



Civil rights for all students



Photo by Megan Hernbroth

As part of its purpose to raise awareness, the Gay-Straight Alliance decorates ceiling tiles with purple hand prints from each of its members and supporters.

Gay-Straight Alliance result of increased student interest

By Megan Hernbroth
Editor in Chief

**Some names have been changed in order to protect the privacy and safety of those involved.*

Civil rights for all students is a priority for the school's newest group, the Gay-Straight Alliance.

"There have been several requests made by students over the past several years," co-adviser Brad Larson said, "and for whatever reason it never got off the ground. There were several requests again this year and, when we were asked to advise the group, we agreed to do so."

Larson and co-adviser Shannon Sanchez sent an e-mail to the staff to notify them of the group's creation.

"It's been a busy six weeks," Sanchez said. "The group has gotten a great deal of support and encouragement from the faculty and the administration."

The group, however, has not gone without any opposition.

"Our only opposition was a question that was raised from a member of the community," Larson said. "The Board of Education is in the process of responding to the complaint."

Whether supported or opposed, the Gay-Straight Alliance has four main purposes.

"One [purpose] is education and awareness, one is mutual support, one is advocacy for civil rights, and one is social activities for our members," Larson said.

So far, the Gay-Straight Al-

liance has decorated ceiling tiles to be placed around the school. Although it is not officially sponsored by the Gay-Straight Alliance, many members took part in the National Day of Silence on Friday to

'A large portion of our student body is concerned with the civil rights of students.'

— Co-adviser Shannon Sanchez

represent those whose individuality is silenced by bullying or harassment.

Senior member Maria* decided to join the Gay-Straight Alliance because of the people that were hurt in her life.

"I wanted to join because there are a lot of people in my

life that have been harassed because of their lifestyle," Maria said.

Senior president Tom* works closely with Sanchez and Larson to help the group achieve its purposes.

"I do support the idea," Tom said. "I want to help students to know it's okay to be them."

For junior Michael*, joining the Gay-Straight Alliance had a much more personal mean-

to be identified; however, advisers were concerned about bullying and harassment issues and asked for the names to not be used.

"Whether they are gay or straight, some kids who wish to participate in the organization do so at the risk of unexpected harassment, and just like being able to be oneself is a civil right, being able to participate in any organization without being threatened is a civil right," Larson said.

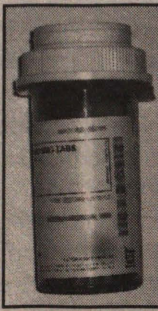
Both advisors are hoping to receive an even larger turn out to meetings in the future.

"This is our formal announcement," Sanchez said. "Every meeting has more members. A large portion of our student body is concerned with the civil rights of students."

Since meeting information will not be published for students, anyone interested in getting involved should speak to Larson or Sanchez.

INSIDE Prom confusion

Between new procedures and a popular after-prom, this year's prom has had its share of confusion for students. For full details of after-prom tickets, bus information, and prom information--see **NEWS**, page 2.



Popping pills

Commonly overlooked by students, prescription drug abuse has proven to be a problem physically and legally. For a story of one student's struggle with addiction--see **CENTER SPREAD**, pages 8-9.

Saving lives

Between adopting an orphan and donating a kidney, teachers are taking the initiative to help others in need. For the full accounts of their life-saving efforts--see **FEATURES**, page 10.



Track and field

There is more to track than running in circles. Jumping, throwing, and running make up track and field. For state meet coverage and a look into different events--see **SPORTS**, page 16.

After prom confusions cleared up

By Kristina Manibo
Reporter

Ticket sales and preparation for after prom caused a lot of stress for juniors and seniors.

According to coordinator Sue Kotche, tickets have been selling quickly, with the after prom boat ride selling out, leaving many prom goers unable to attend after prom.

"[By April 12] we sold 416 tickets to after prom. That is more than we've ever sold before to go on the Odyssey," Kotche said.

Last year only 200 students went to after prom.

"This is the most successful after prom participation we've ever had. Thanks to the Dist. 94 Education Foundation, we will be able to take

additional students," Kotche said.

Kotche acknowledges students' frustration.

"We understand students are upset. Based on prior years' experience, there was no reason to believe that the original budget for eight buses would not be enough," Kotche said. "We have tried our hardest to accommodate those kids on the waiting list."

Two extra buses were hired to transport students to after prom.

On Monday, an announcement was sent to students on the waiting list to check the after prom tables in commons during lunch hours to see if they were eligible for going to after prom.

"All people on the waiting

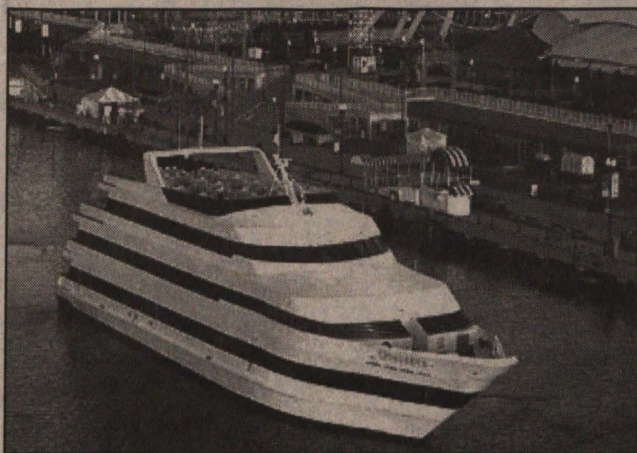


Photo courtesy of Entertainment Cruises

The Odyssey cruise ship in Chicago is already full for after prom, but there is currently a student waiting list.

list right now may not get to go to after prom," Kotche said. "We won't know until Thursday if we'll be able to get through more kids on the waiting list until every guest pass is checked."

The maximum amount of students able to board the Odyssey for after prom is 540.

"We're now taking 10 buses down," Kotche said. "That is the most students we can fit on the Odyssey who will be

indoors because we have to include the chaperones. We also need room for the DJ, the dance floor and photographers. We can't sell tickets for the upper deck due to the cold weather."

Nine buses leave directly to the Odyssey from prom, which is held at Abbington Banquets in Lombard, and one bus will go from the school to after prom.

"Nobody can drive to after prom. Your driver's license and ID will be checked before boarding the bus, and if it doesn't match on the guest list you will be turned away," Kotche said. "You can't sell your after prom ticket to another student, but if you decide you don't want it we will be glad to refund it before April 22."

Night of romance

Students say vows, cut the cake in mock wedding

By Giuliana LaMantia
Reporter

Silver stars hung from the ceiling, white cloths covered the tables, and painted ocean murals plastered the walls in commons on April 7 to simulate a wedding during the under-the-sea themed Family Consumer Science (FCS) night.

"I think it was a complete success," consumer science teacher Patricia Clifford said. "It was so fun, and I think the students got a lot out of it."

The night opened with a skit about how seniors Jessica Galvan and Jared Perez, the bride and groom of the mock wedding, met on the beach taking surf lessons.

Juniors Katherine Schofield and Angelica Lomibao, and sophomore Christina Lomibao performed acoustic versions of Kelly Clarkson's "My Life Would Suck Without You" and Ingrid Michaelson's "The Way I Am."

MC junior Rachel Geronimo hosted the fashion show by fashion technology classes after the performance.

Sporting sunglasses and other summer attire to fit the under-the-sea theme, preschoolers from child development classes performed songs and answered questions from students on their thoughts on marriage, the main response being along the lines of "I love you, mommy."

"I liked the pre-schoolers, they were so cute," junior Nikki Vertheen, an audience member, said.

The mock wedding was followed by a reception complete with speeches by the maid of honor and best man, cake cutting, and a first dance.

"It was pretty fun and it showed a presentation of a real wedding," Perez said. "It's very nerve-wracking, and it takes time."

Others involved in the mock wedding agreed with Perez about what they learned from the experience.

"It's really hard to plan a wedding and it takes a long time," junior Stefany Her-

nandez, a bridesmaid, said. "Nothing will ever be perfect."

A favorite part among participants was dressing up.

The bride was clad in a long, sparkling wedding dress with detailed beading.

"I had fun," Galvan said. "It was a great feeling to put your dress on."

Besides the performances, wedding, and fashion show, refreshments were provided by Foods 1 classes, and Foods 2 had a cake raffle.

Raffle winners walked home with cakes, including Perry the Platypus and Despicable Me.

"I think it was great, and my friend won a cake," senior Hadama Thompson, a member of the audience said.

Approximately 125 people attended, and about \$600 was raised for the SkillsUSA scholarship fund.



Photo by Giuliana LaMantia

Bride, senior Jessica Galvan, and groom, senior Jared Perez, cut the wedding cake made by Foods 2 classes at the mock wedding.

What's Happening?

Student art for sale

By Carly Tubridy
Sports Editor

Ceramics, painting, photography, and everything in between will be auctioned off to the highest bidder as students will showcase their talents at the Student Art Show May 17-20.

"We want to try and showcase the talents and what's been created," art teacher Megan Dulkynys said.

Anyone can submit their piece to the show; it doesn't have to have been made here. If it wasn't made here, it will be previewed to ensure it is school appro-

priate.

Starting bid is determined by the student and anyone can bid.

"People have started at \$1 and people have started at \$100; obviously it didn't sell because that's a little steep for anyone, but it is really up to the student. However much it takes for them to part with the piece," Dulkynys said.

Senior Monica Terrazas submitted her ceramic owl that she made in studio arts class.

Half of the profits will be donated to charity and the other half goes back to the artist.

Horsing around

By Giuliana LaMantia
Reporter

Horseback riders or students interested in learning about horses can join Equestrian Club, a new club that began second semester.

"I've been riding since I was 8, and it's a great way to meet other horse people, plus it looks great on college applications," club creator sophomore Kelsey Wolf said.

So far, 10 students are involved in Equestrian Club.

According to Wolf, the club talks about different ways and activities to become more involved with

horses.

"We sold Rice Krispies® treats to raise money to donate to a horse-related group," Wolf said. "We raised \$86."

Wolf hopes to continue the club until she graduates, then pass it along to someone else.

She encourages new students to join.

"Even if you know nothing about horses, you could still understand what we're talking about and learn more about horses and riding opportunities," Wolf said.

Equestrian Club meets Thursday mornings at 7:15 in the LRC classroom.

Overreacting?

After the devastation in Japan from an earthquake and tsunami coupled with a crippled nuclear plant, people wonder how safe we are from a similar disaster in Illinois

Standing on shaky ground

By Sarah Berger
Center Spread Editor

The New Madrid fault line has had little activity in the past decade, but it remains active today and could produce a record-breaking earthquake in the near future.

Ominous to most people, the New Madrid fault line runs through major cities such as Memphis and St. Louis, as well as Chicago. The last major earthquake resulting from the New Madrid line was in 1812, that earthquake was an 8.0 on the Richter Scale.

"Scientists believe an earthquake will occur soon. Every day, the stress on the fault line increases more. The last large earthquake from the New Madrid line was strong

enough for people in Boston to feel, and it occurred about ten years ago, so we're due for another soon," earth science teacher Brandon Pederson said.

According to Pederson, 'soon' could be "tomorrow or in the next 50 years."

Besides being strong enough for people in Boston to feel, the earthquake in 1812 also was strong enough to cause the Mississippi River to flow backwards for a short amount of time.

In 2009, the fault line ruptured, resulting in a small-scale earthquake felt locally.

"I felt the earthquake two years ago, but I didn't know it was from that. I knew we had a small fault line, but I didn't know it was a major one," senior Joanna Wierenga said.

We're due for another [earthquake] soon.

—Science teacher Brandon Pederson

Cautious approach

Nuclear plants in Illinois remain well-prepared for any disaster

By Megan Hernbroth
Editor in Chief

With six operating nuclear power plants, Illinois is one of the top nuclear generating states in the country.

Illinois, through Exelon Corp., gets 48.7 percent of its total energy from nuclear power, according to www.nei.org, making it the state with the fifth largest percent of energy used from nuclear power.

Exelon's closest reactor is in Braceville, Ill., about 50 miles south of the school. The Braidwood Generating Station is classified as a pressurized water reactor and has a 2,537-acre cooling lake.

In the event of a nuclear emergency, local authorities are notified and special teams begin testing the area for radiation levels. Warning sirens

used in the event of tornadoes or other hazardous events will sound and warn civilians to tune to radio stations for further information.

Authorities may also order an evacuation or a shelter-in-place, depending on radiation levels and proximity to the plant, according to www.exeloncorp.com.

In the case of an earthquake, Exelon stations are required by the U.S. Nuclear Regulatory Commission (NRC) to be able to withstand the most severe natural disaster reported within 200 miles, according to www.exeloncorp.com.

Exelon cites that none of its generating facilities are in a significant earthquake zone, however, stations are able to sustain 6.0 to 6.9 scale earthquakes at the plant site.

Each station also contains

emergency core cooling systems protected from water in the case of flooding with watertight doors, engineered floor barriers, or are elevated above flood levels. Emergency diesel generators are located on roofs of stations, according to www.exeloncorp.com.

All Exelon plants receive power from two independent power lines that feed transformers, and battery-powered backup generators are in place to cool the reactor.

Exelon's safety guidelines also state, "All Exelon plants have 'Severe Accident Mitigation Guidelines.' These guidelines prescribe actions beyond normal emergency operating procedures and address severe challenges to the reactor core of the kind seen in Japan."

Procedures and guidelines are tested and monitored by the NRC. An Exelon spokesperson could not be reached for comment.

Understanding radiation

By Alexis Hosticka
News Editor

As nuclear radiation continues to leak from the Fukushima nuclear plant in Japan, U.S. citizens have begun to worry if that radiation will affect them.

"Are we safe? Based on the info we have now, yes," science teacher Dr. Hank Murphy said. "But you never know if there's new information that comes out."

Many people are only fretting about the radiation because they do not completely understand what it is.

"Radiation is a form of energy, which we're exposed to all the time in the sun, electrical appliances, cell phone towers," Murphy said. "In our society today, people are exposed to an av-

erage of three millisieverts of radiation per year."

Putting this measurement into perspective, a chest x-ray is only 0.1 millisieverts, and an abdominal CT scan is 7-10 millisieverts.

"There has been a lot of research done about radiation, and it's commonly accepted that it is safe to have up to 250 millisieverts of radiation per year," Murphy said. "We know for a fact that over 500 millisieverts a year is not healthy or safe."

One issue that has concerned those not living in Japan is the fact that radiation is spilling into the ocean.

"The ocean is huge, and radiation is spreading all around, but it's spreading out so much that there are only tiny fractions of millisieverts in the water which won't hurt anyone," Murphy said.

The rainwater in a few U.S. states that was found to have radiation was in such small fraction that it will not impact anyone. Another topic that concerns many is the health of the workers in the plant in Japan. According to Murphy, these workers are being carefully monitored.

"There are monitors reading the radiation levels that

the workers are experiencing, and so far, the highest is 100 millisieverts," Murphy said. "They were given the option to leave, but none of them want to, but when it reaches 250 millisieverts they will be required to leave the plant."

Despite the common belief that exposure to radiation greatly increases someone's risk of having cancer, Murphy says that it really doesn't have a large impact.

"A typical 50 year old has a 20 percent chance of having cancer, and a 50 year old who has been exposed to radiation only has a 20.2 percent chance of having cancer," Murphy said.

Yet another issue that has caught the attention of Americans is the sale of food from Japan and surrounding areas.

"Radioactive particles attach to the dust and then land on the ground. Spinach has been concerning because the of the big wide leaf and the particles land on it, so Japan banned the sale of spinach,"

Murphy said. "They're also monitoring the milk because the radiation particles land on the grass, which the cows eat and [the radiation] can eventually end up in the milk."

In the past, there was much less conclusive research, thus the fact people were harmed by it causes people to worry today. Scientist Madame Curie died from radiation poisoning, and people were more frequently exposed to radiation because the dangers were not fully understood.

"The best shoe stores in the early 1900s were the ones that took x-rays of your feet in each pair of shoes you tried on until you found the pair that fit right," Murphy said. "The repeated exposure to radiation obviously wasn't healthy."

However, today, the dangers are much better understood, and, according to Murphy, there really isn't anything for Americans to fear for the time being.

PROCEDURE	EXPOSURE
Abdominal CT scan	7-10 millisieverts
Oral x-ray	0.005 millisieverts
Mammography	0.4 millisieverts
Chest x-ray	0.1 millisieverts

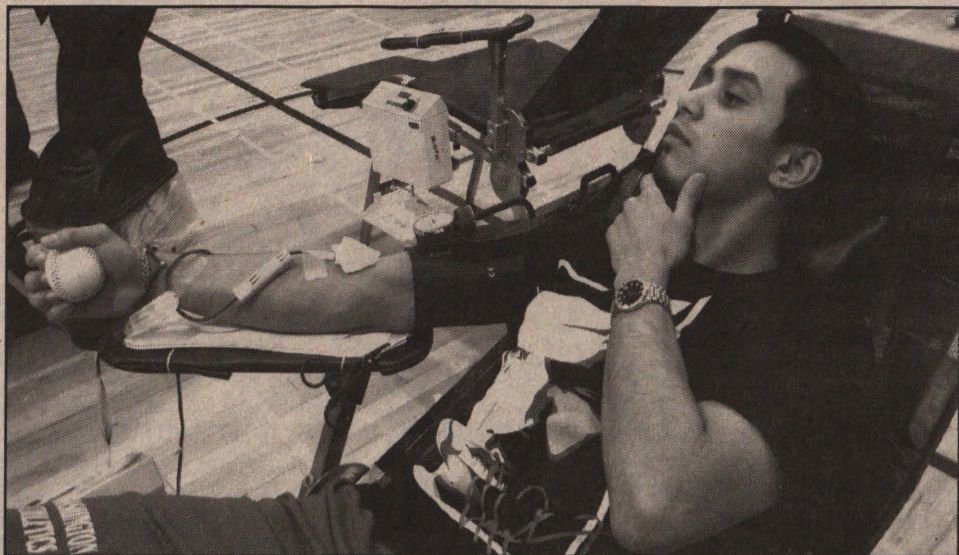


Photo by Yasmyr McGee

Senior Robert Guillen helps out at the spring blood drive by donating blood.

Slow drive to donate

By Keyuri Parmar
Perspectives Editor

One hundred thirty-four students showed up to donate 122 units of blood and helped save 360 people on April 15.

"It was an average drive, not the biggest but not the worst either. It was a good thing to do," said InterAct Club adviser Ward Rau.

InterAct Club struggled to get students to sign up without advisories. All the students on the leadership team went around with a clipboard

to get people to sign up.

"We offered a chance for free pizza as a prize. Anyone who completed their drawing got put in a raffle for a free pizza. For each 10 units one pizza was given [to students]," Rau said.

The winners of the raffle were seniors Elliot Crawford, Thalia Fernandez, Daniela Gonzalez, Justin Rigler, Mike Worthy; juniors Marco Espinoza, Brain Garcia, Jesus Montoya, Robert Ramiar, Juan Robles, and sophomores Abram Fernandez, and Nick

Sanzeri.

LifeSource gave out flannel pants to those who donated.

"I donated to help out people who need blood and it's giving back to the world in a way," senior Connor Zaputil said.

Students think everyone who can give blood should because a large portion of the population cannot.

"I think people should donate because the more people that donate, the more lives are saved," senior Beth Berg said.

Societies combine, create love story

By Giuliana LaMantia
Reporter

Set in ancient Egypt and modern society, the spring musical "Aida" takes on a new contemporary rock feel that sets it apart from musicals in the past.

"It is a timeless love story set today in ancient Egypt about a couple that is forbidden to be together because they are from different nations, but it's also full of political discussion as well as very action packed," director Mark Begovich said.

According to Begovich, the actors have been using dramaturgy, extensive research to understand the characters

and convey the message, to prepare for their roles.

"We learned a lot about ancient Egyptian civilization," senior Emma Roberts, playing Princess Amneris, said.

"Aida" differs from past, traditional musicals because of the contemporary rock feel the music conveys.

"It's music that people are going to like because it's rock music," Roberts said. "It's very poppy, but not like bubble gum pop, it's like something you'd hear on the radio."

Senior Nik Kmiecik plays Mereb, a Nubian slave.

"It's something new we haven't done before," Kmiecik said. "It's a rockin'

musical a younger generation would enjoy."

Begovich encourages peo-



Photo by Liz Ramos

Seniors Nik Kmiecik and Nadia Pelletier rehearse "Aida."

ple to see the play because of the important political issues, themes portrayed, and for the

performance itself.

"It's a great show and a great performance," Begovich said. "[Audience members] will get excited and laugh a lot."

Title character Nadia Pelletier also encourages people to see the musical.

"It's a very good musical and the storyline is very intriguing," Pelletier said. "It has great music, everyone is really talented, and it's going to be a phenomenal show."

Performances are May 12, 13, and 14 in the auditorium at 7:30 p.m. Tickets are \$3 for students and \$5 for adults, and can be purchased online at www.wegodrama.com or www.showtix4u.com.

FBLA secures spots at nationals

By Connie Kim
Reporter

Two Future Business Leaders of America (FBLA) members placed second in their events at the State Leadership Conference in Decatur, securing their spots at nationals.

The national conference

is in Orlando, Fla. from June 28 through July 1. Competing will be juniors Anthony Venen and Alex Weier.

Venen placed second in computer applications, and Weier placed second in marketing at state.

"I know there's going to be a lot of competition, but I'm hoping to do well [at the

national conference]," Weier said.

Nineteen members attended the state conference on March 25-26, while 11 of them placed in the top 10.

Seniors placing in their events were Luis Guzman and Kyle Molskow, fourth in management decision making; Nicole Burlingame, tenth in business procedures; and Colton Reif, tenth in personal finance. Juniors who placed were Venen, Weier, Vito Loiotile and Justin Olson, third in desktop pub-

lishing; Justin Huey, fifth in spreadsheet applications; and Tyler Schoenwolf, seventh in Word Processing II. Sophomore Megan Matson placed tenth in Word Processing I.

FBLA adviser Maria Wirth was pleased with the results of the state conference, where about 1,200 students competed.

"The state conference was very good, and the [students] did excellent," Wirth said.

The national conference will have at least 52 students competing in each event as

students from all 50 states are attending along with students from Puerto Rico and the Virgin Islands.

In between competing, students will also attend workshops for their events and listen to speakers.

"FBLA is excited that they're going to be represented at the national conference by two outstanding students," Wirth said. "I think Alex and Anthony will do very well and have the ability to place in the top 10."

Mr. Wildcat cancelled again

By Carly Tubridy
Sports Editor

For the second year in a row, lack of interest has forced the school's traditional Mr. Wildcat competition to be cancelled.

Originally, 12 boys signed up to participate, but no more than four ever showed up to practice.

"We had a total of four practices over a week and there were never more than four guys. We were trying to teach them a dance routine that needed a minimum of 10 people so even though those four showed up every time it was almost a waste of effort because there weren't enough people," Pep Club sponsor Dave Jennings said.

Senior Jeremy Piane signed up to participate in Mr. Wildcat but never went to a practice.

"I don't have a talent," Piane said.

Boys who did go to the practices were upset to hear

the news.

Senior Anthony Nolzco bought the marching band score for Lady Gaga's "Poker Face" which he planned to perform.

The band also used class time to rehearse the song on multiple days.

Nolzco says his act was planned out complete with the band and a routine of his own.

"It's just ridiculous that we can't have 10 people who will do the rehearsals. I'm disappointed," Nolzco said.

Students are also disappointed that the show won't be running.

"I really liked playing 'Poker Face' so I hope they can reschedule the show," senior band member Dani Keller said. "It would just be fun to be a part of Mr. Wildcat."

Pep Club hoped to only postpone the show. However, the administration said they should cancel it.

"As of now, it is indefinitely postponed," Jennings said.

Dedication results in successes

By Liz Ramos
Reporter

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 selection is made by the student activities director and committee made up of additional staff members.

Participating in multiple extracurricular activities and doing well in school has earned senior Ben Vanderlei March Student of the Month.

How do you feel about being chosen for Student of the Month?

I think it's a great honor and of course I'm glad to be recognized, but I was actually a bit surprised.

What extracurricular activities are you involved in?

I'm in lacrosse, speech team, Scholastic Bowl, Per-



Photo by Liz Ramos

Lacrosse and speech team have been two important and time-consuming activities during senior Ben Vanderlei's high school years.

sonal Finance Challenge, and Art Club.

Where do you plan on attending college?

I'm going to the University of Wisconsin in Madison. I hope to major in political science, business, or economics, possibly double major in any two of the three but I haven't narrowed it down yet.

Who influences you the most?

I would have to say my

mother because she has taught me the values to live by and without those I wouldn't be who I am today.

What do you enjoy the most about high school?

I enjoy the new experiences everyone has. I like that you can find out who you are. People come in from middle school and have a chance to find out who they truly are. The friends aren't that bad either.

Taking time to volunteer

By Kristina Manibo
Reporter

With the chance to do something more than relax over spring break, National Honor Society (NHS) students volunteered at local venues.

Math teacher and NHS adviser Kristina Mallon took groups of NHS students to volunteer at the Northern Illinois Food Bank and Regap of Illinois, a greyhound rescue organization.

"The food bank is a good organization and it's close by," Mallon said. "My husband and I work at the greyhound rescue, so they were just a contact I had already. I knew they needed help with running the rescue."

Nine students volunteered at Regap of Illinois on March 29, and eight students volunteered at the food bank on March 31.

Juniors Meghan Carnot and Brenna MacDonald attended both service projects.

"[At the greyhound rescue] we cleaned out dogs' cages, beds, and scrubbed the floors," Carnot said. "[I enjoyed] the greyhound rescue because we got to work with animals and feed horses once we were done."

Carnot realized the effort needed to run the rescue.

"You see how much work is put into running a rescue. It took us three hours to clean out the cages. I can't imagine how long it would take for two people alone to clean the cages," Carnot said.

Senior Brian Lustro volunteered at Regap.

"[Helping at Regap] opens up your eyes to helping unfortunate animals in need," Lustro said.

At the food bank, students sorted frozen meats to distribute to other food pantries in northern Illinois.

"It made me appreciate having food on my plate and being able to eat three meals a day," MacDonald said. "It was a good experience."

beauty

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Perspectives

6

April 21, 2011

Wildcat Chronicle

Our View

Side-tracked from original goal

The United Nations (UN) was created to help create world peace, but it seems that it's causing more problems now.

Starting with the Middle East, the UN has become involved in problems around the world in places like Libya, the Ivory Coast, and Philippines.

The UN decided to take action in all of these nations to help the countries from an even worse predicament than they were in. Most of these nations were having pro-democracy protests because of their government.

Before the UN got involved in Libya there were about 2,000 people involved in protests against government offices in the city, according to BBC News.

Isn't there a more civil form of rebellion than having the UN go in and bomb the nation?

The U.S. was sent in to start bombing Libya on March 14; France was the next nation to take over.

According to the New York Times, Britain and France have set up an alliance to intensify the airstrikes on Libyan government troops.

Also on April 9, the UN attacked the Ivory Coast.

The attacks were a part of the neutralization campaign of Laurent Gbagbo, Cote d'Ivoire president, using strong weapons against civilians, according to the New York Times.

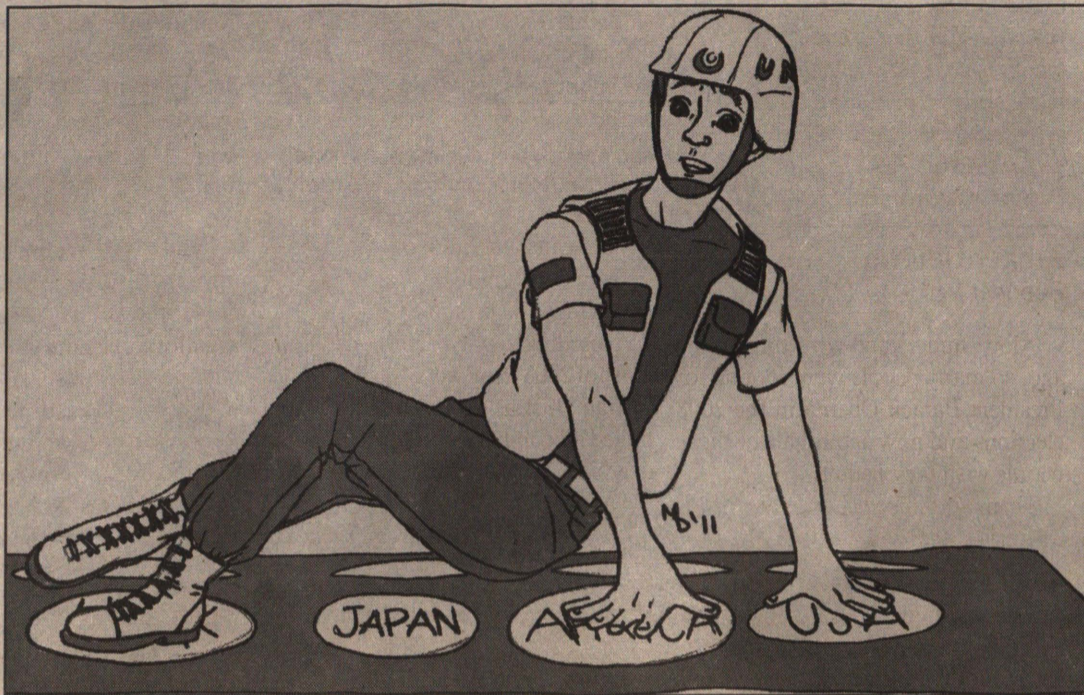
In both of these scenarios the UN is trying to stop

violence, which is a positive factor, but is doing this by using violence. That does not make sense at all.

The UN should not be in other countries' political problems to start with and is just making the situation worse by causing more violence. It's not just one nation's government that they are getting involved in, it is multiple nations in Asia and Africa.

If a country was independent enough to create a government, then they should be able to solve their own dilemmas. The UN could get involved if they are asked to.

Right now they are creating more problems for citizens in many countries, and it will cause more wars.



Battle for civil rights continues 150 years after Civil War

April 12 marked 150 years since the Civil War began, but civil injustice still exists for non-whites.

While strides have been made like the passage of the Civil Rights Act in 1964; even that was 99 years after the end of the Civil War.

This act outlawed discrimination towards non-whites and women; this included ending racial segregation.

Civil injustice should have ended there, but unfortunately, many white people still think themselves more superior than others.

When Barack Obama won the presidential election in 2008, some citizens were angry because a black man was president.

The day after the election 2,000 people joined Don Black's hate Web site, when usually he has 80 new members joining each day. Today he has 110,000 members, according to CNN.

How is this okay 50 years after the Civil Rights Movement?

According to Huffpost Politics, Mississippi Gov. Haley Barbour said he would approve of having the state license plate honor Confederate Gen. Nathan Bedford Forrest, who was a founding member and leader of the Ku Klux Klan.

Being okay with this is wrong in many ways. The license plate supports the Ku Klux Klan, which supports civil injustice toward black citizens. Groups like the Ku Klux Klan should have stopped after the Civil War, but that didn't happen either.

But that's not all.

One hundred fifty immigrant women who have worked in the U.S. food industry have been sexually abused while working, according to www.splcenter.com.

According to www.theatlantic.com, African Amer-

icans and Native Americans have been suffering from a decrease in their income and higher poverty rates, mostly in the South.

If there is a sudden decrease in the income and poverty rates for just these two races, something is wrong. Blacks and Native Americans are either not getting hired or are getting paid less because of their race.

Also, it's not just black and Native American citizens suffering from civil injustice, religious groups are too. Muslims deal with a lot of racist comments and miss out on opportunities too.

Just because some Muslims are believed to be terrorists, doesn't mean all of them are and it is childish to think so.

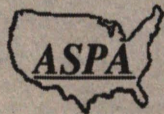
According to www.nytimes.com, people opposed the \$100 million mosque being built two blocks from the World Trade Center. Citizens saw it as "disrespectful" having it so close to Ground Zero.

Local Muslims should not be punished for wanting to have their mosque close by because of terrorists who have nothing to do with them.

Homosexuals are also under attack, as they do not enjoy civil rights afforded to straight people.

The Civil War began 150 years ago to fight civil injustice. Why are we still fighting?

Wildcat Chronicle
Community High School
326 Joliet Street
West Chicago, IL 60185
(630) 876-6360



Editor in Chief:
News Editor:
Perspectives Editor:
Features Editor:
Entertainment Editor:
Center Spread Editor:
Sports Editor:
Business Manager:
Reporters:

Megan Hernbroth
Alexis Hosticka
Keyuri Parmar
Yasmyn McGee
Helene Sankovitch
Sarah Berger
Carly Tubridy
Giuliana LaMantia
Sarah Berger, Amber Del Rio,
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Maddy Dall, Helene Sankovitch
Laura Kuehn

Artists:
Adviser:

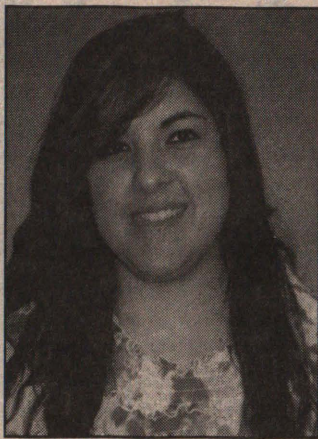
THE WILDCAT CHRONICLE is the student newspaper at Community High School. It is a public forum for freedom of expression and encourages readers to express their views. The Chronicle publishes eight times a year, with the student editorial board making the decisions concerning paper's content. Unsigned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

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

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Is Obama doing his job?

He's making the best of a tough situation



Amber Del Rio
Reporter

I don't understand why, three years ago, so many people were rooting for President Barack Obama in the 2008 elections and now about half of those people wish they hadn't.

Obama promised change during his campaign and while it looks like the

country is in the same place as where it started, change doesn't happen in three years, especially not when the country was in turmoil to begin with.

Voters expected change just like that. Obama's president, and boom the economy is all better. No, life doesn't work that way.

It took years to make the mess that the country is in and it's going to take years to clean it up. Since Obama was the first Democratic president following the former Republican-led government, he has to revamp the path the Republicans led us down.

Obama has gradually started making the changes he promised.

According to www.articles.cnn.com, in April 2008 there were 140,000 troops in Iraq. Just as he promised, Obama pulled all combat troops out before the deadline at the end of August 2010. Operation Iraqi Freedom is over.

Obama also was looking to make tax

cuts for the poor and middle classes, which he did by enacting the American Recovery and Reinvestment Act. According to www.factcheck.org, 95 percent of working families received tax cuts.

This act helped bring millions of families above the poverty line.

Eight million jobs were lost when Bears Sterne collapsed. This act is also responsible for the 3.3 million jobs created and saved the country from another depression, according to www.factcheck.org.

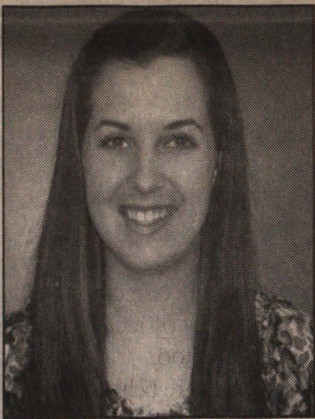
I understand many people are arguing that Obama promised lower gas prices and yet we are back to over \$4 a gallon. Just to make things clear, Obama promised immediate relief, which we got. Politicians always look for ways to provide immediate relief to bring gas prices down but no changes are made by us as Americans to keep the prices down. As a result, we see gas

prices sky rocket. While high gas prices are affecting me too, they're something people are going to have to just deal with for now. There is not much the government can do about it.

People have to realize too that the Republicans are refusing to budge on a lot of issues causing Obama to have to compromise on most of the changes he promised to make. The recent government shut-down threat is a perfect example of how unwilling the Republicans are to even give Obama's policies a chance.

Obama is doing the best he can in a tough situation. People need to understand that Obama came into presidency just when the country was at the lowest it's been in a long time. The country is slowly moving forward which should be expected. Change does not happen overnight. You have to be able to walk before you can run. The same goes for the economy.

He made promises that he could not keep



Alexis Hosticka
News Editor

I've never really agreed with what President Barack Obama wanted to do. But it turns out that I haven't had to deal with many new policies being implemented because he's neglected to keep so many of his campaign prom-

ises. So far, Obama kept the Guantanamo Bay Detention Center open, not repealed the Bush tax cuts for higher incomes, increased taxes for families making less than \$250,000, neglected to double funding for after-school programs, and failed to urge states to treat same-sex couples with full equality in their family and adoption laws.

These are just a fraction of the promises he has broken. A quote from Obama himself on www.nationaljournal.com states, "As president, I will close Guantanamo, reject the Military Commissions Act and adhere to the Geneva Conventions." Yet months later, Obama blatantly broke this promise. He, according to www.politifact.com, resumed military trials for Guantanamo detainees, and since then, has taken no further action regarding Guantanamo Bay.

In January, when Obama was given

the opportunity to remove the Bush tax cuts for couples making over \$250,000 and individuals making over \$200,000, he let that chance slip right through his fingertips.

According to www.politifact.com, "this was a major campaign promise of Obama's that he repeated again and again. The tax cuts for high earners are now scheduled to expire at the end of 2012, just as Obama completes his first term."

Another statement from Obama reads, "I can make a firm pledge. Under my plan, no family making less than \$250,000 a year will see any form of tax increase. Not your income tax, not your payroll tax, not your capital gains taxes, not any of your taxes."

Yet months later, Obama increased taxes on tanning and cigarettes. After stating he would not make increases to "any of your taxes" this is again an

explicit contradiction.

Another of Obama's original promises stated that he would "double funding for the main federal support for after-school programs, the 21st Century Learning Centers program, to serve one million more children."

But 2010 budget request for the Education Department, was "exactly the same amount in 2010 for the program as it had spent in 2009 -- a bit over \$1.1 billion" according to www.politifact.com.

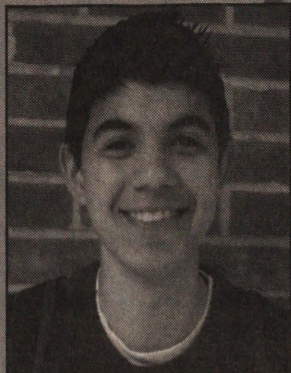
Although a more general promise, Obama also put a focus during his campaign on giving same-sex couples equality. Obama has taken no action regarding this issue.

Whether or not you agree with anything Obama has done is not the issue. The fact is, he's broken his promises and is quickly losing the trust of the American people.

Students Speak

Compiled by **Connie Kim**

Do you think Obama is a good president under the economy's circumstances?



Freshman
Alex Villa

"Yeah he's doing an okay job with the problems he has right now."



Sophomore
Dan Stompor

"Yeah I think he's doing a good job with what he's got, and he's trying to do a lot of things even though he doesn't have all the money and working for long-term goals."



Junior
Michelle Lewen

"I thought Obama was going to be a good president, but I haven't really seen the changes he promised."



Senior
Sam Netisingha

"Yes because there's been war, [oil] spills, the tsunami in Japan; he's had a lot of issues to deal with."



The real de

By Helene Sankovitch
Entertainment Editor

After being diagnosed with ADD the beginning of my senior year, I had mixed feelings about starting medication to help me. Having to rely on medicine was not something I wanted; it felt like a last resort but I needed to get help.

After seeing multiple doctors and undergoing plenty of tests, I was prescribed Concerta, a long acting stimulant. I noticed a difference about 15 minutes

after I took my pill in the morning. I was completely focused on what I was doing, but nothing else. Throughout the day, I got all my homework done in class, which was weird for me. It was nice, but my thoughts felt trapped and I couldn't talk that much. I was not myself at all. By the end of the day, I was angry that the medicine was changing me so negatively, and upset that my concerned friend told me, "I want my best friend back."

Throughout the next two weeks, the medicine didn't seem to work anymore. All it did was make me quiet and in an awful mood all the time and my grades weren't improving. My doctor told me to take a higher dosage of Concerta since it wasn't helping. Taking the higher dosage was

cause of my r... My doctor... back to tak... er dose, but... I switched to A... is also a long a... Thankfully, I c... many side affec... I still couldn't... cause of it, b...

'Throughout the day, I got all my homework done in class, which was weird for me. It was nice, but my thoughts felt trapped and I couldn't talk that much. I was not myself at all.'

-- Senior Helene Sankovitch

probably the worst idea ever. All the negative symptoms I had before were now worse. I couldn't eat anything, I would cry for no reason, and my heart rate increased. I couldn't even perform for poms at one of the basketball games.

My mind felt so trapped and it was really scary. While my teammates were having fun performing on the sidelines, I had to walk around so I could focus on something and stop myself from shaking be-

the time I got... back to my... couldn't do any... study for any... tor then put m... dose, and prese... er-lasting type... so I could focu... I'm still going... process of findi... icine is right fo... physically and... It can't be heal... ing all these d... just want to fi... to help me focu...

Legal issues

By Megan Hernbroth
Editor in Chief

Students may not know that prescription drugs can harm a lot more than just their bodies.

Possessing or distributing prescription drugs includes punishment from both the school and law enforcement.

"If you have taken a pill but you don't have any on you, there's no legal punishment," police liaison Mike Levato said. "If you have possession, you can be charged for unlawful possession of a prescription drug, which is a misdemeanor and you can get up to 364 days in jail."

On school property, school officials are allowed to punish students for being under the influence of a prescrip-

tion drug.

"You would get out-of-school suspension for 10 days, but it can get pulled down to three if it's the first offense if the student gets evaluated," Levato said. "If it's a second offense or they are possessing, there is no plea down for number of days."

Selling the drugs, however, is a much more serious offense.

"If you are selling, you can be charged with possession with intent to distribute, which is a felony and has a jail sentence of one to three years in a juvenile facility," Levato said. "There is also always a fine, supervision, and probation, which is based on if you have a previous record."

If a student is selling prescription drugs on school

property, school officials will give the student a 10-day out, of school suspension with a recommendation for expulsion.

"We deal with this a few times a year," Levato said. "Most kids want to make a few bucks, so they take dad's Vicodin and sell it for \$5 a pill."

School consequences, however, are independent of law enforcement, and are based on school policy.

"The police have a bit more leeway," Levato said.



Consequences for using unprescribed medication are more serious than you may think

If you or someone you know is struggling with an addiction problem, call the 24-hour addiction hotline

deal

y rapid heart rate. r said to go taking the low- but I refused to o Adderall, which g acting stimulant. I didn't have too ects with this pill. n't eat much be- but I was back to normal, and could focus a lot better. I could feel it wearing off by the end of the school day, though, and by got home, I was y old self, and any homework or y tests. My doc- me on a higher scribed a short- e of Adderall ocus after school. ing through the nding which med- for me. It's tough and emotionally. ealthy to be tak- different pills, I find something ocus.

Struggling to stay sober

By Sarah Berger
Center Spread Editor

**Some names have been changed in order to protect the privacy of the people involved.*

For most students, freshman year is a year for firsts; first football game, first homecoming, and first pep assembly. Current junior Colin's* freshman year was a year of firsts too; it was the first time he began abusing prescription drugs such as Adderall.

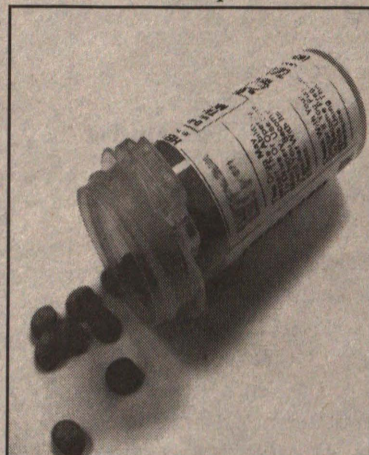
"I began abusing Adderall freshman year, pretty much because all of my friends were doing it. ADHD medication is extremely accessible; I would just get them from kids at school who were prescribed them. It was so cheap too; literally a dollar per pill,"

Colin said.

At first, Colin was only using the drugs for fun and because his friends were doing them, but pretty soon he was using them solely for school.

"I stopped using them recreationally and then just used them because they helped me in school. When I was on Adderall I felt like a genius; I was so focused in class and felt like I could do anything. Once I figured out how easy

school was once I started using them, it felt like the kids at school who had prescribed ADHD medication had an unfair advantage over everyone else," Colin said. Colin believes that he "self-prescribed" himself.



"My doctor recommended that I see a psychologist so that I could get ADHD medication because he truly believed that I had

ADHD, but my dad refused to take me, so I kind of took matters into my own hands," Colin said.

Since he wasn't prescribed Adderall by a doctor, the health effects took a large toll on Colin.

"I couldn't even imagine going to school without Adderall; it would seem impossible. I definitely depended on it. I also don't think it's a coincidence that most kids on Adderall are really skinny; I lost my appetite and wouldn't eat when I was on it. Overall, the drug completely changed my personality, and the health and mental effects were huge," said Colin.

Colin admits that life without ADHD medication is difficult now that he's become hooked.

"When you're off of the medication, it feels like your brain is much slower and you lack energy and motivation.

While taking ADHD medication, I feel like I can accomplish anything. I would love to be able to feel that way without taking medication; that would be ideal. I'm definitely looking for help in getting over my addiction. I'm trying really hard to get better, and stay sober," Colin said.

Are you addicted to prescription drugs?

According to www.helpguide.org, if you have a majority of the symptoms listed below, you could be addicted to prescription medication.

Check all that apply!

Feeling like you can't go one day without taking the drug

You take the drug to avoid withdrawal symptoms

You've built up tolerance for the drug

All you think about is using the drug

Photo illustration by Sarah Berger

Harmful effects of addiction

By Alexis Hosticka
News Editor

It seems that in the high school halls the drug problems discussed and rumored about are dealing with illegal drugs such as marijuana or cocaine.

In reality, many teenagers have a serious problem with drugs that are entirely legal – in some situations.

That battle is an addiction to prescription drugs.

According to Timberline Knolls Residential Treatment Center in Lemont, Ill., there are three main types of prescription drugs that are most likely to be abused: stimulants, opiates, and tranquilizers.

Stimulants are commonly prescribed for attention deficit disorder, opiates treat chronic

or severe pain, and tranquilizers assist with anxiety or sleep disorders.

Depending on which type of drug is being abused the symptoms can vary, however there are a few common traits.

"There's often mood swings that sort of correlate with having or not having the prescription drugs available," said help-line coun-

selor Beth from Timberline Knolls, who requested to keep her last name anonymous. "People get irritated more easily, especially if they don't have those drugs."

In addition, sleep patterns can change and alcohol consumption tends to increase.

According to Beth, the common misconception is that prescription drugs are okay to take because they were prescribed by a doctor.

"Of course, that's not true because a doctor only prescribes a certain amount to a certain person," Beth said. "That prescription isn't for anyone to take in any amount."

According to www.kid-health.org/teen, abusing prescription drugs can be seriously detrimental to peoples' health.

The effects of prescription drug abuse become worse if the abuser takes the drug through a method differently than originally intended, such as snorting or injecting Ritalin.

"Abusing a pain reliever can cause severe side effects depending on how high a dose someone takes," school nurse Beth Jones said. "If it's a regular dose, everything is just a little numbed, but a severe overdose can cause respiratory problems and the heart rate slows down."

A stimulant such as Ritalin does not have as detrimental an impact on someone's health.

"It's an upper," Jones said. "Your heart beats faster and harder and you breathe faster, but it's definitely not as severe as abusing a pain reliever."

Teachers making a difference

Where the heart is

By Megan Hernbroth
Editor in Chief

Five weeks in Peru, hours of tedious paperwork, and an eight-hour bus ride were just some of the steps ESL teacher Mark Poulterer and wife Luciana had to take to adopt their daughter Cecilia.

The process

"We had the first two days in Lima in a hotel doing paperwork," Poulterer said. "Then we took an eight-hour bus ride to Hauraz, Cecilia's town, which is where people who go to hike or bike the Andes Mountains start off at, so it was just surrounded by gor-

that no one else wanted."

Cecilia's special needs were partially corrected before the adoption, but more surgeries are to come.

"She had a double cleft lip, which was corrected," Poulterer said. "She also had a cleft soft palate corrected, but it is the cleft hard palate that she still needs corrected. She will need to have a surgery soon to correct it; they usually correct a cleft hard palate in the United States in a 10-month-old baby. She will have numerous surgeries until she is 16, I expect."

Although Poulterer has been involved with Smile Train, an organization that helps children in underdevel-



Photo courtesy of Mark Poulterer

Mark Poulterer enjoys spending time with his daughters Cecilia (left) and Isabel.

geous mountains. We stayed there for a week, and we met her at the orphanage while we were there. On the last night in her home town, she got to stay the night with us."

In order to complete the trip, Poulterer was required to take a leave of absence for the five weeks. He traveled from Feb. 12 through March 19.

Poulterer returned to Lima for the next three weeks to fill out more paperwork required by the Peruvian and United States governments for the adoption to be finalized.

"Before we had gotten married, we talked about adopting," Poulterer said. "We're both Christians, and the Bible teaches to take care of widows, aliens, and orphans, and our daughter is two of those. It's where our hearts have always been."

A long-awaited dream

Before adopting Cecilia, Poulterer attempted adopting a few other children, only to lose out to other families.

"We wanted to adopt a child no one wanted," Poulterer said. "[Cecilia] was on a list of children with special needs, so we wrote a letter for her and no one else did, so we got a child

oped countries correct cleft palates, the adoption was unrelated.

"You can call it coincidence or divine providence," Poulterer said. "I was rinsing off the t-shirts for money for Smile Train when my wife came over to school to tell me we got Cecilia, it just so happened that she had a cleft palate."

Meeting Cecilia

When Cecilia left Peru with her new family, she weighed 16 pounds at 2 ½ years old. Finding a way for her to gain weight has been a struggle for Poulterer.

"Her weight, when we got her, was the average weight for a 7 month old because she fed herself in the orphanage because the nannies did not have time to feed her," Poulterer said. "She's gained four pounds in the five weeks we have had her. Her eating and getting enough nourishment has been a struggle. She will lose weight again after her surgery."

Currently, Cecilia's cleft hard palate does not allow for her to eat in a normal manner, making for difficult meal times.

See Adoption, page 11

A second chance at life

By Alexis Hosticka
News Editor

Imagine being able to give someone a second chance at life.

That's exactly what math teacher Kristina Mallon did when she donated a kidney in December. Although the donation didn't go exactly as planned, it started a chain of donations, impacting more people than Mallon had ever imagined.

A big decision

"It started last May after a friend of mine at the greyhound rescue, where I volunteer, found out she needed a kidney, and because it was a hereditary disease no one in her family could donate," Mallon said. "Two other volunteers and I got tested, and I was the best match, so I went through more testing during the summer."

All was going well and the surgery was set for November. However, a month earlier, Mallon's friend received a kidney from another donor who was a better match.

"After that, I figured that since I had already gone through all the testing I would just stay on the list and still donate," Mallon said. "I donated on Dec. 27 and met my recipient a day after surgery. He had the same condition as my friend had."

Reality kicks in

Despite the fact that Mallon had major surgery and spent four weeks out of work after the transplant, she didn't realize at first how important the donation was.

"I used to donate blood every six weeks, so this was just like the right thing to do, I didn't realize what a big deal it was," Mallon said.

It really hit her what she had done when the husband of the woman she was originally going to donate to said something meaningful to her.

"He walked up to me and gave me a hug and said, 'thank you for giving me my girl back,'" Mallon said, tearing up. "I had just thought I didn't need [the kidney], and someone else did."

When Mallon went into surgery, it was only the second time she had ever been on an IV. The first time was during the testing to see if she qualified as a donor.

"I was terrified, and that's putting it mildly," Mallon said, recalling her emotions before surgery. "But things always seem to work themselves out."

The impact

After surgery, Mallon was in the hospital for close to a week, but the day after surgery she was out of bed to meet the new owner of her kidney.

"I found out how meaningful and impactful that donation was to his family," Mallon said. "When [the recipient] says, 'you're giving me a sec-

ond chance at life' it becomes something that is more impactful than what you thought you could ever do."

Mallon's kidney recipient, Fines Jones, a Vietnam veteran in his early 60s, understands that impact firsthand. He was eager to meet her.

"I just wanted to meet my angel," Jones said about Mallon. "She absolutely was my second chance at life."

Jones had been looking for a donor for about a year before he and Mallon were matched up.

"It was sort of a swap, because one of my daughter's friends wanted to give his kidney, but his blood didn't match mine," Jones said. "But he still donated on the same day that I had my surgery to a 12-year-old girl who he didn't know."

Before he received the kidney, Jones' doctors had recommended multiple times that he go on dialysis.

"I said, if things are working, I won't go on [dialysis]. I'll hold out until I get a donor," Jones said. "It ended up being better that way because I got a donor soon enough."

No regrets

Mallon and Jones stay in touch, and to Jones, Mallon really was a miracle.



Photo by Alexis Hosticka

By donating her kidney, math teacher Kristina Mallon became her recipient's angel.

"Kristina [Mallon] met my family, I met her husband, we talk about all kinds of stuff now," Jones said. "It was a real good adventure, if you want to call it one. I never expected someone to do something like she did. I call her my angel."

In addition to Mallon donating her kidney, one of her two friends who was originally tested to donate ended up donating to an unknown person.

See Donation, page 11

Time of my life

Junior Carly Tubridy shares memorable Spain experiences

By Carly Tubridy
Sports Editor

You can hear the stories and see the pictures but until you travel to a beautiful place like Spain with some of your favorite people, you won't understand how the 20 Spanish students felt on their 12-day trip to Spain.

We started our adventure in Madrid. Jet-lagged we toured through the capital getting our first taste of

After a good night's sleep and a well-needed shower, we were refreshed after the longest day of our lives, and took a trip to historic Toledo. Madrid was beautiful, but as we walked through Toledo it hit us: we were in Spain. Narrow, winding, cobblestone streets were before us ready to be explored.

After we toured Toledo taking in the history, everyone was itching to be let loose. When we finally were, we plowed through the streets looking for swords that Toledo are famous for and other gifts.

The next day, a three-hour bus ride separated us from our Spanish families and nerves set in as we neared the

they never slept.

Girls of all ages were dressed in heels ready for a night on the town and the boys dressed better than any American, looking like they had jumped out of a magazine.

Our hosts whisked us away into the nightlife of Soria. Near the end of the night we belted choruses of "I had the time of my life and I never felt this

way before" perfectly describing how we felt on our first night in Soria.

For the remainder of the week we attended school with our Spaniards and visited various places. Their school made me appreciate West Chicago a lot more; it had blank walls and a depressing air about it. The only thing to look at was the scenery out the window which was a beautiful mountain range. However, our new classmates never let us get bored.

Everyone was fascinated with the Americans. It seemed like everyone in Soria wanted to talk to us.

We taught the Spaniards the word "shenanigans" and much to everyone's amusement it became the word of the week.

On our day trip with our hosts, we visited Pamplona; Bayon, France; and San Sebastian.

After parking the bus in Bayon they pointed us in the direction of the ocean. Having never seen the ocean, I ran through the French streets with an unexplainable excitement.

We spent around an hour simply enjoying the beautiful day and taking pictures on the beach.

I hugged Profe [Spanish teacher Sue Junkroski] and told her how much I loved this place. Nothing seemed to matter on that beach. There was no stress of school and no drama with friends. There was nothing but a beautiful seemingly-endless ocean and a



Photo courtesy of Carly Tubridy

Junior Carly Tubridy visits the statue of Antonito Machado with her host family in Soria.



Photo courtesy of Carly Tubridy

Juniors Kristi Hendrickson (left) and Carly Tubridy embrace in front of the Plaza de Toros in Madrid.

the city. Everything was gorgeous; buildings were intricately made and gave you a feeling of being in an old movie.

However, we were all desperate for sleep. Dinner that night turned out to be the start of strangers becoming friends. Delirious, we bonded over our jokes that weren't funny and formed friendships that would make our trip more meaningful.

school. A crowd of people was awaiting us as we pulled up. They kissed us on both cheeks and our Soria experience began.

As a welcome, many of the host families took us to a soccer game that night.

After the game, we watched Soria turn from an adorable little town into a town filled with excitement around every corner. It seemed as though

Adoption: New family member

Continued from page 10

"The food goes up instead of down," Poulterer said. "She eats everything except vegetables, but the solid food goes up into her nose and it's not very pretty. For drinking, we use an eyedropper or this bottle that my wife cut the top off of so the juice or water goes straight down."

Fitting into the family

Another adjustment Poulterer had to account for was sibling rivalry he did not anticipate.

"Our concern was for how our older daughter Isabel would deal with having a younger sister," Poulterer said, "but the problem has been the younger sister learning to deal with the older sister. [Cecilia] is a survivor;

she had to be at the orphanage, and if she doesn't get her way here she hits, kicks, or bites. Her teeth don't line up, so her bites are really the same as kisses," Poulterer joked.

Poulterer's 6-year-old daughter Isabel went on the trip to adopt Cecilia, and has learned quickly how to handle her new sister.

"When you have one child and are having another, there is usually time to acclimate the other child," Poulterer said. "We didn't get that time. Overnight, [Isabel] has to share her toys, but she has been very compliant and is learning quickly."

Although Cecilia is only 2 years old, her personality has not gone unnoticed by Poulterer.

"When we first met her, we called her 16 pounds of pure personality," Poulterer said. "She has a lot of anger, but recently she has been very funny. She makes clown faces at people she

meets and she knows she's funny."

As far as adopting in the future goes, Poulterer has not made any commitments yet.

"I've been told adopting is addicting," Poulterer said. "I didn't think so,

Donation: Guardian angel

Continued from page 10

"When my friend [who I was originally going to donate to] found out that I was still donating and my friend was donating, she was very surprised - speechless is probably a better way to describe it," Mallon said.

When asked why she donated anyway, Mallon's response was simple.

"I would hope that if I was in the same situation, someone would step up for me and help out," Mallon said. "And I wouldn't hesitate to donate

beach full of people I was happy to share it with. I never wanted to leave.

With every minute we all spent together, we grew closer. The fact that we were leaving wasn't something we wanted to face.

In our final days we crammed as much history and fun in as possible. Spending every waking moment with our host families and our Spanish friends, we savored our last days.

Our final day bore down upon us like a bull. Tears streamed down every girl's face while the guys tried to act tough. This wasn't a time for tough, this was a time for good-bye. It was one of the hardest good-byes of my life.

Amazing friendships were formed despite our communication barrier, and no one wanted to face the fact that we were leaving. Even though some of them will be coming in September, we still had to accept that we may never see some of them again. We sat looking at the families who had warmly taken us in for a week and the friends we had grown attached to, and more tears dropped.

Our trip wasn't about the history we learned or the beautiful places we visited; those were simply bonuses. Our trip was about the bonds we formed, not only with the Spaniards but also with our fellow classmates and teachers. We left for Spain as group of classmates and came home a family.

but from that first day thinking what in the world did we do to now having her for five weeks and loving her [is incredible.] I can't say no to adopting again yet, but we are definitely open to it."

again if there was someone that needed it."

Although the experience was meaningful and Mallon has no regret about the donation, she doesn't think that it's the right route for everyone to take to help out.

"If you have hesitation then it's not something you should jump into. I don't have kids, my parents are healthy, it was just easier for me [than for some people]," Mallon said.

Both Jones and Mallon's friend who she was originally going to donate to are doing well and on a steady road to full recovery.

Apps for everyone's toolbox

By Yasmyr McGee
Features Editor

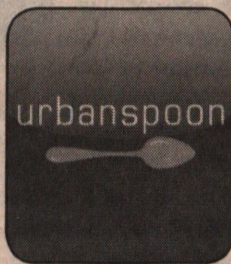
Currently over 300,000 apps are available through iTunes. Yet, there are certain apps that seem to stand out from the crowd. These apps can be entertaining, useful and sometimes highly addictive. Out of all the apps out there, we found four that students must have.

Urbanspoon

With one shake of your iPod or iPhone, the Urbanspoon will randomly pick a nearby restaurant for you to try. You're able to see what friends like and browse a broad list of restaurants.

Other features include being able to use GPS to find a restaurant, filter a search by neighborhood, cuisine or price, compare restaurant picks with your friends and read ratings and reviews from newspapers, bloggers and fellow eaters.

Urbanspoon is free.



Words with Friends

Words with Friends is a new interactive app that has students everywhere thinking of new words to defeat their challengers. The game is a modern version of Scrabble® with an interesting twist.

Features include being able to play up to 20 games simultaneously, play with friends or a random opponent and chat with others using in-game messaging.

Words with Friends is free.

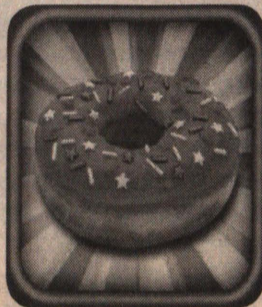


Donut Maker

Donut Maker is a simple, yet entertaining game that lets players create their own donuts. Players are able to mix the ingredients, fry the donuts and decorate them.

There are a variety of options to decorate a donut including frosting, candies, icing and more. After making donuts, players can post a picture of it on Facebook, e-mail it to themselves or put it in their own personal fridge.

Donut Maker is free.



Fruit Ninja

More than one bad apple lurks in the new app Fruit Ninja.

This app enables players to hone their ninja skills and slice every piece of fruit they encounter. With a simple swipe of one's finger across the screen, players are able to leave watermelon, banana and coconut carnage behind.

Besides fruit obstacles, players must avoid bombs on their path of destruction.

Fruit Ninja Lite is free and Fruit Ninja is \$0.99.



Too much techno

By Liz Ramos
Reporter

Even with techno beats and the usual pop and sexual lyrics, Britney Spears' new album, "Femme Fatale" is less than expected.

"Femme Fatale" is supposed to be a tribute to bold, empowered, confident, elusive, fun, flirty women and men, but it misses the point with a different style of techno called dubstep which adds a darker atmosphere to the music through different bass lines.

Popular dubstep producer, Rusko, helped Spears to create songs like "Hold It Against Me," and while dubstep makes people want to dance to the fast beat, nothing else is in the song.

Lyrics constantly repeat making the songs boring, and hearing repeating "oh, oh, oh, oh," and "you're setting me on fire" 19 times, gets annoying and pointless.

Spears changes her usual style in the song "Criminal" adding guitar and flute instead of techno, which enhances the song and makes it decent to listen to.

"Criminal" has lyrics that don't repeat and it's a little slower than her other songs. The song is about a man in jail that is a criminal and should be stayed away from, but the temptation to be with him is too strong to resist.

It's different and better than her usual let's-get-on-the-floor-and-make-love lyrics.

In the song "(Drop Dead) Beautiful," singer and rapper, Sabi, is featured but it doesn't add anything to the song.

It's just another voice that is singing to pointless lyrics.

Will.i.am is featured in "Big Fat Bass" but fails to put his own style into the song and instead he repeats "big fat bass, the big fat bass" seven times, and "you can be the bass" 42 times. No actual lyrics accompany the music to the song.

Many of Spears' songs on "Femme Fatale" include techno with sexual lyrics that don't separate her music from anyone else's.

Songs worth buying are "Till the World Ends," "Hold It Against Me," and "Criminal," otherwise don't bother.

New album, record deal

By Helene Sankovitch
Entertainment Editor

Pop-rock band All Time Low will tour through the spring and summer promoting their newest album, "Dirty Work," set to release on June 7.

Yellowcard, Hey Monday, and The Summer Set will also be on tour with All Time Low.

"The Dirty Work tour just started. It was a great first show in Philly. You judge your reaction after the show,

with all the YouTube videos, [and they] were really positive," guitarist Jack Barakat said during a phone interview.

Headlining the tour gives the band an opportunity to perform how they want.

"When you headline your own show, you can do whatever you want. It's like when you're home and your parents go on vacation and you have the weekend off," Barakat said.

"Dirty Work" is the band's fourth album, and was pro-

duced by Interscope Records, which was a big change for them after working with Hopeless Records on their previous albums.

"Everything has to be run through a lot more people at Interscope. There are tons of producers, bands, and lots of promotions," Barakat said.

Despite the fact that they are working with a major record company, All Time Low still mainly writes their own music.

"Sometimes we write songs with producers who help us, but everything is written by [lead singer and guitarist Alex Gaskarth]," Barakat said. "Our biggest focus on writing songs is what we're listening to at the time and turning it into our own version and writing catchy phrases."

Barakat added that having music classes in high school was beneficial to him and his band mates.

"Music in school was super important. Alex wrote some of our songs in guitar class in ninth grade, and [drummer Rian Dawson] learned a lot of his skills from marching band," Barakat said.

All Time Low will perform on April 29 at the Congress Theatre, located at 2135 N. Milwaukee Ave., Chicago for \$24 per ticket.



Photo courtesy of www.gomoxie.org
All Time Low members from left, Rian Dawson, Zachary Merriker, Alex Gaskarth, and Jack Barakat, tour to promote their upcoming album, "Dirty Work."

Prom: same name, different styles

By Kristina Manibo
Reporter

Prom has remained an important event for juniors and seniors, but prom styles have changed through the years.

Secretary Monica Piszczek attended prom at Cardinal Stritch High School in 1970.

"I went to a Catholic high school. Before we went to the banquet hall, the nuns would measure our straps, which had to be one inch," Piszczek said. "If you had spaghetti straps, you couldn't go, or you had to wear a wrap the whole time."

Although Piszczek's dress options were limited, she still managed to find a dress that was in style.

"I wore a lavender dress with a high waistline," Piszczek said. "Most girls wore dresses with a mid-waistline; that was the style."

English teacher Richard Kost went to prom at Pennsylvania Wissahickoo in 1978, his senior year, and 1979 when he was a college

freshman.

"[My tux] was brown and beige that matched the girl's peach colored dress. I also wore a boutonniere; she bought me a single yellow rose," Kost said.

The '70's prom styles leave a bitter taste in Kost's mouth.

"[The prom style back then] was an ugly '70's style," Kost said. "It was mostly ruffled shirts, gaudy bow ties, and earth tones would be a good description of the colors."

Spanish teacher Susan Junkroski wore a long-sleeved dress to her junior prom in 1974.

"It was a very classic style. It had long sleeves and a very formal princess style. No one wore short dresses," Junkroski said.

Senior Jimmy Gehlhaar bought a black tuxedo with a red vest to match his date's red dress.

"The tuxes are usually with or without coattails," Gehlhaar said. "It's pretty much penguin or no penguin."

Junior Katherine Schofield bought her pink, embellished dress from Peaches.

"My favorite color is pink and it has lots of sparkles and rhinestones," Schofield said.

Schofield is caught up with this year's prom styles.

"I would say that the prom style this year is lots of ruffles and more of a princess-styled, slim dress," Schofield said.

"The dresses will be very vibrant and colorful with lots of sparkles. They'll be very sleek and slimming."



Photo courtesy of Susan Junkroski
Spanish teacher Susan Junkroski attended her junior prom in 1974 with her date.

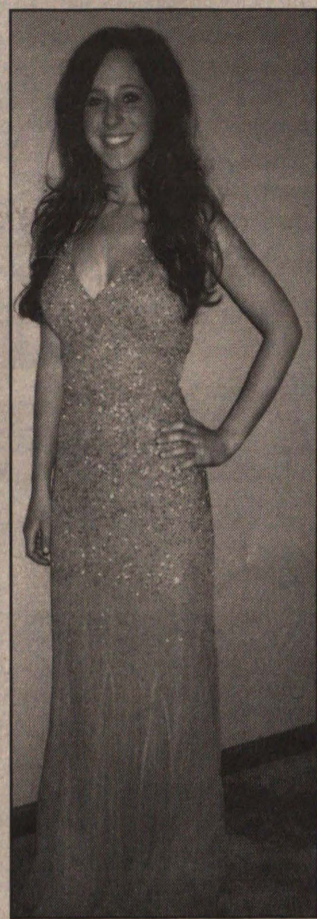
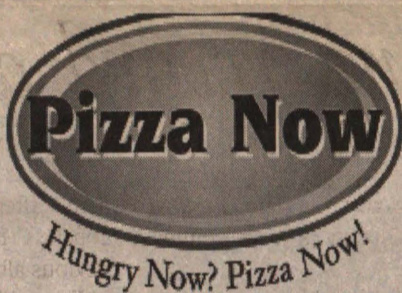


Photo by Kristina Manibo
Junior Katherine Schofield prepares for prom and tries on her sparkly slim fitting halter dress from Peaches.



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Finishing touches

Save on jewelry, splurge on shoes

By Amber Del Rio
Reporter

Make a simple dress sparkle by accessorizing. Cheap, quality jewelry is hard to come by but not impossible.

Claire's has beautiful crystal jewelry for anyone on a prom budget. Various styles of necklaces and earrings are available from simple two stones to elegant patterns.

Prices range from \$8.50 to \$18.50. Claire's also carries multiple designs of bracelets and rings with prices starting at \$7.

After saving money on jewelry, it's time to splurge on shoes. For great deals on designer heels, check out DSW and TJ Maxx. Prices for heels start at \$24.95.

If you're looking for heels for pictures and flats for dancing head to Charlotte Russe for cute styles at affordable prices starting at \$25.50. For a limited time only, www.charlotterusse.com will have a buy one get one for \$15 sale. Can't find the right color shoes? Head to www.payless.com where you can find out more information on custom colored shoes for every type of prom dress.

Where to find the perfect flowers

By Megan Hernbroth
Editor in Chief

Getting all the finishing touches together for prom is made easy by local florists.

Jacobsen's Flowers in West Chicago provides a variety of colored flowers to match every dress shade, where customers can choose out of a catalogue of flower colors. Picking a color is easiest if girls can bring in a swatch of their dress fabric to the store and work with Jacobsen's to get the color just right.

Both corsages and boutonnieres are available at Jacobsen's, with boutonnieres starting at \$7.95 and corsages starting at \$12.95.

There are choices for everyone at Jacobsen's, whether you want multiple flowers with lace or a simple one-rose corsage. Prices will vary depending on any additional accessories or flower choice.

Scheffler's Flowers in Winfield offers a narrowed selection of both corsages and boutonnieres, but flowers are ready to be picked up the day of prom to guarantee freshness.

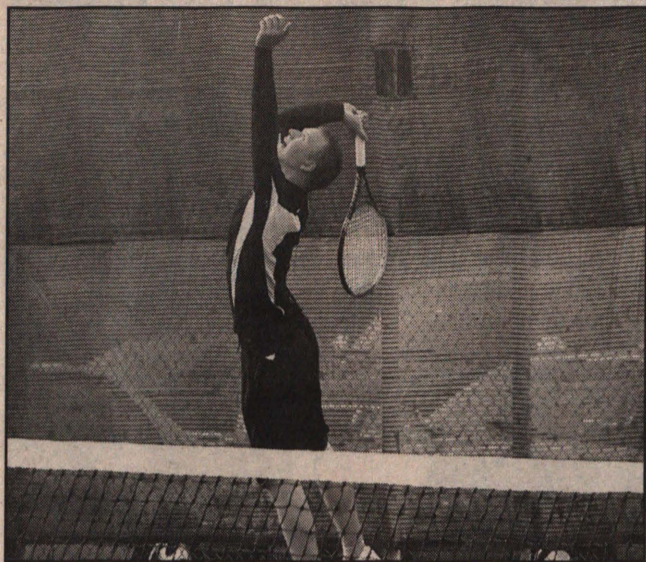


Photo by Liz Ramos

Sophomore Sam Rylowicz serves to Naperville North on April 14.

Lonely six

By Keyuri Parmar
Perspectives Editor

The boys tennis team is already facing challenges due to being the smallest it has been in the past 10 years.

With a small varsity team of six, coach Sione Moeaki has a goal of getting to state, even if the team has to forfeit two to three matches in tournaments because there are not enough boys to play.

Other DVC teams are as big as 40 players.

Four out of the six athletes on varsity are new and the athletes on JV aren't prepared to compete at a varsity level.

"We work hard every-day working on techniques, mentally and physically for matches," Moeaki said.

The captains, sophomore Sam Rylowicz and junior

Zach Michnick, are also the two most experienced players on the team. Rylowicz and Michnick are the two players Moeaki is counting on to make it to state.

"We will try our best with our current situation and work hard until state," Moeaki said.

Usually there are about 20 to 25 players on the team.

"Even if we didn't have a small team we would have to work hard and we are willing to do that still," Rylowicz said.

Rylowicz doesn't think their small team will hurt their chances.

"Having a small team is going to affect us a little but it won't be too bad. We can still win matches and hopefully some tournaments," said Rylowicz.

Updated stats with the click of a button

By Yasmyrn McGee
Features Editor

Boys baseball fans will now be able to follow the team more closely than before. The team signed up with www.gamechanger.io which provides free handheld scorekeeping and statistics management tools.

The site also delivers live streaming play-by-play updates and stats to team websites, fans and local media.

"It works well. We have about 10 fans that have signed up for it," varsity coach Dan McCarthy said. "Basically it allows people to watch our game live, pitch by pitch, from a computer. If parents want to upgrade for a fee of \$10, they'd get

yearly stats and follow [the team] after the game's been played. But it's going well so far."

McCarthy plans to stick with the program through next school year. He feels that the team will benefit from the exposure.

"It gives us end-of-game results immediately in the form of a box score, which allows us to mail or e-mail the results to various newspapers. It's very convenient and easy to use," McCarthy said. "It's the first year that it's been made available to a number of schools in Illinois. I really thought that there'd be a charge for the school to use the software, but there's no charge whatsoever."

Getting pumped

By Amber Del Rio
Reporter

While pregame routines and bus rides home usually mean getting focused and serious, the girls soccer team looks to have a little fun before taking the field and getting off the bus.

Since 2009, the girls have been singing bits of a designated team song before every game.

"My philosophy is always to have fun. Practice is hard; it's always hard and we need to have fun at games," head coach Cesar Gomez said. "Other teams think we don't take [the game] seriously but we do."

According to senior captain Rachel Thomas, the singing started at a tournament hosted by Bartlett High School. The girls were having a rough

game and were getting down on themselves.

"Cesar said we needed to have some fun so during half-time we learned a part of 'Mi Amore' and started singing it. We sang it before we went back on the field and ended up doing really well the second half," Thomas said.

During the 2010 season, Gomez chose the song "Que Sera, Sera" which means "whatever will be, will be."

"I picked that song because it was an old-time favorite and a lot of [the girls] didn't really know it, so it was new to them," Gomez said.

No matter the words, the girls enjoy singing the songs before heading out on the field.

"I like singing before a game because it's fun and you can tell it bugs the other team," senior captain Sar-

ah Opel said. "For me, the song gives me energy to play harder and show the other team we're not just West Chicago."

This season, the girls sing "You are My Sunshine" before each game.

According to Gomez, the girls originally wanted to sing "Camisa Negra" by Juanes but the lyrics were too hard for some to learn. The team decided to go with a children's song that everyone knew.

The team also sings on the bus ride home from away games. Opel said the girls choose between "Ain't No Mountain High Enough" and "Hey Baby."

"I think both songs are a way of keeping the team together after a big win or tough loss and reminds us to have fun while working hard," Thomas said.

Practice makes perfect

Strategically planned practices prove to be the key to success

By Yasmyrn McGee
Features Editor

For girls softball, 'practice makes perfect' is a belief they stand firm on.

"It's going really good. Our pitching and our defense have been pretty consistent. We're trying to clean up some things there as far as working out some kinks and some coverages on bunts and fields," coach Kim Wallner said. "Probably the most inconsistency right now is our hitting."

To improve the team's hitting, Wallner has the girls practice on batting frequently.

In order to put up a fight at conference, Wallner focuses the practices on areas the girls appeared weak in during games beforehand.

"It depends on what happens in games and where we're at [to determine what we work on in practice]. [Practices] are dictated by what we see in games. Sometimes what we're noticing is we may want to try to do a little bit more hitting off some live pitching instead of hitting off the machine," Wallner said. "We had a couple of games where we weren't executing real well with get-

ting bunts down and moving runners so we've been focusing on that a little bit. I try to keep everybody busy where they're doing something. If they're not doing anything, they can help toss or help hit."

With serious practices come battle wounds.

"They are getting hit, getting knicked up a little bit. I've had a few kids get hit with pitches and they show me their ball bruises," Wallner said. "Sliding you're always kind of getting beat up, diving you're getting beat

up. But my kids are pretty tough."

Although the team's physical toughness is fine, Wallner wants to focus on the team's mental toughness.

"We've been working a little bit more on the mental toughness and the confidence that we have no matter what happens," Wallner said. "Sometimes you might have it bad at bat or you might strike out, but to me it's the mental toughness coming back and being confident in yourself."

Wallner believes with a combination of confidence and nice weather, the girls will be a force to be reckoned with.

So far this season, the girls are 6-5.

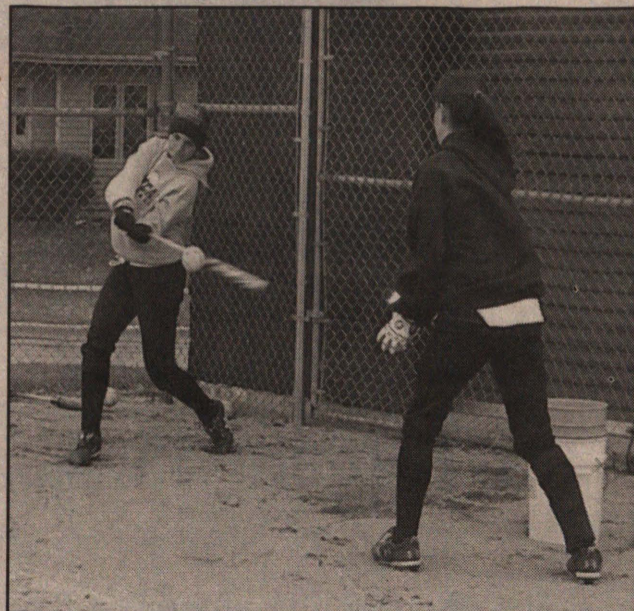


Photo by Yasmyrn McGee

Junior Katie Wiest works on batting practice, one of the aspects of the game that coach Kim Wallner focuses on.

Risking injury for the sake of the game

By Amber Del Rio
Reporter

Staying healthy and treating injuries properly are at the top of baseball players' to-do lists.

In baseball, players run the risk of injuries of the back, thumb, ankle, and arm. Varsity coach Daniel McCarthy believes the team is fortunate to not have had many injuries to deal with so far this season.

"Sometimes after pitching some boys are sore so we have to make sure they are treated properly," McCarthy said.

According to athletic trainer Barb Andrews, many boys come in with pains in the elbow and shoulder due to overuse.

"The fast pitch puts a lot of stress on the joint. Extra tension forms [in the elbow] so the growth plates pull apart," Andrews said.

Senior Justin Bangert has suffered from many elbow and shoulder problems

throughout his baseball career. While pitching, Bangert began to experience shoulder pains.

"My shoulder started hurting first which led to elbow pains because I was compensating for the shoulder pain," Bangert said.

According to Andrews, "Little Leaguer's Elbow" also known as medial epicondylitis, is very common in young baseball players.

"I just had to do a lot of physical therapy with elastic bands [to strengthen my elbow]," Bangert said.

Because of the injuries, Bangert was out for long periods of time throughout last season.

"I had to rest my arm a lot. For my elbow I was usually only out for a few days. Running a lot also helped with the pain," Bangert said.

Senior Hunter Serrato suffered from a back injury that started while playing football.

"Football made my spine

bounce which caused a stress fracture from [either] head-to-head or shoulder-to-shoulder contact," Serrato said.

Andrews said if the cause of back pain can be determined, 90 percent of the time it is due to a stress fracture.

"When you're growing so much, your bones grow faster than your muscles so it puts extra strain on the back," Andrews said.

Once baseball season started, Serrato's injury only worsened while pitching and batting.

"I threw out my back swinging at a pitch," Serrato said. "Pitching arched my back too and made the crack worse."

Surgery was the only way to fix the problem, putting Serrato out for months.

"I couldn't pick up a ball for six months and swing for another three [months]," Serrato said. "[Coming back after surgery] was hard. All the physical therapy I went through was brutal."

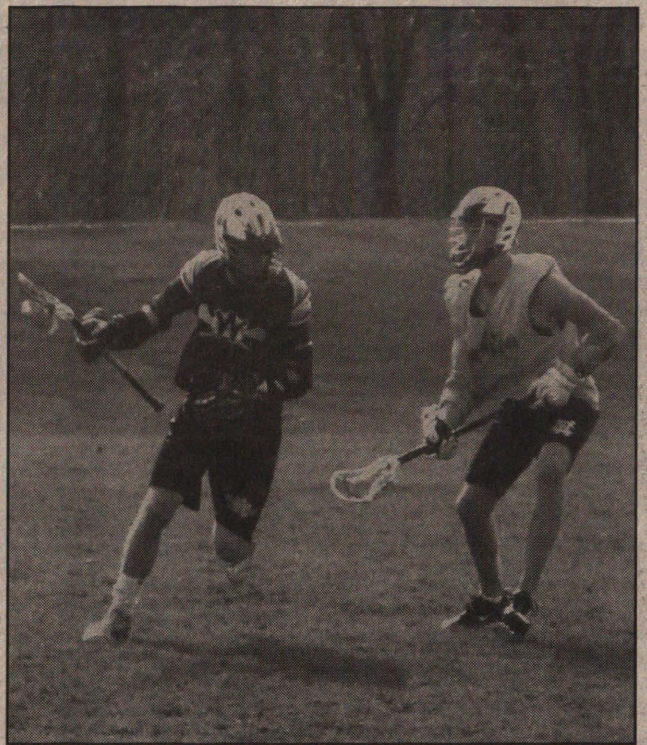


Photo by Helene Sankovitch

With their growing popularity, the boys lacrosse team practices to show their new fans they are worth watching.

New image

By Helene Sankovitch
Entertainment Editor

The fast-growing popularity of lacrosse has given a new image to the team this year.

With the largest number of players who tried out this year and the opportunity to play the majority of their home games on the football field, lacrosse has turned into more than just an unknown club sport.

"I think that, if the lacrosse team got this much publicity when I first started playing for the high school four years ago, then the sport as a whole would have a lot more players and probably be recognized as more than a club by the Illinois High School Association (IHSA). We appreciate the support and it really makes us more confident and play better," senior Ben Vanderlei said.

As more fans come to watch the games, the team feels their hard work is appreciated, giving them a confidence boost.

"Having more fans at each game certainly makes the team feel like we're playing

for more than ourselves, but rather for the school as a whole," senior Austin Barber said.

The team was infamous for being unsportsman-like in previous years, but the coaches have pushed the boys to focus on the game and be respectable players.

"I have worked very hard to change the lacrosse image at West Chicago," varsity coach Chris Conner said.

The players seem to appreciate this dedication from the coaches, and believe that it is paying off.

"Our coaches have played a huge role not only in the way our team plays, but also in the way we're perceived by others. My first year here, the seniors gave us a bad name by starting fights, disrespecting referees, and acting in an unsportsman-like manner," Barber said. "However, under the guidance of our coaches, we have turned the team into a group of hard working, respectable players who have earned the reputation as one of the cleanest playing and most respecting teams around."

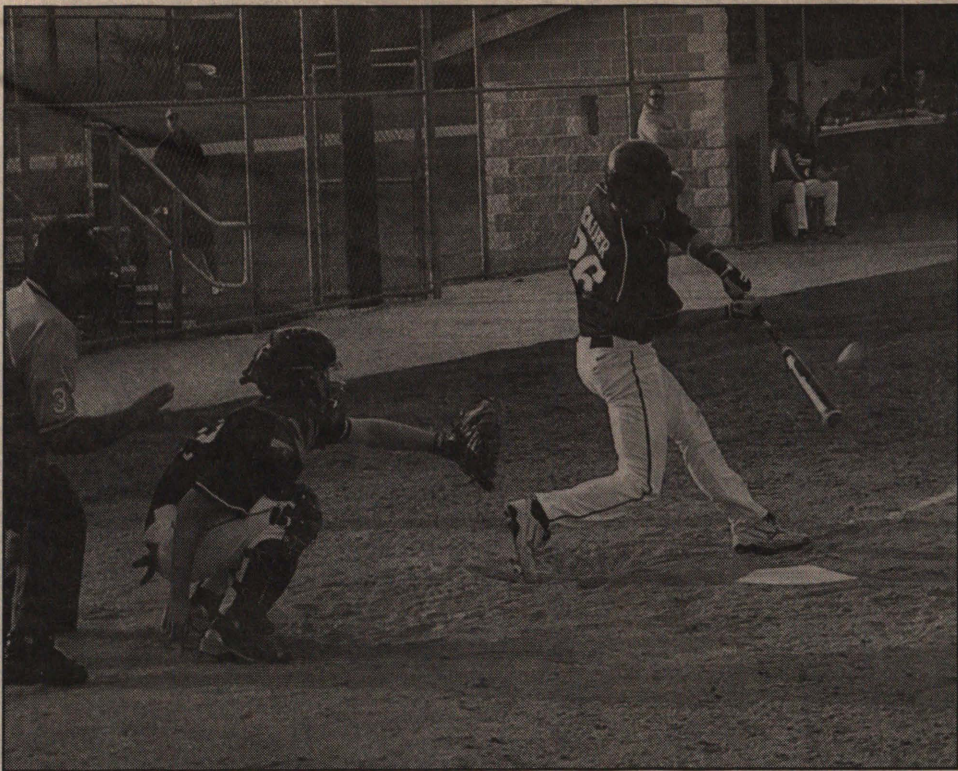


Photo by Amber Del Rio

Senior Dane Sauer swings for a single against Wheaton North on April 13. Sauer later stole second.

Club season results in larger strides for players

By Giuliana LaMantia
Reporter

With returning varsity athletes and new members, boys volleyball is more competitive and successful than ever before.

"We're doing much bet-

ter this year and much better than a week ago," varsity coach Kris Hasty said. "I think we've made a turn for the better, and it feels good."

Senior captain Leo Bartyzel agrees.

"We're taking larger strides this year," Bartyzel said. "We

want to be competitive every match and win at least half the games in our schedule."

One new varsity member is junior Eddie Fuentes.

Although not being able to play in games as much as a junior, Fuentes is proud to be on the varsity level.

"There are already quite a few players that were on varsity last year, and I'm sort of like the newcomer, so I guess that they're the ones that have the priority to start games," Fuentes said.

According to senior captain Justin Malandrucolo, the team is practicing working together by scrimmaging at practices and encouraging others to step up.

Hasty believes what is helping the team immensely is three athletes having played club during the off-season.

"The key is that you're bringing a lot of experience, but you have to be able to adapt to high school," Hasty said.

Hasty explained how the

high school volleyball team is made up of whoever walks through the door. However club teams are picked from people who pay.

"In high school volleyball, you have students in the stands and you're playing for your school," Hasty said. "Every match has a meaning. In club your parents are in the stands and that's about it. I think it's a totally different feeling to play for school and a very gratifying feeling to represent a whole student body."

Track hits the ground running

Fly like an eagle

By Liz Ramos
Reporter

Everyone can run but it takes courage to take on the challenges of pole vault and fight the pole.

"What I like most about pole vault is the feeling of being up in the air. You feel like flying. Everyone can experience running but not many people pole vault," junior Thomas Kubik said.

Kubik started in pole vault after his brother.

"My brother did it so I just kind of followed in his footsteps," Kubik said.

Kubik liked having his brother around while practicing pole vault.

"It was like having a second coach there to critique everything that I do and just help me," Kubik said.

With the season coming to an end, Kubik doubts his chances of making it to state.

"I think I'll make it to state next year but not this year, because you think the season is long but it goes by really quick," Kubik said.

Kubik prefers vaulting over running because of the sense of accomplishment it gives him.

"I like it more because it gives me an accomplishment because I'm trying to jump a certain height that I can see," Kubik said. "When I sprint it's against the clock which is something I can't see and have to just run as fast as I can."

Pole vaulting takes more

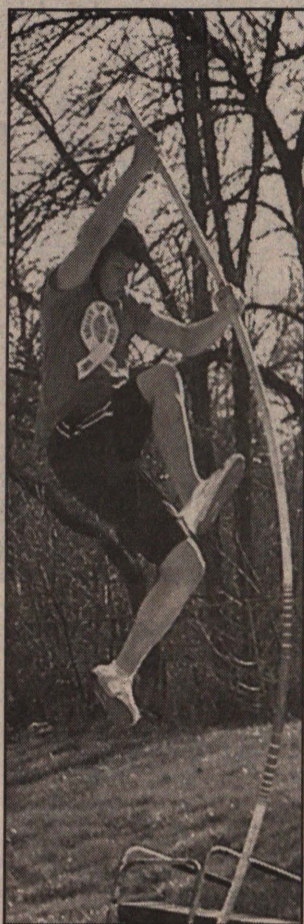


Photo by Liz Ramos

Junior Thomas Kubik combines strength and courage as he practices pole vaulting.

than just running which makes it unique from other events.

"In order to pole vault you need to be strong and fast. It does take endurance because after three jumps you don't have as much energy to vault with and it takes courage," Kubik said.

Despite his courage, there may be times when there is no success in a jump.

"When you vault you have to give it your all and not back down. A vault can backfire and it could end poorly so you have to be able to get past that and do what needs to be done. I've been rejected by the pole many times," Kubik said.

warm-up and good stretching [before a race]."

Foreman has qualified for state five times in high jump and believes that he can qualify for state in high jump, hurdles, and possibly relays.

At indoor state, Foreman placed third in high jump which is the best he's ever done at state.

"I feel pretty good. It shows that all the work I put into it paid off. I'm hoping to get first though at outdoor

Throwing the distance

By Liz Ramos
Reporter

Runners work hard in their events, but shot put and discus throwers have a different training and technique to their events.

"[Throwing is] really like everything in track, it's hard work and doing weight lifting and working on your technique. The harder you work the better you get," coach Tyler Belding said.

Junior Nathan Sudnick works outside of school to help improve his strength.

"At the school we have a workout program. Then, I go to separate training to get stronger. It's not just for shot put," Sudnick said. "I eat more carbs and basically lift more weight and focus more on my strength than running."

A typical week of training

for throwers would be lifting four times a week and practicing throws every day.

"The weights are the biggest thing. We work on specific [elements] to our events. We're throwing; we don't spend much time on the track," Belding said.

Throwers need to understand that throwing is not like throwing a baseball, it's like a punch.

Weight lifting has a big effect on the improvement of throwers.

"You're doing lifts that will make you more explosive. You're working on speed training which is shorter than long distance," Belding said.

"If you don't lift it's hard to get a lot better. You can improve by just throwing but weight lifting will help a lot. The key is that you put on enough weight so that those last reps are difficult. If you

don't put enough weight, you're not going to get stronger."

According to Belding, lower body is the key to throwing, because all of the strength comes from the lower body.

"As far as lifting [technique is] the same. All the stuff we do in the weight room is the same for shot and discus. The biggest difference [between shot and discus] is that [in discus,] everyone is going to use a rotational technique to throw. In shot, that's not the case," Belding said.

Throwers set goals for themselves that they try to break at every meet.

"State qualifying in shot for girls is 37 feet and 53 feet for boys. Discus is 155 feet for boys and 117 feet for girls. That can be a goal for a lot of throwers. Your goal is usually to beat your best and get personal bests," Belding said.

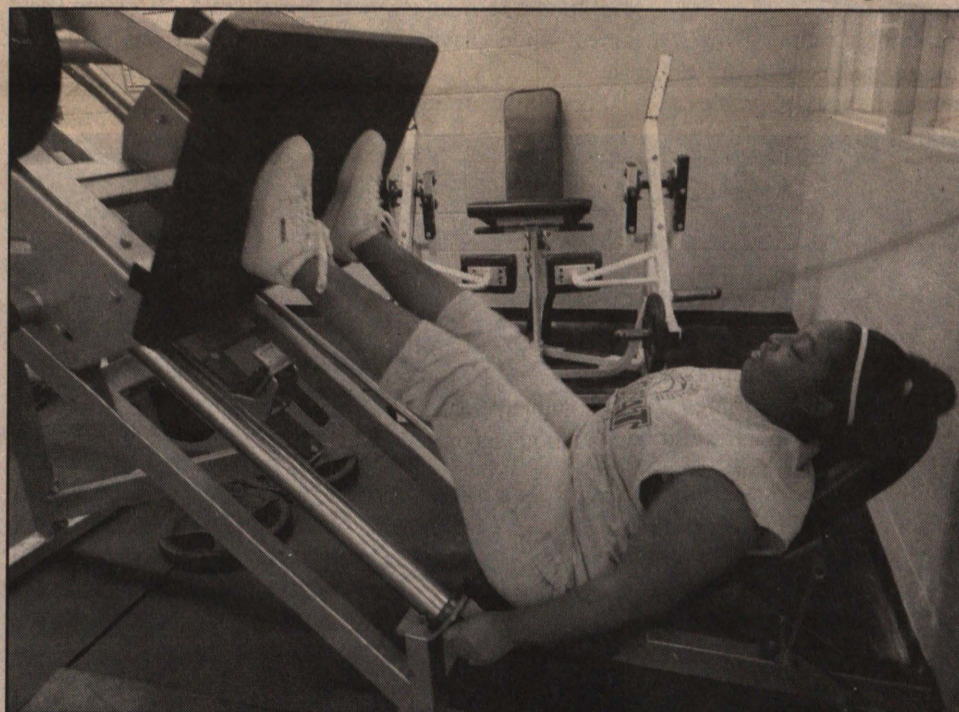


Photo by Liz Ramos

Freshman Jazmin Larry focuses on her lower body strength to help with shot put.

Making their last season count

By Liz Ramos
Reporter

Seniors Gunnar Sterne, Jeff Foreman, and Matt Bannon are working harder than ever before to make their last season the best and to qualify for state.

"I'm doing a lot more miles, about 60 miles a week. I'm eating right and getting a lot of nutrients," Sterne said. "I drink a lot of water the day of the meet. I do a good

[state]," Foreman said.

Placing fourth at indoor state for the 800 meter, Sterne feels he made a great accomplishment.

Sterne believes he can go to state for the 800 meter, the mile, and possibly the 4x400 relay.

"[My strongest event is] the 800 or mile, because I have a lot of speed and endurance and you need that for these events," Sterne said.

Bannon qualified for the first time in his high school career for high jump and placed tenth.

"It's really exciting; not only did you make it, which is exciting, but everyone else is cheering for you," Bannon

said. "I'm pretty confident I will [qualify for state] in high jump and I'll try my best for the 4x400."

After participating for four years in track, Bannon, Foreman, and Sterne are moving on to college.

"It's kind of sad but it's been a really good [season] so I'm excited at the same time," Bannon said. "You get to hang out with all your friends. You're working out with your buddies. [I'll miss] seeing everybody at the end of the day."

Bannon will attend Bradley University but will be unable to continue his track career because the university doesn't have a track team.

Sterne is planning on running for the University of Illinois in Chicago after he graduates.

"I'm looking forward to a lot better competition. I know I'm not going to be as good but there will be new coaches and new opportunities," Sterne said.

Foreman received a full-ride scholarship to compete at Drake University.

"I feel sort of relieved and proud of myself. I feel like all the work I put into my school work and track practices has really paid off and will continue to pay off," Foreman said. "My coaches will be former Olympians so I'm looking forward to that."