

No one fights alone

Night of volleyball raises funds to help support senior with cancer

By Kyle Paup
Perspectives Editor

With a sea of light green filling the Bishop gym in the form of posters, clothing, streamers, and signs, Volley for Villa night began.

The volleyball team raised about \$2,000 to donate to the Villa family during their Volley for Villa night on Oct. 15.

Senior Alex Villa was diagnosed with lymphoma and is receiving treatment along with constantly being in and out of hospitals.

Lime green, the official color for lymphoma awareness was a common theme that was impossible to miss. Light green posters made by volleyball players with messages showing their support for Villa surrounded a compilation of streamers that spelled 'Volley for Villa' across the bleachers in the Bishop gym.

The volleyball court itself had lime green tape placed on the lines of the court, along with the same tape being wrapped around the antennas on the outside of the volleyball net.

"I don't know Alex personally, but dedicating a game to him was a good deed from all of us," sophomore volleyball player Vanessa Hasbun said.

The Volley for Villa night was a way for students to show Villa that "no one fights alone" and that the school is doing its best to support a fellow Wildcat through a difficult time.

"Alex is another Wildcat athlete like all of us volleyball girls and once you're a West Chicago Wildcat, you're a West Chicago Wildcat forever," Hasbun said.

Many more people were

involved in the event besides volleyball players.

"Volley for Villa has been a combined effort from the cheerleaders, soccer team, and volleyball," volleyball coach Kristi Hasty said. "The volleyball team sold t-shirts (and the cheerleaders sold bracelets and t-shirts. We tried to sell hair extensions at lunch (and

also) sold 50/50 raffle tickets and had a bake sale (during Volley for Villa night)."

Outside the gym was a long table with a lime green tablecloth that stretched down the entire hallway, where dessert items that were donated by the players were being sold all night long.

Willing students spent there

night walking up and down the bleachers in all of the gyms attempting to sell 50/50 raffle tickets where generous donations were collected.

The combined efforts of the different teams all played a role in making this night turn out successfully.

"It turned out better than I expected. It was really cool seeing the soccer team supporting us as well. The band playing was awesome (too). Who doesn't love live entertainment? Also, having the choir sing our national

anthem really touched my heart," Hasbun said.

Volleyball players also played a large role in making this event happen.

Players themselves wore lime green jerseys, shoes, and hair bands while they played in honor of Villa.

"The players were very involved in selling shirts at lunch hours and helped bake things and decorate for the match," Hasty said.

Thanks to all of the hard work, Volley for Villa night had a successful turnout.

Bishop gym was nearly filled with students who had purchased the volley for Villa T-shirts, forming a sea of green amongst the bleachers.

"We are giving all the proceeds to the Villa family. We will give them a check for around \$2,000," Hasty said.

Not only will the money help the Villa family, but the events of that night have also warmed the hearts of the students and helped spread the word of Villa's condition.

"I think all our players were touched by the Volley for Villa night. It was nice to have other clubs involved that night as well, such as the Soul Steppers, the pep band, and the chamber choir," Hasty said.

The volleyball players also recognized the success of Volley for Villa night.

"Overall, helping Alex brought joy and smiles to everyone's faces, even if there were some tears involved. But out of the kindness of our hearts we all enjoyed making a difference in Alex's life," Hasbun said. "And to Alex, stay strong. We love you and no one fights alone."

Unfortunately, no levels won their games on that night.

"I wish all levels could have won, but we all put our best foot forward for a good cause," Hasbun said.

Villa was not available for interview.

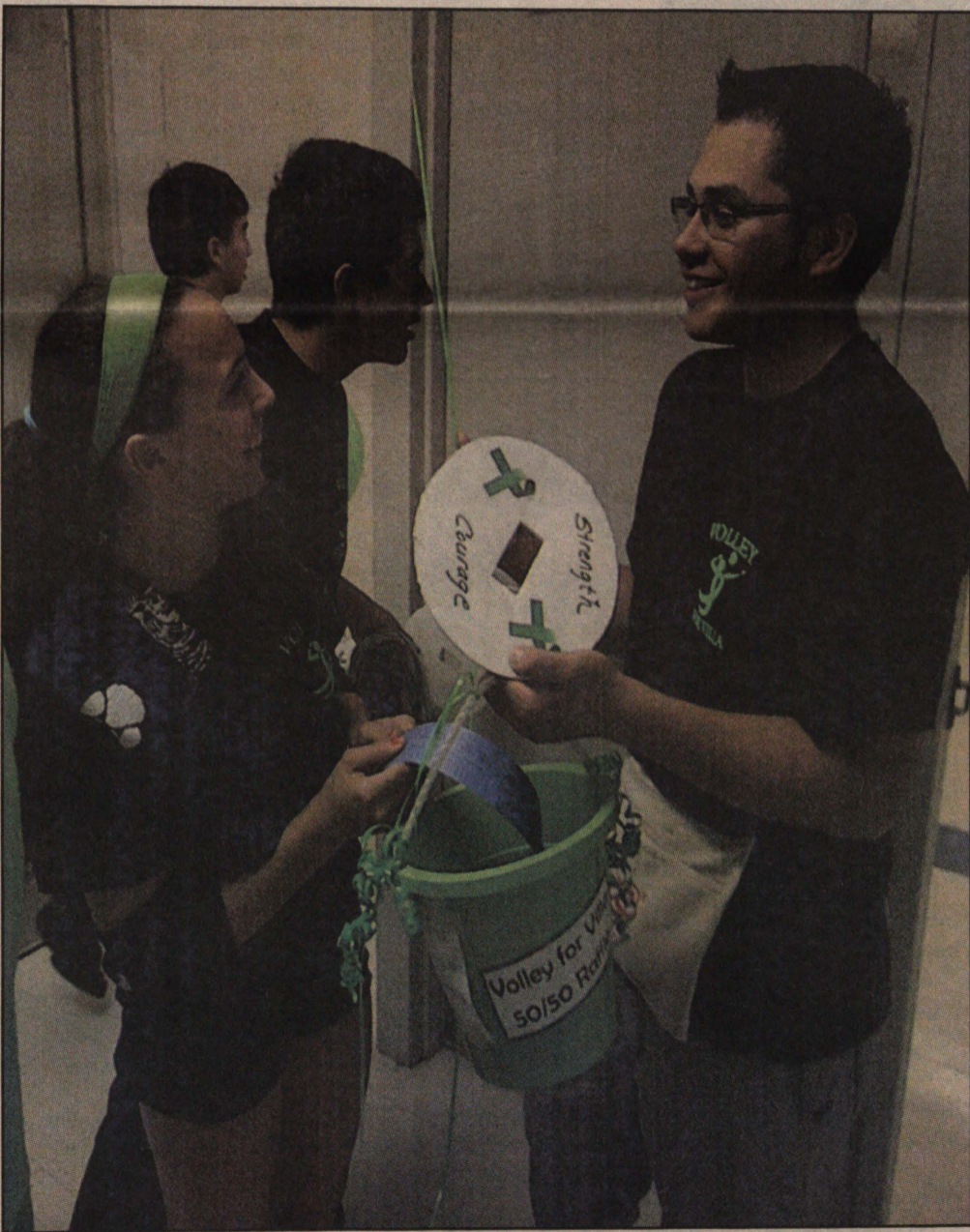


Photo by Kyle Paup

About \$2,000 was raised for the Volley for Villa, which was donated to the Villa family. Sophomore Ronni Katarzynski, left, buying a raffle ticket from sophomore Fernando Rodriguez.

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Going global

A conversation between a student and teacher creates a new club to help out local, global community --see **News** page 2.

Unnecessary Problem

Failure to pass same-sex marriage in Illinois adds on to an already long laundry list of problems in the state --see **Perspectives**, page 4.



Gaining wisdom, not weight

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Joining forces

Athletes join new athletic department group to help out, give students a voice --see **Sports**, page 11.

Beard season back for business

By Kyle Paup
Perspectives Editor

Pep Club will once again be in charge of No Shave November which starts on Friday.

No Shave November is a month long activity where

anyone who chooses to participate does not shave at all until the month is over.

Unlike previous years, No Shave November will no longer be a fundraiser.

"We used to do it as a fundraiser but so many clubs ended up doing (fundraising) like

Thanksgiving drives or coin drives (and) we didn't want to add another one into the mix. It's more so just becoming 'let's just grow hair for a month,'" Pep Club adviser Mitch McKenna said. "We just decided to make it something fun and make sure that we don't try to take (fundraising opportunities) away from the others."

Even though it is no longer a fundraiser, No Shave November is still considered a fun activity that anyone can participate in.

"It's very low key and simple. We are passing out some flyers (with) some sweet pictures of beards around the school, and if you wanted to join in the fun then on the last day of November, people will gather in commons for Beard Fest," McKenna said.

Despite the fact that this is no longer a fundraiser, No Shave November can still be as successful this year as it was the last.

"I think it depends on how excited people are (and) how warm they would like to be this winter. It's just more so something fun to do," McKenna said.



Photo by Alexandra Garibay

Having already started to grow out his beard, English teacher Brad Larson has a head start on No Shave November.

Student, short film give back big

By Darcy Akins
Sports Editor

After submitting a short video and application for The Show Must Go On video contest, senior Josué Muñoz won \$1,000 for first place to help the drama department.

"The contest was held by Pioneer Drama which is a publishing company that specializes in educational theater," Muñoz said. "(I got) \$1,000 in royalties and scripts from Pioneer Drama that allowed us to buy scripts for our outreach program."

Staff and students from any high school or middle school could enter the contest to win funding.

"I had to submit a creative three-minute video that explains why 'the show must go on' at our school," Muñoz said. "Our video was an overview of our program. We focused specifically on growth and success that we've had with such a small budget."

At first, Muñoz was surprised when he learned that he had won first place.

"(The) director of 'Lend me a Tenor' (Mark Begovich) received the email (announcing the win) and it was the night of our performance," Muñoz said. "He called me over with a very serious, almost ticked expression on his face so I anticipated that I had done something wrong. Then he laughed and congratulated me for the win."

Not only was winning good for himself, but for the drama program as a whole.

"(The award) made me feel like our program had one more thing to be proud of," Muñoz said. "We continue to demonstrate that we are good at what we do and it's nice to get recognized for doing things, for the right reasons."

However, Muñoz admitted that he couldn't have won on his own.

"It would not have been possible without my best friend and Community High alumni, Daniel Stompor," Muñoz said. "He has taught me so much."

Stompor graduated in June.

Group goes global to spread awareness

Conversation initiates desire to help community

By Alexandra Garibay
Center Spread Editor

Spreading awareness while helping the world is the goal for the one school's newest clubs, WeGo Global.

The idea for the club started after a conversation between social studies teacher Margaret Haas and senior Natalie Sehweil.

"(We) talked about how there wasn't a club that focused on helping people around the world," Haas said.

Along with Sehweil, senior Christina Barrios also helped start the club.

During their first meeting on Oct. 21, members of WeGo Global brainstormed ideas to help spread the word on the new club to the community.

Thirty students showed up

to the first meeting.

"We were satisfied and excited, with the turnout during the first meeting," Barrios said.

Each semester the club will have a different theme they will focus on, with this semester's focus on hunger, and next semester's on shelter.

"We lose sight of how meaningful the things we have are," Sehweil said.

WeGo Global plans to take a field trip for their theme of hunger to Feed My Starving Children, a non-profit Christian organization where volunteers hand-pack meals that are sent to countries around the world.

Feed My Starving Children has several locations around the country but WeGo Global will be going to the one located in Naperville.

WeGo Global has blue donation boxes located in classrooms where students and staff can donate change that will go towards Feed My Starving Children.

WeGo Global meetings will be held every Monday at 3:15 p.m. in room 183.



Photo by Guadalupe Blanco

Foods teacher Patricia Clifford, right, was on hand to help distribute raffle tickets for the Halloween cakes during all lunch hours on Friday.

Serving up a scare

By Guadalupe Blanco
Editor in Chief

By combining the learning of the classroom and the spirit of the Halloween season, students in foods 2 designed and raffled off their cakes on Friday.

"The first thing we had to do is think of the ideas ourselves," sophomore Ron-

ni Katarzynski said. "We looked up ideas on Google and picked the best ones, and then we tried to replicate them in the best way we could."

According to foods teacher Patricia Clifford, the students also got background on baking the cakes.

"(The students) were able to view previous years to

get ideas. We (also) watched shows like 'Cake Boss,' and 'Ace of Cakes' to get ideas. They participated hands-on to practice," Clifford said. "I gave them guidelines, but I like them to be creative and create their own designs."

Preparing the Halloween themed cakes was also the first time students got to work with cake decorating.

"They hadn't done baking yet. In foods 1, they baked apple pies, but this time it was cake decorating. For first timers, they did really well," Clifford said. "Some used fondant, and some used buttercream frosting to decorate."

Since it was their first time cake decorating, students found it to be interesting.

"The things you picture in your head don't always turn out, but you still have to put an effort," Katarzynski. "My group put in a lot of effort to make it look the best."

After raffling off the cakes, the money that was raised went to a good cause.

"The money from the cakes goes to a family and consumer science scholarship given to a student who has done well and has taken lots of consumer science classes," Clifford said.

In the end, \$134.10 was raised.

Local business, national opportunity

Restaurant enters contest to win Super Bowl commercial

By Alexandra Garibay
Center Spread Editor

Early in September, Augustino's entered the "Small Business, Big Game" contest where the final businesses will win a free Super Bowl commercial contest sponsored by Intuit, for businesses with 50 or less full-time employees.

The business who wins will receive a free Super Bowl commercial to air during the game.

Co-owner Cathy Moreli first heard about the contest on "Good Morning America."

"It (was) an incredible opportunity because there is no way a small business can afford a Super Bowl commercial," Moreli said.

To enter, the owner of the business had to send a comment about their business.

From there the businesses were chosen to go into round two, where the businesses provided a short video about

themselves.

As it is one of Augustino's busiest days, Super Bowl Sunday is the day the employees train for, according to Moreli.

Augustino's had been promoting the contest in their

store to get customers to vote for them online.

To get more votes, they had also put up posters in their stores and had cashiers ask customers if they had voted for them yet.

"We were asking customers to go on our Facebook page because we were trying to get as many votes as we can. It (was) a popularity con-

test," Moreli said.

Moreli believed that advancing further into the competition would be a huge step for their business.

However, on Monday, Moreli found out that Augustino's had not advanced to the third round.

"It was a fun ride though, and our staff had a fun time trying," Moreli said.



Augustino's, a local business located in West Chicago, did not qualify for round three of the "Small Business, Big Game" contest.

Photo by Alexandra Garibay

Old school games, new technology form club

Passion for videogames binds kids

By Ethan Fox
Contributing Writer

Vito Orona hopes to unite people with video gaming.

The deans' assistant advises the new Videogame Club which meets every Thursday.

"I want to get kids to participate in gaming events, fundraising, and in school wide events to bring the school closer together and create a better sense of community," Orona said.

He hopes to create events where students can play against teachers and staff.

"I had a Videogame Club at my high school, and was fairly successful," said Orona.

Orona also hopes to have a larger club, as he believes it is important to reach out to those kids.

"It is important to have a Videogame Club because not every kid enjoys sports or acting, but has a great passion for videogames," Orona said.

There was also support from teachers and staff for the club.

"As time went on, I started to gather support from teachers and staff members," said Orona.

Art teacher Jorge Bustamante said that he would help with t-shirt and logo design.

There are also some guidelines, including having games rated teen and up approved by the school.

"The types of games that the Videogame Club will be playing are based off of the ESRB ratings," said Orona.

With the club, Orona hopes to play old games and the new games, so that the club can learn the history of videogames.

Club starts at 3:30 p.m. Meeting locations may vary.

Students join forces, help community

By Guadalupe Blanco
Editor in Chief

Over 400 lives were saved at the Interact Club fall blood drive.

According to club adviser Gavin Engel, each pint of blood that is donated can save up to three lives, and 173 students donated 133 pints of blood at the Oct. 18 drive.

"We work with Lifesource, who, I think is Chicagoland's largest blood bank, in order to have students sign up to donate blood," Engel said.

Many first-time donations occurred.

"What really caught my eye was the large number of first-time donors. Many had a great experience, so I'm hoping they donate again,"

Engel said. "The blood drive went very well, as expected, and rarely is there an issue."

Sometimes though, students were not able to donate, despite being signed up.

"Some students end up not being able to donate for such things as low iron levels or a recent piercing," Engel said.

In order to put together the blood drive, there is a lot of

work done during the day.

Members of Interact Club volunteer to help the event run smoothly, according to Engel.

"We usually have between 10 or 20 Interact Club members helping throughout the day with check-in table, and the refreshments table after students donate," Engel said. "They also help calm nerves of students that are nervous or feeling a little lightheaded after donating. Reassurance can go a long way."

Junior Rachel Martin felt a sense of happiness from being able to help out.

"Personally I gained an appreciation for all the nurses and workers who take time out of their day to help a good cause," Martin said. "The best thing about it is knowing that I'm helping real people and actually making a difference."

Not only does it bring students together, but also the community.

"We always have a great turnout, and I think that just shows how committed our student body and our school is to the community of West Chicago," Engel said. "With Chicagoland's blood supply often being low, students know that just 45 minutes of their time and a pint of blood later, they are making a difference in many people's lives."



Photo by Teaya Brown-Stacker

Senior Berenice Romero was one of 173 students who donated at the blood drive.

Our View

Rite of passage goes off in wrong direction

For many, school dances such as homecoming have been a way for students to have a fun night and have something to help take away the stress of school. Although, people have started taking such events to an entirely different level with alcohol, drugs, and sexual behavior.

School dances have lost their ideas of happiness and fun because of misusing the privileges students are granted.

While some students can have a fun night out by dancing with their friends, others have taken a good portion of that fun away by making these dances an unsafe environment.

Even though it is made clear before student dances about the rules, students still seem to ignore the rules entirely.

Inappropriate dances such as grinding and twerking are supposed to be punishable if discovered by supervisors, yet even though there were dozens of couples at the dance doing such dances for the entire night, no one appeared to stop them from doing so.

Have our morals as a society really stooped to a level so low that two teenage students are allowed to have the closest possible thing to sex in a public place surrounded by hundreds of others? Are these

students not at all embarrassed by this fact that they are willingly portraying themselves in these ways around all of their friends and teachers?

It would appear that these students are unfazed by this fact. They don't care anymore, in fact, they encourage this behavior and are getting away with it.

Another issue that has made school dances such a problem is drinking.

Not only is it wrong for teenagers to be destroying their brain cells to a point where they make themselves look like complete idiots in front of the entire school for a night just to have fun, but the simple fact is that it isn't even legal.

They are breaking the law so that they can have a "fun night," when in reality it is only ruining their lives.

According to the Centers for Disease Control and Prevention website, teenage drinking is responsible for over 4,700 deaths annually in the United States.

Is that worth one fun night? Maybe it wasn't even fun, maybe they were so sick from alcohol poisoning that they couldn't have fun at all.

The Wildcat Chronicle staff attempted to find out how many students were suspended at this

year's homecoming but was denied the information.

During these dances, even fights can break out at any moment which physically hurts those involved and scares all of those who were not directly involved.

Homecoming or any other school dances do not need to be judged by this standard, but currently they are. They are being judged because they deserve to be judged. The behavior of these students is sickening and needs to end.

All it takes is common logic and the use of your slightly destroyed brain to realize that what you are doing is wrong and that you need to stop.

It is never too late for anyone and with a little work, homecoming dances can stop being judged in the way that they are and become a safe and fun environment for everyone.

You just need to use the slightest bit of intelligence to realize how bad this behavior is and that you just need to stop.

Not only is it ruining your life one step at a time, but you are ruining the homecoming experience for everyone else that actually has the common sense to be smart and not take part in these unacceptable activities.



Photo illustration by Guadalupe Blanco

Lack of (selfie) control cause for concern

With the increased popularity of websites like Twitter and Instagram, the "selfie culture" has grown as well, creating an unnecessary sense of shallowness and vanity in today's generation.

According to Oxford dictionary, a selfie is defined as "a photograph that one has taken of oneself with a smartphone or webcam and uploaded to a social media website."

The example sentence on www.oxforddictionaries.com elaborates on the idea of vanity, stating that "occasional selfies are acceptable, but posting a new picture of yourself everyday isn't necessary."

It is true that anything in moderation is acceptable, but in today's society, the idea of moderation is nearly gone, from the supersized meals that can be ordered at fast food restaurants, to the overpriced shirts that are happily paid for by shoppers.

A selfie overload is not only annoying, but is a cause for concern.

In a study published in the journal *Cyberpsychology*, University at Buffalo researchers found that females today are basing their self-worth on public opinions, most of which stemmed from feedback based on the appearance they had on these uploaded images.

The people who based their self-worth on public opinions were also the most frequent selfie sharers.

If selfies are becoming tools and representations of insecurity, then they are, in their own way, holding back the idea of progress that millennials have insisted is their strong suit.

When looked at by older generations, millennials have been stereotyped as lazy, cyber-obsessed individuals who don't contribute to society.

Overindulging by posting selfies constantly as a means of self-esteem supports the "lazy" stereotype that older generations have.

However, ask any millennial or person who is well versed in today's technology and they will probably have words along the lines of "innovative, diverse, progressive."

These connections aren't totally off the mark, with millennials like 16-year-old Jake Andraka creating a diagnostic tool for early detection of pancreatic cancer.

Perhaps not everyone is a Jake Andraka, but everyone has the potential to put their energy to good use, instead of draining it on a digital vanity.

Girls and guys shouldn't be basing their value and importance on what little voices on the Internet are saying.

Instead of spending so much time stressing out about taking the "perfect selfie," teenagers should focus on bettering themselves.

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

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'Gap' between reality, mislead ideas

New trend of an "ideal" body leads girls to unrealistic extremes



By Alexandra Garibay
Centerspread Editor

A new trend has surfaced this year concerning girls' bodies called the "thigh gap."

Having a thigh gap means standing with your feet next to each other and having a gap in between your thighs.

Thigh gap trend networking sites such as www.tumblr.com show young girls what a thigh gap is and how to achieve it, contributing to the problem.

Pages on www.tumblr.com are completely dedicated to posting pictures of thigh gaps and girls look at them hoping to get a thigh gap.

In my opinion, it is a waste of time considering it is physically impossible to achieve a thigh gap unless you have wide set hips.

"You have to be both skinny and wide-hipped to achieve a thigh gap," according to fitness expert Dr. Vonda Wright in the Oct. 4 www.usatoday.com.

Many pictures surface on the Internet of skinny girls with a thigh gap and other girls consider that to be desirable.

If girls starve themselves in order to achieve a thigh gap they might get an eating disorder.

Eating disorders occur most often in adolescents and young adults, and in the United States seven million females suffer from eating disorders, according to



www.healthcentral.com.

For many years society has made girls think they need to be skinny, have a certain color hair, or wear certain clothes in order to be liked and accepted in society.

"There is always a beauty idea being fostered around by the fashion industry. Lots of money and time spent on promoting the ideal look most women can't naturally achieve," social worker Vivian Walsh said.

This thigh gap trend is one more reason for young girls to feel self-conscious about themselves when there is really no reason to feel that way.

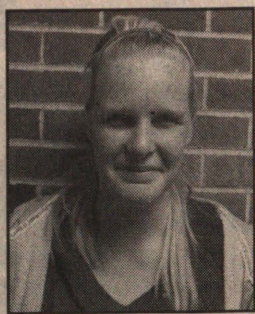
Enough teenage girls are starving themselves already in order to be feel pretty because of the endless skinny models who are shown in movies, commercials, and ads.

If girls exercised and had a healthy diet they might be able to achieve the healthy body they want to have. But spending time hoping to achieve an unhealthy almost impossible look is not worth any girls' time.

Photo illustration by Guadalupe Blanco

A plastic doll portrays an unrealistic thigh gap.

Marriage equality should not be another problem



By Darcy Akins
Sports Editor

Illinois has had many problems such as corruption, unfair taxes, and many other problems, but marriage equality shouldn't be one of them, as it seems it's going to be.

According to the Chicago Tribune, an estimated 3,000 people gathered outside of Springfield on Oct. 22 to show their anger about a legalization not being passed.

Only 14 states in the country currently support and allow same sex marriage and the push is for Illinois to become the 15th state.

Lawmakers are afraid of passing this because they believe that it will

effect their chances for re-election because of loosing the votes of those against gay rights, according to the Chicago Tribune.

The reasons for not allowing same sex marriage baffles me.

Some people don't want it allowed for religious reasons. However, not all people believe in or follow your religion, so why should they be forced to

conform to your idea of acceptable?

Ideas practiced by one group of people such as a religious group shouldn't hinder the ability of another group to practice what they believe. Is anyone stopping religious people from getting baptized or have communion just because they don't believe in it? I didn't think so.

Another common argument is that of 'the person wasn't born like that, they're just confused.'

I highly doubt that a person would willingly put themselves in a position where they get mistreated and discriminated against, by choice. If you had the choice to be accepted by society, or turned away and treated different just based on a belief, what would you chose?

Gay people shouldn't have to worry about who will accept them or if their rights will be denied any more than a straight person would worry about those things.

There is also talk that the bill to pass equal marriage will be moved to January.

If moving it is what it takes to get everyone in our state the same rights, then I'm all for that.

It is unacceptable that in a country as advanced as ours, we still don't have equal rights for all like our Constitution says we should.

Illinois needs to take a step back and think about when discrimination ever became acceptable in politics.

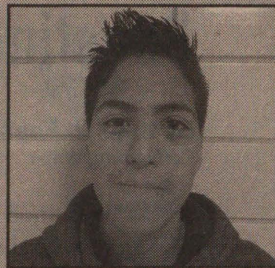


Photo illustration by Guadalupe Blanco

Students Speak

Compiled by Guadalupe Blanco

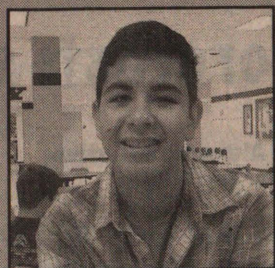
What are your thoughts on girls trying to get thigh gaps?



Freshman
Alejandro Zarco
"It's bad what they're doing. Every girl is beautiful in their own way."



Sophomore
Kelsey Pekosh
"If it's natural, it's fine, but if it's not natural, then don't (try to) achieve it."



Junior
David Salinas
"They're unnecessary. Why would they starve themselves?"



Senior
Katie Schatke
"It's silly the extremes they'll go to."

SCHOOL SPIRIT: (n)., The feeling of being proud and enthusiastic about the school you go to.

From www.macmillandictionary.com

Boosting, bringing morale

By **Katelyn Foehner**
Contributing Writer

Teachers and students agree that school spirit is defined as having pride in your school, and participating in school activities and clubs helps contribute to school spirit.

"Going to sport games and participating in homecoming week shows school spirit at West Chicago," senior Karen Trejillo said.

Freshmen Amanda Ditchman and Sameera Hussain agreed that school spirit is shown through the display of clothing, such as shirts that state WEGO or West Chicago.

Teachers also believe that West Chicago has school spirit.

"(School spirit is) supporting sports teams even though we do not do well against them, and the students still support them," study hall su-

pervisor Edie Freund said.

Freund thinks that the amount of students in clubs and sports also helps represent spirit in the school.

However, not everyone thinks that there is much school spirit.

"West Chicago does not have a lot of school spirit. WEGO has a bad reputation and it is not very encouraging to the students," junior Kimberly Mauriello said.

Students are not the only ones who believe that school spirit is lacking in areas, but are happy to see that it has been improving in recent times.

"School spirit is improving and there has been more of a push within the last few years to promote it," government teacher John Chisholm said.

Chisholm also said that, "it's getting better" and that homecoming week this year was the best he'd seen during his nine years teaching.



Learning - Living
is
Working to
Embracing
Giving to
Owning our
Community High School
West Chicago

Even Victor E. Wildcat
the spirit boost by up

WILDCAT
EVOLUTION

Forecast: school spirit heating up

By **Alexandra Garibay**
Center Spread Editor

To help school improvement, the climate committee, which is composed of administrators, teachers and support staff, is working hard to remedy school climate issues that the school faces.

Results from last year's school climate survey helped the climate committee know what to improve in the school.

One of the biggest changes the committee has done so far has been the new school touchstone.

"Students were looking for ways to be unified, something that connected us together," English teacher Amanda Cordes said. "The touchstone is a creed or a belief the school could believe

in together, everyone had a voice in creating it."

Another change they did to the school was plant flowers outside the school to improve the appearance of the building.

Leaders involved in the committee include Cordes, social studies teacher Mary Ellen Daneels, and Assistant Principal Peter Martino.

Changes that occur during the year will be from the survey students took last year.

Other issues the students shared on the survey were bullying, school cleanliness, and activity school buses to transport students to school activities.

The committee also plans to use the 8th grade open house in January to build school spirit for incoming freshmen.

"We are going to try to involve current students for the open house to welcome incoming students," Cordes said.

Another way the committee plans to involve students is to create a student climate committee.

"We don't want to be the adults making the decisions for our school climate. Students are a big part and that's how we are going to get the ball rolling on certain things," Cordes said.

There are also hopes to have a student committee by the end of the semester.

There would be no requirements to join the student climate committee.

"Anybody who wants to have a voice in their school would be part of the school climate," Cordes said.



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Do you know the school fight song?

We're West Chicago brave and bold.

We make up the fight our line to hold.

We're West Chicago don't you see,

So fight, fight, fight for victory!

Now here's to the teams who have won the right

To carry our colors on the field in the fight.

Here's to the team, fight for me and you,

For old West Chicago, white and blue.



Bringing 'our house,' support to the stands

By Alexandra Garibay
Center Spread Editor

Part of having school spirit means cheering on your football team with the squad each Friday night.

Seniors Natalie Warkins and Sean Young are the squad leaders this year.

"After seeing such a small squad last year we kind of took it upon ourselves to make it better," Warkins said.

The squad cheered on the football team every Friday night.

There are many traditions the squad keeps every year.

For example, the whiteout theme for homecoming and other themes like neon night and cowboys and Indians have been kept for years.

Although some themes have been kept, a new tradition that was started this year was a "This is Our House" sign which started as a white

poster but has been added to with each new theme.

For each game and its theme, something that represents that night is added to the poster, according to Warkins.

The squad had several nights such as camo, white-out, and neon night.

"My favorite night was definitely the lime green out because it really brought the whole school together," Warkins said.

Lime green out was chosen to honor senior Alex Villa, who was diagnosed with lymphoma.

Seeing how the squad in years before was done, inspired this year's seniors to improve the squad.

"I used to be so amazed by how big the squad looked and how exciting it seemed, so we just really wanted to bring that back for our senior year," Warkins said.

31 ways to D.I.Y. Halloween

Don't have money? Check out these ideas

1. Take paper towels and wrap them around yourself for a mummy costume.

2. Put on an old bed sheet, and slip a swimsuit on top for a sexy ghost.

3. Wrap a juice box in white tape, add googly eyes, and an ordinary juice box becomes a mummy drink.

4. An upside down fudge cookie with a dollop of orange frosting in the middle, and top with a Hershey kiss for instant witch hats.

5. Cut out "eyes" in toilet paper rolls, put a glow stick inside, and lay them in the front yard for demon eyes.

6. Write "404 Error" on an old white t-shirt for a "costume not available" costume.

7. A roll of paper towels, a plaid button down, and some facial hair put together a Brawny man costume.

8. Instant Bill Cosby look, throw on an ugly '80s sweater.

9. Stick some plastic spiders in a tray of ice cubes to cool down.

10. The tourist look is eas-

ily pulled off by adding a fancy pack to any outfit.

11. Bring some enthusiasm and a sign that says "ceiling" to become a ceiling fan.

12. Fill up a plastic glove with treats and candy to give out as holiday favors.

13. Draw a compass on with only "north" on a plain shirt for a One Direction costume.

14. For the "Breaking Bad" look, slip on a button down, tidy-whities and glasses to get Walter White's look.

15. A magic wand, snuggie, and football helmet make an instant fantasy football costume.

16. Grab an old bathroom towel and cover it in red paint for blood stained decor.

17. For warm weather, hand out popiscles with faces drawn on them.

18. Take some flower leis and boxing gear to create Hawaiian Punch.

19. Wrap the front door in toilet paper for a creepy mummy entrance.

20. Write "book" on your face to become Facebook.

21. All blue getup and and fake ivy create Blue Ivy.

22. Try a Rosie the Riverter look by getting a denim shirt, red bandana, and red lipstick.

23. Take cut black construction paper and tape onto lollipops for witch brooms.

24. Pair basketball gear and donuts to become Dunkin' Donuts.

25. A fake beard, toga, and Play-doh sum up Plato.

26. A suit and sunglasses can make anyone a bouncer.

27. Red, purple or green balloons and a matching top create a bunch of grapes.

28. Put glow sticks in balloons with faces for glowing ghosts.

29. Oreos with frosting eyes make for yummy spiders.

30. Adding green dye to the classic Rice Krispy recipe to create Rice Krispy monsters.

31. Carve out a pumpkin and fill it with ice to keep drinks cool and festive.

Compiled by Guadalupe Blanco

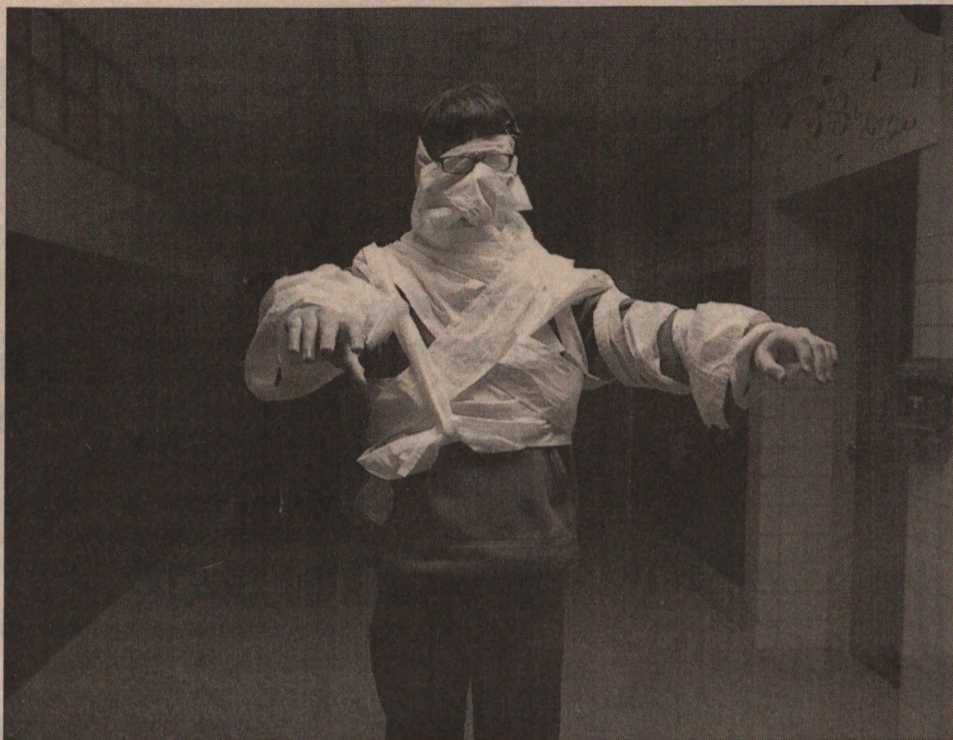


Photo illustration by Alexandra Garibay

Toilet papers goes a long way to create a DIY Halloween mummy costume.

Head to Aurora for last minute haunted house scare

By Alexandra Garibay
Center spread Editor

Shrieks and eerie characters are some of the many of the scary encounters people can look forward to when visiting Basement of the Dead located in Aurora.

Last year Basement of the Dead was voted the fourth best haunted house in Chicagoland by www.haunted-housechicago.com.

Once you arrive the characters walking around outside frighten you while you are getting ready for the real haunt.

And don't show fear because these creepy characters will go up to scare you personally if you show fear.

Also located outside is a masked deejay that plays upbeat music to keep people entertained in line.

Once you enter with your group you go down a flight of dark creepy stairs. From the moment you enter the room is filled with noises to alert you of what's to come next.

Several rooms have their own unique themes.

Rooms such as a church, prison, and hospital scene were used.

What I really enjoyed about Basement of the Dead were the rooms filled with people in every corner in creative costumes and makeup.

At one point I kept staring at a character who was sitting down and I could not tell whether or not she was real.

When she noticed I was looking, she, of course, got close to my face and screamed at me proving she was real.

Having actors that are not afraid to get into people's faces to get a genuine scream out of them is something every haunted house should have.

Basement of the Dead is open Thursday from 7 p.m. to 10 p.m. and Friday from 7 p.m. to 11 p.m.

Admission is \$18 for just the Basement of the Dead and \$25 for the Basement of the Dead and the Shattered 3D attraction, a 3D clown haunted house.

Basement of the Dead is located at 42 W New York St., Aurora.

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Freshman 15



College freshmen might gain 15 pounds of weight, but our freshmen can gain 15 tips from upperclassmen, teachers, and faculty

1. Senior Jason Umphrey:
My biggest advice to freshmen is to get involved and also don't be intimidated by the upperclassmen.
2. English teacher Amanda Cordes:
Trust your teachers, they have your best interest at heart. If you ever want to give up or think that things are getting too hard. Just think about the day of your graduation.
3. Senior Erin Powell:
Some advice is to be open to try new things and meet new people. The more the merrier.
4. Dean David Pater:
Make your grades your number one priority and get involved in our many activities and sports.
5. Social studies teacher Mitch Mckenna:
Be responsible and take the extra (time) to do your work. Do your work and life is pretty easy.
6. Junior Kayla Goffinet:
Be yourself. You're going to lose friends, but if you do then they weren't your real friends. Don't change to fit in.
7. Junior Jessica Mascari:
My biggest advice is to go to your locker, and empty out your backpack.
8. Junior Ben Skipor:
Start to think about what classes you should take next year, but not too much. See what interests you and take a class in that subject. Ask teachers what they think is best for you.
9. Senior Nataly Cholula:
Stay focused in school and don't slack off because slacking is contagious and it will affect your future.
10. Junior Ivan Servin:
Act like yourself, don't try to get attention from everyone.
11. Junior Katrina Demus:
Don't go into the squad if you're a freshman.
12. Perspectives Editor Kyle Paup:
Stop leaving things you need to do until the last minute.
13. Editor in Chief Guadalupe Blanco:
Just remember that yesterday, you were those annoying eighth graders you're making fun of now. Be nice, the world is a small place.
14. Sports Editor Darcy Akins:
Just because it's your freshman year doesn't mean you can slack off.
15. Center Spread Editor Alexandra Garibay:
Respect your teachers and classmates. If you do what you are told it will make getting through school a lot easier.

Hard work pays off

By Kyle Paup
Perspectives Editor

The girls volleyball team has had a season of trials, but managed to pull through with a notable record.

"We have had our ups and downs. We are about .500 at the varsity level 17 wins and 15 losses," coach Kristi Hasty said.

Switching conferences has had many impacts on the team itself.

"The players have been struggling with so much practice this year. We are not used to playing only one game per week, which we have done for (several) weeks," Hasty said.

With more practices due to joining the Upstate 8, there is more time to focus on becoming better players.

"We're trying to switch our practices up so that we work on every position that we need to make us a better team," varsity player Ronni Katarzynski said.

Despite the extra practice, the team still didn't win as much as they wished they would have.

"We could have won a few more. We get close, but just cannot (always) close the deal as we saw against Waubonsie Valley and Naperville Central in the autumn fest tournament," Hasty said.

Team members have still

managed to improve in the sport since the beginning of the year.

"We have improved our play since the beginning of the season. We just need to start peaking at the right time, which is right about now," Hasty said.

Volleyball players also

feel like they have improved greatly since earlier this year.

"Our team is really hard working and we are putting in all of our effort. I think people doubted that we were going to be as good as we are this year and I think that we all are putting in so much effort that it's paying off,"

Katarzynski said. "We may not be winning a lot, but during our games everyone fights and we have close games."

Freshmen players have also advanced.

"In the beginning during tryouts we weren't good from over the summer of not having worked, but when we came back we all got in shape and have come together and become way better than we were," freshman Brenda Sladek said.

Team strives to improve against odds

By Alexandra Garibay
Center Spread Editor

Working hard during practice will help the cheerleading team achieve their goals.

"I'm expecting a lot more from my girls, I'm holding them accountable for their actions and responsibilities," varsity coach Meghan Klein said.

Even with hard work, the team is facing many challenges.

"I think one of the biggest challenges the team has had throughout the year is agreeing with our new coach since everyone has so many ideas of how things should be done," senior Olivia Wilson said.

Klein also agrees there are some problems on the team.

"A challenge we're facing right now is being able to have a practice that everyone is able to attend; a lot of the girls work or are in other sports or clubs," Klein said. "It is essential that everyone is there during practice."

But improvements are occurring.

"Our biggest improvement has been working as a team. We truly have grown so much since the beginning of the year and (we) are better for it," Wilson said.

Occasionally members of the JV team helps out the varsity team when they need help during practice.

"It is really exciting having a girl move up. It motivates them (because) even though they're on JV they can move up to varsity," Klein said.

Sophomore Andrea Bauler got the chance to move up to varsity this year.

"It makes me more confident knowing that I have good talent to be on varsity," Bauler said. "I have to work on things, but knowing that they want me to be on varsity is a good feeling."

Since moving up, Bauler has noticed some major differences between the levels.

"The techniques of doing stunts and the dances and tumbling is more difficult on varsity," Bauler said.



Photo by Kyle Paup

Senior Karissa Chernick attempts to spike the ball back over the net to the opponent, on Volley for Villa night Oct. 15 while senior Kelsey Windisch prepares to hit the ball.

Success at conference

By Guadalupe Blanco
Editor in Chief

Boys on the golf team were able to score a conference win over the opposing teams on October 2.

Despite missing out on sectionals, a strong team dynamic played a major role during the season, and at the conference tournament.

"I think the biggest key was the team chemistry and coming in with a belief that we could beat anybody we play. I've been playing with these guys for years and we have become very close as a group and I wouldn't want to be with any other group of guys," senior Ryan Orr said.

Along with a solid team dynamic, the team was also prepared about what to expect at the conference meet.

able to step up at the Upstate Eight tournament, and knew it would be like trying to catch lightning in a bottle twice."

While playing the game and having fun, Golyshko also wanted the boys to learn about the game of golf.

"One thing I've tried to get the boys to understand is that stress is the worst thing possible in the game of golf," Golyshko said.

While playing the game and having fun, Golyshko also wanted the boys to learn about the game of golf.

"It's anyone's game. Golf is a game where you can play the same course the next day and the weather, ground conditions, can be completely different and those can affect the outcome," Golyshko said.

Even though they didn't play as well in the tournaments after conference, Golyshko was still proud of the team.

"This year we had a confidence that we could beat any team. As seniors we all knew this was it and we took advantage of every moment and every match," Orr said. "We had this sense of urgency to make our senior year special and I couldn't be more proud of our team on how we handled this year as a team."

Although they played well, coach Niel Golyshko admits, things could have been different.

"It's anyone's game. Golf is a game where you can play the same course the next day and the weather, ground conditions, can be completely different and those can affect the outcome," Golyshko said.

Even though they didn't play as well in the tournaments after conference, Golyshko was still proud of the team.

"I'm proud that they were

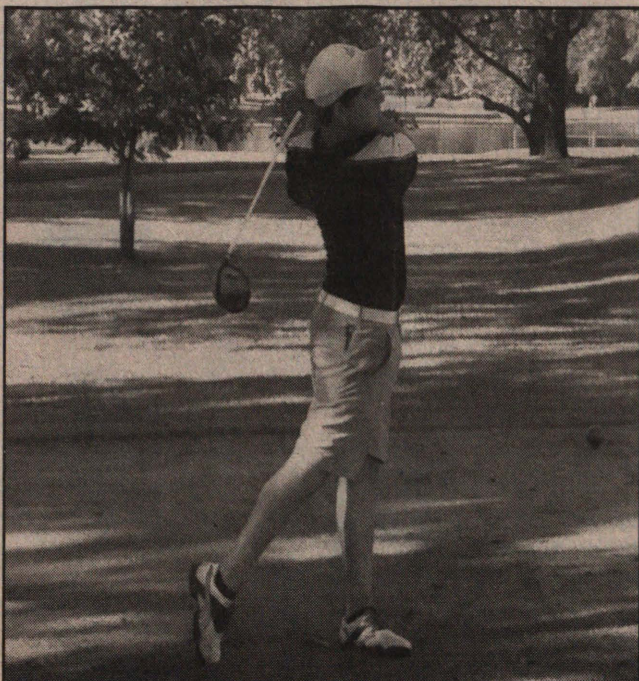


Photo courtesy of Neil Golyshko

Senior Dino Parducci takes his final swing at the conference meet Oct. 2.

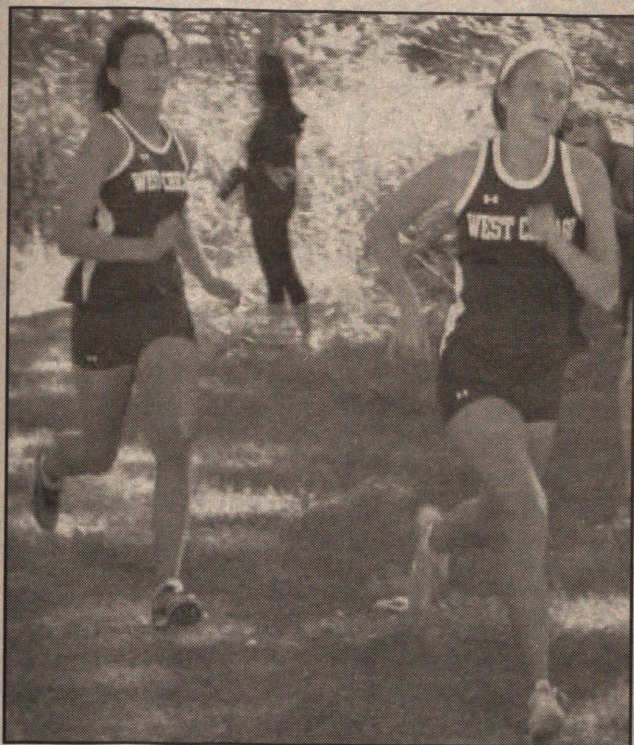


Photo courtesy of Coral Scudder

Senior Gena Rodriguez, left, and junior Ana Flores, right, approach the finish line at their home meet on Oct. 11.

Personal records set at conference meet

By Darcy Akins
Sports Editor

Boys

While the boys cross country season may be wrapping up, the boys are happy with the bonding and hard work that came out of it.

"All but one person achieved a (personal record Oct. 18) at the Upstate Eight Conference meet," new coach Brain Puchalski said.

Freshman Dan McComb ran an 18:48, and seniors Joe Sawicki ran a 18:57, Dominic Sole ran 19:15, and Evan Gebhardt ran 19:48.

Even with the focus on growth and development of the team, the boys can still have their moments of fun and laughter.

"Once they pipe down and stop bouncing off the walls they are a pretty quick-witted group," Puchalski said. "I enjoy the inside jokes and sense of humor they bring to the table."

One aspect of the team members and the coach are trying to improve is, how many people are on the team.

Even though the team doesn't have as many people as it would like, they are determined to make the best out of it in the coming seasons.

"Our team has yet to reach its peak, but with the summer training, as well as more people becoming aware of cross country in the school, our team will become a force to be reckoned with to the other schools," sophomore Rahul Prabhu said. "One thing I like about our team is that

we continually grow, both physically and mentally as a team."

Girls

Having two girls receive all conference and advancing to sectionals, senior Lindsey Sayner and junior Mae Elizabeth Gimre, the girls cross country team are ending their season on a win.

"It was really exciting when I got (all conference)," Gimre said. "Before the race I knew you had to get in the top 24 to get all conference. It was really exciting when I ended up getting it."

Along with having a winning season, the girls also had a lot of fun during the season.

"(My highlight was) running so close with my team mates," senior Gena Rodriguez said. "I mean our times were close and my relationship with the team grew so much. It was great to have almost everyone get a personal record this year."

As a senior, Rodriguez would like to see the team prosper and continue working hard and winning next season.

"(The team) should continue their positive outlook for the season and working together and encouraging each other to do their best," Rodriguez said.

Additionally, the team would like to have more runners in the coming seasons.

"(In the) last few years the amount of girls has increased," Gimre said. "This year it went down. We are hoping to have more girls."

Loss at state ends season

By Alexandra Garibay
Center Spread Editor

For the second year in a row senior Hanna Netisingha advanced to state after placing tenth at sectionals in girls golf.

"The team did particularly well during sectionals," coach Mike Cain said.

As for state Netisingha was satisfied with advancing.

"It could have been better,

but I was really happy with the results because I was just happy that I made it down there," Netisingha said.

Netisingha placed 49th.

Although Netisingha was the only one who went to the state, she wishes her team could have gone too and supported her.

"Being at state without them was such a weird feeling because I feel like this year we were so much closer," Netisingha said.

er," Netisingha said.

Being a closer team helps the team perform better.

"Because of being a close knit team we all played a lot better than last year," Netisingha said.

Although the season is over the team improved.

"We all improved our stroke average this season which is a really tough thing to do, I'm really proud of all of us girls" Netisingha said.

Players bring plays to defeat E. Aurora

By Darcy Akins
Sports Editor

As the football season ended, the Wildcats pulled out their first win with a 29-24 victory over East Aurora Friday.

"(The season) didn't go as planned, but I think we are starting to make a change and it's starting to show," junior Alex Mitchell said.

Even though their hopes weren't achieved, the team

did see some good.

"I think we came together and stuck with each other," Mitchell said. "I also think we had positive attitudes throughout most of the season no matter the outcome."

Hard work and effort have improved the team, but more is needed.

"(We need to improve on) being able to come together and give a full on effort with everyone not just knowing what to do, but also being

able to recognize more and react better," senior Jordan Lelito said. "We need to make more plays and take advantage of opportunities more."

Coach Bill Bicker agrees.

"Our commitment level in the off-season needs to improve. The other thing that needs to improve is making plays. A football game often comes down to four or five plays; whoever makes them wins," Bicker said. "When there is a ball to be caught, or a tackle or kick to be made we need to step up. Plays don't make players, players make plays."

Students lead new group

SALT targets athletes to improve studies

By Nayeli Lara
Contributing Writer

The Student Athletic Leadership Team (SALT) is working to get athletes back on track academically, and help all sports become more unified.

"One of the projects we are working on is setting up an athletic study hall for athletes that are having trouble academically," adviser and athletic director Doug Mullaney said.

An athletic study hall will help athletes become eligible to play every week, according to senior Hanna Netisingha.

As well as helping students academically, SALT is looking to bring all team captains together to talk about the leadership and responsibility needs of a team.

"We want to make a Captains' Corner for all sports captains. All captains discuss their sport and how to improve themselves as leaders," senior Joe Sawicki said.

SALT is also working on making a new position called

athlete of the month. Every month an athlete that is respected for his or her leadership will be chosen for the position, according to Sawicki.

One of the most important roles of a SALT member is to offer leadership to other athletes.

"All the kids can talk to the athletes all day and bring it back to the table. We can follow through on what teams want because we can provide them with a voice," Mullaney said.

Even though the team involves a lot of work, all members still enjoy being a part of it.

"My favorite part of being a SALT member would definitely be knowing that I'm helping out the school and making our athletic status better. I've been an athlete at the school for four years now, and I love that this group is able to come together and change things for the better," Netisingha said.

Members have been making brochures to pass around the school about the Upstate Eight Conference and with more information on school sports.

Members have also updated the school athletic website to make it easier to access.



Photo by Darcy Akins

SALT team members hope to help student athletes do better in school. Team members include, left back, Jenna Foreman, Joe Sawicki, Jacob Urban, Edith Munoz, front left, Karla Soto, and Hannah Netisingha.

Working hard in the preseason

Toning for track

By Darcy Akins
Sports Editor

With an eye to significant improvements, girls track is making the most of pre-season workouts.

"After our season finished last year, it was very clear to see that many individuals had improved significantly in the three months they had been working out, which is great," coach Matt Nelson said. "If you don't continue to work out in the offseason, all the hard work that you put in during the season goes to waste."

Even though the workouts aren't required, many of the girls still attend.

"I go because I want to get better and lose a couple of seconds off my time," sophomore Kelly Conlon said. "I feel like I've gotten a lot better of endurance and improved my speed."

While the team is working to improve, Nelson admits he can't pick out just one area they need to work on.

"Realistically, I don't think we can pinpoint one or two things we need to work on," Nelson said. "We just need to come in with the mindset that we are going to get better every day as an individual and as a whole."

Boys track runners have also been practicing and working out on their own.

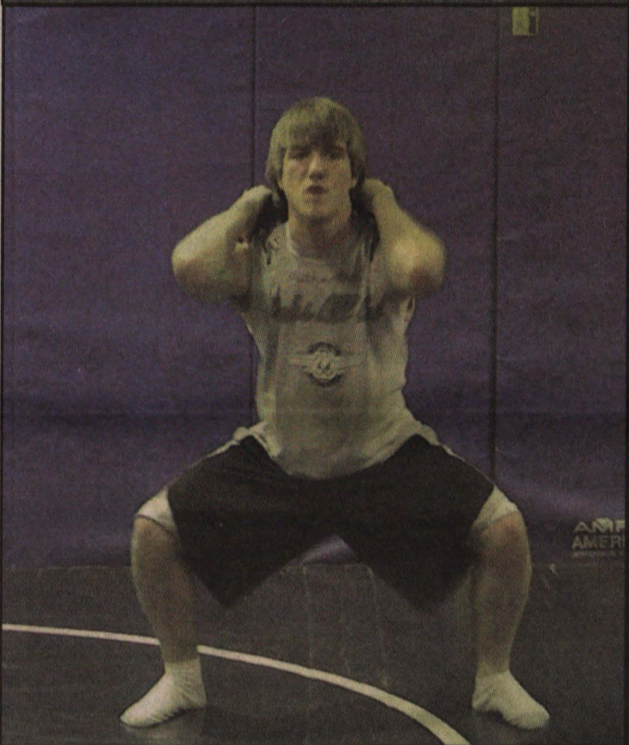
"I'm doing (preseason workouts) to hopefully be able to at least make it to indoor and outdoor state for pole vault," junior James Kubik said. "Last year I was only a foot away (from state)."

Kubik is looking to follow in his brother's footsteps in pole vaulting.

"My brother went to state in 2009 and 2010 for pole vault and that's my motivation and why I started to work out so early this year," Kubik said.

Not many boys are working out for preseason, but Kubik believes more will come now that football is over.

"It's difficult being a student athlete, but rewarding to me. I encourage anyone to come out to the team because track is a simple sport, but a difficult one to be good at," Kubik said.



Photos by Darcy Akins and Kyle Paup

Although not at all sports have started, some athletes have been preparing for their upcoming season. Senior Rosa Romero, top left, runs on the outdoor track getting ready for the indoor season. Sophomore Amari Stafford practices her dribbling for basketball. Junior Dylan Stump squats while lifting weights for wrestling.

Hitting the weights

Conditioning helps wrestlers improve

By Alexandra Garibay
Center Spread Editor

Heavy lifting is just one way the wrestling team is preparing to hit the mats for a season of competition.

Since the beginning of October, the wrestlers have been in pre-season workouts and conditioning.

During preseason the wrestlers do a timed 3-mile run, weight training, and plate workouts.

For the plate workouts the wrestlers pick up a 45 pound plate and then do a series of 10 different exercises without putting the plate down.

Wrestlers also have 10-20 minutes of free mat wrestling to help improve their wrestling.

"During those two minutes in an actual match you get an edge because of conditioning done during preseason," senior Beni Rojas said. "You also last longer during a match."

Besides getting ready physically, the wrestlers will also have to keep their grades.

"In preseason I set academic expectations prior to the start of the official season, that way they're allowed

to wrestle once the season starts up," coach Roberto Torres said.

A goal Torres also hopes to achieve is having the team be closer together.

"I want to increase the number of participants and have the team meet new peers," Torres said.

To help toward unification, the team will have new uniforms.

"All of the wrestlers will have the exact same uniform, so the entire team feels together and unified," Torres said.

Currently, the wrestling team conditions on Mondays, Tuesdays, and Thursdays from 3:30 p.m. to 5 p.m.

First wrestling practice will be Nov. 11, giving students the chance to still join wrestling during pre-season.

Shaping up gives players an edge

By Kyle Paup
Perspectives Editor

Preseason workouts are filling the hours for the girls basketball players.

They have been practicing two days a week since Sept 23.

"I believe the amount of players you get to attend pre-season workouts is in direct correlation of how successful you are as a program," coach Kim Wallner said.

About eight to 12 players show up to practice. Even though the number of players who show up is small, the effects that these practices have is worth the time and effort.

"The preseason workout gets you physically prepared by getting you in shape and mentally getting ready for what you need to work on for the season," senior Madeline Earls said.

Wallner also sees the benefits in this program.

"(The practices) help them to get into shape and work on timing and rhythm for playing the game of basketball," Wallner said.

Not only do the preseason workouts help the players get better, but they also give those attending an advantage over those who do not attend.

"Players that are attending have a huge advantage because they will be in much better shape than the girls who have been doing nothing," Earls said.

Practices have given the girls a chance to be active with basketball to prepare for the sport before the season starts.

"Most of the time we scrimmage five on five. If there isn't a gym available we do a workout, for example sprints, bleachers, abs, (or) agility," Earls said.

With the preseason workouts helping the players, the team will hopefully have a good start.

"We are looking to be competitive within our new conference while working hard and playing as a team," Wallner said.