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## Accident takes young life away

Compiled by Chronicle Staff

A dedicated student with an outgoing personality died Friday night.

Sophomore Ariana Vigil, member of the badminton team, was struck and killed by a car at Route 59 and Pine Street near downtown West



Photo courtesy of Challenge  
**Sophomore Ariana Vigil was just 16 when she was hit and killed by a car.**

Chicago.

"I was in shock. I was on the way to the movies with my boys when I got the email. I thought the students should know, so I sent out a massive text," math teach Aaron Hayes said.

Vigil was taken to a hospital where she died. According to a representative at the DuPage County Coroner's office, the cause of death was a direct result of the accident.

Hayes informed people over the weekend.

"From the past I've learned it's not a good idea to have students come in and see them get floored with bad news," Hayes said.

The driver that hit Vigil "returned to the scene after realizing the damage to his car was possibly the result of a collision with a person," according to a West Chicago police press release.

The name of the driver was not released as the case remains under investigation.

Vigil had been in Hayes'

7/8 class.

"I'm going to be more sensitive to how my 7/8 class reacts. I had a classmate my junior year who was killed and it struck me in a weird way even though I didn't know him, so I know all kids react in a different way," Hayes said.

Sophomore Emma Noelke is in Hayes' 7/8 class.

"It's hard to see any young person's life end early, especially when you can see how much she left behind and the impact she's having on so many people," Noelke said.

Vigil's friends remember her as a happy, outgoing girl.

"She was crazy outgoing. She would always be happy if something was sad," sophomore Claudia Arias said.

The relationship between Vigil and her friends was close. Vigil made her friends feel at home.

"I could be myself around her," sophomore Sarahay Terrazas said.

Terrazas remembers when Vigil came to her quinceañ

era.

"She didn't know anyone but she still stayed until 10 or 11 p.m.," Terrazas said. "Just the presence of her being there (was great)."

Terrazas wishes she had spent more time with Vigil before she passed.

"Not that long ago I was walking with her and she offered me a ride and I said no, but I should've said yes, we would have at least had more time together," Terrazas said.

Coming together to grieve has helped some students.

"There are certain kids that have been deeply hurt by this tragedy. I think it's nice that the kids seem to be pulling together and helping each other," social worker Bob Maxson said.

The school was informed of the tragedy Saturday morning.

"The whole situation took us by surprise. We were able to locate one social worker and two guidance counselors that could come in Saturday morning to talk and process the loss with some of the students that were here, particularly the badminton team," Maxson said.

Many students sought support from staff.

"(Students) had the weekend for most of the people close to her to know about the incident, they've already gotten some support from their family," Maxson said.

The funeral was held Wednesday.

Vigil was buried at Calvary Cemetary in West Chicago.

*'She was crazy outgoing. She would always be happy if something was sad'*

-- sophomore Claudia Arias

## Stepping it up to state

By Connie Kim  
Perspectives Editor

Stomping out all the other teams at the Downers Grove North Athena Spectacular, the Steppers won first place and a qualifying score, granting them a spot at state.

On Saturday, the team will participate in the state competition at the University of Illinois at Urbana-Champaign.

The Steppers competed at Downers Grove North High School on Feb. 25 against six other step teams.

Steppers captain senior Ariel Berumen was overjoyed over the win.

"I was ecstatic and in shock at the same time," Berumen said. "We were all jumping for

joy and screaming hysterically. I had a sense of happiness and pride knowing that our team was finally going to go to state. It felt very rewarding, especially with it being my senior year."

Steppers coach Melissa Gonzalez was proud of the girls.

"The girls have done a fabulous job; they have surpassed every obstacle that has been thrown at them and have proven themselves to the doubters and to themselves," Gonzalez said. "The girls have defined the word 'team'."

Berumen believes that the main result should be that the girls on the team are proud of themselves and how far the team has gotten.

"I always remind (the girls) that whether we win or not, as long as we know that we put in 110 percent of our energy and soul into the performance

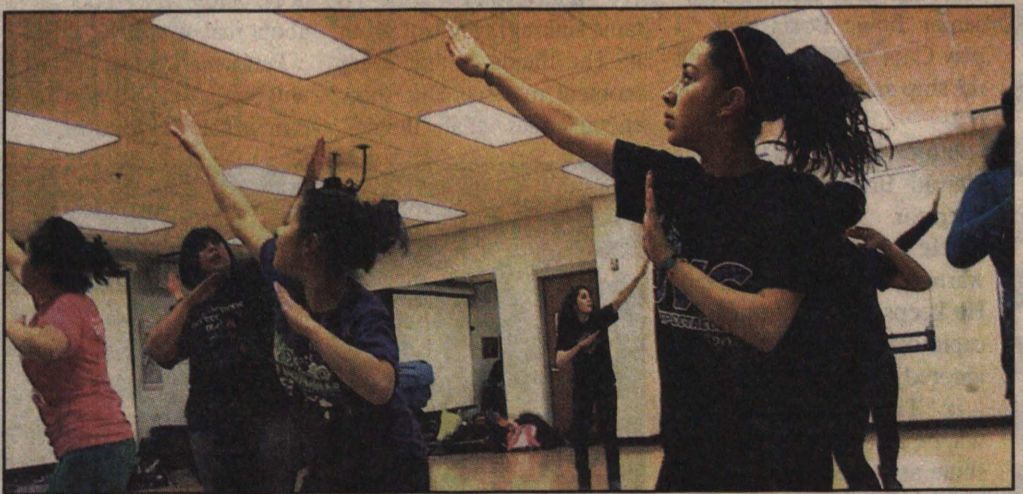
and that we did it with a smile not only on our faces but on our hearts as well, then that's all that truly matters," Berumen said.

Compared to previous years, the Steppers have come a long way.

"As the years have gone

by, our team has not only increased in size, but we have also been given numerous opportunities to perform at different events, we have received more recognition from the school, and gained more

--see Stomp, page 2



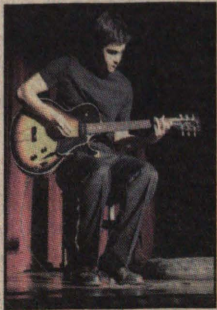
The Sole Steppers have come a long way and earned a spot at state during the Downers Grove North Athena Spectacular on Feb. 25.

Photo by Connie Kim

INSIDE

### Studio 94

Drama Club decided to raise money for the foundation Broadway Cares with donations from their performance of Studio 94--see NEWS, page 3.



### Kony 2012

Kony 2012 has attracted the attention of the world but there are facts that have gone unnoticed. Perhaps this good cause isn't so good. To find out--see PERSPECTIVES, pages 6.



### Energy Drinks

Are energy drinks helpful or harmful? What are energy drinks actually composed of? The facts and statistics may be surprising. One student talks about her addiction--see CENTER SPREAD, page 8-9.

### Lucky Charms

The luck of the Irish may be on the side of these athletes. Lucky charms, routines, and clothes are used to help the athletes feel comfortable and play well--see SPORTS, page 16.

## Battle for a place in nationals

### Life Smarts team places first at state

By Liz Ramos  
News Editor

A battle between two Life Smarts teams from the school during the live competition at state has one team moving onto nationals.

The state competition was March 6 in the auditorium.

Morrisonville High School competed online but was unable to attend the live competition leaving three teams from the school to compete against each other for the championship.

Junior and captain Matt Wenz, junior Davis Steinbrecher, seniors Alison Miller and Betsy Speer, and sophomore Grant Hosticka were on the first place team.

Wenz's team will move onto nationals in Philadelphia on April 21-24.

"I'm very excited. They did an awesome job. They're well-rounded in their knowledge and they were very quick on their buzzers," Life

Smarts adviser Nancy Blume said.

Members of Wenz's team were thrilled over the win and moving onto nationals.

"It was really exciting. It's a cool thing to be a part of especially because it's one thing

our school does really well in," Steinbrecher said. "(I'm looking forward to) meeting students from all over the country."

The second place team consisted of senior and captain Zach Lenning, seniors Steven Karnoscak, Anthony Venen, Ryan Davidson, and junior Mark Cole.

Two questions in the championship round separated Lenning's team from victory.

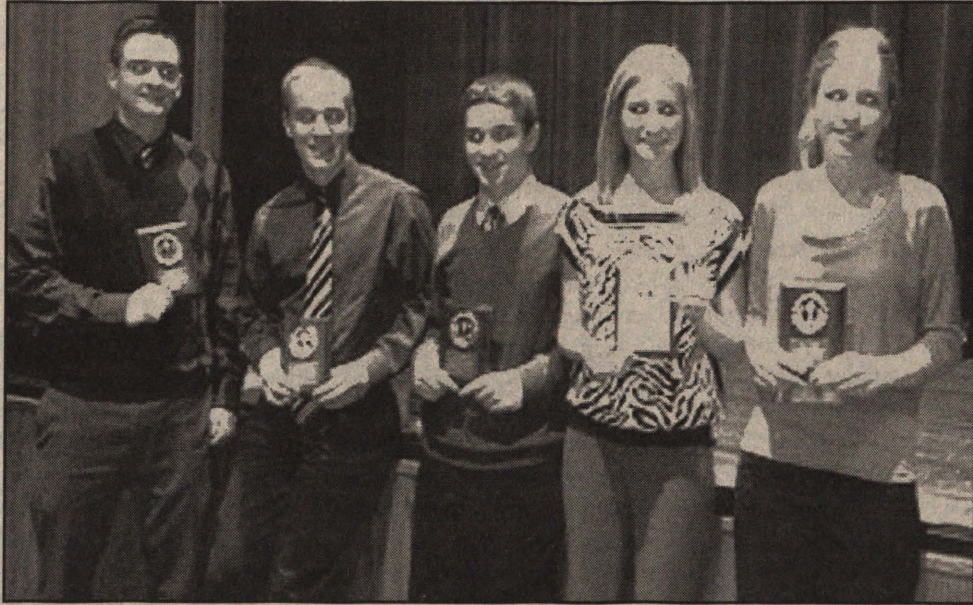
"I feel very disheartened. It was really close. It's a team effort and in the end we lost," Karnoscak said. "I'd rather it be (the other team from the school) than some other team that's not from West Chicago."

Blume believes it was an all-team effort to win state but is excited about the variety of grades represented on the team.

"One of the things that I'm really excited about though is that the team that is going to nationals is two seniors, two juniors, and a sophomore, so we have a team to go do well at nationals but also to bring that back and build on that for next year," Blume said.

Blume and members of the team believe they have a chance to be successful at nationals.

"I think we've got some good competition but I think we'll do pretty well," Steinbrecher said.



Junior Matt Wenz, left to right, sophomore Grant Hosticka, junior Davis Steinbrecher, and seniors Alison Miller, and Betsy Speer celebrate their victory at state for Life Smarts.

Photo courtesy of Peggy Peach

## Real story brought to stage

By Kristina Manibo  
Entertainment Editor

The victims of the Titanic will come to life once again on the stage in honor of the 100<sup>th</sup> anniversary of the disaster.

The spring musical "Titanic" focuses on not the famous Jack and Rose, but multiple true plots strung together.

"There are a lot of different characters and small plots combined on this one ship. It's cool to see how everyone reacted to this one event, whether it be first class, second class, third class or crew," senior Louie Boers said. "I play Capt. Andrews. He built the ship and is really proud of it."

Junior Dan Stompfor plays Harold Bride, the telegraph operator.

"He's the one that receives warnings about the iceberg. He keeps trying to warn the captain but he keeps getting ignored," Stompfor said.

In "Titanic," more students will be able to let their acting shine as there is not just one main plot.

"It's an awesome show. It won the 1997 Tony award for best musical," director Mark Begovich said. "It's an ensemble show, meaning every student in the production will have a moment to shine on-stage and get to do something featured, that type of show."

The musical does not have the same romantic plot as the hit movie.

"There are some similari-

ties, more about the voyagers themselves. It's not the big blockbuster about to be 3D. It's not as sexy, but it's definitely as romantic," Begovich said.

According to Boers, "(The musical) has a big cast, it's exciting, and it's cool to see what really happened. These are all true stories. It's kind of eerie to know this all happened in one night."

"Titanic" is being cast just in time for the anniversary of the sinking on April 15, 1912.

"The music is wonderful. It's a great story. And it's the 100<sup>th</sup> anniversary (of the Titanic sinking), you can't beat it. The theme is that every moment matters. This show encompasses that theme,"

Begovich said.

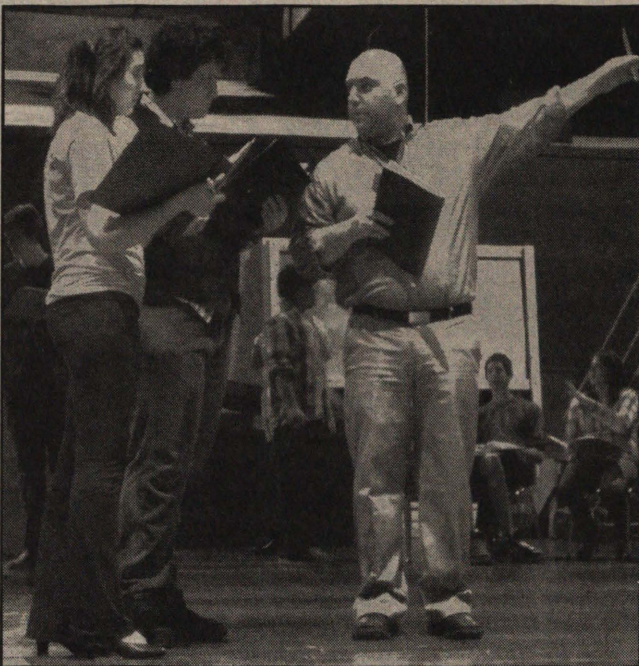
But between the IHSA competitions and WeGo Fame, it's difficult to balance each show.

"Logistically, that's what it comes down to: balancing time and resources," Begovich said.

Even then, cast members thoroughly enjoy rehearsing for the musical.

"I love being able to hang out with everyone in cast and have a fun experience casting in a great show," Stompfor said. "It's really exciting and different than anything we've done before. It's a good story about real people."

Performances of "Titanic" will be on May 10-12 at 7:30 p.m. in the auditorium.



Senior Suzanne Molinaro, left, and junior Josh Brown, are being guided by director Mark Begovich during rehearsals for the spring musical, "Titanic."

Photo by Kristina Manibo

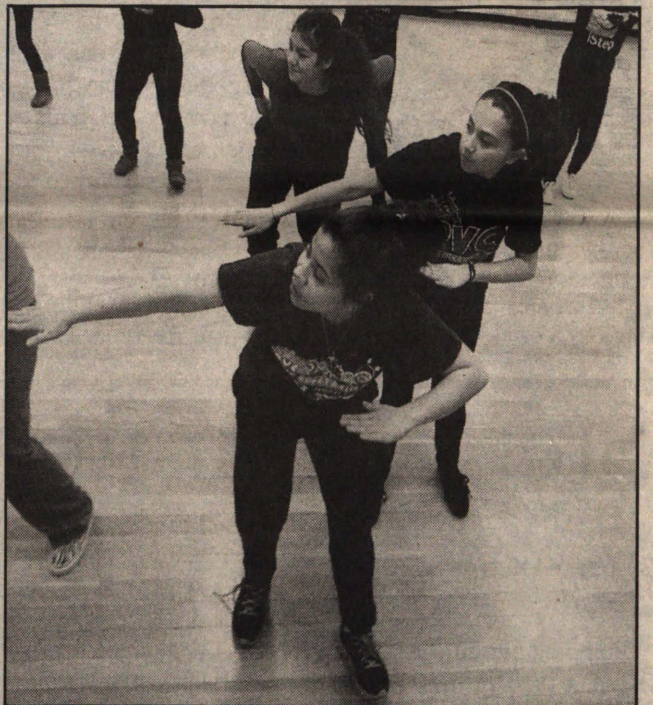


Photo by Connie Kim

Steppers practice to do their best at the state competition.

## Step: Stomp

Continued from page 1

respect as a team. In general, our performance skills have gotten stronger," Berumen said.

When asked why she thought the Steppers performed better than other years, Berumen said, "Having faith in our team and its members is something that has allowed us to succeed in the many things that we've accomplished. It's also about the discipline, dedication, and determination that the team has put towards making this journey possible. The members of this team have put in so much time and dedication into this season, and I really appreciate how hard-working and determined they

all are to reaching our goal."

For the upcoming state competition, Gonzalez has high expectations for the team.

"Just making it to state means so much," Gonzalez said. "With all that they have accomplished, they are already winners, and it wouldn't surprise us if they place at state. It will show their dedication and hard work."

"We are looking to have practices two to four times a week. We want to make sure that we have enough time to work on the routine that has gotten us this far. We are thinking of adding a couple of new things into the routine, and practicing them thoroughly so that come March 17, U of I will see a strong, confident, and great performance," Berumen said.

## Help theater community

*Drama Club puts on shows to help raise money*

By Lorena Orizaba  
Reporter

Studio 94 brought laughs and tears to the audience with two Shakespeare plays and a showcase of musical talent.

WeGo Fame was a part of Studio 94 that included vocal and instrumental acts by seniors Elena Tubridy, Ellen Fitzgerald, and Josh Gouskos and juniors Maegan Daniels and Brian Berger.

The show took place Friday and Saturday in the auditorium.

"(Drama Club) wanted to do something to give back to the community. They approached me and talked to me about it, now (WeGo Fame) is their little baby,"

Drama Club adviser Mark Begovich said.

To do this, drama officers

Tubridy, Fitzgerald and junior Dan Stompor, created WeGo Fame.

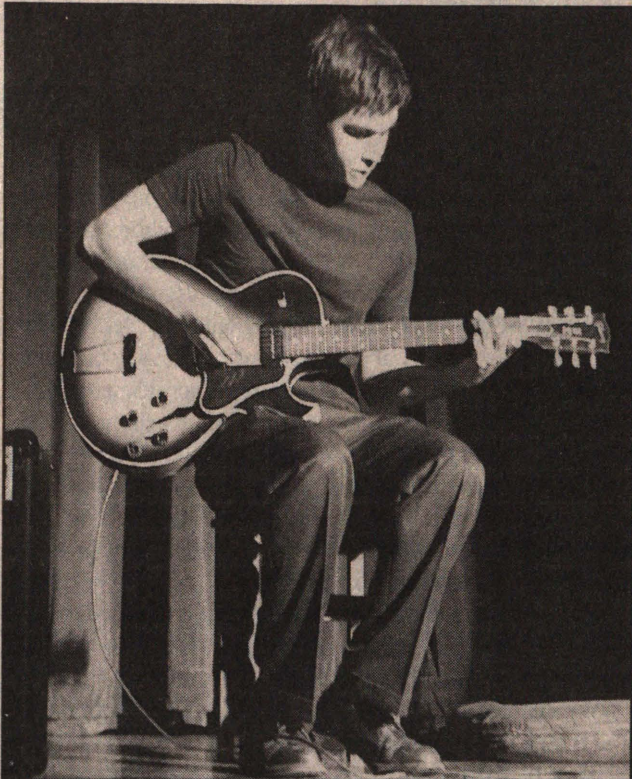


Photo by Lorena Orizaba

Junior Brian Berger plays guitar during the Studio 94 show Drama Club put on to raise money for Broadway Cares.

"Last May, when I was elected president, I decided I wanted to do something to benefit the theater community because it gave so much to me," Tubridy said.

Some performances included monologues, scenes, musical numbers, and students showing off their talents by playing the guitar and the piano.

The show is a part of the Studio 94 Program, which includes two other shows; "Love Loss and What I Wore" and "Much Ado About Nothing."

Audience donations took the place of admissions.

Studio 94 raised \$900.

The money the show raised will go to Broadway Cares, an organization that helps people all over the world who are living with cancer, helps with educational programs, provides aid to underprivileged schools, health cost, AIDS prevention programs, among some others.

"Every year in New York,

they always have Broadway Cares fundraisers, it's kind of a big thing with equity people," Fitzgerald said. "Also, it's really the charity that theater in general get behind."

The show turned out to be a success getting a lot of positive feedback from the audience.

"I think the kids were awesome, I had laughs and even some tears," audience member Cathy Hecht said. "Everyone was very talented."

The audience was able to enjoy the musical talents, and two of Shakespeare's plays, which the audience felt they were able to relate to.

"The second play ("Love, Loss, and What I Wore") was very moving and I could identify with it," Sue Stanich said. Stanich is a relative of Fitzgerald.

The show also got positive feedback from students who attended.

"It was very well done and very creative," senior Shannon Kett said.

## Patience brings rewards

By Liz Ramos  
News Editor

A wave of relief came over senior Justin Mundt after receiving a call from boys basketball coach Kevin Baldus on Feb. 23, with the news that he made all-conference for basketball.

"It's a great honor. Missing it last year, I made it my goal. As far as off season and this season, I needed to work on getting to the next step. To join some of the best players in the conference is a true honor," Mundt said. "It's a

great way to sum up the end of the season. It's been a goal of mine since I was little and just for it to be your last year in high school is a great feeling."

Mundt was unsure whether he would make all-conference or not.

"There were times that I (expected to be all-conference) and there were times that I didn't. It was an up and down season but I just tried to stay confident and trust my game and know what I'm capable of, hoping that I would convince enough people,"

Mundt said.

Improvements throughout the season led to Mundt being all-conference.

"I thought I improved in a lot of areas compared to last year. Last year, a lot of my points came from the free throw line and then I worked a lot on my three pointers and on being a more well-rounded player which makes it a lot harder to guard," Mundt said.

Mundt's parents were excited that he made all-conference.

"They were happy for me. They know how important basketball is in my life. They felt I deserved it, but I remember calling them right after I found out. I'm sure they were as relieved as I was," Mundt said.

The team was also happy for Mundt's accomplishment.

"I think (the team) is happy for me. I think they all know how seriously I take basketball and how much fun I have playing it. We're a team and we're happy for each other and whatever accomplishments people make. It's nice to know they appreciate what I did and that they're happy for me," Mundt said.

If the right opportunity comes along, Mundt hopes to play basketball in college.

"I'm weighing my options. If the right opportunity comes across I'll definitely think about it. I love the game so I would definitely see myself playing in the right situation," Mundt said.

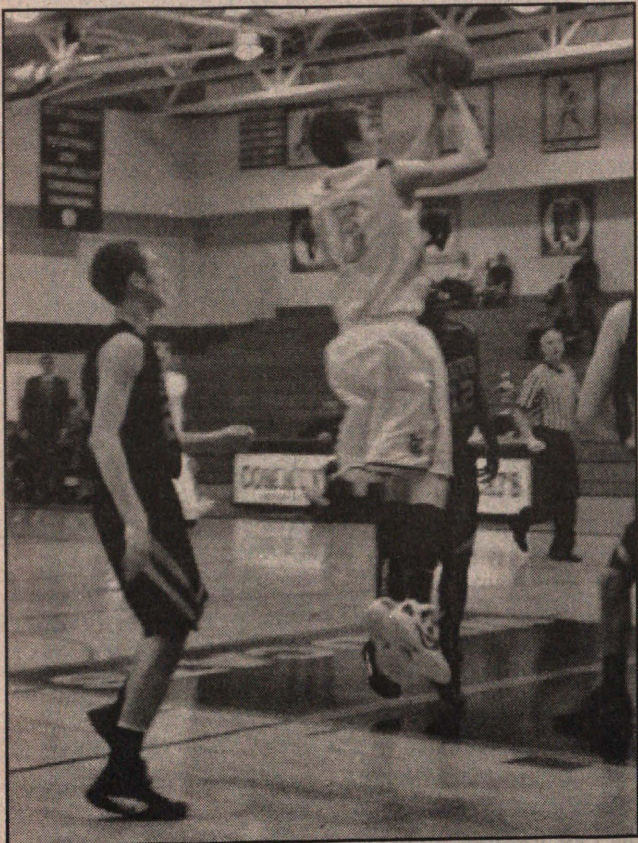


Photo by Liz Ramos

Senior Justin Mundt takes a shot during the Wheaton Warrenville South game. Mundt reached his goal of being all-conference this season.

## State stumps 3-point shooter

By Ryan Weier  
Reporter

Senior Allie Tapanes shot at sectionals for the three-point contest on Feb. 23 and advanced to the state competition.

Tapanes did not advance past the first round at the state competition on March 2.

"It was exciting and a life time experience but nerve-racking," Tapanes said.

This was Tapanes first appearance at the state competition which was held at Illinois State University.

"Being in the state contest is really exciting and is a nice addition to your high school career to be part of. It feels good to keep moving on to the next round and support our school," Tapanes said.

Senior Claire Monroe also competed but did not advance to the state competition.

"I was a little disappointed (not making it to state) but I had my time last year and now I'm glad that Allie can represent our school this year," Monroe said.

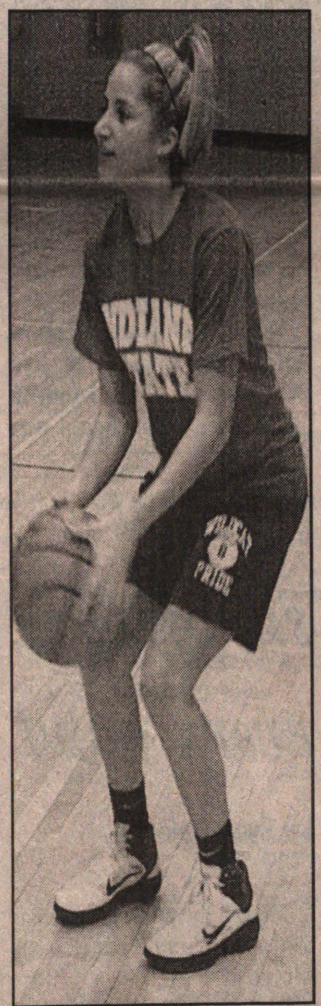


Photo by Ryan Weier

Senior Allie Tapanes practices for the three-point contest. Tapanes advanced to the state competition but did not advance past the first round on March 2.

According to Tapanes they don't work on three-pointers in practice that much but when they get the chance to practice their shooting they usually shoot three's.

Monroe and Tapanes both plan on playing basketball in college but they both haven't decided where they are going to play.



Photo by Rosa Romero

Dedication to Creative Writing Club and Photo Club along with winning the Golden Apple award has earned senior Elsa Cadwallader February Student of the Month.

## Writing her future

By Rosa Romero  
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.*

Being president of Photo Club and Creative Writing Club and winning the Golden Apple has earned senior Elsa Cadwallader February Student of the Month.

**What was your reaction when you found out you were Student of the Month?**

I was really shocked, I was

like "me"? How did I get this?

**What extracurricular activities or sports are you involved in?**

I'm the president of the Creative Writing Club and Photo Club, and I also volunteer a lot at my church with the little kids at the Sunday school.

**What are your plans for college?**

I plan to go to college, either Augustana College, Illinois Wesleyan University or DePaul University. I plan on majoring in secondary education and English.

**What do you like about high school?**

I like meeting new people. You get to meet all different kinds of people.

## Survey shows silent problem

### 60% of students surveyed claim bullying exists

By Connie Kim  
Perspectives Editor

More than 60 percent of students surveyed in each grade have been bullied or witnessed bullying.

The Community Leadership discovered this after sending out surveys to about 100 students per grade.

"In the class, the kids are supposed to identify a problem in the community," Community Leadership teacher Mary Ellen Daneels said.

According to sophomore Olivia Wilson, the class chose bullying as their topic as it's an ongoing problem.

"We decided that bullying was the root cause or source of most of the problems, so we thought that in order to fix the issues like suicide, depression, or harassment, we would have to stop the bullying, because if we all treated each other right or with respect then there wouldn't be as many problems," Wilson said.

To get school input and information about bullying, the students surveyed the students.

On the surveys, there were five questions: Have you been bullied or witnessed bullying in the last two school years? If yes, have you talked to any-

one about being bullied?; Do you know the school's current bullying policy?; Give me a brief definition of bullying, in your own words.; Has an adult at school talked to your class about bullying?

The results showed that a lot of bullying has been occurring at the school but no one really speaks up.

Teachers were also surveyed about bullying and of all the teachers surveyed, none of them have had any bullying training at the school.

After learning about the results, the students in the class wanted to take action, and set up a time to meet with the administrators.

"They made six recommendations to prevent bullying and create a more tolerable climate in the school," Daneels said.

The six recommendations were to have teacher in-services on bullying, revise the board policy against bullying, make consequences more clear in the student handbook, have a virtual assembly, expand the peer jury of students, and create peer support groups.

According to Daneels, the meeting went well, and the students are continuing to do more about the issue.

"We had nice feedback from all the administrators, and the students wrote to the school board to speak," Daneels said. "They just want to change the climate so people are more respectful and tolerant of each other."

Assistant Superintendent for Administrative Services Kim Chambers, agreed that the meeting went well.

"The students did a very nice job presenting this topic," Chambers said. "They were well-organized, articulate, and had planned their comments very appropriately. Clearly, this is a topic that they are passionate about, and it definitely showed. I commend them for recognizing a potential area of need and taking meaningful steps to try and bring about systemic change."

For Wilson, the class was a good experience.

"I thought we did really well. We had done a ton of research, surveyed, talked about our topic, and we had a lot of recommendations and ideas of what the school should do, so we really hope they took it into consideration. It was really neat to go through that whole experience because it makes you feel like you can actually help and make a difference. Also, our class started out as a bunch of strangers but in the end, we were so close," Wilson said.

## Special surprise in every bowl

By Ryan Weier  
Reporter

Things heated up during the annual chili contest on March 8.

Students from each foods 2 classes made their own chili recipe and put it on display for judges to taste during class.

Any teacher or staff member that was available for those hours could participate.

The chilis that won from each class period were cowboy chili, Hawaii chili, rack of ribs chili, cosmic chili, Hawaii chicken chili, and baseball chili.

Business education teacher Maria Wirth was one of the judges for foods teacher Judie Harwood's third hour foods class.

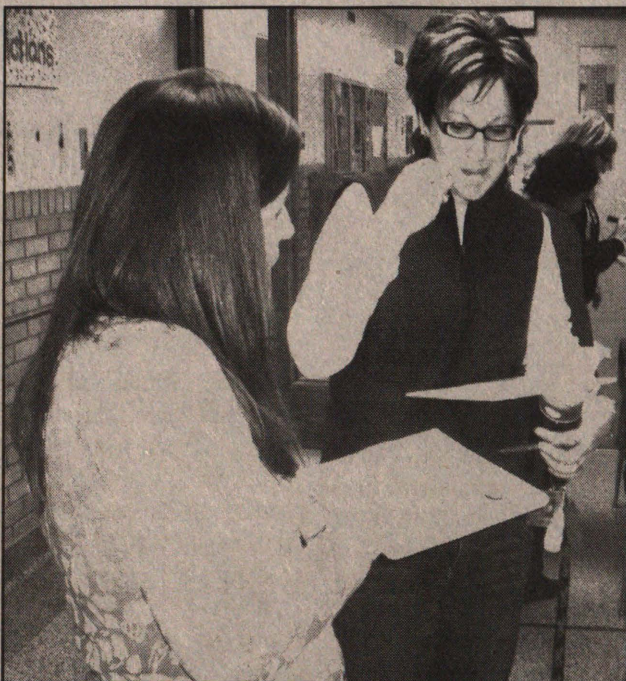


Photo by Ryan Weier

Judges Laura Mayer, front, and Kristina Mallon taste chili that students made in their foods 2 classes.

Harwood has been doing this for four years and knows the process that goes into making the chili.

"The students look at other recipes for amounts of each ingredient but think of their own things to put in the chili," Harwood said.

According to Harwood, students first decide what

kind of meat they want.

Then they add secret ingredients to their chili and have their chili simmer for two class periods.

"It's fun to see how excited they are about their decorations in chili," Harwood said.

The winners received customized aprons that say "WeGo Chili Champions."

## Author appearance

By Ryan Weier  
Reporter

Author Ellen Hopkins will be making a special appearance on March 22 in the auditorium.

Hopkins will discuss her most recent book, "Perfect."

Any student can attend during periods 2 and 3. Field trip forms are required and are available in the LRC or online at the LRC website.

This will be Hopkins' first appearance at the school.

"I am excited because her books are very popular with students," Bodwell said.

Hopkins began writing non-fiction books in 1990 with "Air Devils" and "Orcas: High Seas Supermen."

Since then Hopkins has been writing verse novels about teenage struggles with drug addiction, mental illness, and prostitution.

## Power of spoken word

By Giuliana LaMantia  
Center Spread Editor

Students can showcase their talents via the spoken word at the fourth annual Show Me Watchu Got.

Creative Writing Club advisers Tara DeLeon and Amanda Cordes encourage students to participate and attend because of the power of the spoken word.

"When students have the opportunity to speak their mind, put it on paper, and

share it, it can be very powerful and change a community from the bottom up," Cordes said.

New plans for this year's show include a guest speaker and guest schools, however a theme has yet to be decided on.

Show Me Watchu Got is May 25 at 7 p.m. in the auditorium.

The cost for admission is \$2.

Students can sign up to audition with DeLeon or Cordes.

## Success through the halls

By Carly Tubridy  
Editor in Chief

Three Golden Apple Scholars officially walk the halls.

Seniors Cassie Thill, Kathy Rodriguez, and Elsa Cadwallader received confirmation that they will be among the few hand selected Golden Apple Scholars for the duration of college.

Now that they have been accepted, the girls look forward to their summer training.

"It was like a dream come true when I opened up the big envelope and read congratulations. I am so excited for this summer at DePaul to begin broadening my teaching knowledge," Thill said.

The girls did not want to



Photo by Carly Tubridy

**Seniors Kathy Rodriguez, left to right, Cassie Thill, and Elsa Cadwallader are Golden Apple scholars.**

get their hopes up in case they did not receive the scholarship.

"I wasn't expecting it all. I was preparing myself to be let down, I didn't think I was going to get it. I am so glad I was wrong," Cadwallader said.

Hearing the news solidified college choices.

"This is playing a huge part on my college choice, how it has to be in state. I feel privileged and honored to know I will have extended training. St. Xavier is now my first choice," Rodriguez said.

English teacher Amanda Cordes was a Golden Apple Scholar and is now a teacher for the summer programs.

"I'm proud of the hard work of the three girls. I knew they could do it and I was excited that they could start off a legacy at WeGo. The fact that they will be the first ones that are going to go through the process just really enriching to their lives and wonderful for the legacy at WeGo," Cordes said.

The girls were honored at the Board of Education meeting on Tuesday.

## Club expresses itself

Students travel downtown for poetry festival

By Kristina Manibo  
Entertainment Editor

Six students from Creative Writing Club expressed themselves through poetry in Chicago for the first time.

The students traveled to Columbia College Chicago for a youth poetry festival, "Louder Than a Bomb."

"It's a Chicago-wide poetry competition for all students in the Chicagoland area. The major goal is to redefine the culture of Chicago based on what students believe it to be," adviser Amanda Cordes said.

Seniors Roberto Campos, and Willy Medina; and juniors Paige Hennessey, Ryan Lakics, Vince Alleruzzo, and Gus MacPherson participat-

ed Feb. 24 and March 2.

The students competed both individually as well as in a group.

Although West Chicago didn't make it to the final rounds, Cordes and Deleon are satisfied with the students' efforts.

"They did better than we expected, considering this is our first year participating in the contest. What we needed to do was go and compete for the first time for the experience," Deleon said.

Hennessey enjoyed her experience and was able to see a different style of poetry.

Hennessey said: "The poets performing were so different than what we were used to; they spoke in a totally different style. The young poets were breathtaking. We were all in awe. And even though we felt so different it didn't matter because everyone was so welcoming and made us feel like a part of the family."

## Lessen the landfills

By Sarah Szremski  
Reporter

Do you have cellphones sitting around because you don't want to throw them in a landfill? Club Green is here to help holding an old electronics drive that started on Monday and ends May 1.

Starting Jan. 1, it became illegal to throw away electronics.

"Basically what we want to do is try to prevent any kind of electronics going into the landfills, because they contain so many heavy metals, toxins and carcinogens," adviser Suzanne Burchacki said.

According to [www.pubs.usgs.gov](http://www.pubs.usgs.gov), by 2005, 500 million obsolete cell phones have accumulated in consumers' desk drawers, store rooms, or other storage facilities awaiting disposal.

"There are a lot of these weird metals that are in cellphones. It's better to recycle them instead of going to mine for them every time, so not only are you preventing the landfill you're also helping the environment, because you don't have to go mining for gold, silver, and some of these rare metals every time," Burchacki said.

According to [www.pubs.usgs.gov](http://www.pubs.usgs.gov), 375 million cartridges amount to roughly 11 cartridges being dis-

posed of every second. All these cartridges end up encircling the earth over three times.

Fun Factory will collect old electronics and use them to recycle and pay cash for helping them.

"They say generally, they give schools between \$200 to \$300," Burchacki said.

Club Green believes that this drive is a good thing to do.

"It's to prevent any of the toxins going into the landfills which could eventually leak into the ground water which could contaminate the environment," adviser Brianne Ferreiro said.

The plastics used in printer cartridges are made of an engineering grade polymer that have a very slow decomposing rate ranging between 450 to 1,000 years depending on the cartridge.

"This is it. This is our earth and it is our job to protect it and eventually fix what we've broken, because we've done a lot of damage to the ozone layer. It took millions of years. They create these minerals that we use in our daily life and it will eventually run out and when they're gone they're gone," Ferreiro said.

Students can turn in ink and, laser cartridges, cellphones, mp3 players, GPS device, digital cameras, laptops, and other electronics in the science office.

## Unexpected accomplishment

By Kristina Manibo  
Entertainment Editor

A contest was enough to become a humble experience for senior Kristyn Pavnica.

Pavnica was one of seven accomplished students to participate in the next round of the Voice of Democracy contest. Pavnica placed fourth overall.

"It was a very good feeling to be able to advance to the district level since there were a record number of West Chicago kids that entered an essay this year," Pavnica said.

Seven participants from West Chicago arrived at the awards dinner, which was the most out of the other schools.

"It was nice to see the Wildcats stepping up," Pavnica said. "We kept on saying,

'Wildcats, represent!'"

The topic this year was, "Is There Pride in Serving in the Military?"

Pavnica said: "When I first saw this topic, what crossed my mind was, 'Of course there is.' My grandparents, aunts, uncles, cousins, and my older brother have all been in the military so I hold our troops in very high respects. I talked about how there is a pride in the collective military and all the soldiers working together to protect their country. It's a very beautiful thing. I focused on my brother, Kevin, who is a second lieutenant in the armor division. I'm really proud of him and I know that he loves what he does and takes pride in his job."

Pavnica did not expect to

place fourth.

"When they called my name, I was really surprised. But it was very cool to place so highly. I was proud of the work I had done," Pavnica said. "It was funny, before the dinner, when they had all the winners line up in the lobby to walk in, the West Chicagoans and I were scoping out the competition, picking which people we thought were going to be the winners. We decided that at least one of us was probably going to place since there were so many of us, but I never would have thought it was going to be me."

Participating in Voice of Democracy and advancing to the next stage was an experience that Pavnica won't forget.

"Being able to attend the awards dinner twice was a really humbling experience. Here are all the veterans shaking your hand and thanking (me) for writing a simple essay, when we should be thanking them for all they have done for our country. It was a really memorable experience and I am so glad I participated my three years. I encourage everyone to enter next year," Pavnica said.

"I was very proud to have so many students from CHS advance to the district level. The students who advanced to district met members of the VFW Post 6791 and the Ladies Auxillary on January 7th at the 19th District Voice of Democracy Banquet in Addison," adviser Mary Ellen Daneels said.



Photo courtesy of Kristyn Pavnica

**Seniors Cassie Thill, left to right, Alexxa Bessey, VFW veteran, and Kristyn Pavnica attend the awards dinner for Voice of Democracy. Pavnica placed fourth in the competition.**

## Our View

# Campaign start for Joseph Kony

The next three minutes are an experiment. But in order for it to work, you have to pay attention.

Jason Russell is counting on you to do just that.

Russell, the producer of a 30 minute YouTube video about Joseph Kony, is hoping that through his video the world will become aware of what a monster Kony is and do something about it.

Twenty-five years ago, a man named Kony, became a guerilla leader of the Lord's Resistance Army (LRA), a terrorist group. Unknown by many, Kony got away with too many crimes which led to him being first on the World's Worst Criminal list created by the International Criminal Court (ICC).

According to [www.kony2012.com](http://www.kony2012.com), the LRA has abducted more than 30,000 children and displaced at least 2.1 million people. This has been going on since 1987, and people are finding out about just now because of a YouTube video that was uploaded.

Now, with over 76 million hits on the YouTube video, the intent of the clip was to inform others about Joseph Kony. The main purpose of the video is to promote a Joseph

Kony campaign. Not to celebrate his name, but to spread awareness of his actions so that the world knows who he is.

The YouTube video worked to spread awareness as Facebook users

donations to Invisible Children, a non-profit charitable organization to raise awareness about Kony and buying kits consisting of shirts, bracelets, and campaign material to support the group.

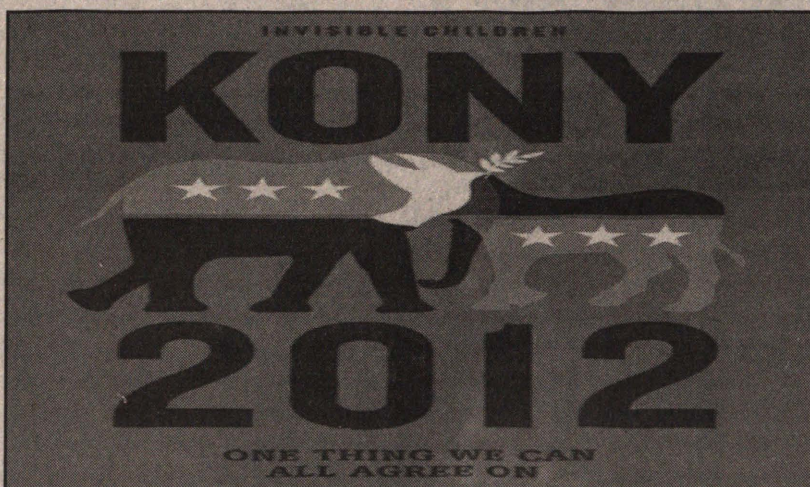


Photo courtesy of [www.kony2012.com](http://www.kony2012.com)

**The Kony 2012 campaign brings together Republicans and Democrats to help stop Joseph Kony and the Lord's Resistance Army.**

have been sharing the video as well as Twitter users tweeting #KONY2012 including celebrities like Justin Bieber, Rihanna, and Oprah.

Many people are working hard to inform others about this terrible issue. To help, people have been sending

By the end of 2012, Invisible Children hopes that Kony can be captured and that the LRA will be stopped, restoring Uganda.

The LRA's purpose is to "promote peace and security", and they claim they are Christians. However, the real

actions they carry out are kidnapping children and making the children kill their own parents. The boys kidnapped are forced to join the LRA as soldiers because Kony ran out of fighters, and the girls kidnapped are forced to be sex slaves or wives to the officers.

Kony is a terrible human being who has been in charge of the LRA for far too long, and it's about time he gets stopped.

However, before completely becoming one of the Kony 2012 activists, there are a couple of things you should keep in mind. Kony has not physically been in Uganda for the past 6 years; Kony, along with the LRA, were driven out by the Ugandan military. According to the Invisible Children's own financials, in 2011, they gathered \$13 million with \$2.8 million of that going to Uganda. The rest of the money was used for filmmaking and other awareness tactics as well as a nice profit for Russell and the other Invisible Children founders. The YouTube video is also not completely accurate, compiling fact and fiction together to gather sympathy.

The Invisible Children organization seems a bit shady; before jumping on the Kony 2012 bandwagon, research all the information given in the video along with the organization.

# ACT changes mean extra testing

An exam most students dread has been cut short and cut out of some college applications.

For each student in Illinois, it is compulsory to take the ACT test their junior year during the school day even if they don't plan on continuing their education. Since this is true, shouldn't the state offer the entire test instead of the test with one section missing?

The ACT writing test was cut from the required exam because the Illinois government will save \$2.4 million, as writing tests are the most costly to grade. According to [actapps.act.org](http://actapps.act.org) the fee of the writing test is \$15.50 and the test without the writing portion is \$34.

Four out of the 12 state universities require or recommend the writing

portion of the test, causing a student who does not take the test to be at a disadvantage. Students planning on attending a school where the test is recommended or required have to pay and take the entire test twice. This is unfair to students. Instead the ACT test in school should be optional.

Illinois is the only state to embrace this new law. According to [www.chicagotribune.com](http://www.chicagotribune.com), like Illinois, other states have cut writing tests for various elementary and middle school students with certain regulations but none have cut them from high school students.

The state should not punish students and make them take the test twice.

Dropping the writing test is also unfair because many universities look

to the written portion to measure a freshman's success.

DePaul has begun having a test-optional alternative on their applications which doesn't require an ACT test score. Instead their application focuses on writing ability.

Seven other colleges no longer require the ACT and look at the student's grade point average and have longer essays in the application, according to [www.depaul.edu](http://www.depaul.edu).

Since the ACT measures how well a college student will do their freshman year, schools have found other methods which includes more writing portions in the application.

If writing shows a student's intelligence level more than a multiple choice test, the writing portion should be included in the

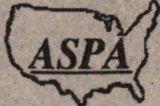
required test in Illinois.

DePaul's method, along with multiple other schools in the nation, seems more realistic because four hours of testing shouldn't decide one's future when students have worked so hard for years to be successful. Standardized tests are not easy for even intelligent students, but essay writing is a method that never changes.

This is directly contradictory towards the state not requiring the written portion since writing is a strong aspect when judging one's intelligence.

The Illinois government needs to look at what is better for the student. This should result in the ACT not being a required test given by the state.

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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@lkuehn@d94.org](mailto:Laura.Kuehn@lkuehn@d94.org) or delivered to room 319 before or after school.

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## Iran sanctions needed



**Carly Tubridy**  
Editor in Chief

Iran's nuclear program is posing a threat to the rest of the world.

Government officials claim the program is to conserve oil and use nuclear energy instead.

According to [www.newyorktimes.com](http://www.newyorktimes.com), the United Nations inspectors challenged that claim in November 2011. They found credible evidence that led them to believe Iran is trying to create a nuclear weapon.

The inspectors' claims have caused controversy in the world.

Countries have taken steps to deter Iran from continuing their program, however despite economic strain, Iran has not relented.

America needs to hold back on any sort of drastic measures. We do not need another Afghanistan situation. Should we react, it should be in conjunction with other countries. We can't be swooping in and saving the world from nuclear weapons all the time.

For now, the sanctioning of Iran's oil and banks is drastic enough. It would be silly to push them too hard, too fast.

Iran has reached out to continue to try and find a diplomatic solution. The U.S., along with five other countries, has agreed to meet with Iran to find a solution.

A diplomatic solution will be hard to come by if the Iranians insist that their program is for peaceful purposes. We cannot allow a nuclear program to continue as it poses the possibility of a nuclear war that would wreak havoc on the world.

If the Iranians truly want another energy source, they should put the kibosh on nuclear power and look into another source of energy.

And the United Nations should not take no for an answer. Should Iran choose to continue their program, the U.N. should continue sanctioning their oil and banks until their economic situation forces them to comply.

## North Korea untrustworthy



**Keyuri Parmar**  
Features Editor

With a new leader, North Korea is supposedly attempting to make international connections.

On Feb. 25 North Korea announced they would stop nuclear testing and uranium enrichment and let international inspectors oversee happenings in its main nuclear complex. In exchange for this the U.S. promised to ship tons of food and aid to them.

Since North Korea agreed to this, there is hope that Kim Jongun will work together with the U.S.

Although these agreements seem like a step in the right direction, I think there is a catch.

According to [www.nytimes.com](http://www.nytimes.com), North Korea has agreed to stop nuclear efforts in the past but would always start up with the program again after accusing the U.S. of something.

If this has happened more than once in the past, why should we believe that North Korea will stop nuclear testing? Is Kim Jongun only agreeing to this to get aid from the U.S. and then back out?

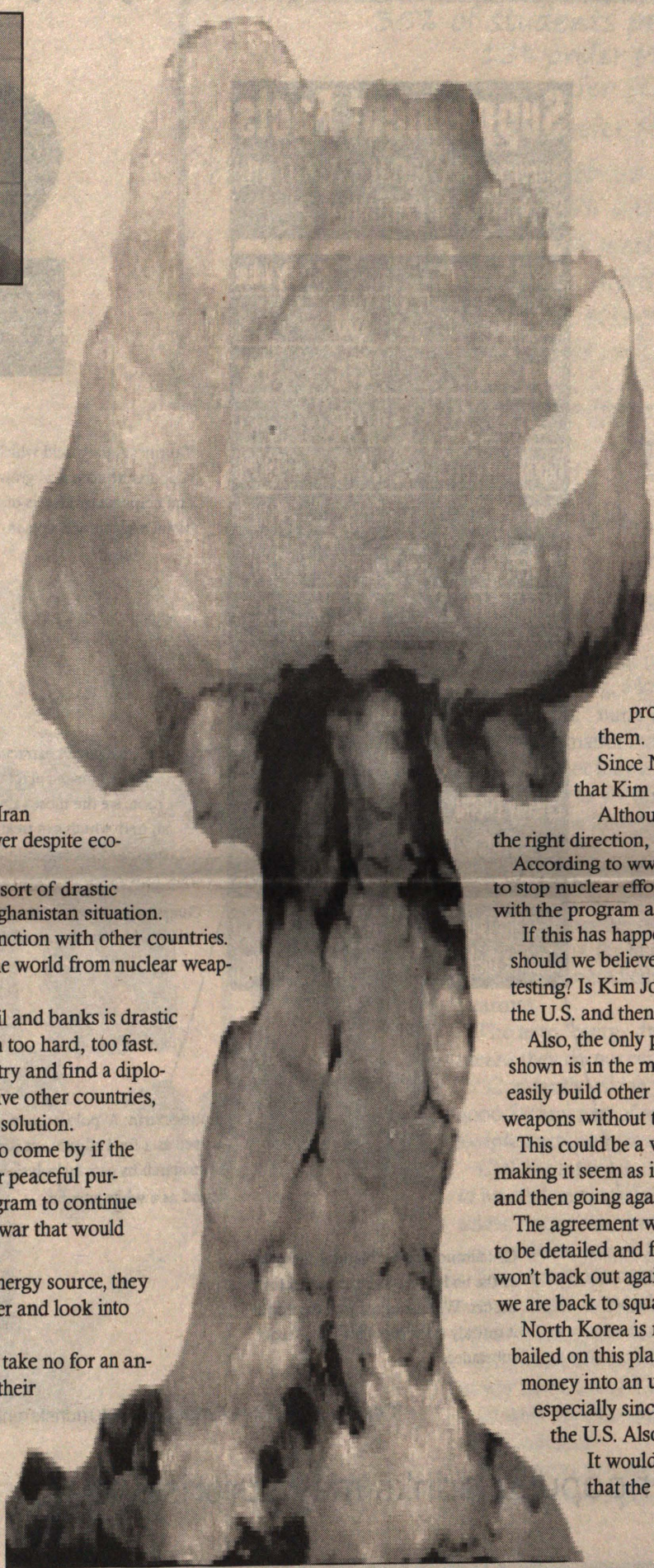
Also, the only place where international consent will be shown is in the main nuclear complex. North Korea could easily build other places to form and test their nuclear weapons without the U.S. knowing.

This could be a way to manipulate the U.S. as well by making it seem as if they are open to international relations and then going against the U.S.

The agreement which North Korea and the U.S. has needs to be detailed and fool-proof to make sure North Korea won't back out again. If these measures are not taken then we are back to square one.

North Korea is not very trustworthy because they have bailed on this plan in the past. The U.S. putting a lot of money into an unreliable result does not seem wise especially since North Korea has not directed a threat at the U.S. Also the U.S. is in enough debt as is.

It would make more sense to be using the aid, that the U.S. is giving a foreign country, here.



## Students Speak

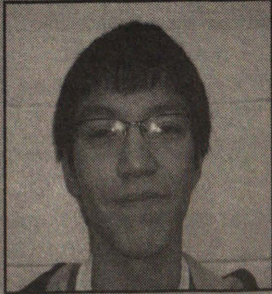
Compiled by Sarah Szremski

What do you think about the nuclear testing occurring in the world?



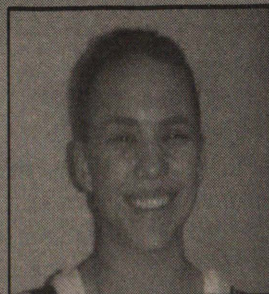
Freshman  
**Mae Elizabeth Gimre**

"I'm not nervous about it, but I think it's unnecessary to be testing them."

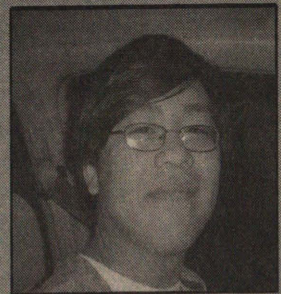


Sophomore  
**Marc Cuiriz**

"I feel that it's pointless, and it'll only lead to disaster."



Junior  
**Rachel Newman**  
"I don't think they should have it because it's bad for people."



Senior  
**Anthony Soliven**  
"Nuclear weapons research will affect the global community because powerful nations will strive to create stronger nuclear weapons."

## What's in

## THE ANATOMY OF AN ENERGY DRINK

Compiled by Keyuri Parmar



## Supplement Facts

Serving Size 8.0 fl.oz. (240 mL)  
Servings Per Container: 2

Amount Per Serving		% Daily Value
Calories	100	
Total Carb	27g	9%*
Sugars	27g	†
Riboflavin Vit B2	1.7mg	100%
Niacin Vit B3	20mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	180mg	8%
Taurine	1000mg	†
Panax Ginseng	200mg	†
Energy Blend	2500mg	†
L-Carnitine, Glucose, Caffeine, Guarana, Inositol, Glucuronolactone, Maltodextrin		

\*Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established.

L-carnitine: Amino acid, which is synthesized in liver and kidneys from lysine and methionine and found in foods. The amino acid is needed for the fat burning process.

Inositol: A part of a B-complex vitamin which is used for the proper formation of cell membranes.

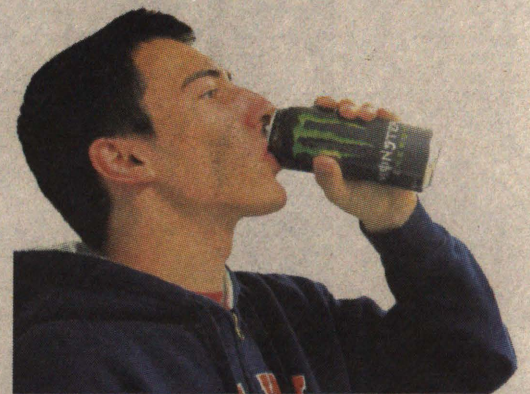
Glucuronolactone: Natural chemical in the body used to form connective tissues. When entered into the body, it quickly transforms into non-toxic substances.

Maltodextrin: A polysaccharide which is used as a food additive. It is made from starch by part hydrolysis and is found as a white powder.

Guarana seed extract: South American plant which contains caffeine.

Ginseng root extract: Comes from panax ginseng plants, the flesh-like roots are the most valuable. It is an herb which can treat high blood sugar and heart conditions.

Taurine: Amino acid which supports neurological growth and helps control levels of blood and mineral salts in blood.



## CANNING THE

By Lorena Orizaba  
Reporter

Some prefer Red Bull, some pick Rockstar. Courtney Toman developed a habit of consuming energy drinks daily.

"Monster tastes good; other (energy drinks) don't," Toman said.

During her freshmen year, Toman started drinking energy drinks every day but has recently cut to one.

"I love the taste of them, and I just can't stop," Toman said.

Even though the energy drink did not affect her grades, they did affect how she felt physically.

"They don't really affect my routine, but at first I would start to feel jittery," Toman said. "Nothing really bad happened, but I would find myself having a craving for them, and I would find myself drinking more than I didn't have one I would get a slight headache."

Toman decided to cut back on her habit in the second quarter of this year because she realized she needed the healthiest drink to have on a daily basis.

Toman now drinks Monster in moderation.

"They are not the best drinks, but I think I can't help it because you are burning off a lot of energy," Toman said.

Energy drinks are expensive, which is another reason she decided to cut back on energy drinks.

"It started costing too much and I wanted to make it also my New Year's resolution," said Toman.

Before, Toman spent about \$12 a week on energy drinks, but now her money has decreased to half.

Stopping an unhealthy habit can be a challenge, but Toman had friends who stood by her and made it easier.

"At first it was hard, but then I had a lot of support," Toman said.

Now that she has stopped drinking energy drinks, she feels differently.

"I feel like I'm still energized but it's a natural energy," Toman said.

## The ingredients in other popular drinks may surprise you...

By Kristina Manibo  
Entertainment Editor

Healthy never tasted so good. Arizona iced teas are made from natural ingredients. Arizona tosses out the artificial flavors, colors and preservatives and leaves an addicting, yet healthy taste of real tea and fruit juices. Plus, the iced teas are brewed with natural tea leaves. The only artificial ingredient is in the diet iced teas. Sucralose is added as a non-caloric sweetener, made from real sugar.

The only downside of Arizona iced teas are that they have a large amount of calories from sugar. Putting that aside, they're low in sodium, cholesterol and saturated fat.

Although there are so many flavors, each can of Arizona is deliciously sweet, and gives a small, natural caffeine boost.

Arizona iced teas are the perfect combination of sweet, refreshing and healthy; they're worth every penny.

By Giuliana LaMantia  
Center Spread Editor

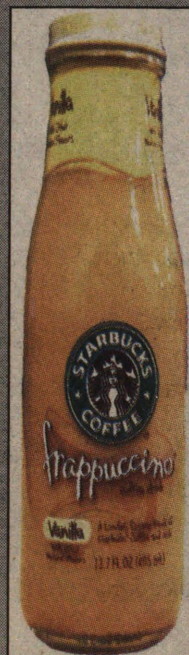
The creamy, sweet goodness of Starbucks frappuccinos, a popular pick-me-up in the morning, contains mostly simple ingredients, such as coffee, milk, and sugar.

The only more unusually sounding ingredients among the few listed were maltodextrin and pectin.

Maltodextrin, derived from starches, is a gluten-free, highly processed ingredient used in many drinks to lower the amount of sugar, according to [www.gleukos.com](http://www.gleukos.com). Although it has no side effects, it does not provide the long term energy a true carbohydrate would.

Pectin is simply a fiber found in fruits and used as a thickening agent in cooking, baking, and products according to [www.webmd.com](http://www.webmd.com). It is also used in medicines to prevent high cholesterol and diabetes.

So unless the staggering calories of 170 in a low fat drink, or more, are concerning, Starbucks beverages are your average coffee drinks.





# in Your Drink?

Look into what you are actually drinking in your favorite beverages.



## THE OPINIONS

35% of students prefer Arizona  
 13% prefer Monster  
 23% prefer Starbucks  
 3% prefer Naked

7% of students consume their favorite beverage hourly  
 15% daily  
 49% weekly  
 30% monthly

54% of students consider effects of energy drinks to be harmful

\*215 students surveyed

## THE ADDICTION

Like Rockstar, others go with Amp. Senior Toman (who admitted to consuming the energy drink Monster) did not taste as great to her as other energy drinks. "I started to drink one or two Monsters about a year ago, but then I cut it out to one or two a week. I was like, 'I just got addicted to them basically.'"

Toman's habit did not affect her daily routine, but she felt physically exhausted. "My routine because my body is used to staying up late and being more energetic. If something really bad would happen, I would just drink one. I would find a way to get one and if I had a slight headache."

During her habit during the middle of her college career, she realized that Monster is not the best choice. "I was on a moderate basis, but I think if you are active it's better to burn off a lot of the calories, but you still get the energy," Toman said.

Another reason why Toman decided to cut back was because she wanted to be healthier, and it was a challenge for some, but Toman and her friends made the process easier. "I had a lot of friends backing me up," Toman said. "Drinking energy drinks every day, Toman said, 'It's a natural energy, I feel healthier,'"



\*Photo art by Giuliana LaMantia and Carly Tubridy

## THE FACTS

By Carly Tubridy  
Editor in Chief

When that 2 o'clock feeling hits, hands start reaching for energy drinks. "Sometimes all of us need a 'quick dose of awakesness' to get us through studying, a long drive, work, etc. But ... the drawbacks can be significant," nurse Beth Jones said.

It doesn't matter that controversy surrounds energy drinks and whether or not they are beneficial or detrimental to the body. According to [www.nutrition.ucdavis.edu](http://www.nutrition.ucdavis.edu), there is limited evidence to show that energy drinks actually improve mental or physical performance.

Yet companies continue to produce mass amounts and people continue to consume.

Another question raised when talking about energy drinks is whether or not the ingredients in energy drinks are harmful. Common ingredients include caffeine, guarana, taurine, and B vitamins.

The term 'energy drink' is not recognized by the FDA which means they do not certify that the drink gives people energy. "Constantly asking your body to be up and down like that is not good for any part of your body and can set up a vicious cycle of sleeplessness and then fatigue," Jones said.

Caffeine intake is a major concern of health experts. According to [health.learninginfo.org](http://health.learninginfo.org), excessive caffeine intake can cause headaches, jitteriness, upset stomach, sleeping problems, and in severe cases palpitations and anxiety.

Experts are also concerned about the popular new fad to mix energy drinks with alcohol. Caffeine stops the body's ability to metabolize the alcohol and therefore masks the effect.

Combinations like energy drinks and alcohol, exercise, and pregnancy are ill-advised and have proven dangerous in certain cases. Despite the warnings people continue to contribute to the billion dollar industry.

"I see more and more students each year who are 'under the influence' of this legal stimulant," Jones said.



By Carly Tubridy  
Editor in Chief

Despite the appalling appearance of Naked smoothies, they are a bottle of deliciousness that is also good for you.

Mighty Mango is a blend of mango puree, apple juice, orange juice, banana puree, lemon juice, and natural flavors. The only odd ingredient is beta carotene which turns out to be vitamin A.

The all natural components give the smoothie a more filling feeling and pack the drink full of beneficial ingredients.

Mighty Mango is sweet and tangy and very refreshing. Naked smoothies are thick and have somewhat of an odd texture but they are satisfying nonetheless.

With 24 different flavors, Naked is a great choice for a healthy beverage.



By Sarah Szremski  
Reporter

The sizzling sweet and sour of Bob Marley's Mellow Mood may be appealing, but is there more to it than a calming sensation?

Some potentially harmful ingredients are in Mellow Mood. For example, Lemon blam can be dangerous for people that are taking medication for HIV according to [www.umm.edu](http://www.umm.edu).

Hops extract put women with breast cancer in high risk for estrogen positive-cancer according to [www.livingstrong.com](http://www.livingstrong.com).

Livingstrong also identifies that melatonin may increase your risk for seizures, and beta carotene could increase the risk of cancer in people who smoke.

Good ingredients are found in the drink though. Pure cane sugar is used instead of high fructose corn syrup. Valerian root fights arthritis according to [www.livingstrong.com](http://www.livingstrong.com).

So Bob's magic can be good, but you need to know what you're drinking before you take a sip.

# Features

10

March 15, 2012

Wildcat Chronicle

## Top five people to avoid in the halls

By Carly Tubridy

Editor in Chief

Hands down the most annoying people in the hallway are the "clumpers."

The hallways are wide enough to fit six people across, yet students insist upon squeezing every one of their friends where people are trying to walk.

Clumps of oblivious people block various hallways throughout the school; it is becoming an epidemic.

"I feel those individuals are inconsiderate of all the other students who are trying to make it to class on time or make it to their locker before class," senior Meghan Carnot said.

Leave a path for people to walk. It is that simple. No one wants to have to push through a random clump of people.

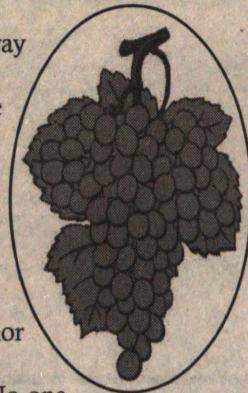
"Excuse me" doesn't even work when trying to disperse the road block.

It is not unreasonable to expect to be able to walk the shortest path to next period without attaching a steam roller to the front of you.

"It's annoying having to shove them aside when you are walking to class," junior Alan Thiede said.

Tips to avoid this faux pas: have some manners and consider the other people in the hallway.

### Clumpers



By Connie Kim

Perspectives Editor

Only having a short amount of time to get to one class from another, students are rushing to be on time.

However, with all the obstacles in the way including slow walkers, it's nearly impossible for students to get from one end of the building to the other in a mere 5 minutes.

If the thought of slow walkers couldn't get any worse, sometimes there isn't just one: there are multiples of them flocking toward each other.

From an outsider point of view, it can be humorous seeing the effect of the slow walkers.

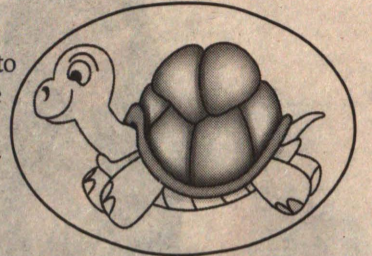
"It's funny seeing some people trying to pass the slow walkers. They try to squeeze through at every chance, but they end up getting blocked and get more angry," senior Jessie Zak said.

However, being a victim of the slow walkers can get frustrating.

"I feel like it's an epidemic, and people need to realize it's a serious issue," junior Amy Tedeschi said. "I hate it, and they're making others late to class. It's unfair to them."

For slow walkers, it's okay to enjoy the world and take it one step at a time, however, not everyone else takes baby steps.

### Slow walkers



By Sarah Szremski

Reporter

You're walking to class and you have 1 minute to get there when the person in front of you randomly stops.

Not only is it rude, but now you're late to class.

"If you stop in the hall for no reason or to talk to someone it's rude. Nobody likes those people. They all need to stop go somewhere else. Not the halls, doorways, or staircases," senior Suzanne Molinaro said.

It gets really annoying after a while, and no one appreciates it.

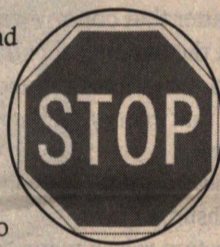
"They need to turn their swag up a notch and get to class," sophomore Natalie Sehweil said.

Sometimes there is no way around it, but you should be considerate.

"I know you want to talk to your friends, but I have places to go and you're not helping me get there on time," junior Braeden Austgen said.

Let that person get to class on time next time you need to stop in the hall.

### Stoppers



By Lorena Orizaba

Reporter

A short and simple hug and kiss goodbye and even holding hands while walking is acceptable; what is not acceptable is when couples stop and have full on make out sessions in the hallways in front of everybody. Get a room.

What happened to the old "Bye" or "See you after class?" Today, couples don't seem to know the words to say hello or goodbye.

Many students have experienced the awkwardness of having to interrupt PDA just to get to their lockers or to get to class.

"When I'm trying to get to class there is a random couple standing in the middle of the hallway, and you don't know what to do; the best thing is to interrupt the kissing fest and tell them to get a room," senior Iliana Guzman said.

Having a boyfriend or girlfriend in school is not a bad thing, but PDA should be left for places other than school.

### PDA



By Giuliana LaMantia

Center Spread Editor

Although not as common as that touchy-feely couple macking in the corner of the stairwell, that overly-infatuated couple that says goodbye like there's no tomorrow still exists.

You know, that awkward couple, the ones gripping each other's faces and gazing into each other's eyes as if they're caught up in some Nicholas Sparks' novel.

Most commonly this is followed by a passion-filled hand hold as they part ways, dramatically slipping away finger by finger, which is ridiculous.

Perhaps not quite as annoying as the PDA couple, or the slow walkers, the "say-goodbye-like-there's-no-tomorrow-ers" are, slightly pathetic.

"I think it's dumb and ridiculous, because it's not like you're never going to see them again," junior Gianna DeLuca said.

This is high school, not a lusty romance novel, so please, get a grip.

### Infatuated



## Foster dogs find home

By Sarah Szremski

Reporter

The saying "a dog's a man's best friend" is really believed in the Caithamer family.

Junior Julia Caithamer's family foster cares dogs out of the kindness of their hearts.

"We've always liked dogs and had dogs of our own, but my stepmom really just got into it because she had a friend that got involved and then she thought that it would be a cool idea for us," Caithamer said.

Caithamer's family started to foster dogs 5 years ago and have had at least 500 dogs go through their home to adoption.

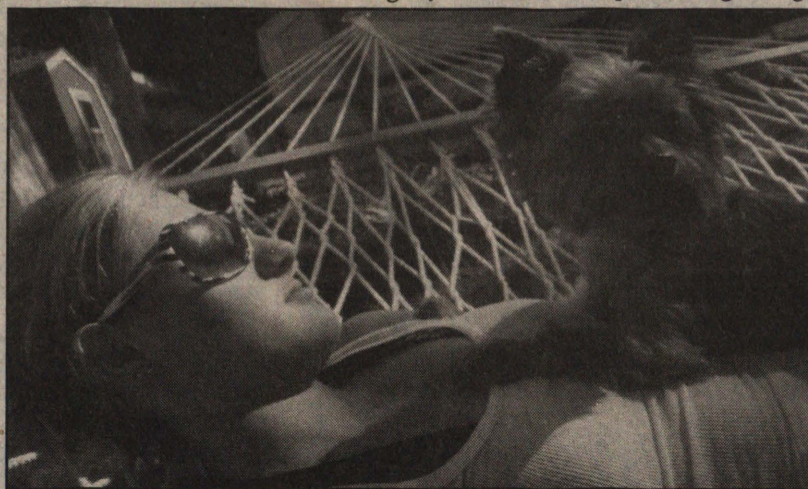
Since they have been doing this for a while the Caithamer's are used to the dogs coming and going quickly.

"We used to get closer, but now dogs come and go really fast. They usually only come for a week or two,

so now we don't really get attached to them," Caithamer said.

There are many ways people can get involved in fostering.

"We have a website. We go through [www.wilderrescue.com](http://www.wilderrescue.com) and we collect dogs from there. We take dogs from a shelter in Indiana to bring



Courtesy of Julia Caithamer

Junior Julia Caithamer relaxes with one of her foster dogs.

them up here until they get adopted by a family," Caithamer said.

Fostering has given Caithamer life lessons that will help her make decisions that could make a positive effect on people and animals.

"I think it's made me more aware of the situations going on in the world with animal abuse, and being a part of the foster system also allows you to know that pet stores get dogs

from puppy mills, and knowing that I would never get a dog through a pet store. I would adopt through a rescue program," Caithamer said.

Apart from taking care of the dogs, when someone is interested in adopting a dog they do the paperwork and interview instead of the agency doing it.

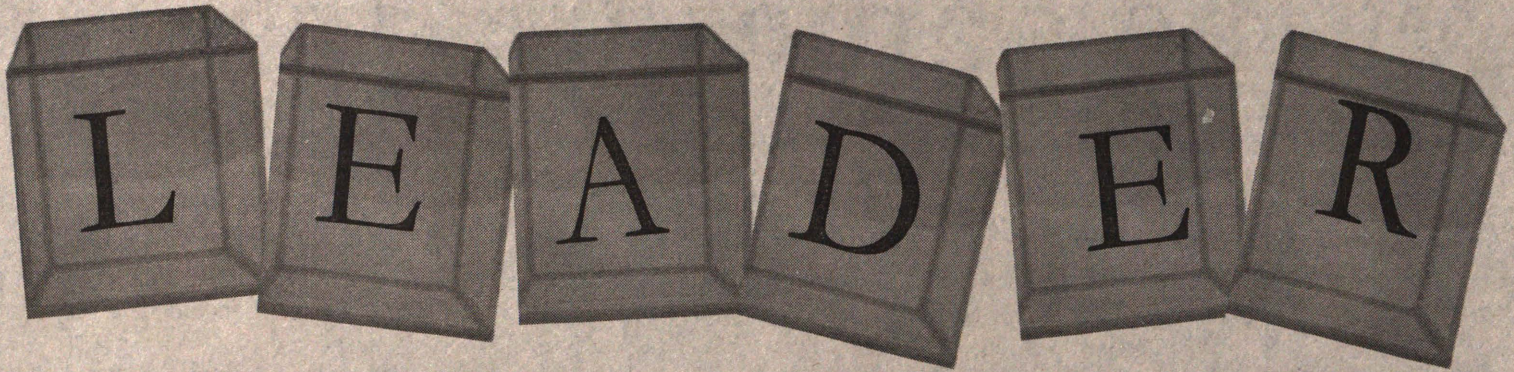
"(When someone is interested in a dog) they call us and they'll have to answer questions. After that they come to our home with the whole family and pets to make sure that the dog gets along with everyone and that everyone wants the dog. They fill out forms and then the dog is theirs," Caithamer said.

It's not goodbye forever though when a dog leaves the Caithamers.

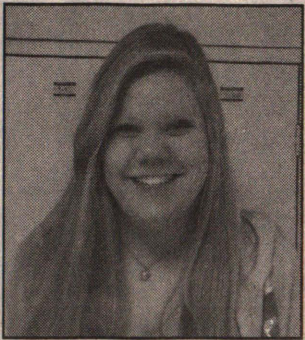
"Our rescue has foster care picnics so we invite everyone who has adopted to come back and bring their dogs to the picnic. You get attached to the owner," Caithamer said.

Helping just one dog may not seem to be a big deal, but it is everything to the Caithamers.

## Building blocks of a



*Clubs give students opportunities to develop skills that will take them far in the future*



Elsa Cadwallader

### Photo Club

Starting since sophomore year, senior Elsa Cadwallader has participated in Photo Club and worked her way up to president.

"I've been a part of (Photo Club) for so long it feels good to be in more control of it than just a member," Cadwallader said.

According to Cadwallader, her responsibilities as a leader of the club include finding new people to join and coming up with ideas.

She also hopes the leadership experience will help her in her future.

"I want to become a high school English teacher," Cadwallader said. "Leading something with high schoolers in it will help me relate to it in the future. I already deal with eye rolls and people's anger about issues."

Photo Club is involved with many things, from homecoming window painting to basketball concession stands for fundraising.

Cadwallader's favorite part about the club is the people.

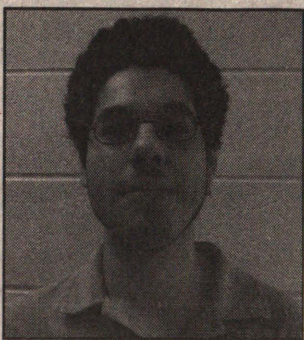
"(My favorite part) is meeting new people I wouldn't have met otherwise," Cadwallader said.

Cadwallader encourages students to join.

"It's really easy to join, we only meet once a week, and we have a lot of pizza parties," Cadwallader said.

After her hard work, Cadwallader will miss Photo Club.

"I'm going to miss everyone in it and all we've accomplished," Cadwallader said.



Uriel Rodelo

### Art Club

Senior Uriel Rodelo is enjoying his last year of Art Club, being a leader as Art Club co-president with senior Amarin Young.

As co-president, Rodelo is in charge of the announcements and coordinates activities.

Art Club is a place where all students are welcome to create art or work on projects for fun.

"It's a fun environment here and with Art Club and the other classes I feel I'm becoming more known with the artist within me," Rodelo said.

Freshmen year Rodelo decided to join and felt he had a lot to give to the club.

"I took Art Club very seriously, and I felt I could give more to the art club if I elected myself into office," Rodelo said.

The qualities of a leader are definitely met with Rodelo.

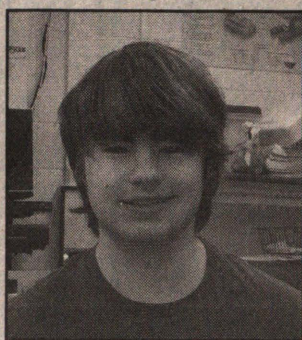
Rodelo dedicates his time to the club, makes sure everything is running smoothly, and has a passion for art.

Even after Rodelo leaves he hopes Art Club will continue to grow.

"At the beginning of the year we had a lot of banners, but recently we haven't had any requests," Rodelo said.

Overall Rodelo will miss the memories in Art Club.

"It's a fun relaxing place where you can chill, and it feels nice painting together," Rodelo said.



Steven Celmer

### SkillsUSA

Holding multiple positions brings great responsibility.

Senior Steven Celmer, who is president of SkillsUSA, has some responsibility on his hands.

"(I joined SkillsUSA) freshmen year because I thought it would be a good opportunity to expand my knowledge of drafting," Celmer said.

According to Celmer, SkillsUSA is an organization which ensures America has a skilled workforce.

"We do this by making sure everyone's skills stay sharp, mainly through competitions between people at conferences," Celmer said.

Celmer also added that he works with and oversees ideas the rest of the local team comes up with.

"We created the t-shirts in honor of 9/11, organized the food drive in November, and have been attempting to get people interested in competing," Celmer said.

Celmer has also been a state officer for two years.

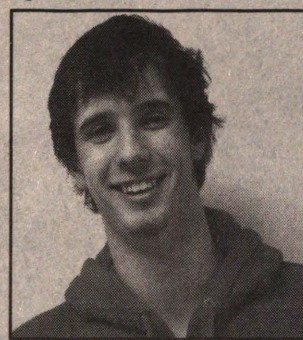
"(Being a state officer) means I not only oversee my local chapter, but the state organization as a whole," Celmer said.

According to Celmer the main focus of the state team is the state conference.

Celmer plans on majoring in biomedical engineering.

"(SkillsUSA) has taught me how to be a better engineer," Celmer said.

As Celmer's senior year draws to a close, his responsibilities are fading away.



Alex Marano

### FBLA

Senior Alex Marano takes care of business as the president of Future Business Leaders of America (FBLA).

Many aspects of a leader are found in Marano.

"I plan all the meetings. Even though I can't go to state, I've been planning a lot for state. There are different events that we do now that we're going to state," senior Alex Marano said.

Helping plan events including adopting a family, the variety show, and a chamber breakfast are part of his job as president.

Marano's idea of a leader is someone who makes sure everything runs smoothly.

"It means running everything, making sure everyone's on task. Everything has to be in shape and how it's supposed to be. You just have to make sure all that's happening and everyone is on task," Marano said.

Being president of FBLA has given Marano an opportunity to learn skills that will help him in his future.

"It's really given me a lot of skills like leadership and business skills that I'll be able to use in my future. There have been a lot of fun memories, and it's just been fun," Marano said.

Marano joined because of his brother.

"I originally joined because my brother was in it my freshmen year, but you can join any time you want," Marano said.



Kelsey Wolf

### Equestrian Club

Not only does it take a leader to keep a club on task and fulfill duties to run the club, but it takes an even bigger leader to make a club on their own.

Junior Kelsey Wolf went through a lot of dedicated work to set up the Equestrian Club and currently holds the president position.

"First I had to find a teacher sponsor and decide what I wanted the club's mission to be. I had to come up with ideas for events that would be reasonably priced," Wolf said.

Wolf's biggest challenge is managing all of her tasks along with starting and running the club.

"Starting a club is hard. It takes a lot of motivation. I am glad I started the club but sometimes it gets stressful with school, riding my horse, and sports," Wolf said.

Wolf has multiple responsibilities.

"I am in charge of planning events, planning meetings and fundraisers, teacher-sponsor correspondence, meeting reminders, club publicity, and anything else that needs to get done," Wolf said.

Wolf knows the effort it takes to be prepared.

"This experience has taught me a lot about being prepared well ahead of time, which is important so people know that the club is active and working on coming up with horse related activities and ways to ride," Wolf said.

## Let the games begin

*With the premiere of 'The Hunger Games' just around the corner on March 23, fans around the world are waiting for the next big thing. Will "The Hunger Games" be another 'Harry Potter' series, or will it fail its high expectations?*

**By Connie Kim**  
Perspectives Editor

"Happy Hunger Games! And may the odds be ever in your favor." It is indeed a happy Hunger Games for devoted fans of the book who were ecstatic to hear that a film adaptation is to be released on March 23. With fans excited for the movie, the movie trailers are just compiling on more anticipation.

All of the actors fit the appearance of the characters, especially Katniss Everdeen, (Jennifer Lawrence), Peeta Mellark (Josh Hutcherson) and Gale Hawthorne, (Liam Hemsworth). What's even better about the actors are that they aren't usual mainstream actors, but emerging ones that actually look like they have potential.

The popularity of the book has risen as the unique plot gained the interest of many. It's unclear yet whether the film will be as good as the book; many movies have failed to reach the expecta-

tions of book fans. Based on how the book was, the movie could possibly be as good as the Harry Potter movies.

When watching the trailers, the scenes that appear

to hear who will be chosen as tributes. They're all dressed in basic colors, while the town looks dull and barren. The only color that stands out is the announcer from the Capi-

ties, the movie looks like it'll be one worth watching.

Katniss is a 16-year-old girl who lives in Panem, the ruins of North America after an apocalypse. Panem is a dictatorship society functioning under the rule of the government called the capital. Katniss lives each day to survive



Actor Josh Hutcherson, who plays Peeta, attracts high interest when he made a special appearance at Westfield Mall in Fox Valley on March 7 for the premiere of "The Hunger Games."

Photo courtesy of Kim Kraus

seem to fit closely and are recognizable from the book, especially the scene of the reaping. In that particular scene, all the people of District 12 are gathered, waiting

to hear who will be chosen as tributes. The district looks very similar as described by the book and actually does appear like the aftermath of a ruin. Based on the similari-

ties, the movie looks like it'll be one worth watching. Another with her mother, 12-year-old sister Primrose, and with her friend Gale.

Annually, the Capitol hosts the Hunger Games to serve as a punishment in result of

the rebellion of a once District 13, which the Capitol exterminated. The Games is a televised event in which one boy and girl from each district is chosen to literally 'fight to the death' until one person is left. The winner brings honor to his or her district, rewarded with supplies and food. At the reaping, the announcer says, "Happy Hunger Games! And may the odds be in your favor," sparking irony as it is no celebration, and no one wishes to be chosen but must pretend to feel honored if chosen.

However, the upcoming Games turns around Katniss' life when Primrose is chosen as the girl tribute. Unwilling to let her sister die, Katniss volunteers herself in Primrose's place. Along with Peeta, the male tribute, Katniss leaves to make a name for herself and leave an impression among the other districts before competing.

Katniss and Peeta also play the parts of star-crossed lovers, gaining them affection and sympathy from others as one of them is destined to die in the end. Although it's an act, it slowly becomes reality for the two, raising the suspense even further. However, many twists are added, ending in a way that leaves the reader in shock.

## Paranormal activity

*New series brings a new scare factor to television*

**By Lorena Orizaba**  
Reporter

From ghosts to curses, ABC's new series "The River" is the thrilling new show that will send chills down your spine.

"The River" revolves around an expedition to find popular TV host and explorer doctor Emmet Cole, played by Bruce Greenwood. Dur-

ing one of their expeditions in the Amazon, Cole and his team mysteriously disappear. Cole's wife, Tess (Leslie Hope) and his son, Lincoln (Joe Anderson) set out to find Cole and the rest of his team.

Tess and Lincoln gather a crew that consists of five others; including missing cameraman's daughter, Lena Landry (Eloise Mumford); Cole's ex-producer, Clark

(Paul Blackthorne); boat mechanic Emilio Valenzuela (Daniel Zacapa); his daughter, Jahel (Paulina Gaitan); and private security bodyguard Captain Kurt Brynildson (Thomas Kretschmann).

Together, the crew heads into the depths of the Amazon in search of clues that will lead them to Cole and his team.

Along the way, however, they experience all kinds of paranormal events, including encounters with mysterious and violent forces that delay them on their search in the remote jungle of Brazil.

The two-hour premiere set it up with astonishing speed as the so-called bad spirits set out to harm those who wander in the jungle without knowing what they are getting themselves into. The later episodes moved to a more predictable atmosphere with dolls hanging from trees and a strange curse that caused each of the crew members to go blind one by one, and a challenging hunt to find a local plant that will return sight to everyone.



Photo courtesy of ABC

In each episode, characters Kurt Brynildson, Tess Cole, Lincoln Cole, and Lena Landry discuss the paranormal activity in the Amazon on board The Magus.

The trailer for "The River" looked promising yet at times the show does not meet expectations. The show lacks the more scary atmosphere that the trailer portrayed, but despite that, the show is something new and fresh with a mystery that keeps you on the edge of your seat wondering what's next.

The unusual plot makes the show unique. The way the producers incorporated familiar supernatural effects into the story makes the show familiar but at the same time completely new.

The story about a rescue expedition up the Amazon that comes face to face with both visible and invisible spirits while trying to understand

a larger mystery, shows some resemblance to the former ABC series "Lost."

While "The River" might have some similarities with "Lost" it still has its own twists and turns that keeps it interesting and promises to be scary but not gory. Although the story line is exciting and there have been good reviews, the show has lost viewers.

"The River" lost 1.52 million viewers from the first episode to the second and it did not make the top shows of the Nielsen Ratings. If the viewing rates do not increase; the show will be cancelled after only one season. For now, the show airs every Tuesday night at 8 p.m. on ABC.



Photo courtesy of ABC

Expeditioner Tess Cole is dragged into a swamp by a supernatural being during the search for her husband. Each episode features a different ghost or curse.

## Small team seeks improvement

By Rosa Romero  
Reporter

Even though tennis has a small team, they are confident in this year's season.

According to coach Sione Moeaki, around 10 people showed up to the informational meeting Feb. 22.

"We don't have enough people or enough positions to fill (Due to the small team)," Moeaki said.

Despite the size of the team, Moeaki plans on continuing to improve as a team.

"Basically were going to always work hard, and focus more on our techniques and mechanics to apply to our stroke, serve and volley," Moeaki said.

Moeaki hopes to have many returning players, as they are key components to the team.

"I hope they improve a lot during the off season and we're counting on them because they are the most experienced and they have been here for three or four years," Moeaki said.

Junior Sam Rylowicz has been playing of the team since freshman year.

"I still feel like we can have a successful season with our size, I'm excited to start playing," Rylowicz said

Moeaki hopes to fill in the gaps by adding more freshmen and sophomores on the team.

"I really just want to help out the school with tennis and have a good time out there," freshman Jacob Urban said.

Urban hopes to have a good first year of tennis and feels the team can triumph even with a small group.

"The size of the team is small but we have a good group of guys and we could definitely all improve and work hard and have a good season," Urban said.

Sophomore and first time player Xavier Williams feels that Naperville Central will be a hard team to beat.

"I've been told by the other players that Naperville Central is tough," Williams said.

The tennis team's first match was Tuesday but results were not available as of press time.

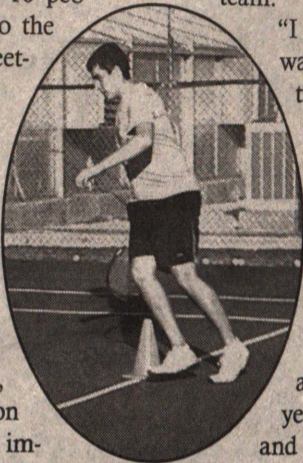


Photo by Rosa Romero  
Senior Noe Munoz works on his swing during practice.



Photo by Carly Tubridy

The Wild Hawks continue their pursuit for the State Championship after their 7-0 win against Andrew-Montini on Sunday.

## Icing past the competition

By Carly Tubridy  
Editor in Chief

The Wild Hawks demolished Andrew-Montini on Sunday.

Just 5 seconds into the first period the Hawks scored the first goal of the game.

The boys scored two more goals in the first and ended the game 7-0.

"If we can execute on the things we know how to do, we will be playing the United Center on (March) 23," head coach Dave Dyson said.

The boys played again on Wednesday but the results were not available as of press time.

As regular season draws to a close, seniors are starting to realize the change that will take place when they are gone.

"I'm going to miss all my teammates and playing

in competitive games with friends," senior Mac Kwasnik said.

The boys formed a brotherly bond throughout the year.

"Hockey teams are different from others sport teams because we are actually a family, we build the strongest bonds between players and that makes a good team," senior Austin Weidmeyer said.

Dyson is thrilled with the season. The team was recognized a lot throughout the season with Chicago Showcase invites, all-conference honors, all-star nominations, and a community service award.

"The community of coaches recognizes that our guys are the sort of guys that can play at the next level," Dyson said. "We are being recognized for all the right things. The program is being held in really high esteem."

A senior heavy team is bitter sweet for Dyson.

"There was a really great group of seniors this year, nine in total which gave us everything we expected: a lot of leadership, a lot of really strong worth ethics," Dyson said.

Senior Zach Lenning has been playing hockey for 14 years and has represented the high school for all four of his years here.

"He is the definition of what every hockey coach wants. You want 20 of that guy on the team," Dyson said.

Dyson has really enjoyed the season.

"This is among my favorite group of boys ever," Dyson said.

If the boys continue to win they will play at the United Center on March 23 in the State Championship.

## Working to live up to a legend



Photo by Diana Carrillo

On March 7 senior Jessica Wood practices with her new team. The softball team is working hard to fill '11 graduate Mary Connolly's important role.

By Diana Carrillo  
Reporter

When the team's top pitcher graduated in May it left a big glove to fill on the girls softball team.

Mary Connolly pitched for the varsity softball all four years, so it's a big change for the team.

"I think the difference would be because we had such a dominant pitcher the last four years," softball varsity coach Kim Wallner said.

Two new pitchers will step up for this year's varsity team.

The new pitchers are seniors Katie Wiest and Tarah Rayos.

"I don't know if they will be replacing her but they will step up and pitch," Wallner said

Being the new pitcher brings mix emotions.

"I feel good about it, it is really exciting being a senior and a new pitcher even though we lost Mary Connolly," Rayos said.

With the change of pitcher there also comes change in focus.

"We will focus on defense and then we will be also going to try to play more of the short game," Wallner said.

The team's first game is March 22 against Burlington Central.

"I'm looking to see what kind of season the teams wants to make it," Wallner said.

Players are also looking forward to the first game.

"I'm looking forward to being a leader out there," Rayos said.



Photo by Ryan Weier

Senior Sean Elfstrom practices catching on March 8.

## Disappointing summer proves to be a learning experience

By Ryan Weier  
Reporter

Another baseball season begins for the Wildcats after what some say was a disappointing summer.

"The summer didn't go real well if you look at it from a win-loss standpoint," head coach Dan McCarthy said.

According to McCarthy, many of the pitchers pitched few innings over the summer since most of them play on travel teams.

"The summer is a chance to evaluate the younger players in the program that I don't get to see play during the spring season," McCarthy said.

McCarthy wants to know where he can play the younger players in the spring.

"The summer is like an extended tryout where many of our current juniors get an opportunity to show me they can or cannot play on the next level," McCarthy said.

McCarthy added that in order to be competitive the pitching staff needs to consistently throw strikes and they have to play small ball better.

Senior Josh Gimre wants to see how the team will fare this year after the summer.

"This year I am looking forward to improving upon a disappointing summer season. We didn't play up to expectations or nearly as well as we should have. Lots of guys have worked hard to have a successful season as we should this spring," Gimre said.

McCarthy is hoping to improve from last season's record of 11-20-1.

"Our goal every year is to finish in the top half of the DVC. The Wheatons and Napervilles generally play well so if we could finish in the top half of the conference that would be great," McCarthy said.

According to McCarthy, they will be relying on seniors to play well this year.

"Key positions will be filled by seniors. It is hard to get a true feel for some of the juniors since we have been practicing inside," McCarthy said.

Seniors Joe Loftus and Alec Strachota will be returning players that need to be successful according to McCarthy. "(Loftus) won three conference games for us last year so he has to have a great year. (Strachota) was honorable mention all-conference last year for us so he will be an important outfielder," McCarthy said.

McCarthy believes there are some juniors on the team this year that can contribute.

"Mike Zajac who plays pitcher and first base throws well so he will be key for us," McCarthy said.

Loftus doesn't have any personal goals for this season, but wants the team to get some wins.

According to Loftus, he is looking forward to seeing how they do and how they match up in conference.

The first game is on Saturday against Tinley Park at home at 11 a.m.

## Starting fresh

*New coaches lead team into spring season*

By Lorena Orizaba  
Reporter

As spring approaches, the badminton team is looking forward to a fresh season with new coaches leading the team.

English teacher Katie Wood is leading the varsity team while special education teacher Jonathan Bacheller leads the JV team.

"I am really enthusiastic and excited for the new season," senior captain Megan Pietura said.

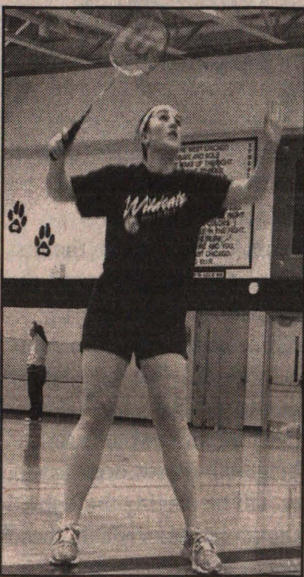


Photo by Lorena Orizaba  
Junior Jessica Senko serves during practice on Friday.

The girls are looking forward to working with the new coaches this year and are also excited to see what they have planned for them.

"The coaches are going to bring new drills and techniques to the team and help us target our weaknesses," Pietura said.

Thirty-seven girls made the varsity, JV, and freshman teams after February tryouts.

"We had to make some cuts but all the girls played well and put a lot of effort so making cuts was difficult. It was competitive; they showed us that they really wanted a spot in the team," Wood said.

As a returning captain, Pietura, along with new captains, senior Janleen Baptista and junior Robin Dinh, are going to make sure that practices and meets run smoothly and that the team stays motivated throughout the whole season.

"The coaches are definitely going to push our limits and make sure we are constantly improving our game," Pietura said.

New coaches might mean changes for the team, but Pietura hopes to have a smooth transition so they won't have to make any significant changes in practices and meets. Their first match was Wednesday at home against Streamwood. Results were not available as of press time.

## Sister-like bond forms on new team, starts season out right

By Keyuri Parmar  
Features Editor

A tight-knit team has already formed with the girls soccer team.

"The team is really close to each other; we are like sisters," senior Bianca Navejas said.

Most of the girls were on the team last year, with an addition of four new girls.

"Since the team already has chemistry they have a good handle on things. Having many new players makes playing together more challenging," Navejas said.

The team has been playing together for three years.

Since last year, the girls have been preparing for this season.

"The mentality for the team is already set; everyone knows what is expected of them," coach Cesar Gomez said.

Even though it's the beginning of the season, the girls are confident.

"I think we're starting the season really well; the newcomers are good assets to the team, and we're in really good shape," junior Andie Lazerini said.

Older girls on the team

have passed on their influence to the new girls.

"The girls who have been added to the team got the message right away and know the expectations they have to meet," Gomez said.

The first game will be against St. Francis at home on Thursday.



Photo by Keyuri Parmar  
Junior Lauren Ott looks to pace during a scrimmage at tryouts on Feb. 29.

*Close team brings a meaningful beginning*

By Giuliana LaMantia  
Center Spread Editor

As a new season begins, lacrosse is working hard to make the season meaningful.

"There are a lot of new guys, so we're working on stick skills, passing, and catching, which are important skills in the game," coach Brandon Kutilek said.

Kutilek believes the closeness of the team helps in their success.

"It's like a family," Kutilek said. "During the season they're always together talking about things they could do better."

Players also agree about the importance of team bonding.

"We need to have the team bond like last year especially with the younger kids, because it will help us play better as a whole," senior Justin Olson said.

The first game is Friday against Marmion at the home stadium.

## Challenges vary



Photo by Liz Ramos  
Sophomore Lindsey Sayner runs both indoor and outdoor and understands the challenges of both.

By Liz Ramos  
News Editor

Numerous challenges come up during the indoor and outdoor season for boys and girls track members.

"Indoor mainly is getting in shape and learning some techniques and learning how the races work so when outdoor season starts you're ready," boys coach Paul McLeland said.

All indoor tracks are different causing difficulty with consistency. Indoor track consists of more laps as well.

"Outdoor, every track is the same and then indoor some are yards, some are meters, some are different sizes so your times aren't consistent and it screws you up, but it's good practice," senior Maggie Brach said.

Weather is a big factor for runners during the outdoor season.

"The weather affects the runners because they have to run in all sorts of elements so there's a mental overcoming over that," girls coach Bob Maxson said.

Turns on an indoor track

are sharper causing more difficulty than it would on an outdoor track.

"I feel like you're going in a circle and the turns are tighter so it affects how fast you can go around a turn without falling over or running into the girl next to you," junior Julia Caithamer said.

According to Maxson, outdoor times and results tend to be better and faster.

Breathing during a race indoors is more difficult for runners because the air is drier. According to McLeland, runners used to take a lifesaver or a hard candy to moisten their mouths and get saliva going.

Jumpers, pole vaulters, and throwers have the disadvantage of a small area during the indoor season.

"The jumpers are sometimes running into a wall so they feel more constricted. Sometimes the field events are on top of each other," Maxson said.

The next boys meet is their DVC indoor meet Friday at 4:30 p.m. at North Central College in Naperville.

The next girls have their DVC indoor meet Thursday at North Central College in Naperville.

## Bringing home the win

*Girls basketball capture elusive regional title*

By Keyuri Parmar  
Features Editor

After seven years, the girls basketball team has brought home a regional win.

"We did really well. All of the girls didn't think we would go as far as we did. We broke our mindset," senior Brenna MacDonald said.

They beat Covenant on Feb. 16, 48-39.

"Our best game was the game we won against Covenant and won regionals. It was a well-grounded game because everyone got to play," MacDonald said.

The girls started regionals with an advantage.

"We started off playing against a lower seed which helped and we played really well," senior Courtney Toman said.

They changed the way they played after DVC.

"I think we stepped up our level of play and worked as a team more," MacDonald said.

Even if the girls lost a game, it was only by a couple points.

On Feb. 20 the girls lost in the first round of sectionals against Bartlett by 6 points.

"We became more focused after DVC because the seniors knew if we lost a game we would be done for the season and we wanted to keep playing," MacDonald said.

After losing to Bartlett by 33 points at the beginning of the season, the girls were determined to do better, according to MacDonald.

"Bartlett is a super good team and we scared them for most of the game but lost by 6," MacDonald said.

The team was satisfied with how far they got this year.

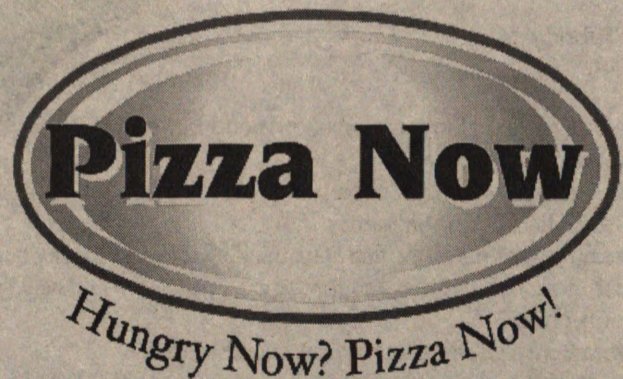
"Winning the regional championships was an amazing thing to bring home," MacDonald said.

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## The luck of the Irish

Athletes employ the help of lucky items and rituals to stay on top of their game

### Super socks

By Liz Ramos  
News Editor

Most people have a rabbit's foot, a four leaf clover, or a horseshoe for good luck but sophomore Catherine Serio has a more interesting lucky charm.

Serio wears orange socks as a good luck charm at every meet for cross country and track.

"The beginning of cross country season last year, I started wearing orange socks. I felt that they were a good luck charm so I just kept doing it over and over again because I became superstitious," Serio said. "I wore the orange socks and then I did really well. The next time, I wore the same color and I did well so I kind of just made it a tradition and kept doing the same thing."

Although orange socks are her good luck charm, there is no specific reason as to why.

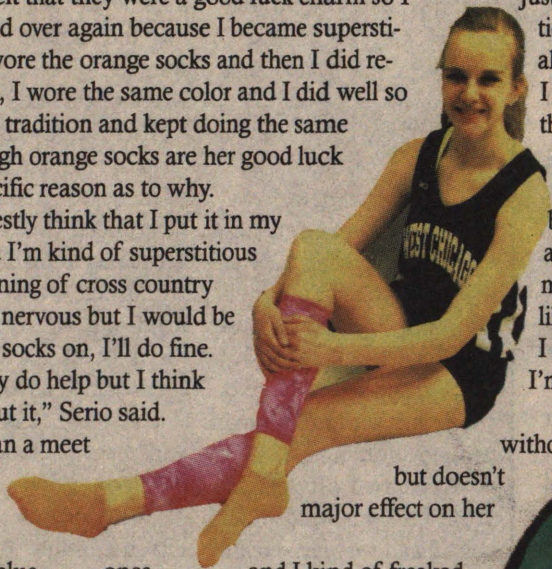
"I honestly think that I put it in my brain that it helps and I'm kind of superstitious about it. At the beginning of cross country meets I would get really nervous but I would be like oh I have my lucky socks on, I'll do fine. I don't think they really do help but I think I'm superstitious about it," Serio said.

Serio ran a meet without her lucky socks on but doesn't think it had a major effect on her running.

"I had blue ones and I kind of freaked out and then I still ran pretty well. I think that my brain was like oh you don't have your socks so you're not going to do well," Serio said.

Serio believes she will eventually stop wearing her orange socks as a good luck charm.

"I think it was just one of those things I do and it's a mental good luck charm. I like to do it and it's just kind of my thing," Serio said.



### Reese's power

By Keyuri Parmar  
Features Editor

Most people have a lucky object to bring them luck but junior Cat Canestrelli has a lucky food.

Canestrelli eats Reese's before every soccer game.

Her mom inspired her to begin doing something before her games.

"My mom said I needed something to prep me before a game to get me more focused," Canestrelli said.

Reese's are Canestrelli's favorite type of candy.

"I decided to pick cause I'm crazy about them, they are so good," Canestrelli said.

Usually she eats them before games. It really depended on if I could get my hands on one, but for the most part I saved them for the big games," Canestrelli said.

She feels that the candy helps her focus as a goalie more. "It really just helped me focus on the game and make me happier I guess, I feel like they give me magical goalie powers," Canestrelli said. "I just play better, like I am more energetic and I feel powerful."

Since eating Reese's has become a part of her routine, not eating them affects her during a game.

"I feel pretty lousy and off balance," Canestrelli said.

She plans on continuing to eat Reese's throughout her soccer career. "I am going to keep eating them before games in high school and possibly college, I really do believe that it works. I recommend that everyone eats their favorite candy before a game or show or just whatever is important to you," Canestrelli said.



### Lucky boxers

By Carly Tubridy  
Editor in Chief

Four leaf clovers are always a symbol of good luck, even if it is a bit unconventional.

Junior hockey player Ryan Cooper wears glow in the dark four leaf clover boxers for good luck during big games.

"I don't know what made me first start thinking they were lucky but I would always wear them for big games and for the most part we would usually win the game," Cooper said.

The boxers were a gift for Christmas in middle school.

"I've won a couple championships with them on and every time I wear them I feel like I play really well," Cooper said.

Cooper wore his lucky boxers during their game against Waubonsie Valley in league playoffs. Waubonsie is second in state while the Wild Hawks are third and the game went to a 12 player shootout in which the Hawks triumphed.

Cooper also has a specific routine he goes through before each game.

"Before every game I put my equipment on the right side before the left, I put my right skate on then my left, and then I tie my right skate, and then my left and the same goes for the rest of my equipment," Cooper said.

Order is crucial, if not done in the proper order Cooper feels he must correct it.

"If I change the order of the way I put on my equipment or if I put on the left before the right, it just doesn't feel comfortable so I have to take it off and do it the right way," Cooper said.

If left uncorrected he does not play his best.

"I just play terrible and just don't feel right out on the ice," Cooper said.

Despite his habits, Cooper does not consider himself superstitious.

"They haven't failed me yet and once they do, then I won't consider them lucky anymore," Cooper said.



### Prep time

By Ryan Weier  
Reporter

The luck of the Irish might be in the pregame routine of senior varsity basketball player Justin Mundt. Before every game, Mundt does the same routine which is very long and unique.

According to Mundt he goes to Lifetime and shoots for about 30 minutes. Then he sits in the hot tub for another 30 minutes.

"I started it my sophomore year when I got moved up to varsity," Mundt said.

After a soak, Mundt watches the Duke against Butler national championship game from 2010.

"(I watch that game because) it was a perfect example of how a basketball game should be played offensively and defensively," Mundt said.

While watching the game Mundt eats macaroni and cheese with a hot dog and a glass of water.

"I ate that before my first game on varsity my sophomore year and played well and did it ever since," Mundt said.

After watching the game Mundt sits in a dark room by himself and visualizes everything that will happen in the game that night.

Finally, on the way to the game Mundt eats chocolate covered raisins.

His routine takes about three hours.

"I do it because it has worked for me in the past and I do what helps me succeed," Mundt said.

According to Mundt, he thought of some of these ideas for his routine by reading a basketball magazine.

"Many successful athletes have pregame routines so I decided to try it for myself," Mundt said.

