around from room to room, teachers moved and the students had the same room all day.

But Shrestha misses the food and Nepalese culture. It is hard for him to find Nepalese food, and the only restaurant in both Chicago and Nepal is Wendy's.

"The cultures in Nepal are not like here," said Shrestha. "All the holidays are different."

He keeps in touch with friends and family through the Internet and his uncle is in the Chicago area.

Shrestha also has one older sister.

His family moved here due to his dad's job and bad political circumstances in Nepal.

Packing for the move was difficult due to not knowing what the temperature would be like.

"It is colder here," Shrestha said.

The average Nepal temperature in the winter is 50°F, but in the summer temperatures can reach 115°F.

Although he decided not to play soccer this year, he hopes to try out for the team next year.

When he first moved to the U.S., Shrestha found "everything was surprising," but now he's assimilating fine.

## Adopting two new languages

By Alexis Hosticka

Sophomore Yihao Chen has traveled across the world to his new home country of America and is adjusting to the lifestyle through struggles with a new language, cultures, weather, and even food.

Chen, who is from Ching Quing, China, has been in the U.S. for only a year, but is rapidly absorbing American society.

"I like that America has a lot less people," said Chen. "But it is hard to learn English."

English has been difficult for Chen to learn as he didn't know any prior to moving.

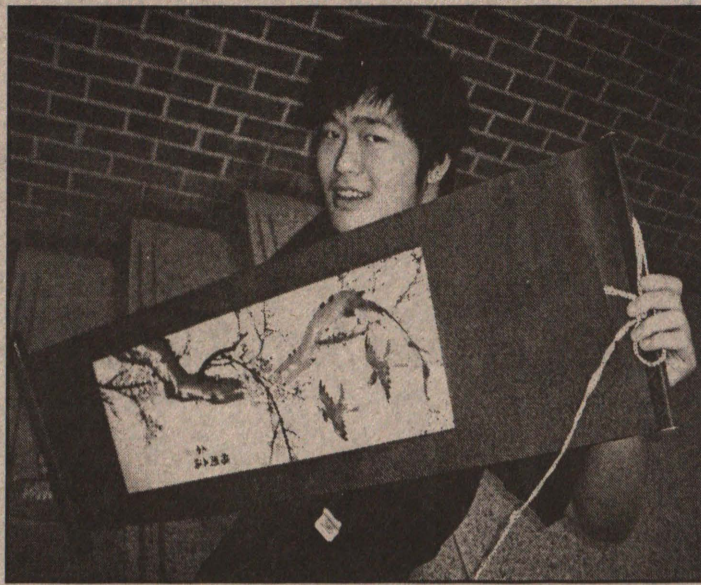


Photo by Alex Lima

With a year of American daily life under his belt, sophomore Yihao Chen looks back to a few reminders from his home country of China for inspiration.

He is also picking up Spanish from being in the sheltered classes where there are a lot of Spanish speakers

In China, Chen went to school until 10 p.m. and had a two hour break at noon to eat lunch.

Classes were also much more challenging in China than in America.

If a student was caught using a calculator in math class, it was smashed or thrown away.

"Math in China is college math," said Chen. "It is very hard."

Chen has no siblings; law in China prohibits couples

having more than one child.

However, he likes being the only child.

"When you're the only one your parents give you anything you choose," said Chen. "I am glad I am the only child."

One of the things that surprised Chen about the city of Chicago was its cleanliness.

"America smells good and China is dirty and smells bad," said Chen.

Over the summer, Chen visited China for the Olympics, but didn't enjoy it as much as he hoped to.

"Too many people," said Chen. "It was scary."

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## Creative Cuisine

*At Genghis Grill, customers can enjoy the unique experience of creating their own food*

**By Greg Vodicka**

Take the role of a chef as you walk into downtown Wheaton's Genghis Grill for a meal that is tasty as well as an adventure.

Genghis is a Mongolian-style grill, familiar to the area, where there is only one entree to choose from: stir fry.

To some, this might sound like a horrible place to eat because you don't have any choices.

However, this type of dining is all about choices.

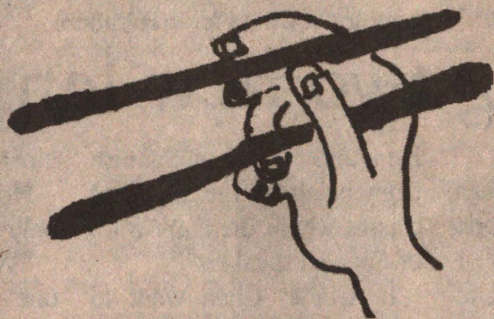
Raw ingredients are arranged somewhat like a buffet.

Choosing seems simple; you grab a bowl and load it up with whatever looks good.

The tough part is choosing

from millions of combinations.

You start off the meal choosing what protein or meat you want. Proteins vary from poultry to seafood.



Next, you pick seasonings to flavor your protein.

Seasons like garlic, lemon pepper, and ginger are popular, as well as dragon salt and steak house blend.

After that, you can add vegetables.

Traditional veggies are great; however, choices like bamboo shoots or mongo peppers are also fun to try.

Next, you experiment with sauces.

Out of 14 sauces, it is likely you will find one that fits your taste. If you can't choose just one, mix a few, it's your meal.

Tasting spoons are also available to try a sauce before going for it.

Last, you choose from steamed rice, fried rice, brown rice, udon noodles or spiral noodles to top off your dish.

Hand your product over to the cook who fries it right in front of you.

Now that your job is over,

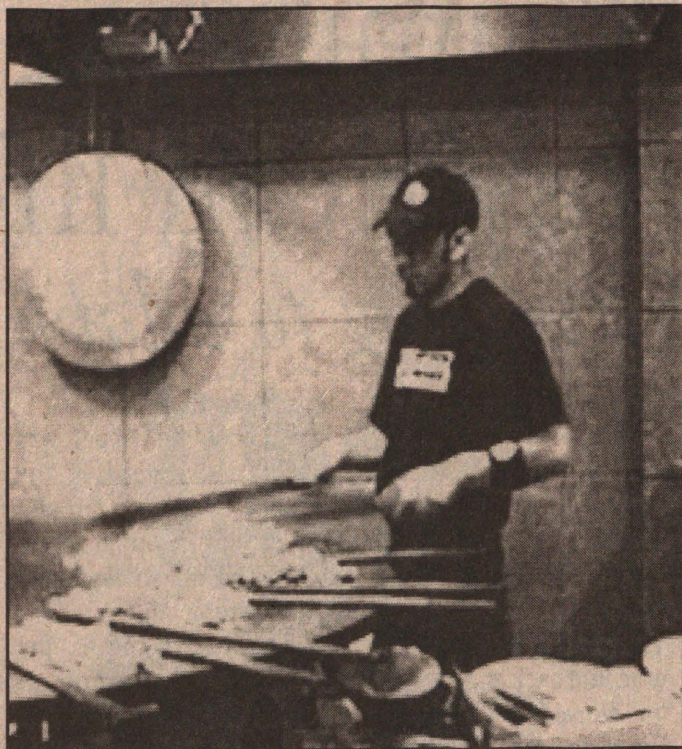


Photo by Greg Vodicka

**Genghis Grill allows the customers to create their own Mongolian meal, with a variety of meat, rice, seasonings, and veggies. Watch the cook grill your meal afterwards.**

enjoy the unique style of cooking while the cooks fry up the food on a large circular grill.

Before you know it, you're enjoying a meal you can be proud of. And, if you don't, whose fault is that?

One bowl at Genghis will only set you back \$6.95. For only \$2 more you can go back

in line as many times as you please.

Dine in or order a bowl to go when craving this oriental dish.

Meat lover or vegetarian, Genghis Grill, located at 106 N. Hale St., Wheaton, is a great choice for a night out with friends or a quiet family meal.

## Vampire love story stirs teen obsession

**By Sarah Berger**

The "Twilight" series has officially become a phenomenon. Not long since Harry

Potter has a series of books affected a generation like "Twilight" has, and now that the award-winning book is being turned into a movie premiering Friday. But what makes "Twilight"

so great? **Sophomores Matt Bannon and Karlie Becker read about the epic love story of Edward and Bella in "Twilight."** And why does it have

so many teenagers counting down the days until the movie premiere?

"Twilight" is the story of a teenage girl, Bella Swan, and a vampire, Edward Cullen, that fall in love. Obviously, due to their differences, they are not able to express their love like a typical couple would.

"Twilight" is a love story for the ages, a story that explores a new type of forbidden love. Teenagers flock to

that Edward and Bella take their love to the big screen in the upcoming movie this month.

Bella is played by Kristen Stewart and Robert Pattinson plays the part of Edward. Although these actors are somewhat small-named, the hype for this movie is off the charts.

The highly anticipated movie leaves fans hoping that the movie will live up to the book. A tricky task, that is certain. It is rare that a movie is better than the book,

but the trailers seem to capture the mood of "Twilight" extremely well.

Vampires and love prove to be a good combination. Obsessed fans read the three stories in the series over and over again.

The long-awaited movie premiere is almost here, but until then fans will just have to do with what imagination the book provides for them.

the series for several reasons. It puts a unique twist on another young adult novel, and not since Buffy have vampires been so cool. Teenagers want to read stories that they can relate to, but at the same time they also want to let their imagination run wild.

"Twilight" has proved to be such a successful book,

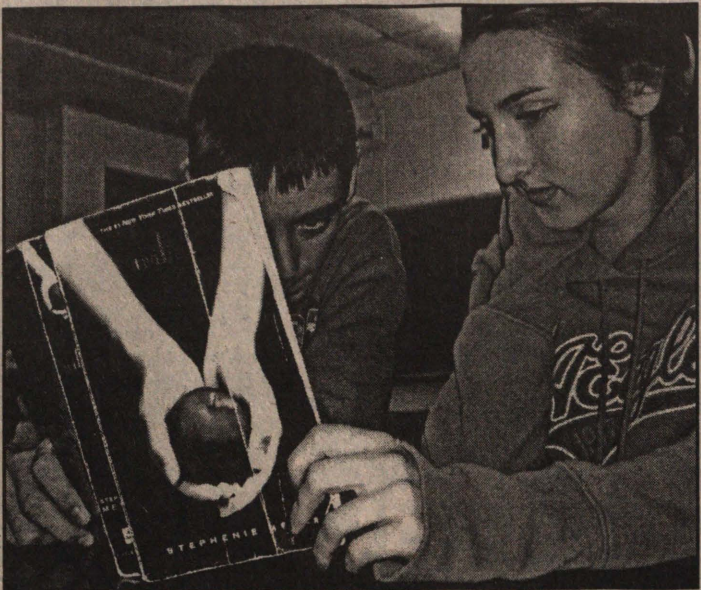


Photo by Sarah Berger

## Hit the slopes with Wii

**By Jacob Wucka**

People can now feel the rush of snowboarding in the Swiss Alps without the below freezing temperatures and the threat of avalanches.

Olympic gold medalist Shaun White has released his first self-titled video game, "Shaun White Snowboarding: Road Trip" for Microsoft's Xbox 360, Sony's PlayStation 3 (PS3) and 2, and Nintendo's Wii consoles.

A handheld version will be available on both Sony's PlayStation Portable and the Nintendo DS.

Set in four mountain ranges in Alaska, Utah, Switzerland, and Japan, the game allows players to create themselves and snowboard freely where they want and with whom they want.

Unlike previous snowboarding games like Amped" or the "Snowboard Super Cross" series (more commonly known as SSX), this game has a feature unlike any other, available exclusively for the Wii.

Wii players have the option of using the Wii Balance Board, a device shaped like a bathroom scale, to use during game play.

When connected, players shift their weight while stand-

ing on the balance board to control the direction in which the snowboard moves onscreen.

Players will still have to use the Wii-mote when playing the game in order to control some essential functions such as performing jumps and techniques.

However, the Wii version only allows a multiplayer game play for up to four people in competitive or cooperative play, while the Xbox 360 and PS3 have an online multiplayer that allows up to 15 players to snowboard together at once.

Still, the Wii version is expected to generate more revenue than the Xbox 360 and PS3 solely because of the balance board.

According to the Washington Post, Nintendo has become a top contender in its market by more than doubling their profits since the release of the Wii: slicing into both Microsoft and Sony's profits with their interactive gaming system, a feature neither Microsoft nor Sony has.

People can purchase the game at stores where video games are sold. A fifth snowboarding location will be included if purchased from Target retail stores.

# Music's finest showdown

## Kanye West vs. Toby Keith

By Alex Lima

Chicago native rapper Kanye West will drop his fourth album Tuesday, with a surprise for fans: he doesn't rap.

"808's and Heartbreak" is definitely something new and West fans won't mind the missing rap.

In a robotic style similar to hip hop artist T-Pain, West auto-tunes his voice in all songs, and the tribal-like drums that accompany him sound like a Japanese ritual.

What makes the album stand out from his other albums are the beats. Each song has a different tune, ranging from slow to fast.

The technologic sound in the song "Stronger" is mainly what the album is all about.

Whether it's the beats that are different or the lyrics, West keeps his fans guessing.

West opens up his heart to the world with his lyrics.

He sings about his breakup with his ex-fiancé Alexis Phifer and the loss of his mom.

"Coldest Winter" is inspired by the death of his mom Donda West. She died from complications during cosmetic surgery in November 2007.

In the song West sings "On lonely nights I start to fade, her love's a thousand miles away." Then he goes on and sings "Goodbye my friend, will I ever love again?"

West makes you feel what he feels: pain and great loss.

"Heartless" has a mellow

sound to it.

He expresses his feelings about the breakup with Phifer and sings "And now you wanna get me back and you gonna show me, so you walk around like you don't know me, you got a new friend, but I got hommies, but in the end it's still so lonely."

Lil' Wayne, Young Jeezy, and Kid Cudi collaborated with West on the album.

Wayne has already collaborated with West in West's "Graduation."

Young Jeezy and West are teaming up again for the album.

Their hit single "Put On" was a hit over the summer.

Not only is West an accomplished artist, West will be an author.

His book "Thank You and You're Welcome" will come out January of next year.

Also, West will release his own clothing line, Pastelle, soon.



By Clark Hudmon

Toby Keith's new CD "That Don't Make Me a Bad Guy," brings country back to its roots, with the steel guitar playing and the down-home twang, steering clear of pop radio country.

This CD takes a different twist, discussing lost love and new love with his southern rock style, which is comparable to Lynyrd Skynyrd, or .38 special.

Keith gets sentimental in his songs, and makes you feel for the speaker. In "Missing Me Some You," he meets a soldier stationed on the Pakistan-Afghanistan border who kept his wife's picture in his battle gear.

He discusses what the soldier is going

through missing his love, and talking

about the things they did together. This song stays away from the political aspect of war, and discusses the hope the soldier has for coming home.

"She Never Cried In Front of Me," debuted as the number one country hit in America. Keith sings about how he lost his wife, because he never paid attention to her when she needed him the most and now his lover has found someone new. This song brings a sentimental aspect, because it brings the listener into his shoes, and how he's affected by his loss.

This is the first CD Toby Keith produced, and it shows with a bunch of great tracks, like "Creole Woman," mixed with some corny tracks, like "Cabo San Lucas," where Keith sings how he wants his girl to fly down and meet him on the beaches of Cabo, a theme played out too many times by Kenny Chesney and Jimmy Buffet.

It is a pleasant surprise to see Keith evolve from his promilitary stance in his previous albums, "Courtesy of the Red, White, and Blue" where he stuck up for Bush's Iraqi intervention, into a classic country sound that is easy to get into.

"That don't make me a Bad Guy," is a perfect response to his last album, especially since he was looked at by many as a war-crazed country artist. The album told his worst critics that he isn't as bad as he is portrayed.

## Bond is shaken, not stirred

By Jacob Wucka

Seventy million in box office receipts sum up the excitement of moviegoers everywhere. After 22 films, James Bond is still the favorite secret agent.

Daniel Craig reprises the role of secret agent and lothario Bond in the most modernized film of the franchise, "Quantum of Solace."

Under the new direction of Marc Foster, "Quantum" starts where "Casino Royale" left off.

The film begins with a car chase involving Bond and Mr. White's henchmen down a highway in Siena, Italy. Meanwhile, Mr.

White (Jesper Christensen) is stowed away in Bond's trunk.

After losing the henchmen in a visually-nauseating scene, Bond takes Mr. White to a checkpoint where M (Judi Dench) and Bond attempt to interrogate him about his organization, Quantum.

Another action scene unfolds as the interrogation scene is interrupted by a renegade agent following Mr. White's statement "we have people everywhere." Bond then chases the agent around roof tops in a scene reminiscent of "The Bourne Ultimatum."

Unlike the previous car chase, this scene is watchable

without Dramamine, and includes great camerawork and CGI effects.

This is where the plot takes off. It is revealed that the renegade agent was being paid by the antagonist Dominic Greene (Mathieu Amalric). Bond travels to Haiti to find Greene, but instead meets Camille (Olga Kurylenko).

Bond and Camille do not share a typical Bond-Bond girl relationship due to the fact that Bond is still mourning the death of former girlfriend Vesper Lynd (Eva Green) from "Casino Royale."

From Haiti, Bond travels to Austria, Italy, and Bolivia in order to find out and foil Greene's evil plot. Does

Greene want world domination? Is he trying to create a war?

Greene's true intentions are not revealed until late in the film and throughout many ideas are thrown at the audience, some more ludicrous than others.

After awhile the guessing gets annoying, but by the end of the film, everything comes together.

However, in order to understand the plot, the audience needs to watch "Casino Royale." Lots of characters and moments from "Royale" are mentioned.

All mentions of previous characters and events complicate the story, and make the audience think about the previous film while trying to stay on track with the story un-

folding on screen. Also, the use of the shaky-cam techniques (made famous with the "Bourne" series) takes away from the film. It makes action sequences hard to follow, and nauseates the audience alike.

Craig portrays the quintessential Bond; suave, attractive, and with a dry humor and wit. Kurylenko is interesting, but doesn't exemplify the appeal of past Bond girls.

Even her name, Camille, is boring.

This PG-13 film bordered on bad territory with the use of the shaky-cam and confusing plot twists.

However, Bond overcame the obstacles and proved that the series can always be shook up, but never stirred.

## Final sprint

By Megan Hernbroth

Two runners represented the cross country team at the sectional meet at LeRoy Oaks Park in St. Charles Nov. 1.

Sophomore Gunnar Sterne finished 67th with a time of 16:25 and junior DJ Muzzy finished 71st at 16:28 for a 3.04 mile course. Even though neither advanced to the state meet, both runners met their and coach Paul McLeland's expectations.

"I wanted them to run personal bests and beat guys that had beaten them in earlier races," said McLeland. "I think they did super."

Sterne overcame a series of misfortunes to run one of his best times yet. He tripped, fell, and was hit by another runner's spikes and was still able to compete at his best.

"I still did well after all that," said Sterne, "but I expected for myself to do a lot better in that meet."

Both runners and coach used this meet to set expectations for the later meets.

"Gunnar and DJ will be front runners for us next year," said McClelland.

### GIRLS

After an impressive finish at regionals, girls cross country qualified three girls for

sectionals, the most competing at that level in over five years.

Freshman Kelsey Sayner and juniors Annette Eichenberger and Tanya Starkey ran lifetime bests at the sectional meet in St. Charles. Sayner beat her previous average time by about 5 seconds, running the 3.04 mile course at sectionals with a mile pace of 6:10.

Eichenberger shaved 11 seconds off her fastest time, following closely behind Sayner with a time of 6:14 per mile and Starkey ran 6:35 per mile, beating her best by 1 second per mile. Although none of the runners advanced to the state meet, they were still proud of their efforts.

"I'm very proud of everyone," said Eichenberger. "I ran my best time ever by 30 seconds and Kelsey was really close to qualifying."

After having such a successful season, Eichenberger hopes the team and she will continue to improve.

"I hope to make it to state next year and qualify the whole team for sectionals," said Eichenberger. "Last summer I fell behind after getting injured and I hope that doesn't happen again."

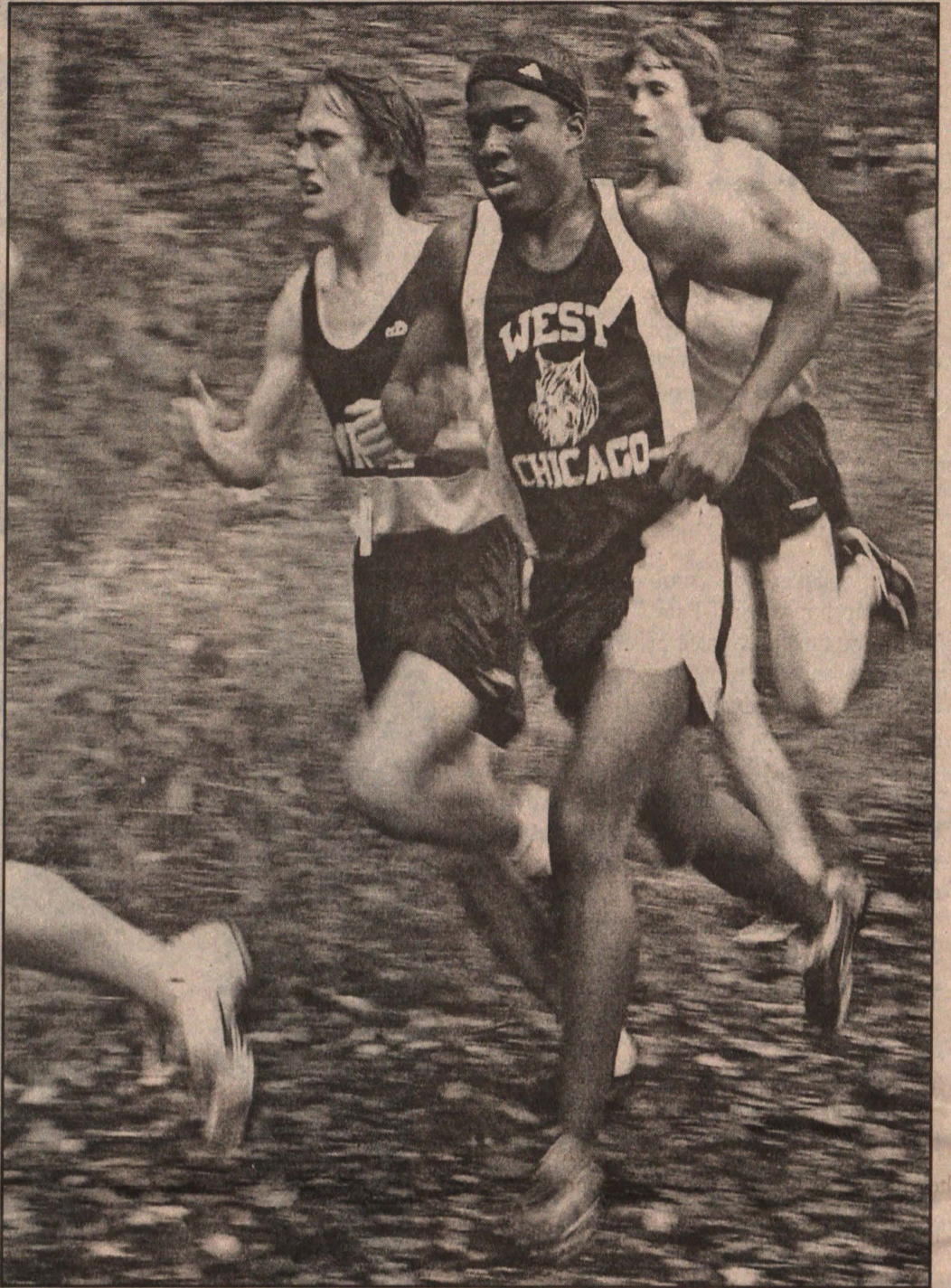


Photo by Evan Morgan

At the DVC meet, junior DJ Muzzy runs against the competition. He advanced to sectionals where he finished in 71st place. He was not able to advance to the state meet.

## Improving state standings during season

By Evan Morgan

Despite a close game against Conant and losses to Glenbard and Loyola Academy, the Wheaton West Wild hockey team began its season with five wins with an attempt to better its third place state finish last year.

"The team is off to a good start. If we keep this momentum going, I believe we could go pretty far," said sophomore right wing Gunner Sterne.

Last year, Wheaton West Wild finished third in the state. The team believes that with the proper training it has the potential to do just as well this year.

So far, Wheaton West Wild has won all but three of its games by a margin of at least three goals with its only losses to Conant, Glenbard, and Loyola. The close game against Conant ended 3-2, and the Wild lost to Glenbard 8-6, and Loyola Academy 3-1.

Varsity coach Dave Dyson said, "The game against Conant was a wake up call.



Photo by Jessica Bergmann

Boys hockey is off to a strong start. Sophomore John Gilbertson (left) maneuvers the puck away from an opponent during the home game against Glenbard.

We went into the third period with the lead but lost it in the end. It was a good lesson for all of us and I know that the guys felt it. We haven't been

working as hard as we could and this is the chance for us to become refocused."

Dyson sets his standards above the rest when it comes

to the expectations and goals of his team.

"I think that we have done extraordinarily well at this point in the season. I am

thrilled that we as a team have the potential to be one of the top ten teams in our division. I expect to make the state championship and hopefully win a state title...the best [game] is yet to come. We have had many decent games but none close to our best," said Dyson.

Every player has his own personal goals on top of their overall team goal.

"I would like to score as many goals as possible while at the same time playing well with my teammates," said junior center Jordan Rehak.

Wheaton West Wild is made up of three schools playing together as one: West Chicago, Wheaton Academy and Wheaton North.

"Without having the players in the same classes or being able to sit with each other at the lunch table, we lose a lot of necessary bonding," said Dyson.

Wheaton West Wild's next game is Saturday at 8:30 p.m. at the Fox Valley Ice Arena where it faces Geneva.

# Traversing the high beam alone

## *Sophomore deals with being sole school gymnast*

By Jessica Bergmann

Although gymnastics is not part of the extracurricular program, sophomore Kristina Terry still finds a way to compete in the sport she loves.

She competes with the Wheaton North High School Falcons varsity gymnastics team, but believes that a gymnastics team should be formed here.

"I think we should form a team because maybe more people will know about it and get involved," Terry said.

While some students may doubt that gymnastics is difficult, Terry still considers gymnastics a sport on the same level as any other.

"It is a sport. You have to be very fit and be able to flip on a four-inch wide beam. You can't just go out and try what you see on TV. You have to have specific training," Terry said.

Terry began gymnastics at the age of three, when her mom

got her involved.

She likes the fact that gymnasts not only compete individually, but as a team.

"I like the fact that the gymnastics teams get very close,

almost like a family," Terry said.

However, she mentioned that it is difficult being the only female gymnast at West Chicago to compete.

"I feel like I can't talk to anyone about practices or meets. I wish someone else here would do it," Terry said.

Before competing at the high school level, Terry was classified as a level 7 gymnast, which means she choreographs her own routines.

To put her success

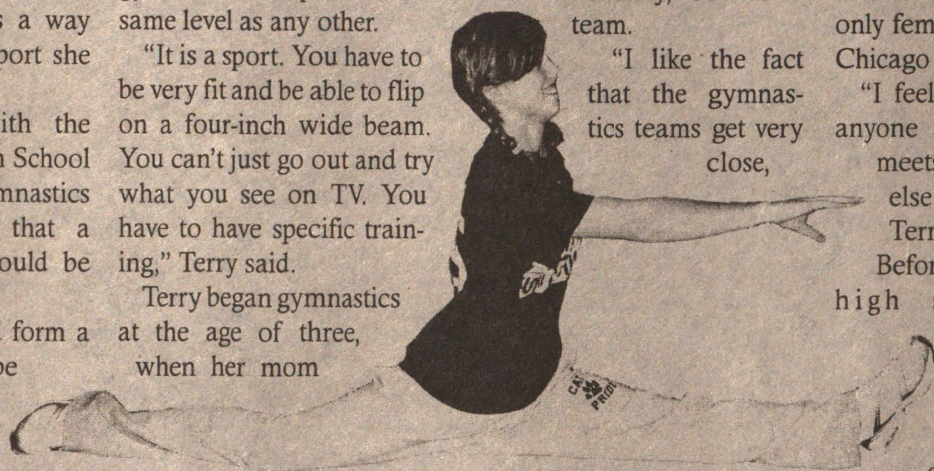
into perspective, a level 10 gymnast is someone who is ready to perform at the Olympic level.

"My favorite event is floor. It's also my best event," Terry said.

During her floor event, Terry incorporates dance moves with advanced tumbling passes.

While Terry does not begin competitions for a few weeks, she has already begun to set high aspirations for the season.

"My goal is to stay on varsity and make it past sectionals this year," Terry said.



Kristina Terry

Photo by Jacob Wucka

# Swimmers advance to state

## *Most qualifying swimmers since 2003*

By Alexis Hosticka

Smashing records, taking first place in sectionals, and drastically improving over the season, the girls swim team has only one competition left, the one they've been working towards: the state meet.

Sophomore Kelly Dunn took first place in her two individual races and qualified for state. Her time on the 100 backstroke was 59.03 and she set a new record in the 200 freestyle with a time of 1:53.30.

"It felt really cool, but I was happier about the relays because I'd rather go with the team," said Dunn, who was the only member of the team at state last year.

Junior Caitlyn Madsen also qualified for state in the 200 freestyle with a time of 1:55.43, placing fourth. She also came in second in the 100 butterfly with a time of

59.56.

"I was at a loss of words," said Madsen. "It was amazing and the rest of my day was just great. It finally shows how hard we all worked."

Dunn, Madsen, junior Maria Sedjo, and senior Ania Skorupski competed in two relays, placing first in both. The 200 freestyle relay finished with a time of 1:38.92. In the 400 freestyle relay, they broke a record by 4.5 seconds held for 15 years with a time of 3:36.35.

"Going to state has just made my senior year," said Skorupski, who went to watch state her sophomore year. "I'm pretty happy and excited to actually be down on the deck and swimming not just watching."

Head coach Nick Parry was very happy with the team's performance at sectionals and hopes to see them do just

as well at state.

"We did almost perfectly," said Parry, who was chosen as the sectional's coach of the year. "Sixteen of the 18 races were best times and you can't do much better than that. Now we're off to state to score some points."

Swimming personal bests in all of her races, Sedjo was happy with her overall performance. Her goal is to have the relays make the top six.

"It was incredible [to qualify]," said Sedjo. "I've been dreaming about going to state since 7th grade so it was amazing."

On Friday, the state prelims occur and to compete in the finals on Saturday, the relays must place in the top 12 and the individual in the top 16. The state meet is at Evanston High School. This is the first time since 2003 a relay has gone to state.



Photo by Jacob Wucka

Wrestlers are motivated to make it to the state meet. Senior Johnny Padilla (left) works with junior Nick Carnot in preparation for their first match.

# Ready for state

By Jacob Wucka

Wrestling head coach James Phillips is already thinking about adding medals to an already impressive collection even though the team has not started matches yet.

"We've been looking good so far. Hopefully, we'll send a couple wrestlers to the state tournament and try to bring a medal back," said Phillips.

Starting its season in early November, the team is continuing preparations for their first match against Glenbard South Tuesday.

According to Phillips, many wrestlers have stuck to off-season workouts in preparation.

"We had a lot of kids doing off-season workouts this year. A large number began working out in the preseason, and they plan to keep working their way up from last season," said Phillips.

Senior Johnny Padilla worked out all summer to

ensure that he will be successful this season.

"I'm going to be working just as hard. I've been wrestling all summer and in the preseason, so that I will be a better wrestler than last year," said Padilla.

Still, with a season just getting underway, there are some obstacles the team has to overcome like making sure everyone is positioned correctly.

"I think the hardest thing will be just getting the right people to fill in the spots. If we do that, then the team should look good," said Padilla.

Junior Jon White has noticed that the team, consisting of 50 wrestlers, has an advantage from last year.

"I think the amount of people we have out is a really good testament to how we are doing," said White.

Before the match against Glenbard South, there will be a Blue and White Scrimmage in Bishop Gym on Saturday.

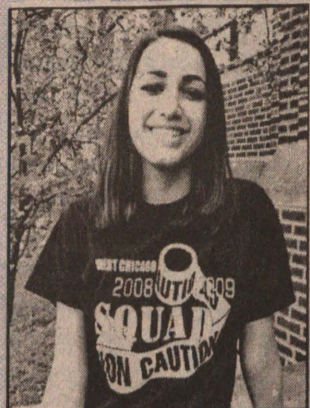


Photo by Alexis Hosticka

At sectionals, (from left) sophomores Maria Sedjo, Kelly Dunn, junior Caitlyn Madsen, and senior Ania Skorupski advanced to the state meet.

## Showing our pride

It's easy to forget that there are other sports in our school due to the publicity surrounding sports like football and basketball.



Sarah Berger

Social calendars are planned around the next home game, and everybody attends to show their support for our beloved players. Of course, the football and basketball teams work hard at their sports and deserve the attention. But at the same time, other sports work just as hard, only to be ignored.

Take the girls swimming team, for instance. This season the girls swimming team had certain individuals that did extremely well, but where was the support? The team had to almost beg people to come to their meets. That shouldn't have to happen.

Sophomore Kelly Dunn broke a total of three records this year, a feat missed by many students who didn't attend the meets. As the varsity boys golf team made their way to sectionals, few students knew about their accomplishments. Soccer teams did well this year, only to go unnoticed.

We are all one school, and we should all support each other. Each and every sport is important, and deserve equal attention. Every athlete works just as hard at their sport as the next. Sure, some sports are more exciting than others, everybody loves a Friday night football game, but all sports require physical strength and hard work.

We should think about how the athletes feel when nobody shows up at their games or meets. It's a slap in the face; it says that our school doesn't care enough about the team to even show up.

Our teams may all wear different jerseys, but we all share the name on those jerseys. We are all Wildcats.

# Potential for success

## BOYS

By Greg Vodicka

## GIRLS

The ball is in their court this season as the boys basketball looks to improve from their lone win last season.

"We've got 14 guys that are excited to be here," said head coach Kevin Gimre.

After only a week of practice, the team has shown improvement according to Gimre. Assistant coach Eric Lasky said that the team is working well together and picking up things quickly.

"All the guys are really competitive which makes practice a lot more fun," said senior Mike Dylla.

With six returning seniors and two returning juniors, the guys are ready for a fresh start.

"We have a great group of juniors that will help us push each other," said Gimre.

Although new assets

to the team have high expectations, team leaders such as Dylla, seniors Tony Quarto, Nick Henke, and Clark Hudmon, and junior Chad Driscoll are valuable members.

"We've got a good mix of juniors and seniors," said Henke.

Following Friday's Blue vs. White scrimmage, the season kicks off Monday with the Hoops for Healing tournament in Oswego. All proceeds from the tournament go to cancer research.

Conference play begins Dec. 5, with a game at Weaton Warrenville South. According to Gimre, the conference is just as tough as previous years. Both West Aurora and Naperville Central are usually at the top of the DuPage Valley Conference, along with Glenbard East. However, the team looks to be competitive with all DVC contenders.

"One goal we have every year is to be in the top half of the DVC," said senior Eli Asani.

Looking forward to the season, players are confident they will not repeat last year's mistakes. According to Dylla, last year's team was lacking in leadership.

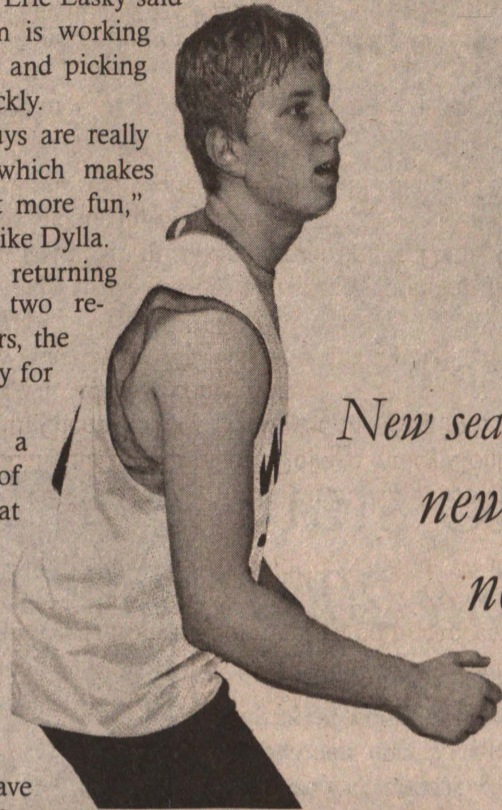
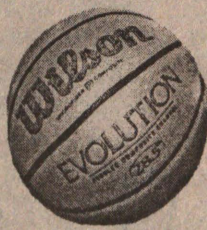
"This year all our seniors are leaders," said Dylla. "Maybe not vocally, but we lead by example."

Quarto reflects on last season saying the team was young and inexperienced.

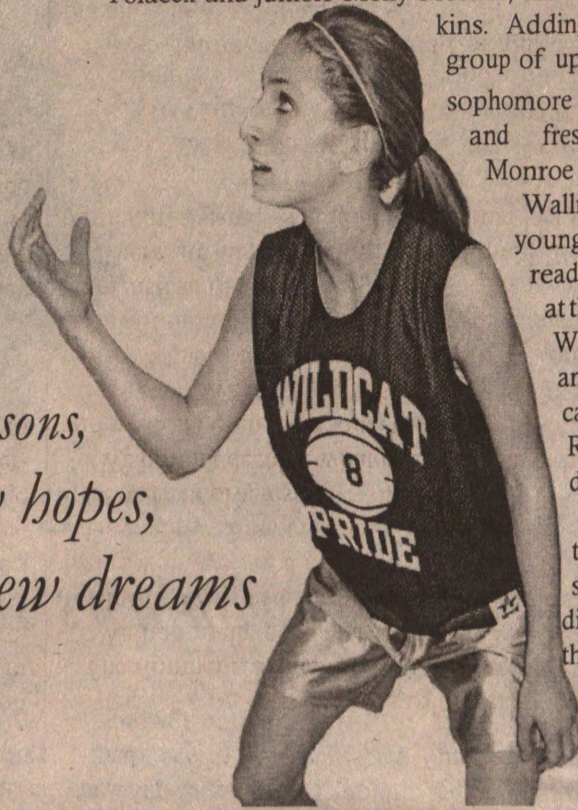
"We're older and we have a good supporting junior class," said Quarto. "The juniors are legit."

Agreeing, Dylla is proud of the juniors that have stepped up this year.

"We have a lot of depth this year and lots of guys that want to play," said Dylla. "That's the big difference from last season."



Junior Center  
Ryan Karg



Sophomore Center  
Emily Paschke

*New seasons,  
new hopes,  
new dreams*

Bouncing back from last season, the girls basketball team looks forward to proving themselves in the DVC.

With nine players returning including returning starters seniors Lindsey Johnston and Chrissie Rovtar and juniors Jessica Baidis, Katie Staiton, and Izzy Bruce, no one can say this team is inexperienced. Other upperclassmen sure to see playing time are senior Maggie Polacek and juniors Molly Monroe, and Madeline War-

kins. Adding to the strong group of upperclassmen is sophomore Emily Paschke and freshmen Claire Monroe and Liz Reyes.

Wallner feels these young athletes are ready to compete at the varsity level.

While experience and age might cause problems, Rovtar is confident it won't.

"Of course there can be issues with age differences on the team, but the new personalities blend well with what we already have," said Rovtar.

"We all understand that the best players for the situation

will play. Wallner knows what she's doing."

Following a successful summer season, the girls are confident and ready for the DVC.

"This year, we will definitely be more successful," said Rovtar. "Everyone is already positive and wants a change."

The summer season proved that effort is prevalent.

"We had really good participation over the summer," said Wallner. "With a successful summer, I am looking forward to seeing what we can do."

Despite the summer success, Wallner still believes the team is a "work in progress."

"We haven't decided what role each player has on the team, and we don't even know our starters," said Wallner.

However, Wallner believes this is a positive aspect of the team. While starters are not set, it is a good sign that there is competition for position, and talent is spread throughout the team instead of individuals.

"There are nine or 10 girls that I would feel comfortable putting in a game. The difference [from last season] is more depth," said Wallner.

As far as the conference, Wallner feels it is "up for grabs."

With plenty of starters graduating last year, favored teams are debatable.

"West Aurora will be tough but I'm confident we can be in the top four," said Wallner.

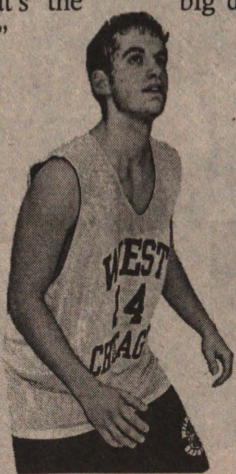
While Rovtar admits the team will have to fight for what they want, she remains confident.

"Oh we'll be a contender. You can count on that," said Rovtar.

Wallner agrees saying, "To me, the sky is the limit."



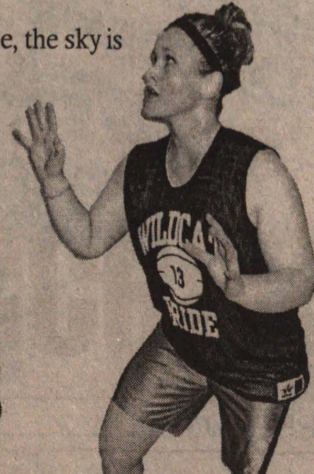
Senior Guard  
Mike Dylla



Senior Guard  
Tony Quarto



Junior Guard  
Katie Staiton



Senior Forward  
Chrissie Rovtar

Photos by Jacob Wucka